

THE NETWORK: TOWARDS UNITY
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THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



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TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
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TUFH 2020 Abstracts

Title	Human resources training for primary health care trough PILARES centers: a proposal
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Content

Background: In Mexico City we have the initiative of points of innovation, freedom, art, education and knowledge (PILARES, for its acronym in Spanish) whose purpose is to promote the cultural education of the community, which are preferably located in areas with limited rights, for example access to health. Health education is a fundamental part of Primary Health Care, because by an adequate lifestyle focused on prevention, to help the development of a healthy life and promote well-being for all at all ages, as indicated by the third objective of sustainable development. Methods: We propose to include undergraduate medical students in the educational activities of this centers. They could develop practical teaching and community empowerment skills to develop improvements in their lifestyle as well as immerse the student in a cultural setting outside of a hospital. Results: Two PILARES centers were visited, we observed the type of activities that were carried out and a total of 14 users of these centers were asked if they would be interested in attending health education sessions by medical students, which affirmed to be interest. Furthermore, we found that the environment is suitable for learning non-technical communication skills for medical students. Conclusion: the proposal to include medical students for the delivery of health workshops referring to the third objective of sustainable development in a PILARES center could be attractive to users and as well as generate future leaders in primary health care with a social approach.