


Digital media off for a sleep on: community nursing intervention in children's sleep

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Abstract

Introduction

Children and young people feel a great attraction for new technologies, and in a school environment, the access and use of Information and Communication Technologies - ICT is a common practice in portuguese schools. However, it is known that its use is not constrained to those circumstances, and recent studies refer to an association between the use of ICT and a diversity of health consequences, namely unsatisfactory sleep patterns.^{1,2}

Aims

To teach students and their guardians how to handle ICT in a healthy way in order to prevent sleep pattern changes in children.

Methods

Community intervention developed through the Health Planning methodology.^{3,4} The target population consisted of all students enrolled in the 5th grade in the 2020/2021 school year, which corresponded to a total of 74 children. The sample obtained was composed of 48 students. The selected data collection method consisted in part of the portuguese version of the *Eu Kids Online 4* questionnaire, which was completed with some questions regarding the children's sleep pattern. All ethical procedures were followed, namely authorization from the Ethics Committee of the ARSLVT, informed consent from parents, *authorization from the Eu Kids Online* project team to use the data collection instrument, authorization for the project from the coordinator of the CCU, as well as from the ACES Executive Director and the ACES Responsible for Access to Information (RAI) and the School Grouping Board.

Results and Discussion

It was found that ICT are used for more hours than recommended per day, that there is a significant percentage of children who sleep less hours per day than recommended, and that the dynamics of how ICT is used is unfavorable to the promotion of healthy sleep habits. The developed intervention aimed to promote health literacy among children and their guardians in order to educate them on the healthy use of ICT for the promotion of healthy sleeping habits. The evaluation of the intervention showed that, after the nursing interventions developed in the school community, there was an acquisition of knowledge.

Conclusions and implications for knowledge development

Primary health care plays an important role in health promotion. The importance of child and pediatric health surveillance in encouraging the adoption of health-promoting behaviors should be highlighted.

Of the conclusions drawn, the contributions to the development of knowledge, based on a professional practice of awareness of health situations with response to needs, focused on the promotion of autonomy and responsibility on the choice of behaviors, should be highlighted.

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Keywords

Child; Sleep Hygiene; Community Health Nursing; Information and Communication Technology.

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