

111 - VOLUNTARY WORK IN EQUOTHERAPY: A MEETING WITH INTERPROFESSIONALITY

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INTRODUCTION

The use of equine therapy in the treatment of special needs dates back to before Christ (BC). Hippocrates (498 - 377 BC), recorded in the book compendium "Das Dietas", the benefit of equine therapy in the treatment of insomnia. The Greek physician Asclepiades of Prussia (24 BC), indicated riding for the treatment of epilepsy and various types of paralysis (ARAUJO, 2007). Still according to the author, in the 80's, comparative studies showed their advantage over other rehabilitation therapies, in improving muscular symmetry.

The term Equoterapia® was created by ANDE-BRASIL, to characterize all the practices that use the horse with equestrian techniques and equestrian activities, aiming the rehabilitation and education of people with limitations or with special needs being registered in the National Institute of Individual Property (INPI) of the Ministry of Industry and Trade under No. 819392529.

It stands out as a therapeutic method that aims at the physical and mental rehabilitation of people with special needs, using the horse, within a multidisciplinary and interdisciplinary approach in the areas of health, education and riding, to achieve the biopsychosocial development of people with physical limitations and / or special needs. It is based on the concepts of riding, whose principles, when applied, provide the practitioner, from the global action of the body, improvement of balance, muscle tone, psychological and social aspects, body awareness and alignment, motor coordination, self-confidence and self-esteem.

It stands out as a special methodology, which offers the individual with physical, mental, sensorial and / or behavioral limitation, global development, personal adjustment and independence, in equal conditions with other citizens, when considering their potentialities and individual differences (ISONI, 2015).

In motor dysfunctions, equine therapy works by improving balance, tonic adjustment, body alignment, body awareness, spatial and temporal organization, motor coordination, and muscle strength (MEDEIROS; DIAS, 2002). For its proper development it is necessary to use the horse in good health, adequate nutritional status and good temperament, with the assistance of the veterinarian. It was after the First World War that the horse enter definitely in the area of rehabilitation, being used as a therapeutic instrument in the soldiers sealed (ANDE-BRASIL, 2001).

The horse when walking by step, by its anatomical and biomechanical constitution, transmits to the rider a series of sequenced, simultaneous, multidimensional and multidirectional movements (up, down, right, left, front, back and twist of the hip) that provides 150 three-dimensional undulations per minute, giving 450 postural corrections to the practitioner, with activation of 900 muscle groups (GARCIA, et al. 2016).

It was recognized by the Federal Council of Medicine as a Therapeutic Method of Motor Rehabilitation, on April 29, 1997, and by the Federal Council of Physical Therapy and Occupational Therapy - COFFITO on March 27, 2008 (ANDE-BRASIL, 2017).

The National Equine Therapy Association (ANDE), established in more than thirty countries, was founded in Brazil in 1989. It is a non-profit civil society, with philanthropic, care and therapeutic character, recognized by the Ministry of Justice as Public Utility Federal, has the mission to offer Equoterapia as a means of rehabilitation, education and social insertion to improve the quality of life of people with disabilities or special needs (ANDE-BRASIL, 2017).

This study finds justification in the importance of Equoterapia® and the need to broaden and disseminate the knowledge about the benefits that this practice brings to the people with special needs, from the use of an equine. The objective was to report the experience lived as a veterinarian in the Center for Equine Therapy and the benefits achieved by those who hold the sessions and are support by the team of volunteers. In addition, it intends to offer subsidies for the recognition of the technique as an interdisciplinary activity and complementary therapeutic method.

METHOD

It is a descriptive study, in the modality of experience of activities developed in Equine therapy, in the treatment of people with special needs, taking as a scenario EquoPatos - Associação Patoense de Equoterapia (CNPJ: 24.644.588/0001-18), in the municipality of Patos -PB, which is located 304 km from the state capital, João Pessoa-PB, has a population of 100,674 inhabitants, reaching 120 thousand approximately due to the floating population. Its population density is 212.82 (hab / Km²) and the Municipal Human Development Index (IDHM) of 0.701. It has a hot and dry climate, with a maximum temperature of 38°C and a minimum of 28°C (IBGE, 2017), which guaranteed it the title of "Morada do Sol". In the field of education it has public and private universities that offer courses which meets the interests of Equoterapia and that can generate volunteers. The courses are: Physical education, nursing, physiotherapy, medicine, veterinary medicine, dentistry, pedagogy, social service, among others.

EquoPatos, as an entity of public interest, works in the form of donation of parents of beneficiaries and voluntary donations, which are converted into food, medicines and maintenance of the place. It began with a "Sonhadora" mare. Its multidisciplinary team consists of physiotherapist, psychopedagogue, dentist, nurse, riding instructor, assistant guide, lateral assistant, and veterinarian.

The report deals with the lived experience of the period from September 2016 to September 2017. This period is justified by the fact that it covers a period of one year of voluntary work, developed in the form of animal care and support, but mainly as a mediator between the person with special needs and the animal. Participant observation was used as a strategy for data collection, which allowed to understand and describe the events of the research, considering their determinants and

meanings. The report will be made in a narrative form and the discussions based on the relevant literature.

This study respects the ethical precepts of research, preserving the identity of practitioners. Since it is an experience report, in which the experiment was experienced by the researcher himself, the submission and approval of the ethics committee was dispensed.

RESULTS AND DISCUSSION

The organization and maintenance of an Equine Therapy requires everyone to integrate it, dedication and donation, since the treatment offered is free and voluntary work. These conditions have limited its expansion, both expansion and preservation of the infrastructure, as well as for the acquisition and sustenance of the animals. Currently, EquoPatos has rented physical space, with a structure formed by a sand lane, stalls, ramp and support house, and four working mares. For the voluntary work to happen in a satisfactory way, it is necessary to have motivation, because as Salazar, Silva and Fantinel (2015) point out, this is a subjective feeling which involves the desires of people and their organizational relationships. The taste for animals and the willingness to help was sufficient motivation for voluntary work in equine therapy.

The attendances take place on Mondays, Wednesdays and Fridays, where each practitioner is entitled to one day per week, with a session lasting 20 minutes. This limitation of days and sessions stems from the low number of volunteers, financial and animal resources for the development of activities. In addition, because it is voluntary work, it only occurs after the formal work. Salazar et al. (2015) declare that the exercise of voluntary work in a social environment results in self-actualization, according as the worker performs as a human being who constructs the work itself. Balzan et al. (2011) point out that such realization becomes incompatible with those who live in search of supplying the immediate and superficial needs of modernity. For this reason, voluntary work enriches the human being and fills the existential void.

Equine therapy is a treatment that supports the conventional treatment, which is carried out by the doctor and then evaluated by the interprofessional team of EquoPatos volunteers. Cirillo (2002) emphasizes that equine therapy should be performed by a multidisciplinary team that works in an interdisciplinary way, with at least three professionals. The criterion of inclusion is the clinical picture and the number of vacancies, which is related to the hours of care (4:15 p.m. to 6 p.m.) and support staff (auxiliary guide, lateral assistant). Each day, on average, there are six practitioners (with the most diverse needs), accompanied by the staff and their families. In addition to companions, family members take advantage of the activity and interact with each other, promoting, through the exchange of experience, positive feedback on the results of equine therapy for themselves and their loved ones, regarding motor, social and psychological behavior. Oliveira et al. (2015) indicate the target audience of Equoterapia as being quite diverse, consisting of children, adolescents and young adults, with neurological, psychological and cognitive deficits, whose care is limited only by serious cases such as severe heart diseases, very severe scoliosis and uncontrolled convulsive crisis.

The development of the Equoterapia takes place in stages: first contact with the horse, step of approach, happens at the moment of the cleaning, encilha and preparation for the mount; the stage of the mount, where the turns are made on the track on the horse, and, finally, the phase of separation, working the affectivity between practitioner and horse. Developed outdoors, it allows the practitioner a direct contact with nature, and simultaneously stimulates the physical, social, mental and emotional aspects. Ferreira (2008) affirms that equestrian practice favors healthy sociability, between practitioner, horse, colleagues and professionals. The practitioner provides feelings of self-confidence and high self-esteem, for others, a feeling of self-fulfillment, companionship and fulfilled duty.

The development of these steps requires dedication, time and physical effort, so working with a reduced team, makes the activity, even if it is pleasurable, lead to physical exhaustion. This requires of the team greater commitment and improvisations to heal unforeseen ones due to the activity itself and the human limitations. But despite all the difficulties, work grows - and it overcomes the complexity of biological, cultural, economic, psychological and social aspects, the adherence to treatment is 100%, the results are always positive, and the atmosphere of partnership and fraternization is fed every day.

FINAL CONSIDERATIONS

Despite all the benefits it provides individually and collectively, equine therapy is still unknown and little publicized in academic and professional education, so it is necessary to publicize it, so that, from its visibility, more volunteers can join the cause, and thus, to increase the interprofessionality of the team. The presence of volunteers, of different professions, increases the capacity of caring in full, having the horse as the main instrument. There is a lack of the physical educator in the activities, whose professional preparation and playful experience has the potential to enrich the therapy.

It emerges as a differentiated project for the development of activities focused on the physical and psychosocial rehabilitation of children / adolescents / adults in situations of vulnerability, with unquestionable potential in the treatment of physical and psychological needs. Because, coupled with other therapies, it promotes a faster recovery, broadens the social life, increases self-esteem and improves the quality of life.

Living as a volunteer brings a new sense of life and the certainty that solidarity is the best way to grow inwardly, to comfort families and people with special needs. Its development involves many events and information, provides a resigned contact with nature, a transformation of being, and the opportunity to help the other, have fun, change routine and grow.

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VOLUNTARY WORK IN EQUOTHERAPY: A MEETING WITH INTERPROFESSIONALITY

Introduction: Equine therapy is a therapeutic method to aid physiotherapeutic practices. Developed in an interdisciplinary approach, which uses the horse as an agent that promote activities that leads to the physical, psychological and cognitive development of people with physical limitations and / or with special. Purpose: report the experience, experienced as a veterinarian in the Center for Equine Therapy and the benefits achieved by those who hold the sessions and are support by the team of volunteers. Method: This is a descriptive study, in the modality of experience, of the practices developed in EquoPatos, from September 2016 to September 2017, in the city of Patos-PB, by a multiprofessional team, consisting of nurse, physiotherapist, dentist, a psycho-pedagogue and a veterinarian, who acts voluntarily, using four. Result: Equine therapy serves a group of 24 people, distributed among children, adolescents and adults, with psychological, neurological and cognitive impairments. The activities developed in a playful way have promoted several benefits such as: recovery of movements, speech, strengthening of muscles, expansion of gait, socialization and improvement of mood. Conclusion: Equine therapy is shown as a tool that, coupled with other therapies developed with people with special needs, promotes a faster recovery, expands social interaction, increases self-esteem and improves the quality of life. The presence of volunteers, of different occupations, increases the capacity of caring in full, having the horse as the main instrument. There is a lack of the physical educator in the activities. Living as a volunteer brings a new sense of life and the certainty that solidarity is the best way to grow inwardly, to comfort families and people with special needs.

KEYWORDS: Multiprofessional team, Hippotherapy, Volunteer work

BÉNÉVOLES TRAVAILLENT EN HIPPOTHÉRAPIE : RENDEZ-VOUS AVEC INTERPROFISSIONALIDADE

Introduction: L'Hippothérapie est une méthode thérapeutique aider physiothérapeutiques pratiques, élaborées selon une approche interdisciplinaire, qui utilise le cheval comme un promoteur des activités menant au développement physique, psychologique et cognitif des personnes ayant des limitations physiques et/ou ayant des besoins spéciaux. Objectif : de rapport à l'expérience, vécue comme vétérinaire en centre d'hippothérapie et les avantages obtenus par des gens qui interprètent les séances et sont accompagnés d'une équipe de bénévoles. Méthode : C'est une étude descriptive, dans le cas où des études, des pratiques développées dans EquoPatos, dans la période septembre 2016 - septembre 2017, dans la ville de Patos-PB, par une équipe pluridisciplinaire composée d'une infirmière, kinésithérapeute, dentiste, conseiller, vétérinaire, qui agit sur une base volontaire, de l'utilisation de quatre juments. Résultats: L'hippothérapie rencontre un groupe de 24 personnes, réparties entre les enfants, les adolescents et les adultes, les gens avec des aggravations psychologiques, neurologiques et cognitives. Les activités développées tellement ludiques, a encouragé plusieurs avantages tels que : récupération du mouvement, discours, renforcement musculaire, expansion de la marche, socialisation et améliore l'humeur. Conclusion: L'hippothérapie est indiqué comme étant un outil qui, couplée avec d'autres traitements mis au point avec des personnes ayant des besoins spéciaux, favorise une récupération plus rapide, développe la convivialité sociale, augmente l'estime de soi et améliore la qualité de vie. La présence de bénévoles de diverses professions, étend la capacité de prendre soin de, avoir le cheval comme l'instrument principal. Vous pouvez sentir le manque d'éducateur physique dans les activités. L'expérience comme bénévole apporte un nouveau sens de la vie et la certitude que la solidarité est la meilleure façon de grandir intérieurement, confort des familles et personnes ayant des besoins spéciaux.

Mots clés : équipe multidisciplinaire, hippothérapie, bénévolat

VOLUNTARIOS TRABAJAN EN HIPOTERAPIA: UNA CITA CON INTERPROFISSIONALIDADE

Introducción: La equinoterapia es un método terapéutico asistir a prácticas de fisioterapia, en enfoque interdisciplinario, que utiliza el caballo como un promotor de actividades que conduzcan al desarrollo físico, psicológico y cognitivo para personas con limitaciones físicas o con necesidades especiales. Objetivo: a informe de la experiencia, experimentada como veterinario en el centro de Hipoterapia y los beneficios logrados por las personas que realizan sesiones y son acompañadas por un equipo de voluntarios. Método: Este es un estudio descriptivo, en el caso de estudios, de las prácticas desarrollaron en EquoPatos, en el período septiembre de 2016 septiembre de 2017, en la ciudad de Patos-PB, por un equipo multidisciplinario compuesto por una enfermera, fisioterapeuta, dentista, consejero, médico veterinario, que actúa sobre una base voluntaria, de la utilización de cuatro yeguas. Resultados: La hipoterapia reúne a un grupo de 24 personas, distribuidas entre los niños, adolescentes y adultos, personas con provocaciones psicológicas, neurológicas y cognitivas. Las actividades desarrolladas tan juguetón, ha promovido varios beneficios tales como: recuperación de movimiento, discurso, construcción de músculo, expansión de la marcha, socialización y mejora el estado de ánimo. Conclusión: La hipoterapia se muestra como una herramienta que, junto con otras terapias con personas con necesidades especiales, promueve una recuperación más rápida, expande la convivencia social, aumenta la autoestima y mejora la calidad de vida. La presencia de voluntarios de diversas profesiones, se extiende la capacidad de cuidar, tener el caballo como instrumento principal. Usted puede sentir la falta del educador físico en las actividades. La experiencia como voluntario aporta un nuevo sentido de la vida y la certeza de que la solidaridad es la mejor manera de crecer interiormente, consolar a las familias y personas con necesidades especiales.

Palabras clave: Equipo multidisciplinario, Hipoterapia, Voluntario trabajo

TRABALHO VOLUNTÁRIO NA EQUOTERAPIA: UM ENCONTRO COM A INTERPROFISSIONALIDADE

Introdução: A Equoterapia é um método terapêutico auxiliar às práticas fisioterápicas, desenvolvido em abordagem interdisciplinar, que utiliza o cavalo como agente promotor de atividades que conduz ao desenvolvimento físico, psicológico e cognitivo de pessoas com limitações físicas e/ou com necessidades especiais. Objetivo: relatar a experiência, vivenciada enquanto médico veterinário no Centro de Equoterapia e os benefícios alcançados pelas pessoas que realizam sessões e são acompanhadas pela equipe de voluntários. Método: Trata-se de um estudo descritivo, na modalidade relato de experiência, das práticas desenvolvidas no EquoPatos, no período de setembro de 2016 a setembro de 2017, no município de Patos-PB, por uma equipe multiprofissional, formada por enfermeiro, fisioterapeuta, odontólogo, psicopedagogo, médico veterinário, que atua de forma voluntária, a partir da utilização de quatro éguas. Resultados: A equoterapia atende a um grupo de 24 pessoas, distribuídos entre crianças, adolescentes e adultos, portadores de agravos psicológicos, neurológicos e cognitivos. As atividades desenvolvidas de forma lúdica, tem promovido diversos benefícios como: recuperação de movimentos, fala, fortalecimento da musculatura, ampliação da marcha, sociabilização e melhora do humor. Conclusão: A equoterapia se mostra como uma ferramenta que, atrelada a outras terapias desenvolvidas com portadores de necessidades especiais, promove uma recuperação mais rápida, amplia o convívio social, aumenta a autoestima e melhora a qualidade de vida. A presença de voluntários, de diversas profissões, amplia a capacidade de cuidar integral, tendo o cavalo como principal instrumento. Sente-se a falta do educador físico nas atividades. A vivência como voluntário traz um novo sentido de vida e a certeza de que a solidariedade é o melhor caminho para se crescer interiormente, confortar familiares e portadores de necessidades especiais.

PALAVRAS-CHAVE: Equipe multiprofissional, Equoterapia, Trabalho voluntário