



## Research Journal of Emergency Medicine (DOI:10.28933/RJEM)



# Caring for Whom It Cares: Multiprofessional Intervention in the Neonatal Icu of the January School Maternity Cicco

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### ABSTRACT

**Introduction:**At the present time, a pathological profile is identified in the work environment, characterized by the prevalence of health problems marked by chronic diseases, which are added to mental and physical stress-related impairments. In the hospital context, the Intensive Care Unit is perceived by the team that acts as one of the most aggressive, tense and traumatizing environments. In the Maternity School Januário Cicco (MSJC), the Neonatal Intensive Care Unit (NICU) is the sector with the highest sickness absenteeism due to illness, which results in the reduction of the team and, consequently, overloading of tasks. Nursing technicians are exposed to the intensive emergency, to the sound of the sterilizers, besides the demands and collections of the patients, relatives and doctors. The physical and mental exhaustion that affects these workers demanded of the institution strategies that could promote health and quality of life at work. **Objectives:** The activities aim to improve the level of motivation of nursing technicians, promote the integration of the multiprofessional team, provide a space for listening and acceptance of feelings, improve the communication channels of the sector and the organizational climate, reduce absenteeism, as well as contribute quality of life at work. **Methodology:** Since June of this year, group activities have been held monthly for 2 hours, conducted by the multiprofessional team of the MSJC (psychologist, social worker, occupational therapist, nurses, pediatrician and physical education professional) using musicalization, work gymnastics, dynamics, relaxation techniques, acupuncture and dramatization. **Results:** At each meeting, an average of 30 nursing technicians participated. There was an improvement in motivation and organizational climate, reduction of sick leave, greater interaction among the team, as well as improvement of communication channels in the sector. **Conclusion:** The activities developed have made it possible to improve the quality of life in the work of NICU nursing technicians.

### Keywords:

Multiprofessional Team; Nursing Technicians; Neonatal Intensive Care Unit

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### How to cite this article:

Machado T.G.O, Zacaron S.S, Medeiros M.A.K.S, Miranda T.B, Dantas K.G.R, Rodrigues A.F.F.P. Caring for Whom It Cares: Multiprofessional Intervention in the Neonatal Icu of the January School Maternity Cicco. Research Journal of Emergency Medicine, 2018, 1:2

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