

## Screening with the heart

### Pesquisando con el corazón

 OPEN ACCESS

Guillermo Alejandro Herrera Horta<sup>1</sup>   
Guillermo Luís Herrera Miranda <sup>1</sup> 

<sup>1</sup> Universidad de Ciencias Médicas Pinar del Río.  
Facultad de Ciencias Médicas “Dr. Ernesto Ché  
Guevara de La Serna”. Pinar del Río. Cuba

Corresponding author: Guillermo Luís Herrera Miranda.  
e-mail: [guillermol@infomed.sld.cu](mailto:guillermol@infomed.sld.cu)

**Published:** April 05, 2021

**Received:** September 15, 2020

**Accepted:** September 20, 2020

**Cite as:**

Herrera Horta GA, Herrera Miranda GL. Pesquisando con el corazón. 16 de Abril [Internet]. 2021 [fecha de citación]; 60 (278): e1025. Disponible en: [http://www.rev16deabril.sld.cu/index.php/16\\_04/article/view/1025](http://www.rev16deabril.sld.cu/index.php/16_04/article/view/1025)

**Conflict of interest:** The authors declare that there are no conflicts of interest.

It is becoming increasingly difficult to ignore the word screening and its relevant usefulness in the current moments that the world is experiencing, under the scourge of the COVID-19 pandemic.

According to the Dictionary of the Royal Spanish Academy, screening is the information or inquiry that is made about something to find out the reality or its circumstances and to screen, to investigate something<sup>1</sup>.

The daily screening in the communities constitutes one of the main actions carried out by Cuba in the face of COVID-19. Searching thoroughly those who may be infected or at risk is essential for the prevention and control of this disease. It constitutes a systematic work that today is carried out with

greater intensity in search of respiratory symptoms in the population; therefore, it is necessary to praise the role of students and professors of medical sciences in the prevention and health promotion, constituting part of the actions for the early containment of any possible case of COVID-19.

Once these groups are identified in the population, the students and teachers notify the general practitioner (GP) who is responsible for their evaluation and follow-up, taking into account the clinical and epidemiological elements and thus not expecting people to come to the health system, but intentionally to seek and detect cases earlier something which is essential.

The inclusion of students and teachers to this task is done after training on the procedure, the disease and its prevention. The means of protection and necessary hygienic measures are guaranteed for the execution of the task as they offer them greater security, taking into account the conditions that characterize this pandemic and the risks to which they are exposed to. Among those risks, the high percentage of diagnosed cases who are asymptomatic and transmit the disease is of great significance; although the students do not establish close contact with people, nor make a diagnosis of the disease, they only need to find out if they have any flu symptoms and inform the general practitioner for a clinical and epidemiological assessment of the case.

From the beginning, the students have shown their spirit of self-denial and sacrifice, sensitivity and a high sense of responsibility, facing the setbacks that the current situation supposes for all of them in the different faculties and universities of the country. They have assumed the adjustments of the curricula and left the classrooms and other usual teaching settings such as medical offices, wards, emergency rooms

and other services in hospitals, which allow them in close relationship with the patient to develop the skills they need according to the curricular design of their careers. So they have substituted their face-to-face academic activities for distance education activities, joining in an altruistic way to the active screening.

This situation has contributed positively to strengthen the values and professional competencies described in the professional model of the medical sciences students that prepares them to face and respond adequately to the new needs of the context. It has also allowed them to establish an effective communication with patients and other figures for the purpose of their profession, to promote health and prevent risks and diseases, participating actively in the necessary information to the population, among others, which will contribute to their education as competent professionals.

In turn, the screening has had other implications that are not so favorable for the students during this stage; in addition to those previously mentioned in relation to their training process and not being able to interact with the rest of their classmates in daily activities on a regular basis. Personally, they have suffered situations of fear, loneliness, sadness, anxiety, depression and stress due to the knowledge of the high contagiousness of the virus and the increasing number of confirmed cases, its complications and even the risk of dying, together with the physical exhaustion after six months of research (up to the time of writing this manuscript), which affects his health and that of his family, facts that have been evidenced in national and international studies<sup>2,3,4</sup>.

For this reason, in order to take on this task with dignity, it is necessary to always keep in mind the historical lea-

der of the Cuban Revolution, Fidel Castro Ruz, who stated, "[...] to study medicine it is required a vocation, willingness to study, a preference of medicine over any other career [...] to be a doctor it is required an exquisite sensitivity, a great human quality, great intellectual capacity and a foolproof morality [...]"<sup>5</sup>.

This high quality and firm will is what characterizes the students and teachers incorporated into this noble work and allows us to find the understanding of the transcendental role played by the active screening for the control of the new coronavirus (SARS-CoV-2). It has also contributed to control and eradicate the pandemic, along with the individual and collective responsibility of the population in compliance with the measures dictated in this regard and the effort and dedication of our researchers and professionals who every day strive to search for solutions.

#### AUTHORSHIP CONTRIBUTION

GAHH: Conceptualization. Investi-

gation. Methodology. Supervision. Drafting - original draft. Drafting - review and editing.

GLHM: Formal analysis. Investigation. Methodology. Supervision. Drafting - original draft. Drafting - review and editing.

#### FINANCING

The authors did not receive funding for the development of this article.

#### BIBLIOGRAPHIC REFERENCES

1. Diccionario de la Real Academia Española. [Internet] [citado 1/9/2020]. Disponible en: <https://dle.rae.es>
2. Aquino Canchari CR, Ospina Meza RF. Estudiantes de medicina en tiempos de la COVID-19. Educación Médica Superior. [Internet]. 2020 [citado 30/05/2020]; 34 (2). Disponible en: <http://ems.sld.cu/index.php/ems/article/view/2339/973>

3. Arias Molina Y, Herrero Solano Y, Cabrera Hernández Y, Chibás Guyat D, García Mederos Y. Manifestaciones psicológicas frente a la situación epidemiológica causada por la COVID-19. Rev haban cienc méd.[Internet] 2020 [citado 02/06/2020]; 19 (Supl.): e3350. Disponible en: <http://www.revhabanera.sld.cu/index.php/rhab/article/view/3350>

4. Cao W, Fang Z, Hou G, Han M, Xu X, Dong J, et al. The psychological impact of the COVID-19 epidemic on college students in China. Psychiatry Res. [Internet] 2020 [citado 29/05/2020]; 287:112934. Disponible en: <https://www.sciencedirect.com/science/article/pii/S0165178120305400>

5. Castro Ruz F. Discurso pronunciado en el acto de constitución del destacamento de Ciencias Médicas "Carlos J. Finlay", efectuado en el teatro "Karl Marx", 12 de marzo de 1982. [Internet] [citado 5 Septiembre 2020]. Disponible en: <http://www.fidelcastro.cu/es/citas-sobre/Medicina%20>



Este artículo de *Revista 16 de Abril* está bajo una licencia Creative Commons Atribución-No Comercial 4.0. Esta licencia permite el uso, distribución y reproducción del artículo en cualquier medio, siempre y cuando se otorgue el crédito correspondiente al autor del artículo y al medio en que se publica, en este caso, *Revista 16 de Abril*.