

This study examines the implementation of social prescribing in a rural community, evaluating its effectiveness in addressing physical, emotional, and psychological challenges faced by women aged 25 to 70 during climacteric and menopausal phases. This initiative is part of the MELHORPAUSA project, focused on providing care to women in menopause and climacteric in our health center.

Guided by Quaternary Prevention principles, the intervention included semi-structured interviews, focus groups, and non-medical therapy to promote well-being. activities such as group walks, relaxation exercises, and occupational



- From the moment I started exercising, taking Zumba classes, my self-esteem has increased by 50% to 80%. Zumba isn't just for exercise, it's also improved our emotional well-being, our physical well-being. And Zumba is very important in my life.
- The shirt says it all, look. Walking for a healthy life. So Zumba isn't just for weight loss, but for a healthy life
- Yeah, Zumba is very important, yeah, practice physical exercise, yeah, for memory in general, for the whole body.

The results showed significant improvements in emotional health, with reductions in depression and anxiety symptoms, along with better physical health and social connections. Participants reported increased self-esteem, reduced medication use, and a stronger sense of community. Despite challenges like limited resources and initial participant resistance, the intervention adapted successfully to the rural context, demonstrating its feasibility in underserved areas.

Key Results:

- 40% reported improved self-esteem (e.g., one from 50% → 80%).
- 80% improved physical health: better circulation, less pain, chronic condition control.
- 50% improved mental health: less anxiety, better mood.

This study highlights social prescribing as a viable complement to traditional medical approaches, aligning with patient-centered care models and addressing social determinants of health. The findings indicate that social prescribing can enhance quality of life and autonomy in vulnerable populations, especially in resource-limited rural settings, underscoring the need for public policies to ensure sustainability.



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Teotônio Vilela



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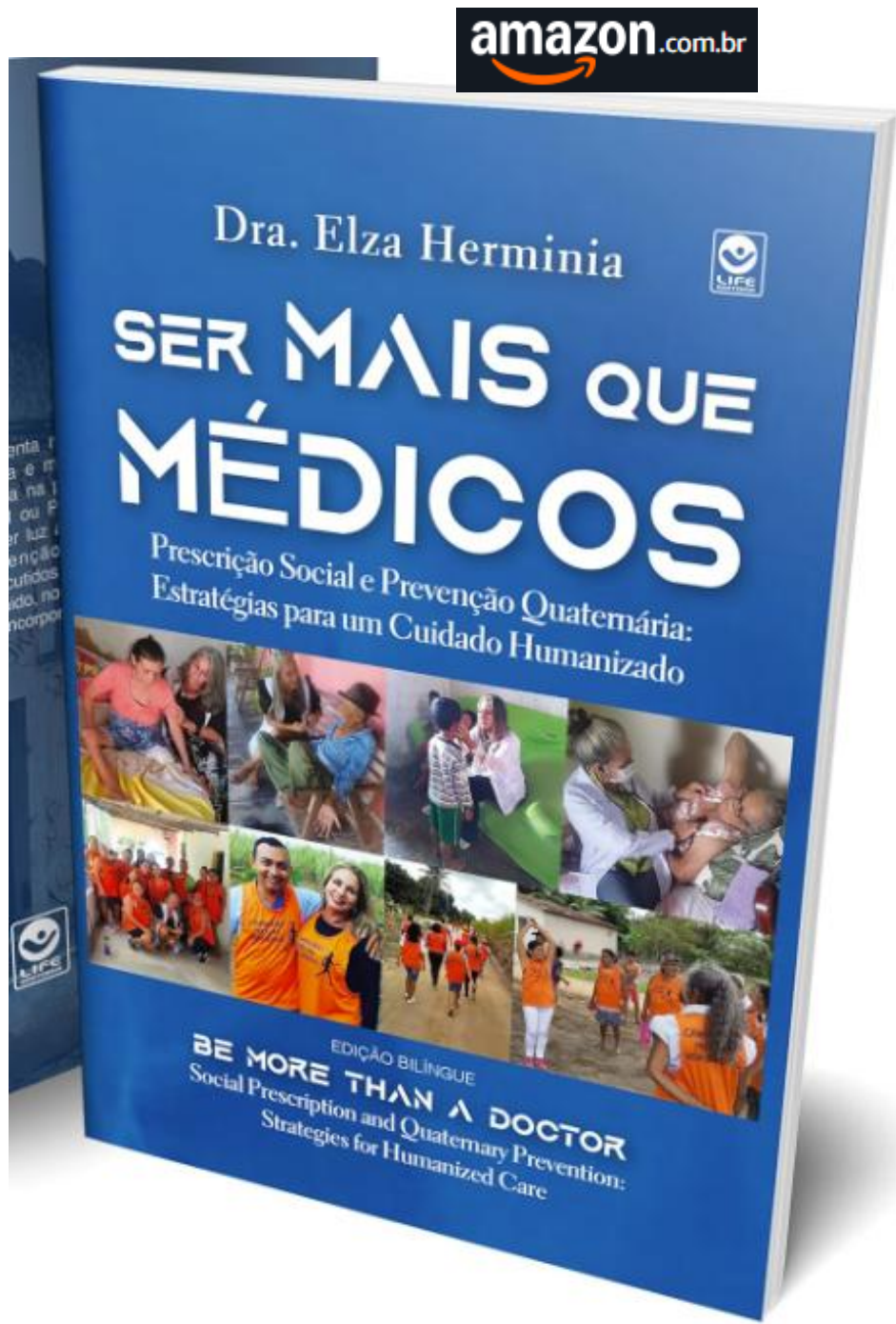
BEING MORE THAN JUST DOCTORS
An Approach to Social Prescription and Quaternary Prevention as a Report of Experience: Synergistic Actions Applied in Rural Areas

Social prescribing aligns with the principles of quaternary prevention by prioritizing actions that respect the patient's integrality and individual needs, promoting non-medical alternatives to address health issues. Both approaches recognize that health is influenced by social, emotional and cultural determinants that go beyond traditional biomedical interventions.

The most widely used concept of social prescribing (SP) describes it as an innovative, person-centered approach that seeks to integrate community resources into health care practice, with the aim of enhancing individuals' physical, mental, and social well-being. Unlike traditional care models, which are often focused on clinical and pharmacological interventions, social prescribing acknowledges the importance of social determinants of health as essential factors in fostering a healthy and fulfilling life.

Inspired by Paulo Freire's pedagogy, I believe that clinical practice is a space where I teach and learn simultaneously. As he said, "no one educates anyone, no one educates themselves, men educate each other, mediated by the world". This Freirean philosophy has been the basis for creating a genuine dialogue with patients and their communities, understanding that each clinical encounter is also a political and pedagogical act.

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