



### INTEGRATIVE REVIEW OF THE LITERATURE

#### AN INTEGRATIVE REVIEW ABOUT NURSING CARE TO PEOPLE WITH ALZHEIMER'S AND THEIR CAREGIVERS

REVISÃO INTEGRATIVA SOBRE OS CUIDADOS DE ENFERMAGEM À PESSOA COM DOENÇA DE ALZHEIMER E SEUS CUIDADORES

UNA REVISIÓN INTEGRADORA DE LOS CUIDADOS DE ENFERMERÍA A PERSONAS CON ALZHEIMER Y SUS CUIDADORES

Alessandra Conceição Leite Funchal Camacho<sup>1</sup>, Louise Theresa de Araújo Abreu<sup>2</sup>, Bruna Silva Leite<sup>3</sup>, Ana Carolina de Oliveira Mata<sup>4</sup>, Tuâny Figueiredo Marinho<sup>5</sup>, Geilsa Soraia Cavalcanti Valente<sup>6</sup>

#### ABSTRACT

**Objective:** To analyze the scientific production about the care to the person with Alzheimer's disease (AD) and their caregivers during the period from 2007 to 2011. **Method:** integrative review with data collection in the period of 01/05/11 to 30/06/11 conducted the search in the databases of the Virtual Health Library: Lilacs and Medline and PubMed database in 37 international references between years from 2007 to 2011. **Results:** highlighted the relationship between caregiver and care of elderly with AD (48.65%), depression in caregivers (18.92%), cognitive stimulation with the participation of the caregiver (21.62%), sleep disturbances, both in caregivers and patients (5.41%); public policies to the demented elderly and complications of AD (2.70%). **Conclusion:** care for the elderly with AD and has major repercussions on the lives of different caregivers and nursing guidelines can answer questions, facilitate care and propose strategies for quality of life. **Descriptors:** nursing care, Alzheimer's disease, Elderly Nursing.

#### RESUMO

**Objetivo:** Analisar as produções científicas sobre o cuidado à pessoa com Doença de Alzheimer (DA) e seus cuidadores no período de 2007 a 2011. **Método:** revisão integrativa com período de coleta dados de 01/05/11 a 30/06/11 realizada a busca nos bancos de dados da Biblioteca Virtual de Saúde: Lilacs e Medline e na base de dados internacional PUBMED em 37 referências entre os anos de 2007 a 2011. **Resultados:** destacaram a relação de cuidado entre cuidador e idoso com DA (48,65%); depressão em cuidadores (18,92%); estímulos cognitivos tendo a participação do cuidador (21,62%); distúrbios do sono, tanto em cuidadores como em pacientes (5,41%); políticas públicas ao idoso demenciado e complicações advindas da DA (2,70%). **Conclusão:** o cuidado ao idoso com DA traz grandes e diferentes repercussões à vida dos cuidadores e as orientações de Enfermagem podem esclarecer dúvidas, facilitar o cuidado e propor estratégias visando à qualidade de vida. **Descritores:** Cuidados de enfermagem, Doença de Alzheimer, Idoso, Enfermagem.

#### RESUMEN

**Objetivo:** analizar la producción científica sobre el cuidado de la persona con enfermedad de Alzheimer (EA) y sus cuidadores durante el período comprendido entre 2007 y 2011. **Método:** revisión integradora con el período de recolección de datos 01/05/11 al 30/06/11 realizó la búsqueda en las bases de datos de la Biblioteca Virtual en Salud: bases de datos Lilacs y Medline y PubMed en 37 referencias internacionales entre los años desde 2007 hasta 2011. **Resultados:** Se puso de relieve la relación entre cuidador y cuidado de los ancianos con EA (48,65%), la depresión en los cuidadores (18,92%), la estimulación cognitiva con la participación del cuidador (21,62%), trastornos del sueño, tanto en cuidadores y pacientes (5,41%), las políticas públicas para las personas mayores con demencia y las complicaciones de la EA (2,70%). **Conclusión:** La atención a las personas mayores con Alzheimer y tiene importantes repercusiones en la vida de los diferentes cuidadores y directrices de enfermería puede responder preguntas, facilitar la atención y proponer estrategias para la calidad de vida. **Descriptor:** Atención de enfermería, Enfermedad de Alzheimer, Enfermería ancianos.

<sup>1</sup>Nurse, Adjunct Professor, School of Nursing Aurora de Afonso Costa, Federal Fluminense University, PhD in Nursing from the College of Nursing Anna Nery, Federal University of Rio de Janeiro, Advisor. E-mail: cicacamacho@uol.com.br and / or cicacamacho@gmail.com. Phone: (021XX) 9671-3183 or 2288-7786. Address: Rua José Vicente nº97, aptº 801, Grajaú - CEP: 20.540-330. <sup>2</sup>Nursing Student of the 5<sup>th</sup> period of the School of Nursing Aurora Afonso Costa, Federal Fluminense University, Scholarship Student of the Institutional Scholarship Program of Scientific Initiation - PIBIC / UFF / CNPq. <sup>3,4,5</sup>Academics of Nursing of the 4<sup>th</sup> and 5<sup>th</sup> period of the School of Nursing Aurora de Afonso Costa, Federal Fluminense University, Scholarship volunteers. <sup>6</sup>Nurse, Adjunct Professor, School of Nursing Aurora de Afonso Costa, Federal Fluminense University, PhD in Nursing from the College of Nursing Anna Nery, Federal University of Rio de Janeiro.

## INTRODUCTION

Aging is a universal process that is understood by a reduction in functional activities and owns some trends regarding the diseases that lead continually building policies. Thus, it is seen an increase in the number of elderly population due to low birth rates, increased life expectancy, development of new technologies that envisioned treatments that until a few years ago were unthought of perspective and a favorable prognosis of life for some diseases . We cannot ignore some relevant information that will be pointed out in this article on Alzheimer's Disease in particular for Nursing.

Worldwide Alzheimer's Disease has been revealed as the most mental disorder that has caused dementia in the elderly. Alzheimer's Disease (AD) is considered a neurodegenerative disease, which got its start more clear and striking with memory loss, but other signs and symptoms are correlated as aphasia, apraxia and agnosia<sup>2</sup>.

In Brazil, epidemiological studies conducted by the Brazilian Institute of Geography and Statistics (IBGE) show that we have about 1.2 million patients with AD, and that there is an incidence of 100,000 new cases each year. This reveals the need for professional and family caregivers have a more specific knowledge of the disease. For this reason it becomes increasingly important to build knowledge through research and work in the area of care for Alzheimer's patient.<sup>4</sup>

In common census is known Alzheimer's disease causes gradual loss of memory, but it is necessary for caregivers and family members learn about the disease and how to administer care to those who are dependent on their care.

Being a trained professional, the nurse may stimulate cognitive function by reducing anxiety and agitation, ensuring and promoting physical safety, improving communication and promoting

the independence of the individual in self-care activities to meet the needs of sociability, promoting activity and rest and promoting nutrition balanced appropriately.<sup>5</sup>

Therefore it is important to grasp how the caregiver through the actions of the nurse orientation on knowledge of biological and social causes, signs and symptoms, the disease progresses in all its aspects, treatments of cognitive exercise, pharmacologic therapies, finally , everything which serves as a tool for building a better well-being of individuals dependent on careful aiming its equilibrium state.

Given the above, one realizes the importance of a survey of what appears in the scientific literature about this subject traced to analyze the scientific production about the care the person with Alzheimer's disease and their caregivers during the period from 2007 to 2011.

The rationale of this study is the need to analyze the references about being treated on nursing care and Alzheimer's disease caregivers' approach for these clients. The relevance proved also for the breadth of the subject, it is an issue that involves a multidisciplinary team, and despite repeatedly being reported and commented on an issue, this requires an accurate analysis of what is being produced nationally and internationally.

## METHODOLOGY

Study integrative review with data collection period 01/05/11 to 30/06/11. The search was conducted in the following databases of the Virtual Health Library (VHL): Lilacs (Latin American and Caribbean Center on Health Sciences) and MEDLINE (National Library of Medicine) and international database PUBMED (Medical Published - service of the U.S. National Library of Medicine).

The integrative Review is a method that provides the synthesis of knowledge and

incorporation of the applicability of study results in significant prática.<sup>6</sup>

Another relevant aspect is that the integrative review is broader methodological approach regarding revisions, allowing the inclusion of non-experimental studies and experimental to a complete understanding of the analyzed phenomenon. Also combines data from theoretical and empirical literature, as well as incorporating a broad range of proposals: definition of concepts, review of theories and evidences, and analysis of methodological problems of a particular topic. The large sample, together with the multiplicity proposals should generate a consistent panorama and understand complex concepts, theories or health issues relevant to nursing.<sup>6</sup>

The descriptors used were: nursing care; Alzheimer's disease; Elderly Nursing.

The inclusion criteria were objective and adherence to the theme, articles published in Portuguese, English and Spanish; full articles which reflect the theme of the Alzheimer's Disease and articles published and indexed in these databases in the last five years (2007 - 2011). Exclusion criteria were articles published that were repeated, articles that did not address the dementia of the Alzheimer type, were not published in full and its approach does not contribute to the knowledge of the field of nursing.

We performed a brief reading of selected references that were a total of 82 articles which, in the Lilacs database found only 11 (28%) articles that had adherence to the study and all met the inclusion criteria. 7 found in Medline references but only 3 (8%) of these met the criteria for inclusion and exclusion. On an international basis PUBMED found 64 articles in all, however, only 25 (64%) articles had the necessary adherence to the study. Therefore, 39 articles met the inclusion criteria; however, two articles were repeated in J. res.: fundam. care. online 2013. jul./set. 5(3):186-193

databases chosen for this reason having to do the analysis for the quantitative basis of 37 articles.

In the process of selection of references is apparent that a significant increase of publications on the person with Alzheimer's disease caregivers which thus draws our attention to a more accurate analysis of the data.

## RESULTS AND DISCUSSION

For analysis of the references, the content obtained was organized for the year, database, publication type, and methods / techniques used, the essence of knowledge content and production.

Of the 37 selected articles were obtained in 2011 the percentage of 2.70% (1 item); 10.81% in 2010 (4 articles); 32.43% in 2009 (12 articles), 2008 saw the highest percentage 45.95% (17 articles) and 8.11% in 2007 (3 articles).

As to the database 37 of articles in PUBMED the greatest quantity, being 62.16% (23 products); Lillacs in a percentage of 29.73% (11 products), and by the end Medline showed 8.11% of the total (3 articles).

Aiming to analyze the type of publication and methodological approach the articles were selected and grouped about: randomized trials that correspond to 18.92% (7 articles), literature reviews or literature which are 10.81% (4 articles); studies Qualitative relate to 2.7% (1 article); quantitative equivalent to 13.51% (5 items); qualitative research and quantitative corresponding 5.41% (2 articles); case studies have 10.81% (4 articles) and cohort studies indicate that 5.41% (2 articles). The results also show that 32.43% (12 articles) publications show other types of methods and techniques such as recruitment method and monitoring through naturalistic observation, transverse / longitudinal, self-report questionnaire.

Regarding essence of content and knowledge production stood out, in order of decreasing percentage, the relationship between

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caregiver and care of patients with AD with 48.65% (18 articles), then we had: a treat depression in caregivers of 18 , 92% (7 articles); regarding cognitive treatments with participation of the caregiver obtained 21.62% (8 papers); on sleep disorders in both caregivers and patients were selected 5.41% (two articles); public policy to the demented elderly 2.70% (1 item) and complications of AD patients 2.70% (1 article).

When we analyzed considering the essence of the content analysis were highlighted in the psychophysiological changes in relation to sleep patterns, mood, quality of life and depression in caregivers of patients with a total percentage of 35.13% of the articles.

Here the sleep patterns of caregivers are raised and you realize that sleep is a subjective matter and that several factors are related to it, not allowing a direct association. Only the influence of care for patients with Alzheimer's is not enough to determine a deficit in sleep patterns.<sup>7</sup>

Depressed mood is much more prevalent among caregivers than clinical depression. This decline is probably not only due to tiredness because although caregivers also reported sleep problems in more effective these are not considered significant for them.<sup>8</sup>

By observing the quality of life of caregivers of patients with AD noted that it found itself changed which could reflect a deficient care. The greater involvement of the elderly becomes more difficult the quality of life of the caregiver. Living with the patient, a woman and make care for many hours a week were variables that correlated with poor quality of life of caregivers.<sup>9</sup>

The intervention of professionals with caregivers, long term, can protect against chronic depressive symptoms. Caregivers who acquire knowledge and skills through intervention can thus use these valuable resources not only to provide J. res.: fundam. care. online 2013. jul./set. 5(3):186-193

assistance in active care, but also in facing the challenges of dealing with the death of a loved one.<sup>10</sup>

Another aspect to be considered in the monitoring of caregivers is sleep disturbances in caregivers of persons with dementia are common. Estimates suggest that more than 10 million adult caregivers of people with dementia, two-thirds of experiencing some form of sleep disorder during the course of his career as a caregiver. A complex set of precipitation, predisposing factors, including the presence of disturbed sleep routines, caregiver burden, depression and poor physical health is often associated with sleep complaints.<sup>11</sup>

Influence of physical and social activity in AD patients and caregivers in 13.51% of the articles is an important exercise because they produce benefits well known to individuals of all ages. Nurses in long-term care units must defend exercise programs designed for older people with dementia at all levels of severity, towards improving the framework of patients. However, we recognize that financial conditions limit the availability of an adequate number of personnel to implement these exercise programs in the units.<sup>12</sup>

Another important aspect was the dependence of patients with Alzheimer's disease compared to caregivers in 10.81% of the articles. With disease progression, increases the dependence of the elderly. Experiencing the situation of caring for an elderly person with Alzheimer's is an experience that depends on the stage of the disease, the network of family support and history of each family. As the dependence is significant, caregivers surveyed the references still point, the need for a support network of family and social support. These results become important for the planning of care to the elderly and to assist in orientation programs for carers.<sup>2</sup>

Interpersonal communication between family members / careers and the

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multidisciplinary team has its emphasis on care to patients with AD. On the importance of that communication stands at 10.81% of the articles the importance of taking into account the position occupied by his grandparents in the family may be central or peripheral and involves issues of authority, power, tradition and relations between generations over the times. Co-residence with elderly grandparents may be a strategy used to benefit the family generations in psychological, social and economic. However, based on some conditions such as Alzheimer's disease, it presents changes of roles and exchanges between parents-children, grandchildren, great grandchildren and even great grandchildren. The family interaction to be achieved requires revaluations and adjustments daily. Symptoms of dementia can cause withdrawal and stigmas about patients, favoring the isolation of their socio family. Moreover, many crises of agitation or, conversely, apathy, may be consequences of the influence of the environment in which older people with Alzheimer's are inserted.<sup>13</sup>

Regarding the advice and support of professional nursing and other members of the multidisciplinary team is a significant influence for caregivers. In this aspect 10.81% of references highlight the indication of institutionalization to reduce caregiver burden and depressive symptoms in these when other alternatives are exhausted. In this period there is the provision of additional counseling that show long-term benefits for the entire monitoring of caregivers of people with Alzheimer's disease.<sup>14</sup>

Furthermore, it is considered as the relevant group of family nurse walked by. This method occurs through the problematization of everyday situations, creating a theme for each discussion among caregivers and professional. This method of teaching provides a caring caregiver appreciation of the subject in relation to your questions about the disease and care, lets you J. res.: fundam. care. online 2013. jul./set. 5(3):186-193

motivated to participate in the discussions favoring their learning through questioning. Some caregivers surveyed in the references cited that in times of medical consultations, before seeking the Pole, the guidelines were passed superficially without really worry if the caregiver is understanding the message sent, leading to stay with their inquiries and no doubt a clarification appropriate to their level of understanding.<sup>15</sup>

Issues with the trajectory of dementia rather than with other diseases was found in 5.40% of the articles where the authors show that dementia interactions with other chronic diseases reinforce the conclusion that the admission in nursing homes, although beneficial to all in terms care there is a need for monitoring as capillary glucose tests and more specific. The results suggest that admission to a nursing home can improve the care that demented elderly with diabetes mellitus and in particular receive greater attention in relation to procedures for the diagnosis and prevention of complications, but not in relation to development of dementia.<sup>16</sup>

In relation to dysphagia and humor (psychophysiological changes) Carrier OF amounted to 5.4% of the references. Regarding the mood was revealed results of studies with elderly people with mild cognitive impairment or not, indicates that exercise with other professionals (physiotherapist and speech therapist) can improve mood. Indicate that when compared with the social conversation to participation in comprehensive exercise routine resulted in a pattern of better results with regard to mood and affect. It was observed that the presence of negative mood occurs in AD patients in the advanced stages.<sup>17</sup>

On the importance of affection between caregivers and patients with AD found in 2.7% are observed both positive and negative aspects associated with involvement in pleasurable activities, the association between positive affect

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has a stronger effect than negative. The results suggest that behavioral activities or self-reinforcing aiming to affectivity, contributing to a favorable environment between caregivers and patients with AD.<sup>18</sup>

Regarding home care associated with nursing care in AD was found in 2.7% of the references demonstrating that the use of home-based services was slightly higher among older caregivers, according to the number of years to provide care. Regarding the use of home care, the service differs from the relationship of the caregiver to the care recipient. The use of in-home services has been increasing steadily over the years.<sup>19</sup>

About the thematic workshops with AD patients and / or caregivers 2.7% of the articles show that seniors who participated in the activities of cognitive stimulation (walks, visits, cultural activities and thematic), compared to literature that expose elderly syndrome unstimulated dementia, not advanced disease showed subtle changes or its staff. We think that the strategy of care developed in the workshops of cognitive stimulation, is applicable to nursing work engaged in designing care for the elderly with dementia.<sup>20</sup>

Through the searches conducted, analyzed articles show that the delay of diagnosis is not a recent concern in the international arena, particularly in countries that stand out at the high rates of TB. The TB / HIV instigates research related to the diagnosis further by high rates of co-infection.

It is noteworthy that the type of delay in the diagnosis of TB can be health services, where there was greater variation found in studies of time, or delay of TB patients, which generally influence the way on time for diagnosis.

Several aspects were studied, around access to services, perceptions of disease, gender, levels of health care, a form of organization of J. res.: fundam. care. online 2013. jul./set. 5(3):186-193

health services, among others. All these factors must be related and should not be viewed in isolation and / or out of a political, economic and social.

We conclude that the differences found in studies that affect the time to diagnosis of TB are related to each locality, which have unique characteristics, very different from the Brazilian reality, and particularly the State of Rio de Janeiro.

## CONCLUSION

We can observe that care for the elderly with Alzheimer different and brings great impact to the lives of caregivers and nursing guidelines for these can answer questions, facilitate care based on understanding the processes involved in dementia and propose strategies for maintaining quality lives of those who are willing to care for the elderly with AD.

In fact patients with AD become increasingly dependent on their caregivers and this strengthens the impact of the emergence of situations of social, physical, psychological and emotional. Changes occurred with regard to sleep, quality of life, depression, affection, humor, and other aspects of life in the very elderly and caregivers with AD.

Note the importance of looking for caregivers because it guides you properly, we promote their health indirectly we are taking care of elderly patients with AD.

Based on this, the idea of referring the elderly for a prolonged follow-up often becomes an option. Therefore, analysis is needed on the effects that this transition brings the lives of patients and their families / caregivers.

Nursing has an important role in helping the caregivers as well as their contributions are valuable to the client. We realized with this study a variety of activities that when proposals to family / caregivers of these patients actually show

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results in your abilities and insights on the evolutionary process of AD.

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