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INTERNATIONALIZATION OF BRAZILIAN NURSING: DOCTOR SANDWICH IN THE CATALONIAN REGION - SPAIN

Marcio Rossato Badke¹, Rosa Lía Barbieri², Maria-Antonia Martorell-Poveda³

¹ Ph.D. in Science. Professor, *Departamento de Enfermagem, Universidade Federal de Santa Maria, CNPq Scholarship. Santa Maria, Rio Grande do Sul, Brasil. E-mail: maciobadke@gmail.com*

² Ph.D. in Molecular Biology. Research, *Empresa Brasileira de Pesquisa Agropecuária - Clima Temperado. Pelotas, Rio Grande do Sul, Brasil. E-mail: lia.barbieri@embrapa.br*

³ Ph.D. in Medical Anthropology. Professor, *Departamento de Enfermagem, Universidad Rovira i Virgili, Tarragona, Espanha. E-mail: mariaantonia.martorell@uv.cat*

ABSTRACT

Objective: to report the experience of living abroad and present the activities with their scientific productions.

Method: experience report of a Brazilian Nursing doctoral student who performed eight months of activities abroad during a Sandwich Doctorate.

Results: idealization of the sandwich doctorate abroad and its effectiveness; scientific socialization and internationalization of knowledge; and internationalization of Brazilian postgraduate programs.

Conclusion: the benefits of this experience include professional, theoretical-scientific improvement, and the attainment of social and cultural values. The contact with other people and educational institutions allows different didactic, pedagogical and interpersonal skills. The exchange enables the strengthening and recognition of Brazilian educational institutions, encourages other students to know different realities and thus strengthens the internationalization of nursing research.

DESCRIPTORS: Nursing. International educational exchange. Postgraduate programs in health. International cooperation. Teaching.

INTERNACIONALIZAÇÃO DA ENFERMAGEM BRASILEIRA: DOUTORADO SANDUÍCHE NA REGIÃO DA CATALUNHA - ESPANHA

RESUMO

Objetivo: relatar a experiência vivenciada no exterior por estudante de doutorado e apresentar as atividades com suas produções científicas.

Método: relato de experiência de um estudante de doutorado em enfermagem brasileiro que realizou oito meses de atividades de doutorado sanduíche no exterior.

Resultados: idealização do doutorado sanduíche no exterior e efetivação deste; socialização científica e internacionalização do conhecimento; e internacionalização dos programas de pós-graduação brasileiros.

Conclusão: os ganhos nesta experiência abarcam o aprimoramento profissional, teórico-científico, e a obtenção de valores sociais e culturais. O contato com outras pessoas e instituições de ensino permitem o desenvolvimento de diferentes habilidades didáticas, pedagógicas e interpessoais. O intercâmbio possibilita o fortalecimento e o reconhecimento das instituições brasileiras de ensino, encoraja outros alunos a conhecer realidades distintas e assim fortalece a internacionalização das pesquisas em enfermagem.

DESCRIPTORIOS: Enfermagem. Intercâmbio educacional internacional. Programas de pós-graduação em saúde. Cooperação internacional. Ensino.

INTERNACIONALIZACIÓN DE LA ENFERMERÍA BRASILEÑA: DOCTORADO SANDWICH EN LA REGIÓN DE CATALUÑA - ESPAÑA

RESUMEN

Objetivo: relatar la experiencia vivida en el exterior por un estudiante de doctorado y presentar las actividades con sus producciones científicas.

Método: relato de experiencia de un estudiante brasileño en el doctorado de enfermería que llevó a cabo ocho meses de actividades de doctorado sandwich en el exterior.

Resultados: idealización y efectividad del doctorado sandwich en el exterior, socialización científica e internacionalización del conocimiento e internacionalización de los programas de post-graduación brasileños.

Conclusión: los logros en esta experiencia abarcan el perfeccionamiento profesional, teórico-científico y la obtención de valores sociales y culturales. El contacto con otras personas e instituciones de enseñanza permiten el desarrollo de diferentes habilidades didácticas, pedagógicas e interpersonales. El intercambio hace posible el fortalecimiento y reconocimiento de las instituciones brasileñas de enseñanza, ayuda otros alumnos a conocer realidades distintas y, así, fortalece la internacionalización de las investigaciones en enfermería.

DESCRIPTORES: Enfermería. Intercambio educacional internacional. Programas de post-graduación en salud. Cooperación internacional. Enseñanza

INTRODUCTION

The purpose of the report is to present the reality of a doctoral student of the Postgraduate Program in Nursing of the Federal University of Pelotas (PPGenf / UFPel), Rio Grande do Sul, Brazil, who carried out eight months of activities during a Sandwich Doctorate Abroad (SWE) at the University of Rovira i Virgili- URV in Tarragona, Spain. The SWE was only possible due to the Science without Borders Program of the National Council for Scientific and Technological Development (CNPq).¹

The Science without Borders Program consists of the sum of efforts of the Ministries of Science, Technology and Innovation (MCTI) and the Ministry of Education (MEC), and through their respective development institutions - National Council for Scientific and Technological Development and Coordination of Improvement of Higher Education Personnel (CAPES), and Secretariats of Higher Education and Technological Education of MEC, with the purpose of assisting in the development and professional improvement, in addition to promoting the consolidation, expansion and internationalization of science and technology, innovation and Brazilian competitiveness through student exchange and international mobility.¹

This program provides scholarships to promote student exchange, so that undergraduate and graduate students are able to undertake internships abroad with the intention of maintaining contact with competitive education systems in relation to technology and innovation. In addition, it seeks to establish partnerships with Brazilian researchers in priority areas, such as nursing.¹

Within the Science without Borders Program, the purpose of the SWE program is to support the qualified student who is formally enrolled in a

doctorate course in Brazil in order to travel abroad, and provide them with the opportunity to perform theoretical deepening, data collection and/or treatment or partial development of the experimental part of his or her thesis in Brazil.¹

The belief is that the experience of studying abroad deepens the research, mainly in a worldwide scope, providing the coexistence and debates with researchers from foreign institutions. Trusting that these experiences are known in the scientific community in order to encourage and encourage new doctoral students to participate, which justifies this experience report.

Thus, the present work has two objectives: to report the experiences of living abroad and to present the activities related to the scientific productions.

METHOD

An experience report regarding the accomplishment of an academic student exchange program in Spain by a Brazilian doctoral nursing student, enrolled in the CNPq Science without Frontiers Program, from November 2015 to September 2016. Ethical issues were respected by including one author from each institution, the Brazilian orientator from the PPGEnf/UFPel and the collaborator from the URV, who assisted in the construction of this description and consented to the accomplishment and publication of the report.

RESULT OF THE EXPERIENCE

Idealization of the sandwich doctorate abroad

In Brazil, post-graduation in nursing has gradually been consolidated in the

development of qualified human resources, and in research and intellectual production.² According to the Coordination of Improvement of Higher Education Personnel (CAPES), there are currently 77 functioning *Stricto Sensu* postgraduate nursing programs in the country, these include 54 Academic Master's Programs, 21 Professional Master's Degree Programs and 38 Academic Doctorates.³

While enrolled in a recognized postgraduate course, the student is recommended to have his/her object of study defined and he/she is recommended to carry out a State of the Art- bibliographic review, in order to verify who the foreign researchers who work with its subject are, and to subsequently make the first contact with their prospective overseas supervisor. It is important to note that there are different ways for this international communication, such as via telephone, e-mail, Skype and Messenger, which are usually found on the institutions' website. It should be mentioned that each postgraduate course has specific requirements for the sandwich doctorate abroad and that, in this case, the student's qualification defense had already been carried out.

Identifying together with their advisor, the researcher who will contribute the most to the proposal developed abroad as an improvement of his research, deepening of the theoretical framework, aid in methodology and analysis of the data, begins the search for contact. In this case, the thesis project begins from the understanding that the use of plants has always been present in the self-care practices in situations of suffering, and that their use can initiate other forms of health care, and the importance of knowledge or recognition of this knowledge by professionals and users.

In view of the above, an evaluation of the use of medicinal plants and the legislation related to this theme in Spain was performed. It was found that new legislation has emerged in the European Union related to medicinal plants, regulating their consumption, such as Law 29/2006 of July 26th,⁴ which guarantees the rational use of medicines and health products, the fifth chapter of this law includes the use of medicinal plants.

On July 24th, 2015, a Royal Legislative Decree 1/2015⁵ approved the revised text of Law 29/2006. Article 51 states the use medicinal herbs and regulates the preparation of plants for consumption. Based on this, the Ministry of Health, Social Services and Equality drew up a list of plants whose sale to the public is restricted or prohibited due to its toxicity, and determined that plants considered traditional can be sold freely,

provided that there is reference to therapeutic, diagnostic or preventive properties, and strictly forbidding the plant trafficking.

Since 2006 in Brazil, Decree No. 5813 from June 22nd, 2006, has dealt with the National Policy of Medicinal and Phytotherapeutic Plants, whose main objective is to guarantee the safe access and rational use of herbal and phytotherapeutic plants to the Brazilian population. This interest in the correct use of medicinal plants was reinforced in 2008 by The Interministerial Ordinance No. 2960 of December 9th, 2008⁶, which approved the National Program of Medicinal and Phytotherapeutic Plants and created the National Committee of Medicinal and Phytotherapeutic Plants.

With the existence of legislation for the use of medicinal plants for the health care of people in the European Union and in Brazil, the importance of health professionals, especially nurses, to have adequate knowledge for this use, is confirmed. The introduction of the theme of medicinal plants in curricula and scientific research in health courses is of great importance in this context, so that they can obtain support for the practice of comprehensive health care to people. At the University of Bobigny in Paris, subjects on natural medicine have been taught for more than 12 years, and the University of Montpellier offers an academic degree based on the use of medicinal plants.⁷ In Brazil there is a fragility in the nursing undergraduate curricula because they are focused on the biomedical model, compromising the integral formation of the students regarding the use of medicinal plants in the health care of people.⁸ This situation does not agree with the National Health Policy, and the current amount of professionals trained to deal with these care practices is more than likely insufficient to meet the demand, due to the lack of training in this area.⁹

From the results obtained in the master's thesis and due to the gap in this knowledge evidenced in reviews from recent literature, the interest in understanding the meanings that people attribute to the plants used in the practices of self-care in initial situations of suffering, was aroused. To understand these meanings, it became necessary to establish a connection between anthropology and health. For this, the study is anchored in light of health anthropology.

Therefore, the incorporation of new approaches in Brazilian nursing research plays a fundamental role in obtaining international participation and visibility in different areas of nursing knowledge.¹⁰

In order to deepen the theoretical framework, a Mexican research professor from the Center for

Research and Higher Studies in Social Anthropology (CIESAS-DF/Mexico), an anthropology graduate from the National University of Buenos Aires (UNBA), a Master in Public Health (School of Public/Mexico Salu) and Doctor in Social Anthropology (UNBA). who in 2009 was awarded the title of *Honoris Causa* Doctor at the University of Rovira i Virgili-and would be in the URV¹¹ in Spain during the SWE.

This researcher worked in partnership with the URV for many years and has been ministering further education courses and guidelines for post-graduate students at least once a year. Faced with this discovery, the coordinator of the Postgraduate Program in Anthropology and Communication of the URV was contacted. This coordinator has Medical anthropology and global health as a research line, conducting research in partnerships with Brazilian institutions, showing interest in Brazilian scientific research.

The initial contact occurred via email, this form of contact was chosen due to it being a cost free way of communication and is available on the institution's website. The proposal for the previously qualified thesis was sent which fit in with the areas covered by the Science without Borders Program (Nursing), together with the syllabus of the sandwich doctorate. The professor showed interest in being the overseas supervisor and also recommended the help of the nurse and anthropologist, professor of the Doctorate Program in Nursing Sciences and member of the dimensions of care research group: Representations and practices of cultural care and health. It should be noted that the two foreign professors fulfilled the SWE requirement, in which the researcher must have a consolidated academic output relevant to the complementary development of the doctoral thesis.

After receiving the acceptance of the two professors as advisor (Anthropologist) and coordinator (Nurse and Anthropologist) by e-mail, the necessary documentary procedures were initiated in order to be eligible for the scholarship.

The documents required to register for the SWE are listed below¹: online proposal form; candidate's curriculum vitae registered on the Lattes platform; curriculum of the overseas advisor in the form of home page or attached file; work plan and or research project for the scholarship period; formal agreement from the coordinator of the postgraduate course in which he/she is enrolled in; formal consent from the institution of destination issued by the body responsible for admission of the applicant,

including information on the language and level of minimum proficiency required and possible collection of school fees and funding and the respective amounts per year; agreement from the advisors in Brazil and abroad regarding the proposed activities; and confirmation from the overseas orientator that the candidate has sufficient knowledge of the language required for the development of the planned activities or proof of language proficiency, if required by the destined institution.

The duration of the scholarship can vary from 3 (three) to 12 (twelve) months, with an extension being permitted, while respecting the maximum limit of scholarship duration (12 months). The following benefits are included¹: monthly fees calculated according to the scholarship abroad; relocation assistance; accommodation assistance except for applicants residing abroad; health insurance; school fees, if required by the institution; and funding if applicable.

Candidates are selected on the basis of their curriculum, the overseas advisor's curriculum, the merit of the proposal, the international concept of the research group abroad and is ranked in comparison with the other candidates.¹

Effectiveness of the sandwich doctorate abroad

The initial request was for a 12-month fellowship from the 1st of November 2015 to the 31st of October 2016.

Along with the CNPq scholarship another process is reinitiated which consists of verifying the passport validity, obtaining health insurance that is accepted by the educational institution and which will allow entry into the European Union-Spain.

The student starts to receive the scholarship one month before the activities begin. It should be noted that to count as a scholarship month, the candidate must start his or her academic activities by the 14th day of the month and finish after the 16th day of the month.

Even if the student has not received the first scholarship amount, it is suggested that the student already begins organizing accommodation and begins communication with the supervisor in order to know where his or her academic activities will actually be, since in this experience the link is with *Universitat Rovira i Virgili* - URV which is located in Tarragona - Spain, but most of the activities were at the University of Barcelona - UB - Spain, thus it was more convenient to reside in Barcelona, which

is an hour by train from Tarragona. It should be noted that the activities were carried out in both institutions, because the Spanish teacher had a link with both institutions.

The student who proposes to reside in a region that is considered a tourist center and which also has great educational centers of excellence, such as Catalonia, should be aware that there is a lot of demand for foreigners, which results expensive rent and thus makes living in the vicinity of major educational centers such as the University of Barcelona difficult. In this regard, a survey¹² that compared the experiences of nursing students living abroad in low- and high-income countries concluded that academic curricula should be reviewed in a way that facilitates the exchange for all students. According to this research, this is due to the high costs of living in some countries, which restricts the participation of economically disadvantaged students, and in general benefiting those with higher purchasing power.

After overcoming these challenges and arriving at the beginning of November 2015 at *Universitat Rovira i Virgili - URV* in Tarragona, the student was very well received by the secretary of the Department of the Postgraduate Program in Anthropology and Communication, which sent him to the receiving sector of foreign students to deliver the documentation and to register with the URV.

The first day of meeting with the orientator and the coorientator was very productive, as he was offered to join the disciplines of the Graduate Program in Anthropology and Communication, and in the Ph.D. Program in Nursing Sciences as a listening student. The disciplines that would be important in the construction of the thesis were chosen together with the foreign supervisors: *Sociedade en la Historia de Occidente* - 50 hours; *de Investigación en Cultura i Cuidateg* - 30 hours; *Controversias Alimentarias: Sujetos, Prácticas y Discursos* - 50 hours and *Teoría V. Las Orientações Críticas* - 30 hours

It is important to mention that medical anthropology in Spain currently has a consolidated scientific community, offering regular training in different universities, facilitating the sharing of knowledge and is part of the international networks of anthropological research. The Center for Medical Research Anthropology of the URV, along with *Aix-en-Provence* (France), are considered, by Medical Anthropology Research, as institutional reference points of southern Europe.

As a doctoral student and also an associate professor at the Federal University of Santa Maria, there was a possibility of carrying out two researches in the region of Catalonia, with the students and the teachers of the URV, referring to the theme of medicinal plants. Therefore, because the research was with human beings, institutional authorization was requested and the project was sent to the Ethics and Research Committee which was later approved. After the approval, the research was started in partnership with a postgraduate nursing student from URV.

One opportunity offered to the exchange student in Catalonia includes visiting and also being part of the Association of Students and Researchers in Catalonia (APEC), which is characterized by being a non-governmental, non-profit organization and whose management team is strictly organized voluntarily and rotationally. Its purpose is to welcome Brazilian researchers and students who have recently arrived in Catalonia, assisting them with information and guidance to facilitate their integration into the social and cultural environment.

It should be noted that the accomplishments of other research, besides the initial proposal of the thesis project, and the participation in the association of researchers, were not mentioned by previous studies referring to the same theme. These events are due to factors that influenced these different activities, such as the doctorate's vast professional experience, as a nursing assistant for seven years and four years of teaching in the higher education, only after completing his PhD. It is believed that the aforementioned experiences have contributed to the academic maturity and commitment in activities of technical/scientific interest aimed at the development of Science of Nursing, which is not often envisioned by young academics.

Scientific socialization and internationalization of knowledge

Using the exchange experience to disseminate the research produced at the university of origin, becomes a great opportunity to show culture, its socio-economic cultural problems, the politics and the actions developed in the perspective of the trinomial: university, community and health services in Brazil.¹⁵⁻¹⁶

Participation in scientific events allows an approximation to the different national and international references of research, to know other studies, which favors the exchange student to appropriate

his or her theoretical reference even further, allowing a critical and reflective re-reading of his or her scientific works.

The student was given the opportunity to participate in several events: *VIII International Seminar d'Investigació en Infermeria* - URV - Tarragona/Spain; 10th International Seminar on Nursing Research - Porto / Portugal, in which a work was presented on the care practices through medicinal plants; *La Jornada - La Antropología Médica en Latinoamérica: Perspectivas* - URV-Tarragona/ Spain. The latter was attended by the Mexican researcher, mentioned at the beginning of the report, who, in addition to teaching a one-week course, provided specific guidelines for students interested in the subject. In this situation, the researcher had access to the thesis that is was developed and made contributions, suggesting the return of the doctoral student to the field of data collection in order to deepen and search for new research subjects, since the thesis research is anthropological and requires greater contact with the researched community/population.

The student participated in the organization of the XXI International Academic Seminar of the Association of Brazilian Students and Researchers in Catalonia (APEC): International Academic Cooperation - Challenges and Perspectives - Barcelona - Spain.

In discussions with the overseas orientators and in Brazil, it was decided to request the suspension of the scholarship (SWE) after seven months, in order for the student to return to Brazil, specifically to return to the data collection field and also to participate in the scientific event, the 5th National Seminar of Nursing Guidelines in Primary Health Care - São Luís/MA where the student would present a work on the importance of the exchange experiences and the internationalization of nursing, discussing the use of medicinal plants in the healthcare of people in Spain. Thus, a letter signed by all the advisors (foreign / Brazilian) and a new schedule was sent to the CNPq, which authorized the suspension of the scholarship in June, July and August 2016, which was reactivated for the month of September. 2016, which was necessary for the student to participate in the VII Congress of Qualitative Research in Health - Barcelona - Spain, where the student presented two works, and during this opportunity he constructed a scientific article together with the collaborator from the URV, and thus finalized his proposed activities in his plan of study with overseas supervisors.

Internationalization of Brazilian graduate programs

In order to further internationalize the teaching of Brazilian nursing, specifically in the case, the PPGEnf/UFPel, in which the doctoral student is part of and the postgraduate program in Nursing of the Federal University of Santa Maria - PPGEnf/UFSM, which the student will ask to be part of on his return, with the title of doctor. Some technical visits were carried out which were not supported by the Science without Borders Program. In this modality of SWE it is not foreseen to use funds for technical visits, even though it is included in the schedule sent to CNPq, including a suggestion to expand the program to this repressed demand.

Therefore, for the student used his own resources to perform technical visits to two nursing schools: the Portuguese Catholic University-Lisbon and the University of Barcelona-Spain, where one can understand the reality of nursing education in Portugal and in the Catalonia region. It should be emphasized that it is desirable that the postgraduate student has the competence, dedication and maturity to seek autonomy as a future researcher.¹⁷

Researches^{10,18} confirm the importance of integration with other research groups, the internationalization of programs, journals, teachers and students for the advancement of nursing science, stimulating the improvement of nursing practices in Brazil and abroad. Thus, it is necessary to emphasize that the experience abroad provided participation in research groups, and deepening in the anthropological reference of health. The thesis in question uses the anthropological reference of health, connected to the use of plants in the practices of self-care in situations of suffering. In this thinking, when participating in other research groups, the Nursing professional can develop new ways of caring, creating and discussing concepts that may be referenced in the future, as well as the likelihood of a closer approximation between academic and popular knowledge.

In this regard, a report¹⁹ of the experience of Brazilian researchers in Spain emphasized the importance of the appropriation of anthropological knowledge by professionals in the field of health, so as to enable a re-signification of knowledge on this subject and the construction of new paradigms in relation to their practices. This internationalization experience provided the exchange students with the construction of joint projects and the possibility of articulation between research lines from Brazilian

and Spanish programs, a fact that can contribute to the approach of new health researchers in post-graduate anthropology programs.

In order to understand the reality of health services, technical visits were made to health services at two hospitals in the provinces of Barcelona in the Sanitary City of Bellvitge, located in l'Hospitalet de Llobregat, at Hospital del Espiritu Santo, located in Santa Coloma de Gramanet, and also a health center located in the province of Tarragona, Centro Sanitário de Salud ABS Reus-5, CAP Mamariá Fortuny. By performing the visits, it was possible to observe and know the routine of the health professionals, more specifically of the nursing staff and observing the physical structures and the health care planning of the people.

Professional activities beyond teaching and searching for ongoing training are motivating for a better mastery of content in teaching, as well as for a more dialogic, problematizing and critical-creative posture of the teacher and his students.²⁰

It was also possible to visit the COIB (*Colegio Oficial de Enfermeras y Enfermeras de Barcelona*), which is the equivalent to COFEN - Federal Nursing Council, here in Brazil.

These visits were fundamental in order to know the reality of health in the region of Catalonia, and the work of these professionals, especially the nursing professionals, with the intention of forming friendships ties, exchanges of scientific knowledge, and thus contribute both to nursing education in Catalonia, as well as in Brazilian education. The exchange experience enables students to increase their cultural awareness of people's health¹², the development of ethno-cultural empathy, with the potential to transform their future practice as health professionals, incorporating new learning.²¹ The student and/or professional acquires knowledge, skills and experiences, broadening their perspective to health care of people in a more comprehensive and integrating way, respecting and understanding the real needs of the person in their socio-economic and cultural context.

Concrete examples of the studies created mainly during the technical visits are, to date, two scientific articles constructed and sent to the Portuguese and Spanish researchers. In the future there will be other publications together, as well as the exchange of students between Brazil, Spain and Portugal.

Regrettably, the enrollments for the Science without Borders Program of the National CNPq¹

have been suspended since August 2015 for sandwich doctorates abroad. This report demonstrates the importance of academic/professional exchange for the strengthening and development of teaching, research and extension institutions, which reinforces the need for this program to return in order to the benefit science in Brazil.

CONCLUSION

Participation in the Doctorate-Sandwich is an opportunity for professional and theoretical-scientific improvement. An enriching experience in the experiences of nursing opportunities, it is a moment of construction of the personality and attainment of social and cultural values. The opportunity for this exchange allows the student to have contact with other educational institutions, with the customs and habits of other people different from his / her which offers different didactic, pedagogical and interpersonal skills.

The experiment of new ways of doing nursing, researching in health, exchanging knowledge, contacts with other educational institutions, etc., the strengthening and recognition of Brazilian teaching institutions possible, and broadens knowledge for Brazilian research. It is hoped to encourage the participation of other postgraduate students to perform the international exchange modality in order to know other realities and to strengthen Brazilian research, resulting in the institutional exchange becoming more and more possible.

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Correspondence: Marcio Rossato Badke
Universidade Federal de Santa Maria
Avenida Roraima, 1000, CCS Campus UFSM, Prédio 26A,
Sala:1311
97105-900 - Camobi, RS, Brasil
E-mail: marciobadke@gmail.com

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