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HEALTH PROMOTION ACTIONS WITH THE STREET CLINIC TEAM OF FLORIANÓPOLIS

Cristine Moraes Roos

Universidade Federal de Santa Catarina
cristine.roos@ufsc.br

Milena Amorim Zuchetto

Universidade Federal de Santa Catarina
milnazuchetto3@gmail.com

André Felipe Britto de Mesquita

Universidade Federal de Santa Catarina
andrefbmesquita@gmail.com

Maitê Mirian Will

Universidade Federal de Santa Catarina
maitewill@outlook.com

Kenny Silva Del Hoyo

Universidade Federal de Santa Catarina
kennys.delhoyo@hotmail.com

Soraia Dornelles Schoeller

Universidade Federal de Santa Catarina
soraia.dornelles@ufsc.br

Abstract

The objective is to promote care and health actions to homeless persons through the partnership with the street clinic team. The activities are carried out *in loco*, shared and integrated to the Primary Health Units and with the teams of the Psychosocial Care Centers, Urgency and Emergency services and other services, according to the user's needs. The data collection process happened in eight stages, since the project's beginning to the present day. This extension project has been developed from March 2018 to the present. We consider this experience fundamental to the student, whose interest aims to improve their work and training in undergraduate nursing, with the perspective of qualifying attention and inserting the subjects' needs as a source of knowledge production and research in higher education institutions in line with SUS.

Keywords: University Extension. Nursing. Street Clinic. Health Promotion. Psychosocial Rehabilitation.

ACÇÕES DE PROMOÇÃO DA SAÚDE COM A EQUIPE DO CONSULTÓRIO NA RUA DE FLORIANÓPOLIS

Resumo

Objetiva-se promover ações de cuidado e saúde às pessoas em situação de rua através da parceria com a equipe do Consultório na Rua. As atividades são realizadas *in loco*, compartilhadas e integradas às Unidades Básicas de Saúde e com as equipes dos Centros de Atenção Psicossocial, serviços de Urgência e Emergência e outros serviços, de acordo com as necessidades do usuário. O processo de coleta de dados ocorreu em oito etapas, desde o princípio do projeto até os dias atuais. Este projeto de extensão tem sido desenvolvido entre março de 2018 até o presente momento. Consideramos fundamental ao aluno esta vivência, cujo interesse visa aprimorar o trabalho e a sua formação na graduação em enfermagem, tendo como perspectiva a qualificação da atenção e a inserção das necessidades dos sujeitos como fonte de produção de conhecimento e pesquisa nas instituições de ensino superior em consonância com o SUS.

Palavras-chaves: Extensão Universitária. Enfermagem. Consultório na Rua. Promoção da Saúde. Reabilitação Psicossocial.

ACCIONES DE PROMOCIÓN DE LA SALUD CON EL EQUIPO DE CONSULTORÍA EN LA CALLE FLORIANÓPOLIS

Resumen

El objetivo es promover acciones de atención y salud para las personas que viven en la calle a través de una alianza con el equipo de Consultório na Rua. Las actividades se realizan *in loco*, compartidas e integradas a las Unidades Básicas de Salud y con los equipos de los Centros de Atención Psicossocial, Servicios de Urgencias y Emergencias y otros servicios, de acuerdo a las necesidades del usuario. El proceso de recolección de datos se desarrolló en ocho etapas, desde el inicio del proyecto hasta la actualidad. Este proyecto de ampliación se ha desarrollado desde marzo de 2018 hasta la actualidad. Consideramos esta experiencia fundamental para el estudiante, cuyo interés apunta a mejorar el trabajo y su formación en la carrera de enfermería de pregrado, con la perspectiva de calificar la atención e insertar las necesidades de los sujetos como fuente de producción de conocimiento e investigación en las instituciones de educación superior en línea con el SUS.

Palabras clave: Extensión Universitaria. Enfermería. Clínica de Calle. Promoción de la Salud. Rehabilitación Psicossocial.



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INTRODUCTION

The emergence of the Homeless Persons Population (HPP) is understood as a result of social segregation processes, which affect a group of individuals that does not have conditions to adapt to the economic model in existence. However, it is known that prejudice and exclusion of this group, generates marginalization and indifference with these individuals, who are in a common way, avoided and invisible from the eyes of society, facing the denial of their rights as citizens. (GOMES; SOUZA; LOPES, 2019).

The HPP is characterized by a heterogeneous group of people that share similar living conditions: such as the extreme poverty state, rupture of family ties, and lack of housing, which leads to using public spaces and refuge centers for shelter and support, whether temporarily or permanently (BRASIL, 2012).

Therefore, this social group is exposed to a set of factors that make it highly vulnerable, while they are in a situation of precarious life and health conditions, due to factors such as violence, lack of income, and neglect of human and social rights (VAN WIJK; MÂNGIA, 2019).

Due to the precarious living conditions on the streets, the study by Zandomingo *et al.* (2020) points out that the HPP finds itself more susceptible to develop injuries and health problems. These problems are influenced by issues such as: low nutrition, due to scarce food; exposure to climate changes; lack of drinking water; diminished sleep and affection. Additionally, other elements that can add vulnerability to the HPPs' life are mental disorders, the use of alcohol or other drugs, requiring full care of a person involved in this type of reality.

In consonance with Machado and Rabello (2018), in regard to public policies for the HPP in Brazil, there was a legislative incentive to promote the expansion of rights through the institution of the National Policy for Homeless Persons (NPHP). Another legal measure instituted was National Policy of Primary Health (NPPH), which created the Street Clinic team (SCt), aiming to offer complete care to this population. The SCt is made up of multiple professionals who provide comprehensive care to the HPP, in the context of primary care, either in Health Centers (HC), on the street or in mobile units in an itinerant manner.

That being said, the Street Clinics (SC) were established by NPPH, seeking to act on the different health problems and needs of this population, articulating with other levels of care, such as the Psychosocial Care Centers (PCC) and Urgency and Emergency services (BRASIL, 2012).

Hence, it is evident that health promotion and education actions are fundamental for transforming neglected behavior into an attitude of protagonism, impacting the lives of

individuals in vulnerable conditions. Therefore, the consolidation of public policies promotes HPP empowerment for its self-care, self-management through information and knowledge of its own rights (SILVA; PRADO; RODRIGUES, 2020).

The HPP operation is based on unceasing work, seeking to precisely promote visibility and social inclusion of these people through identification of their vulnerabilities and weaknesses, as well as, their potentialities so that their social rescue is possible. In this perspective, professionals and researchers have the role of thinking of ways of building paths of transformation, focused on life and citizenship values, aiming on expanding new strategies of care, and in addition to that, offer of comprehensive care and attention for this population (MATOSO *et al.*, 2019).

From this perspective, the extension project entitled “Health promotion and care actions with the street clinic of the city of Florianópolis – Santa Catarina”, intends to develop care and health promotion in partnership with the SC mobile unit of the city of Florianópolis for the HPP and social vulnerability, users or not of psychoactive substances. This project was created in 2018, and since then the initiative happens from activities carried out by undergraduate Nursing scholars under the guidance of a coordinating professor, linked to The Laboratory of Teaching, Research, Extension and Technology in Nursing, Health and Rehabilitation – (Re)Habilitar of the Federal University of Santa Catarina (UFSC).

The extension project will take place through the participation of academics in the community settings in which the SC actions take place. The student’s practical and scientific evolution arises from information, impressions, sentiments, and observations of the territory (field notes), as well as theoretical studies from literature and legislative norms that protect this population.

It is known that academic participation and overcoming of the university’s walls are tools of political and social mobilization, benefiting the SC team activities through updates and knowledge exchange, as well as supporting the HPP and highlighting the subject’s relevance in the form of scientific production. Additionally, the Institute of Applied Economic Research (IPEA, 2020), revealed that the Brazilian HPP has grown by 140% since 2012, reaching the number of 222,000 Brazilians in March of 2020. This statistic tends to increase due to the current pandemic scenario by Sars-Cov-2 (Covid-19), which puts the economy and other sectors in a serious crisis.

Thus, the present study aims to report the experiences of nursing students and describe the actions of care and health promotion done with the SCt of Florianópolis, between 2018 and 2020, as well as demonstrate the impact of these extension actions for student training.

MATERIAL AND METHODS

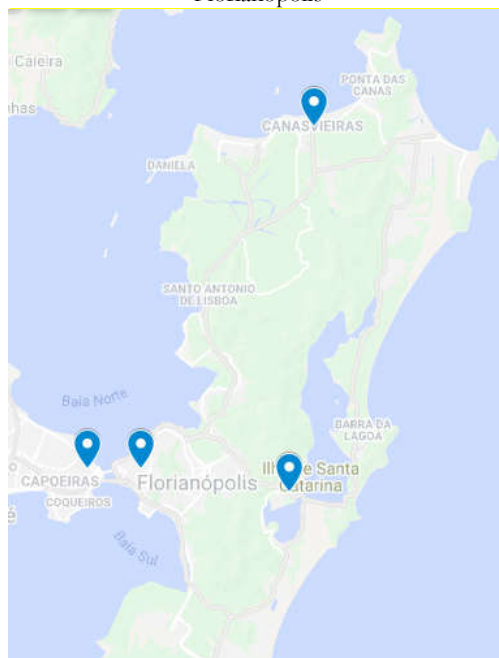
This is an experience report about the character of extension activities done in partnership with the SC team in the city of Florianópolis. The HPP care program was instituted in this city by the Ministry of Health, which has as a reference in primary care the Prainha Health Center, located in a territory adjacent to the city center. The SC is a health device composed by an itinerant multiprofessional team with the purpose of providing comprehensive care to the HPP.

This integration with the Psychosocial Care Network (PCN), enables the active pursuit and care of alcohol, crack, and other drug users, in addition to providing a multiprofessional view of the different problems and needs of this population (BRASIL, 2012). The activities developed by this team occur *in loco*, through a preventive and care strategy allowing the reduction of potential damage from psychoactive substances use, and respect of diversity and human rights.

The street clinic consists of a trailer pulled by a car from the city's health department, which has a table and fixed benches inside, space for mobilization, a sink for washing hands, a counter for preparing procedures, and a closed cabinet for storing material resources and medicines. The objective of this clinic in presenting this format is based on the essence of getting closer to the HPPs' reality, ensuring service and access to the inter-sectoral network.

Each city that has this mobile clinic program establishes places where the activities will take place. In Florianópolis, since it has a significant size, four locations were planned to attend the health needs as determined by the professionals responsible for the service. This division is presented as follows: at Pedro Silvério Square in the Lagoa da Conceição neighborhood – East; at Nossa Senhora de Fátima Square in the Estreito neighborhood – Continent; at the parking lot of the military police post in the Canasvieiras neighborhood; and at Fernando Machado Square in the central neighborhood – Downtown. This geographical configuration is well exemplified in Figure 1.

Figure 1: Geographical distribution of the mobile clinic service for the homeless population in the city of Florianópolis



Source: Authors.

The population sample included in the research involves: the SC health team composed of 01 doctor, 02 nurses, 01 psychologist, 02 nursing technicians, 01 social worker; 01 drive linked to the city's health department; 06 nursing undergraduate students with an extension scholarship by the (Re)Habilitar group; 01 undergraduate Psychology student; 01 resident of family medicine; 02 volunteer nursing undergraduate students; 02 volunteer nursing graduate (master's and doctorate) students; 01 professor coordinating the project linked to UFSC; and the HPP. This report will take into account the testimonies of six nursing undergraduate students with an extension scholarship by the (Re)Habilitar group, who developed the extension activities of the ongoing project, as well as the perspectives of the professor coordinating the project.

This project began on the first day of March of 2018 and has its extension actions happening to present day. It is worth mentioning that, on account of the pandemic, face-to-face activities have ceased, temporarily, starting in March 2020, however virtual activities were done to sensitize and discuss the subject of HPP within the research group's social media.

The data collection process happened in eight stages, from the beginning of the project to the present day. The first stage of the project involved bringing the research group closer to the

context of the SC team of the city of Florianópolis. Based on this, the second moment of the project consisted of presenting the extension project to the professionals and outlining agreements for academic development on the field. In the third moment of the research, the coordinator and students were immersed in the mobile clinic weekly, every Tuesday, in the afternoon according to the initial agreement and itinerary schedule. From the immersion, in the fourth stage of the project, health care actions for the HPP were made in the mobile clinic, collaborating with the local health team and the extended care network. Throughout the activities, students registered their observations and experiences in the form of a report, field diary, poem, and photographic records. It is worth mentioning that the third, fourth and fifth stages happened simultaneously. The sixth moment of the project entailed the exhibition of materials, photos, and reports to the academic community. From the seventh moment on, there is the background of the pandemic as a hindrance to face-to-face activities, that being said, designs and texts were made to disseminate the subject in the digital media of the (Re)Habilitar group. Finally, today the project finds itself on the eighth stage of maintaining the shared digital media and theoretical research.

In partnership with the street clinic team, academics carried out various activities over the course of the project. Students conducted: the active search of users throughout the mentioned neighborhoods; health promotion through communication with contacted people; hygiene and skin care workshops; a traveling library; the making of promotional materials on digital media about the HPP; and the publication of scientific materials. Regarding the ethical aspects in research and extension actions, this article is part of the macroproject entitled “Care and health promotion actions with the street clinic team of Florianópolis – Santa Catarina”, linked to the Pro-Rectorry of Extension (PROEX) of UFSC.

RESULTS AND ANALYSIS

Regarding the sample data characterization of research participants, the majority of students were female (83.3%), aged between 23 and 30 years (Average: 24.5 years), white and single, with time spent in the research project from 1 to 12 months. Among the six students included in the research, there was a difference regarding their current semester in college during the extension action, varying from second and seventh academic term. Continuing with sample characterization, two students had admission in another undergraduate program prior to this one, while the others experienced their first program. Furthermore, all scholarship holders were

Brazilian nationals from the states of Paraná, Amazonas, and Santa Catarina, residing at the time of participation in the greater Florianópolis region. The project coordinator has been a professor in the Nursing Department since 2016. She is a 38 years old Brazilian female, from Rio Grande do Sul, currently residing in Florianópolis.

As shown in the Materials and Methods section, the process of data collection was separated into eight stages. Here in the Results section, the findings will be described in the same manner, aiming at a didactic and chronological exposition of each experience. Prior to the data collection itself, between March and June of 2018, the project was approved by the City Hall and the School of Public Health of Santa Catarina, the scholarship holder was selected and instructed about the project. Therefore, the first moment is marked by the research group (Re)Habilitar getting closer to the reality of the team that worked on the activities in the mobile clinic. A meeting was scheduled in June 2018 to present the project proposal, intentions, and approaches. This meeting took place in the auditorium of the Health Center in the Prainha neighborhood and was attended by the undergraduate scholar, the coordinating professor, a volunteer graduate student for the project, and members of the reference health team.

“(…) it is expected that students may, from the proposed experience, observe examples of successful access to health services by the homeless population, through the bond created between the users and the interdisciplinary team of the Street Clinic, addressing strategies for promoting health and care, as well as access to health care for homeless people, in order to overcome the invisibility and vulnerabilities of this population.” (Field Notes – Student 01)

After the explanations about the extension research structure, the health team professionals answered doubts about the proposal’s feasibility and outlined possible agreements according to the reality of the scenario. In this meeting, the professionals presented the schedule of weekly activities showing where the mobile unit would be located. Based on the demand and number of users to be cared for, the team moves to the most populated places of the island, namely: Downtown, Estreito, Canasvieiras, and Lagoa da Conceição. In this conversation, the team even pointed out that there is a weak spot in the system in regard to the availability of means of transportation and the mobile unit maintenance.

During the SCt reunion, the student and coordinator were invited to participate in another meeting with the City Council, on the 29th of the same month with the idea of discussing hygiene and criminalizing violations related to the HPP. This expanded meeting meant

to address issues related to social movements, the right to the city and citizenship, to protect the men and women who reside in the streets of the city.

“POP Center’s social worker gave an example to show that the police presence in certain situations doesn’t establish a good bond, which made us reflect. If we had a problem with a neighbor in the community in which we live in and before any attempt, we took the police along to solve it, would that bond be well or badly built?” (Field Notes – Student 01)

As of July 10th of 2018, the fellowship’s activities began with the SCt in the Estreito neighborhood. The immersion of the student happened mainly through the observation of the professional’s health actions, questioning about work processes and referrals. There were many discoveries and rediscoveries that surrounded HPP care. For the student’s safety, a representative of the group already graduated remained in the field, voluntarily, encouraging dialogue and experience exchanges.

“The trailer doesn’t have a rigid stretcher, so no gynecological exams are performed, the structure serves for rapid tests, pressure measurement, blood glucose measurement, availability of condoms and other orientations. Other than that, the unit receives patients from the neighborhood that the team already follows up, which are sought out by the team’s driver, a nursing technician and a social worker.” (Field Notes – Student 01)



Health promotion actions with the street clinic team of Florianópolis

Figure 1: Mobile health clinic for homeless persons with chairs for external care in the city of Florianópolis

Over time, the student and the project coordinator became more strongly connected to the professionals, meeting social demands and public health concerns that could be transformed. Thus, the scholarship holder, with the support of group volunteers and the health team, held hair cutting workshops, monitored nursing and medical consultations, sensitive listening about health problems, as well as guidelines for promoting well-being. In addition to creating a link with the team that provided invitations to biweekly multiprofessional meetings for care of the HPP.



Figure 2: Hair cutting workshop with the street clinic team in Downtown Florianópolis.



Figure 3: Conversation of the health professional with a homeless person.

From these actions aimed at the health of the HPP and support from the SCt, the scholarship holders who experienced the face-to-face experience in the field developed written reports in the form of field notes, reflection diaries, writing of a poem and photographic records. These observations taken by the students were essential for their sensitization on the subject, being necessary the theoretical foundation for the clinical practice, but also the reflection about the life of homelessness. For many students, homelessness was something invisible and far from the walls of the university, although, after this approach the subject became indispensable for professional training.

“Several words made me reflect on each report received today: neglect, discredit, lack of access, invisibility, ignorance, and lack of hope. However, what became more clear was that even though they often wanted to be in that situation, or didn’t have another alternative, it doesn’t represent that they don’t want and don’t need care, words, listening and the minimum conditions of access to a shower, food, and a shelter that protects them from rain, wind, and the lack of humanity of some beings of the same species.” (Excerpt of a poem – Student 02).

The experiences obtained and recorded during the extension activities were presented in various formats, among them: dialogue circles in the research group about demands and public policies that support the health care of the HPP; exhibition of photos with physical murals in the hall of the Health Science Center with a place for chatting with the undergraduate students about their experiences; undergraduate nursing thesis paper entitled “Homeless persons from the perspective of scientific production of Brazilian nursing: An integrative review” concluded in 2017; undergraduate nursing thesis paper entitled “Social and clinical aspects associated with the prevalence of tuberculosis reinfection in a reference hospital in southern Brazil” in progress; publication of a book chapter through the Nursing Update Program of the Brazilian Nursing Association (PROENF) entitled “Psychosocial Rehabilitation of Homeless Persons: performance of the Primary Health Care Team.”; presentation of abstracts on the extension project at the 71st Brazilian Congress of Nursing in Manaus (Brazil) in 2019 and at the International Congress of Rehabilitation Nursing in Évora (Portugal) in 2018; publication of the scientific article entitled “Places of health care for homeless people: construction of a map” in the journal called Brazilian Journal of Development in 2020; submission and approval of the publication of a poetry entitled “Life on the street” by the University Library in the project “Everyday Stories” in 2020.



Figure 4: Exhibition of photographs of the activities carried out with the street clinic team in the Health Science Center hall.

From Mid-March of 2020, on site extension activities were interrupted due to the current pandemic scenario by Covid-19. The SCt's activities of Florianópolis were suspended and therefore it was necessary to rethink the format of the project because of social distancing and house isolation. University activities were also impacted, but the project coordinator remained virtually in contact with the fellow to set the expectations. After much dialogue, it was decided that the project would remain in a digital format through interaction via the research group's media. So, a weekly schedule of posts about the HPP subject and policies from the Ministry of Health were made, as well as videos were made to reinforce the idea. This remote activity was intended to produce informative materials, encourage scientific production, and share content about the project.

FINAL CONSIDERATIONS

University teaching requires the articulation between teaching, research, and extension. Part of this integrating characteristic is the production of knowledge as well its socialization. Inseparability points to the reflexive and problematic activity of the teacher. It articulates curricular components and research projects and intervention, considering that social reality is not the objective of a discipline and this requires the use of a methodological plurality. Inseparable research and extension of teaching need to question what lies outside of the

immediate point of view. The scientific knowledge produced by the university is not for mere dissemination, but for the improvement of its capacity to produce life and health.

Teaching as an extension points to contextualized training to the acute issues of contemporary society and teaching as a research point to true mastery of the instruments in which each profession is expressed, in its own evolutionary process. Education surrounded by actions of dialogue, where the student is active and co-participates in the learning process, encourages the student to seek to join community activities and in health services, in order to exchange knowledge, the promotion of interdisciplinarity and the democratization of knowledge.

A characteristic of university teaching is to be connected to innovation in teaching, that is, to be always willing to learn, research and evaluate, being able to reconfigure knowledge, trying to overcome the dichotomies between scientific knowledge and common sense, science and culture, education and work, theory and practice. For this to be effective, it's necessary to explore new theoretical and methodological alternatives in search of other possibilities of choice, as well as to pursue a renewal of sensitivity by basing one's self on the ethical and aesthetic dimension, in the new and creative, in collective inventiveness.

That being, this opportunity to act in the training of future nurses also implies understanding the importance of the role of teaching, providing a scientific-pedagogical depth that enables us to face fundamental questions in a social practice that highlights ideas of training and critical reflection, about the subjects, yourself and the world.

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