

## Nursing and care for the Brazilian Congress of Nursing: instrument of professional empowerment

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From 29th October to 1st November 2012, it was held in Porto Alegre the 64th Brazilian Congress of Nursing, the 6th one to happen in Rio Grande do Sul, and the 3<sup>rd</sup> Latin American Colloquium of Nursing History. The main issue: *Nursing empowerment through alliance with the consumer* structured in three axes and one synthesis issue, such as: 1- Nursing Historicity in the spaces of power; 2- Nursing Empowerment in modernity; 3- Empowerment of the costumer for the social control; Synthesis issue; 4- The Nursing alliance with the costumer in the defense of the Public Health System (SUS). The 3<sup>rd</sup> Latin American Colloquium of Nursing History developed the first axe.

The discussions were around the proposed issues, there were more than 50 speakers, among them five foreigner speakers: two Canadians, one Chilean, one Spanish and one American. The presentations were both classic and innovative methodologies, as the opening videoconference, when the speaker gave the speech from her country of origin. It was considered an outstanding moment of the conference.

However, the Congress was made of several other activities that happened within the four days of the event in Porto Alegre, such as: the workshops promoted in partnership with the government departments, which were much required and made available by several speakers at the site or via internet. The novelty activities of this event were both an audience success and lower expenses to the Congress organization.

Another outstanding moment was the Imama Volunteers presentation, women movement to breast cancer prevention, who performed *flash mob* on the third day of the Congress to celebrate Outubro Rosa (Pink October). This activity had great adherence by the audience and repercussion in the local media due to the issue, and mainly because of the innovative approach.

The Paulo Freire Tent, a popular education space, which is a regular activity of the Congress, was widely disputed and its discussions brought about unusual and updated issues. The program allowed the visibility of social actors such as: indigenous, LBGT and others who exposed their education ways and their struggle in the health system.

The political movement was also strongly approached throughout the event. As the struggle for 30-week-hour-work for the nursing professionals, which encompasses three organizations Brazilian Nursing Association, Federal Nursing Council and National Nursing Union, and it has been a factor of professional aggregation.

Discussing the repercussions of the Congress in the Brazilian nursing life can certainly extend a lot of discourse. We would like to closer comment the results which seem to be more concrete. Among them, we think that when we discussed empowerment it was possible for the nursing professionals to understand that their strength is due to the relation with the costumer, with the public who is the care consumer. The one who do not see us, who do not know we defend them, that we struggle for their safeness, for better condition of health, for education and for rehabilitation.

Defending the patient/costumer/consumer of our work, of our knowledge was the great mote of this event. So, the order word will be Advocacy, now, we need to overcome the great challenge of guaranty a big alliance, to be together, to introduce ourselves, to say what we do, to defend our work and to say what we have been doing<sup>(1)</sup>.

Finally, we understand that the Brazilian Nursing Congress reflects the construction of the Brazilian nursing history, fosters the critical analyses the professional problems, stimulates the scientific production, and, mainly, defends a political agenda<sup>(2)</sup>. On the other hand, the recommendations originated in the congress are powerful indicative for the categories that constitute ABEn and its board of Directors.

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#### REFERENCES:

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