

Federal University of Rio de Janeiro State



Journal of Research Fundamental Care Online

ISSN 2175-5361
DOI: 10.9789/2175-5361

REVIEW INTEGRATIVE

Ações e cuidados de enfermagem em saúde mental num hospital-dia psiquiátrico: uma revisão integrativa

Nursing care and actions in mental health in a psychiatric day hospital: an integrative review

Acciones y cuidados de enfermería en salud mental en un hospital día psiquiátrico: una revisión integradora

João Mário Pessoa Júnior ¹, Francisco Arnaldo Nunes de Miranda ², Raionara Cristina Araújo Santos ³, Magnus Kelly Carvalho Dantas ⁴, Ellany Gurgel Cosme do Nascimento ⁵

ABSTRACT

Objective: To identify evidence available in the literature about the actions and the nursing care procedures in mental health in a psychiatric Day Hospital. **Method:** This is an integrative literature review performed from on-line search of studies in the databases LILACS, MEDLINE and BDNF, through the following inclusion criteria: papers published in Portuguese, English or Spanish during the period from 1997 to 2012 and that addressed the thematic at stake. **Results:** The nursing care procedures of patients monitored in Day Hospitals are focused on interdisciplinary therapeutic activities aimed at providing the reinsertion of people who suffer from mental disorders into the family conviviality and in society at large. **Conclusion:** Nursing has prioritized a type of care guided by the humanization and comprehensiveness of care shares in the Day Hospital environment, from the prioritization of interdisciplinary therapeutic activities. **Descriptors:** Day hospitals, Psychiatric nursing, Mental health.

RESUMO

Objetivo: Identificar na literatura evidências disponíveis sobre as ações e os cuidados de enfermagem em saúde mental em um Hospital Dia psiquiátrico. **Método:** Revisão integrativa da literatura realizada a partir de busca *on-line* de estudos nas bases de dados LILACS, MEDLINE e BDNF, tendo como critérios de inclusão: artigos publicados nos idiomas português, inglês ou espanhol no período de 1997 a 2012 e que abordassem a temática em questão. **Resultados:** Os cuidados de enfermagem a pacientes acompanhados em Hospitais Dia focam atividades terapêuticas interdisciplinares voltadas à re inserção da pessoa que sofre com transtornos mentais ao convívio familiar e em sociedade. **Conclusão:** A Enfermagem tem priorizado um cuidado pautado na humanização e na integralidade da atenção no espaço do Hospital Dia, a partir da priorização de atividades terapêuticas interdisciplinares. **Descritores:** Hospitais dia, Enfermagem psiquiátrica, Saúde mental.

RESUMEN

Objetivo: Identificar las pruebas disponibles en la literatura sobre las acciones y los cuidados de enfermería en salud mental en un Hospital Día psiquiátrico. **Método:** Revisión integradora de la literatura desarrollada a partir de búsqueda en línea de estudios en las bases de datos LILACS, MEDLINE y BDNF, con los siguientes criterios de inclusión: artículos publicados en inglés, portugués o español en el periodo entre 1997 e 2012 y que abordaran el tema que nos ocupa. **Resultados:** Los cuidados de enfermería a los pacientes supervisados en Hospitales Día se centran en actividades terapéuticas interdisciplinarias destinadas a la rehabilitación de la persona que sufre de trastornos mentales a la vida familiar y en la sociedad. **Conclusión:** La enfermería ha priorizado un cuidado pautado en la humanización y en la integridad de la atención del Hospital Día, a partir de la priorización de actividades terapéuticas interdisciplinarias. **Descriptor:** Hospitales dia, Enfermería psiquiátrica, Salud mental.

¹Nurse, Doctorate Student in Nursing, Post-graduation Program in Nursing in Health Care, Federal University of Rio Grande do Norte. Scholar of CAPES/DS. Address: Departamento de Enfermagem. Programa de Pós-Graduação em Enfermagem da UFRN. Av. Salgado Filho, Campus Universitário Bairro Lagoa Nova CEP: 59072-970 - Natal (RN), Brasil. E-mail: jottajunior@hotmail.com; ²Nurse, Doctor Professor, Coordinator of the Post-graduation Program in Nursing in the Health Care of the Federal University of Rio Grande do Norte. Productivity Scholar of the CNPQ. E-mail: farnaldo@gmail.com; ³ Nurse, PhD in Nursing, Federal University of Rio Grande do Norte. E-mail: raionara_cristina@yahoo.com.br; ⁴Nurse, Public Health Specialist. E-mail: dantasmk@hotmail.com; ⁵Nurse, Doctorate Student in Health Sciences, Post-graduation Program in Health Sciences, Federal University of Rio Grande do Norte. E-mail: ellanygurgel@hotmail.com.

INTRODUCTION

P sychiatric services for partial admission were adopted in some countries as an important modality of alternative service, as far as that they reflected the socio-political scenario of an international historical and social movement, known as Psychiatric Reform (PR), which would change the course of Psychiatry. Among these services, one should highlight the Day Hospital (DH), characterized as an intermediate resource, between total admission and outpatient unit, in mental health care.¹

The regime of partial admission, as a specific treatment program, is similar to the traditional outpatient model, which is distinguished by the type of served patient: an individual with mental disorders that require more intensive monitoring and by a team of professionals.¹

In Brazil, this modality of service started to be implemented from 1992, by the Ministry of Health, with a view to strengthening the PR process and fight for deinstitutionalizing and overcoming the manicomial and asylum-based model.¹ The DH are among the possibilities in mental health care to promote social inclusion and rescue citizenship of people with mental disorders.²⁻³

The focus of treatment takes place through the family reintegration of those people who suffer from mental disorders, thereby preventing relapses and avoiding total admission. Accordingly, it becomes necessary having the presence of a multiprofessional team for such monitoring, which must usually be composed by psychiatrists, nurses, psychologists, social workers, physical educator, occupational therapist, art therapist, nurse technician, among others.

In this context, the nursing team, as an element inserted in this staff, contributes in the individualized therapeutic project of patients in a DH by means of daily actions and mental health care procedures, through an inter-relational assistance, based on ethics and humanization. Nevertheless, one should highlight the lack of information or clarity, among members of this team, regarding their work process within this space.⁴

Nursing, due to its proximity to people who suffer from mental disorders, in its care process, requires technical and personal ability to consciously think and act in the light of decision-makings located in the scope of its daily routine.

Furthermore, the present study was aimed at identifying evidence available in the literature about the actions and the nursing care procedures in mental health in a psychiatric Day Hospital.

METHOD

This is an integrative literature review for being a research method commonly used in the Evidence-Based Practice (EBP), where the results of studies about a certain theme are gathered and synthesized by following a systematic treatment.⁵ One should add up the advantages coming from the fact of being a precious method when providing a deepening on the most current and relevant discussions for professional clinical practice in the nursing field.

Overall, the evidence might be classified into seven levels: I - derived from a systematic review or meta-analysis, or coming from controlled randomized clinical trials or arising from clinical guidelines, based on systematic reviews of randomized controlled trials; II - well-designed controlled randomized clinical trial; III - well-designed clinical trials without randomization; IV - well-designed cohort and case-control studies; V - systematic reviews of descriptive and qualitative studies; VI - unique descriptive or qualitative study; and VII - opinion of authorities and/or reports of experts' committee.⁵

With respect to the method, the following steps have been followed: 1st) formulation of the questioning or hypothesis for developing the review; 2nd) selection of sampling with the identification and collection of relevant studies, through the establishment of inclusion and exclusion criteria; 3rd) definition of the information to be worked on in the analytical process; 4th) assessment of studies; 5th) analysis and discussion of the findings; and 6th) synthesis of knowledge, dissemination of results and conclusion.⁵

The preparation of this review started from the following questioning: what is the evidence available in the scientific literature about the actions and the nursing care procedures in mental health in a psychiatric Day Hospital?

An on-line search of studies was conducted in the databases Latin American and Caribbean Health Science Literature (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE) and Brazilian Nursing Database (known as BDEF), which were accessed by means of the Virtual health Library (VHL/BIREME) from the following descriptors: 'Day Hospitals', 'Mental Health', 'Psychiatric Nursing' and 'Nursing Care', in the first half of 2012.

The following criteria were adopted: papers published in Portuguese, English or Spanish during the period from 1997 to 2012 and that addressed aspects linked to the nursing care and actions in mental health in psychiatric Day Hospitals. Duplications and papers that did not meet the criteria were discarded.

The scanning has found 22 papers, which were selected and analyzed. We have opted for performing a descriptive data analysis, with the purpose of enabling the reader to identify the level of evidence.

RESULTS AND DISCUSSION

The amount of eleven papers was analyzed in this integrative review ⁽⁶⁻¹⁵⁾, which were suited to the study in accordance with the proposed objective and the inclusion criteria (Table 1).

Regarding the publication year, there was a predominance of studies published in 2005 (02), followed by the temporal cutout, 2004 to 1998, all of them containing 01 study. Regarding the origin of the journals, the ten were produced in Brazil.

Year	Journal	Authors	Design / study purpose	E.L.	Conclusion
1997	Rev bras enferm	Souza SS ⁶	Experience report.	VI	The Day Hospital proposes individual activities and group therapeutic shares aimed at reintegrating the patient into society.
1998	Rev Bras Enferm.	Mello R ⁷	Qualitative study. Objective: To rescue experiences of nurses in the context of mental health.	VI	The interdisciplinary work in the Day Hospital has been seen as a <i>sine qua non</i> condition to enhance the care of people with severe mental suffering.
2000	Rev Paul Enferm	Castro RCB ⁸	Reflective study. Objective: To understand the current situation of care actions to patients with mental disorders.	VI	To rethink the mental health practices, including the nurses' actions.
2001	Rev Latino-Am Enferm	Kirschbaum DIR, Paula FKC ⁹	Case study. Objective: To verify the action of nurses in mental health services and their relationship with the teamwork.	VI	It was observed that nurses acquire different positions, according to the organization of the work process for a professional intervention of a critical manner and with quality.
2002	Rev Esc Enferm USP	Kirschbaum DIR, Paula FKC ¹⁰	Qualitative and descriptive study. It has the purpose of characterizing the nursing work conducted in day-services.	VI	The nursing activities are addressed to the care of customers related to the Psychosocial Rehabilitation field.

2003	Rev Latino-Am Enferm	Souza MCBM ¹¹	Qualitative study. Objective: To observe and describe the nursing actions in a psychiatric institution. Bibliographical review. Objective: To analyze the nursing care process to patients with mental disorders in external services in relation to the hospital.	VI	It was evidenced that nursing actions in the psychiatric institution were predominantly of bureaucratic and administrative nature.
2004	Rev Bras Enferm	Sueli C, Villela MC, Moraes S ¹²	Qualitative study. Objective: to learn the nursing work within the Day Hospital, under the perspective of the Psychiatric Reform. Literature review. Objective: To identify papers that could describe non-traditional therapeutic modalities used by nurses in mental health.	VI	It reaffirms the necessity for a humanized approach through interpersonal relationships of patients, nurses and teams responsible for assisting patients with mental disorders.
2005	Rev Esc Enferm USP	Silva ATMC ¹³	Objective: to identify papers that could describe non-traditional therapeutic modalities used by nurses in mental health.	VI	Nursing work incorporates, in addition to formal, technical-specialized quality, a political quality that indicates a new meaning to the nursing work process.
2005	Rev Latino-am Enferm	Andrade RLP, Pedrão LJ ¹⁴	Objective: To identify papers that could describe non-traditional therapeutic modalities used by nurses in mental health.	VI	The nurse can use non-conventional therapeutic modalities in the care of patients with mental disorders, provided that they are integrated into an overall therapeutic plan recommended for each user.
2006	Esc Anna Nery Rev Enferm	Monteiro CB ¹⁵	Experience report.	VI	Adjustment difficulties in fulfilling its new role as a nurse of a psychiatric Day Hospital.

Table 1 - Synthesis of studies found about nursing care and actions to patients with mental disorders monitored at psychiatric Day Hospitals, according to publication year, journal, authors, and design type/objective. LILACS, MEDLINE and BDNF, 2012. Caption: E.L. = Evidence Level.

As for the type of research design of the analyzed papers, the sample has pointed out: description of experiences in a Day Hospital (02), reflections about nursing care in mental health (02), study about perceptions of nurses who work in DH (02), literature review (02) case study (01) and reflective study (01), whose authorship was composed only of nurses, predominant target audience. Accordingly, it was observed, in relation to the power of evidence obtained in the papers, the level VI in the ten studies, i.e., they did not present strong evidence for clinical application.

The nursing care and actions in mental health have suffered important changes over the long term, specifically with regard to their object of intervention.¹¹ Formerly, still in the XIX century, there was a professional conduct based on discipline and coercion of patients with mental and behavioral disorders, associated with the accomplishment of procedures, such as hygiene and comfort measures, medication administration, among others.¹⁵⁻¹⁶

Throughout the 1950's, under the influence of studies and researches of an American nurse¹⁷, new perspectives for nursing care were introduced. The main tool of professional practice was based on the professional-patient therapeutic relationship, thereby focusing on the mutual respect present in this process.¹⁷

With the movement of the Psychiatric Reform, strengthened throughout the 1980's in several countries across the world, especially in Brazil, a model of psychiatric care focused on the psychosocial aspect was adopted, with community foundations and that provides the participation of multiprofessional teams in this care shares.¹⁻⁴

In this context, the intermediary services for psychiatric admission were being deployed in the country, including the Day Hospital. The nursing professional, as an integrating member, began to operate in the above mentioned space. Thus, the nursing care process and actions began to incorporate different elements of the historical scenario^{1-4,6-17}.

Before the results, it was evidenced that the patients monitored in Day Hospitals required a longer hospital stay in contact with their families. From personal experience of the author⁶, nursing care is directed to the teamwork, and the nursing professional is an important link of integration among patients, by making them aware of their active role in their health-disease process.

The interdisciplinarity⁷ was highlighted as a key point in the daily practice of the nursing team, given the assistential changes in the mental health care in recent years, especially in daily care centers, which have replaced the asylum-based model and of traditional psychiatric admission. In this sense, it reinforces the role required for health professionals who work in DH to strengthen the interdisciplinary work, with a view to ensuring better nursing care to patients with severe mental disorders and their families.

The principle of comprehensiveness, advocated by the Brazilian Unified Health System (SUS), with other elements for this scenario of practices and skills in mental health, enhances the rescue of subjectivism and of social protagonism of patients with mental disorders.⁸ Thus, it emerges the challenge for nurses, as professionals who work in the intermediate services, in the sense of rethinking their attitudes and daily practices, thereby enabling the development of a type of care that point to the dimension of this principle.⁸

The nursing actions in mental health are directly influenced by the teamwork process, whether it is multidisciplinary or interdisciplinary.⁹ The insertion and the position exercised by the nursing professional within a health team greatly defines the conduction of its daily professional practice, as well as the theoretical benchmark that underpins it and model of mental health care to be played.⁹

The Psychosocial Rehabilitation is recognized as an important nursing intervention field in the care of patients with mental and behavioral disorders. Nonetheless, one should observe some contradictions present between the proposed theory and the nurses' actions, sometimes compromised by the lack of planning and systematization of their care process.¹⁰

The predominance of bureaucratic and administrative activities on the part of nurses in a psychiatric service constitutes an obstacle to be exceeded.¹¹ Usually, it is observed that, due to the scarcity of time, material and human resources, to the entrusted numerous assignments and the professional devaluation itself, the nursing care in mental health ends up being compromised or not happening in a harmonious way.¹¹

The humanized approach of nursing care in extra-hospital services was thought as the professional commitment of the team in this service.¹² Interpersonal relationships and the practice of humanization lead to the formation of a bond among professional-patient-service, thereby influencing in the treatment adherence and in the improvement itself of the health environment.

The nursing care contextualized to the PR process must promote mental health practices to ensure deinstitutionalization and rescue of citizenship of patients, mediated not only by technical and intellectual capacity to politically act in the face of the work processes in the DH environment.¹³

In the psychosocial care field, non-traditional alternative therapeutics are also being worked by nurses in mental health services, among which one should highlight music, motor activity, therapeutic monitoring and yoga.¹⁴ They are activities that, when integrated into the individual care plan of patients, bring considerable benefits for them. Therefore, the nursing professional who feels prepared can implement its care shares based on them.

Furthermore, the Nursing training must qualify the professional future for the development of abilities/competences in the face of the challenges and changes brought with the PR and the new logical of intermediate psychiatric services, such as the DH.¹⁵⁻¹⁶ Thus, the care process and the actions performed by nurses in mental health increasingly require initiative, creativity and the establishment of emotional and social bonds.

CONCLUSION

Nursing care procedures to patients with mental disorders have suffered changes in recent years, mainly from the adoption of intermediaries and substitute services network in the care of patients with mental and behavioral disorders. Nursing systematically begins a rupture focused on technical, uncritical, silenced and repressive vision in relation to the

past, where people reproduced punctual assistential practices, such as containment/physical control of patients, medication administration, among others.

In the DH environment, it is observed a search for the prioritization of care guided by the humanization and comprehensiveness of care shares, through the prioritization of interdisciplinary therapeutic activities. All are aimed at achieving a common objective, i.e., the reinsertion of people who suffer from mental disorders into the family life and in society at large in line with the PR process. We highlight the interpersonal relationships to create bonds between patients-nurses-families and, therefore, for improving the quality of life.

The papers selected in this integrative review are presented by having low evidence power in the hierarchical level of EBP, level VI, for being studies of qualitative approach and experience reports. Accordingly, the still existing gaps in the scientific literature with regard to health care procedures to patients monitored in DH should be highlighted. Partially, it is justified by the expansion of Psychosocial Care Centers in their several modalities among the Brazilian municipalities, in addition to therapeutic residence services, mental health outpatient units, among others.

Thus, the accomplishment of future investigations within this thematic field becomes essential, in the sense of seeking new evidence and assisting the nurses and their teams in the decision-making process in mental health.

REFERENCES

1. Pessoa Júnior JM, Nóbrega VK, Miranda FAN. Extinção de um serviço psiquiátrico intermediário e as repercussões na atenção à saúde mental. *Cienc Cuid Saude*. 2011; 10(3):578-584.
2. Miranda FAN, Santos RCA, Azevedo DM, Fernandes RL, Costa TS. Fragmentos históricos da assistência psiquiátrica no Rio Grande do Norte, Brasil. *Rev Gaúcha Enferm*. 2010;31(3): 475-82.
3. Miranda FAN, Dutra SVO, Júnior JMP, Rangel CT. Opinião dos familiares na estratégia saúde da família sobre doença mental, doente e família. *R pesq cuid fundam Online*. 2012; 4(4):2901-08.
4. Castro RCB. Proposta de intervenção de enfermagem em hospital-dia em saúde mental. *Rev paul enferm*. 2000;19(1):24-33.
5. Mendes KDS, Silveira RCCP, Galvão CM. Revisão integrativa: método de pesquisa para incorporação de evidências na saúde e na enfermagem. *Texto Contexto Enferm*. 2008;17(4):758-64.6.
6. Souza, Sibeles dos Santos. Assistência de enfermagem no Hospital-Dia em Saúde Mental do Jardim Lídia. *Rev Bras Enferm*. 1997;50(4):545-50.
7. Mello R. A questão da interdisciplinaridade no dia-a-dia da enfermeira que atua em centros de atenção diária de saúde mental. *Rev bras enferm*. 1998;51(1):19-34.

8. Castro RCBR. Proposta de intervenção de enfermagem em hospital-dia em saúde mental. *Rev paul enferm.* 2000;19(1):24-33.
9. Kirschbaum DIR, Paula FKC. O trabalho do enfermeiro nos equipamentos de saúde mental da rede pública de Campinas-SP. *Rev Latino-am Enfermagem.* 2001;9(5):77-82.
10. Kirschbaum DIR, Paula FKC. Contradições no discurso e na prática do trabalho de enfermagem nos serviços-dia de saúde mental. *Rev Esc Enferm USP.* 2002;36(2):170-6.
11. Souza MCBM. Ações de enfermagem no cenário do cotidiano de instituição psiquiátrica. *Rev Latino-am Enfermagem.* 2003;11(5):678-84.
12. Sueli C, Villela MC, Moraes S. A enfermagem e o cuidar na área de saúde mental. *Rev Bras Enferm.* 2004;57(6):738-41
13. Silva ATMC, Barros S. O trabalho de enfermagem no Hospital Dia na perspectiva da reforma psiquiátrica em João Pessoa - Paraíba. *Rev Esc Enferm USP.* 2005;39(3):310-316.
14. Andrade RLP, Pedrão LJ. Algumas considerações sobre a utilização de modalidades terapêuticas não tradicionais pelo enfermeiro na assistência de enfermagem psiquiátrica. *Rev Latino-am Enfermagem.* 2005;13(5):737-42.
15. Monteiro CB. O enfermeiro nos novos dispositivos assistenciais em saúde mental. *Rev Enferm Esc Anna Nery.* 2006;10(4):735-739.
16. Cardoso L, Galera SAF. O cuidado em saúde mental na atualidade. *Rev Esc Enferm USP* [periódico na Internet]. 2011 [acesso em 01 jul 2012]; 45(3):687-91. Disponível em: <http://www.scielo.br/pdf/reeusp/v45n3/v45n3a20.pdf>
17. Peplau HE. *Interpersonal relations in nursing.* In: Belcher JR, Fish LJB, Hildegard EP. New York. Springer Publishing: New York; 1988.

Received on: 17/09/2013
Required for review: No
Approved on: 06/11/2013
Published on: 01/04/2014

Contact of the corresponding author:
João Mário Pessoa Júnior
Departamento de Enfermagem. Programa de Pós-Graduação em Enfermagem da UFRN.
Av. Salgado Filho, Campus Universitário Bairro Lagoa Nova CEP: 59072-970 – Natal
(RN), Brasil. E-mail: jottajunyor@hotmail.com