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INTEGRATIVE REVIEW OF THE LITERATURE

Estratégias de cuidados de enfermagem com usuários de álcool publicados nos anais CBEEn

Strategies for nursing care of alcohol users with published in proceedings CBEEn

Estrategias para cuidados de enfermería de usuarios de alcohol publicados en los procedimientos CBEEn

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ABSTRACT

Objective: analyzing the studies of nursing care strategies with users of alcohol. **Method:** study of literature review, with search in books of annals and summaries of the Brazilian Congress of nursing (CBEEn), from the question "What studies on the strategies of careful users of alcohol in the area of Nursing have been conducted and published in CBEEn?" The findings presented by year of publication, region, affiliation institution, and State of the Federation and grouped into five thematic categories. **Results:** the year 2006 focused most studies (24%), as well as most of them (41%) have addressed primarily the reflexions on the management of the imbibitor. **Conclusion:** found very few studies that involve the nursing care strategies with users of alcohol, although he noted that these studies have conducted mainly in the South and Southeast of the country. **Descriptors:** nursing research, alcoholism, nursing care.

RESUMO

Objetivo: analisar os estudos sobre estratégias de cuidados em enfermagem com usuários de álcool. **Método:** estudo de revisão de literatura, com busca nos livros de anais e resumos do Congresso Brasileiro de Enfermagem (CBEEn), a partir da questão "Quais estudos sobre as estratégias de cuidado aos usuários de álcool na área da Enfermagem vêm sendo realizados e publicados no CBEEn?". Os achados foram apresentados por ano de publicação, região, instituição de filiação e Estado da Federação e agrupados em cinco categorias temáticas. **Resultados:** o ano de 2006 concentrou a maior parte dos estudos (24%), assim como a maioria deles (41%) abordaram principalmente as reflexões sobre o manejo do alcoolista. **Conclusão:** foram encontrados poucos estudos que envolvem as estratégias de cuidados em enfermagem com usuários de álcool, embora se tenha notado que estes estudos têm sido realizados principalmente nas regiões sul e sudeste do país. **Descritores:** pesquisa em enfermagem, alcoolismo, cuidados de enfermagem.

RESUMEN

Objetivo: analizar los estudios sobre estrategias de atención de enfermería con los usuarios de alcohol. **Método:** material y estudio de revisión de la literatura, con la búsqueda en los libros de los anales y resúmenes del Congreso Brasileño de enfermería (CBEEn), de la pregunta "Qué estudios sobre las estrategias de cuidado usuarios de alcohol en el área de enfermería han sido realizados y publicado en CBEEn?". Las conclusiones fueron presentadas por año de publicación, región, institución de afiliación y estado de la Federación y agrupadas en cinco categorías temáticas. **Resultados:** el año 2006 se centró más estudios (24%), así como la mayoría de ellos (41%) había dirigida principalmente a las reflexiones sobre la gestión de la salud. **Conclusión:** se encontraron pocos estudios que implican las estrategias de atención de enfermería con los usuarios de alcohol, aunque señaló que estos estudios se han realizado principalmente en el sur y sureste del país. **Descriptor:** la investigación en enfermería, alcoholismo, cuidados de la enfermería.

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INTRODUCTION

The disturbances or disorders caused by alcohol use, abuse and addiction, is a standard Adaptive evil alcohol consumption manifested by symptoms that lead to diseases and clinically significant losses.¹ these disturbances are not only prevalent among mental disorders, but also contribute to the development of more than 60 diseases.¹

International Studies estimates indicate that in 2004 of 3.8% of all deaths worldwide have attributed to alcohol abuse, being 6.3% for men and 1.1% for women.², there are 100,000 deaths each year and a cost of 100 billion dollars held by the use of alcohol.³

The II survey about drug use home estimated that 12.3% of the population in Brazil are alcohol-dependent.⁴ in a longitudinal study about hospitalizations resulting from mental disorders and behaviors of psychoactive substances, totaling 12 consecutive years, pointed out that the hospitalization because of the alcohol occupies the fourth place in the ranking of Psychiatry in General.⁵

Currently the effort and determination in the preparation of nurses to work with populations from the Sistema Único de Saúde (SUS) doctrine with the psychiatric reform enabled performance of this professional psychosocial care centers in alcohol and other drugs (CAPS).⁶

The ad CAPS, are mental health services specialized in assisting users of alcohol and other drugs, administered by the municipalities. This device consists of a multidisciplinary team, including the team's nurse, as well as in other health services primary care to rehabilitation and social reintegration services. Since, from the time of its formation until the practice in nursing, the role-played by this professional essentially based on teamwork, especially in listening and reception of alcohol users.

The concern for users of alcohol and other drugs has enormous relevance to nursing, faced with the problems brought by the multiple issues involved in the subject and that the nurse deal directly with the patient who is entered in the various health services, whether in emergency, outpatient or greeting in AD CAPS, makes this, professional, responsible usually at first hosts well as the initial problematic use of intervention alcohol.

So it's unanimous among researchers the insertion of nurses in alcohol and other drugs and that are characteristics of nurses care planning capacity, carrying out activities of disease prevention and health promotion of individuals, targeting not only the recovery of patients, but also the reintegration of same in its social context, and specifically in assisting users of alcohol and other drugs, the power of observation of the nurse allows this professional identification of the problems, and from there it is possible to develop a care plan and carry out interventions such as education, counseling and individualized and personalized care for patients with abuse or dependence on a psychoactive substance, moreover, the nurse has a role of facilitator, not only of the entry of the patient in the treatment, as well as its permanence in the same.⁷

Among the strategies of attention to alcohol and other drugs, the nursing consultation is the most highlighted by some authors⁸⁻⁹ as the main approach of the patient and the establishment of a link between him and the professional.

Given the above, it is evident that the nurse has an important role in promotion, prevention, treatment and social reintegration of individuals as it coexists with these groups in their daily lives. With this, nursing care, should prepare for professional work in this field, seeking to ensure a better quality of life of populations including the users.¹⁰

Although there is a strong impact of alcohol abuse on the morbidity and mortality rates of the population, nursing professionals are unaware of or has not received adequate preparation for dealing with issues relating to the use of alcohol, thus the lack of preparation of the nurse has contributed to little attention of nurses with the health problems from alcohol use.¹¹

Whereas the problem of alcohol abuse, the importance of the insertion of the nurse in the alcohol user assistance in public health services, and which is still incipient production of studies related to nursing and alcohol and other drugs¹², it became desirable to conduct a bibliographic survey of books of annals of the Brazilian Congress of Nursing summaries (CBEn) to check the related studies which the strategies of nursing care with user of alcohol have been developed and published.

METHOD

Study of literature review, which was used as an instrument to search for books of annals and summaries of CBEn, having as a matter of << Which research studies on the strategies of careful users of alcohol in the area of Nursing have been conducted and published in CBEn? >> To do this, we conducted a bibliographic survey in the annals of the Brazilian Congress of nursing (CBEn) from 1998 to 2008 period.

The search was conducted in the period from February 2009 to June 2010. Eleven were analyzed, with summaries Annals three were available in printed form (1998 to 2000), and eight in *ROOM CD* (2001 to 2008). For the removal of the data, the following descriptors used 1. alcohol; 2. Alcoholism and 3. Nursing care. The criteria for inclusion in the sample of the study were contain in any one of the keywords listed and relate to the themes of care strategies in alcohol and alcoholism.

The criteria for inclusion in the sample of the study were appear on any of the keywords listed in the keywords and relate to the thematic strategies of nursing care in alcohol and alcoholism. Have fulfilled the inclusion criteria 17 abstracts that directly related to the theme proposed. In possession of the material, the data were organized according to the year of publication, frequency of categories and sub-categories, geographical origin and institutional. The second stage of the study consisted in qualitative data analysis through the categorization of information, which refers to the grouping of elements with common characteristics related to each other, i.e. this categorization

procedure represents the grouping of ideas or expressions around a common concept able to encompass the entire data set.¹³ The categorization carried out five broad themes originated to related analysis of nursing care strategies the user of alcohol: I. Nursing Diagnoses in populations of users of alcohol, II. Assistance to the abstinence syndrome, III. Reflections on the management of alcoholic, IV. Alternative therapies and services on alcohol and other drugs. These categories synthesized in order to illustrate the frequency of searched themes.

RESULTS AND DISCUSSION

General characterization of abstracts

The analysis of the data showed that in the year 2006 he concentrated the largest number of papers presented and published in the annals CBEEn by nurses, (24%) having as object of study the strategies of nursing care and user of alcohol (Figure 1).

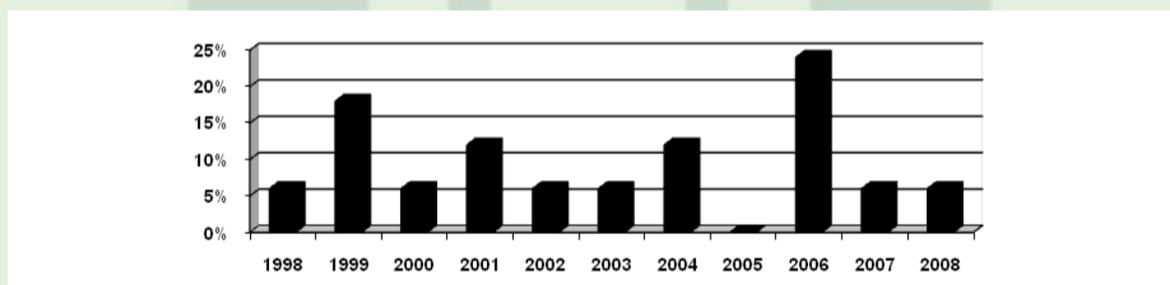


Figure 1. Distribution of published abstracts on the subject of Nursing care strategies the user of alcohol in the annals of CBEEn, depending on the year of publication. São Paulo, 2013.

In relation to the classification of these works, it was observed that, for the most part, they were related to the themes of nursing diagnoses in populations of users of alcohol (18%), assistance in withdrawal (18%), reflections on the management of alcoholic (41%), alternative therapies (12%), and services on alcohol and other drugs (18%), showing that the majority of the papers found were classified in category III (table 1).

Table 1. Thematic distribution of work on nursing care strategies the user of alcohol in the annals CBEEn, as the frequency of categories and subcategories has identified. São Paulo, 2013.

Categories of analysis	N	%
I. nursing Diagnoses in populations of users of alcohol	3	18
II. assistance in withdrawal syndrome	3	18

III. reflections on the management of 7 alcoholic	41
IV. alternative therapies	2 12
V. Services on AOD	3 18
Total	18 100

Most of the papers presented are published in analyzed period was from the Southeast (41%), followed by the northeast (29%), southern region (18%) and it was observed that the northern region (6%) obtained less production; a summary presented no identification of the origin and were not found jobs from the mid-western region of the country (Figure 2). By analyzing the publications regarding the origin of State of the Federation, the results showed that most of the work (29%) held in the States of Rio de Janeiro, followed by Sao Paulo (12%), Paraná (12%), and Ceará (12%) (Figure 3). Although membership of the authors of the works, the results indicated that 22% of the authors belonged to the Federal University of Rio de Janeiro of total 11% found and affiliations Universidade Estácio de Sá. In 11% of abstracts could not identify the affiliation and in other jobs were given other affiliations that grouped there totaled 1% of the total, and therefore, are not mentioned.

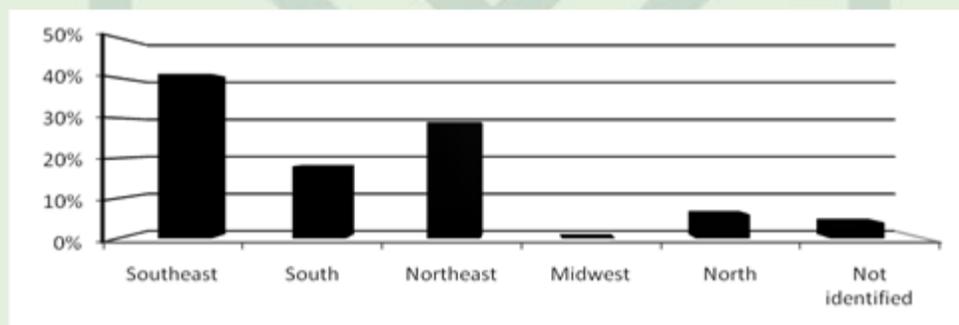


Figure 2. Distribution of abstracts published in the annals of CBEEn, depending on the region of the country, São Paulo, 2013.

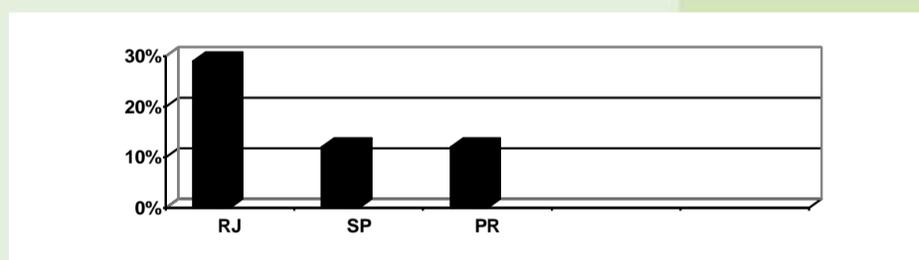


Figure 3. Distribution of abstracts published in the annals of CBEEn between 1998 and 2008 according to the Brazilian States, Sao Paulo.

Thematic categories according to the qualitative analysis of the abstracts

In this analysis, found themselves 17 summaries emphasizing nursing care strategies, addressing the nursing diagnosis, nursing care in withdrawal syndrome, the role of nurses in the care the imbibitor and alternative therapies targeted to this population.

Category I - nursing Diagnoses in populations of users of Alcohol

The identification of nursing diagnoses in populations of users of alcohol held in one study¹⁴, proposed a Systematic planning of nursing care (SAE) in an alcoholic patient bearer of Comorbidities, revealing that when the nursing care elaborated within a systematically organized process becomes more efficient and targeted.

In¹⁵ research relating the experience experienced by an individual imbiber interned at a psychiatric hospital unit public, described that interpersonal relationships developed through the methodology of nursing care in mental health and have developed nursing diagnoses based on diagnostic Classification of North American Nursing Association (NANDA).
Category II-assistance in withdrawal syndrome

Research of implementation of nursing diagnosis in outpatient alcohol Detox pointed to by a study¹⁶, considered as an important factor for membership of the user in the service. In other research¹⁷, there were difficulties of alcoholics during abstinence through a self-help group, concluded that despite the imbiber to feel ashamed after an alcoholic crisis or losing their jobs, most of these individuals just realizes that are sick after a hospitalization.

Alcoholic detoxification in health unit performed by nurses, in another study¹⁸, explains that when the active search for alcohol users in home visits, increases demand for detoxification and promotes greater awareness and accession on the part of the user, and the approach used is the motivational interview technique, enabling nurses to develop affective links.

Category III - reflections on the management of alcoholic

In this category, the study pointed to¹⁹ about the impact and management of crises in alcoholism held through bibliographical research, showed that alcoholism is a social problem, not a syndrome that requires hospital treatment or threat that requires gathering, suggesting that the treatment and hospitalization of the imbiber to be rethought and that the decision not only to the health care professional but to the patient and the family.

In another study²⁰ to describe the experience of performance of nursing staff in attendance to the imbiber in inpatient unit maintained by the SUS, demonstrated that assistance is developed following three stages: admission and care planning; detox and recovery; and maintenance of treatment, based on behavioral theory of Maslow and Simon, and that nursing acts as agents transformers, while active members of a program aimed at rehabilitation and modification of the beliefs of the imbiber.²¹

Research conducted through the application of semi-structured interview for psychologists, nurses and patients, alcoholics, highlighted the complexity of alcoholism in negative individual, family and mostly his wife. In addition, the importance of professional nurses in its activities by the alcoholic patient with a variety of interventions.

Other research²² under the optics of in nursing care, provided to the imbiber in search of quality of life and psychosocial rehabilitation, indicated that the nursing demonstrates meet motivational aspects for alcoholism of its clientele through the psychiatric interview looking raise patient for treatment, realize the influence of psychic structure, family relationship and socioeconomic status act directly to treatment adherence realizing also the demand and holistic interaction.

To verify the opinion of academics of nursing in one study²³ relating to nursing consultation the imbiber, responded, for the most part, acknowledging how beneficial the nursing consultation for patients, while others believe the nursing consultation is not

necessary, since it repeats the same activity performed by other professionals. He appointed yet, the difficulty of carrying out the consultation, within the personal factors of the students and the non-recognition of their role. A bibliographic survey²⁴ targeting alcoholism, has verified that this is a chronic disease able to bring several consequences for humans in organic, psychological and social levels, requiring a qualified nursing care for guidance, referrals, support and motivation.

In a statement about the integration of nursing in the treatment of male and female users of alcohol and other drugs, a survey²⁵ proved to be relevant the role of nursing as intervener in the connections that are necessary having regard to the multidisciplinary actions.

Category IV-Alternative Therapies

We conducted a study on the²⁶ benefit of using alternative therapies in nursing consultation for treatment of individual's alcoholics and noted the improvement of users participating in treatment adherence.

When addressing the benefit of inserting the imbibitor in group therapy, a survey found²⁷ as a preponderant factor adherence to treatment for addiction, avoiding complications clinics and providing a space for the encouragement of resocialization.

A case study²⁸ relating to harm reduction as a strategy for social inclusion of alcohol user, concluded that this strategy proved to be favorable to the case accompanied by considering the improvement in quality of life, through the change of life style and the acquisition of healthy habits as a balanced diet, adequate sleep, safe sexual relations, reconstruction and strengthening of body image and leisure without use of drugs.

Category V - services on alcohol and other drugs

In this categorization, a research²⁹, aimed to understand the concepts and strategies that guide the assistance of professionals working in a day-care Center on alcohol and other drugs (AD CAPS) show that the harmful use of alcohol and other drugs is multifaceted factors, and for this it is necessary a psychosocial assistance.

In research³⁰, related to modes of action of nurses of the family health program, along with alcoholics patients, the authors showed that there is a timid concern of the nurses interviewed with these patients, although the lack of human and material resources as well as the support of the Government were appointed as difficulties for the care dispensed to this clientele.

The purpose of this article was to perform a search in the database to identify the presence or absence of abstracts related to nursing care on problems related to use of alcohol and other drugs and showed that such production was still nascent. The results presented in this survey, as describes³¹ authors, "is not an easy task and especially of topics where transiting the multidisciplinary".

Research related to production of nursing in Brazil³¹ showed results similar to that found in this work, in which showed 62.8% of production on the theme of alcohol and other psychoactive drugs by nurses during the period from 2000 to 2004. Not far, in the year 2006 there was a greater number of publications about strategies in care of users of alcohol and other drugs, with emphasis on the role of nursing. Although this survey not considered a criterion for inclusion, the author being a nurse, one can infer that when discussing about the theme of alcohol and other drugs in nursing care, assumes that the authors are nurses.

However, despite the results indicate an incipient production corroborating with¹²study, a factor for the increase in scientific production in this area from the years 2000, the requirements of CAPES for the post-graduate theses and articles work discloses, and could even be partial result.³¹

Among the papers presented to carry out this study, most research originates in the southeastern region, which can be explained by the greater concentration of top-level institutions in nursing is located in this region, as the Nursing Department of the Universidade Federal (UNIFESP-Enf.), the nursing school of São Paulo (EE-USP), the school of nursing of Ribeirão Preto, University of São Paulo (EERP-USP), the school of nursing of the Universidade Estadual do Rio de Janeiro (EE-UERJ) and the Department of nursing at the Federal University of Santa Catarina (UFSC-Enf.)³¹, moreover, this region privileged as the existence of several groups of research on alcohol and other issues.

With regard to academic study, productions³¹ identified that the graduate program with the theme of alcohol EERP-USP showed 31% of masters' theses and doctoral 38% in the period before 1990 until 2004. The EE-USP 28.6% of theses presented. The rationale for a large number of theses in EERP-USP is due to the fact of having the greatest concentration of teachers and researchers of psychiatric nursing and mental health of the country. There was also, in the same period increased production of mainly articles in various medical journals (26.4%), while the nursing journals published 21% on the subject.³¹

Another relevant factor stated by categorization due to the number of abstracts found in assistance in alcohol withdrawal syndrome refers to the fact that Brazil had an incidence rate of alcoholism ranging from 3.0% to 6.0% in the population. In the face of this reality, in mid-2003, the Ministry of health published a new policy of integral attention to users of alcohol and other drugs, bringing the family health Programme as a strategy of intervention.³²

Reflections based on the management of the alcoholic have a greater percentage of articles, consistent with the issues described by researcher's at³², for being alcoholism because psychosomatic diseases in pre-existing user must focus appropriate preventive and therapeutic treatments. In addition, the nursing professional must have the preparation since graduation, aiming to integrate theory with practice, as well as the changes in legislation and nursing curriculum guidelines emphasize the skills and abilities in the process of training of nurses and consider that without these features there is no way to change the paradigm of health and health system in a whole.³³

In this way, the nurse to assist in community must enhance the health education, developing appropriate strategies and work *with* the population rather than *to* the population.³²

However, despite the increase in scientific production and the construction of knowledge related to alcohol and other drugs, nursing professionals are not eligible to meet the demand.³⁴

As regards the theme of alternative therapies as described earlier appears in several studies³²⁻³⁴ trailer to professional training in nursing in health care services, which proposes the model of health education as a way to meet the user of alcohol. However, the concern with the approach and treatment has appeared in several studies, with gaps due to methodological constraints.³¹ Accordingly¹⁰, study points out that the professional care

dispensed by nurses to humans involved with drugs directly related to their training, which may have positive or negative influence of its performance.

As for services on alcohol and other drugs, the summaries found, most developed research in hospital units, contrasts, but shows that despite the new model many nurses still develop their practices in the hospital space.³³⁻⁴

Despite the difficulties observed during this survey, the reduced number of abstracts found with the proposed descriptors and by the lack of results in some of them, surveys like this contribute directly in the training of critical thinking for nurses who work and work with this population, because the analysis of the abstracts of research conducted in the area of alcoholism, published in the annals of scientific event of the Brazilian's largest nursing, serves as a vehicle to trace an overview on trends of nursing research on the strategies of assistance to people with alcohol-related problems and alcoholism, as well as outline a sketch about the perception that nurses have had against their role and their contribution in the confrontation of the issues in this field during the period from 1998 to 2008.

This study contributes to the nursing as regards chemical dependencies because it offers subsidies to picture, from their production, the performance of nursing before the problem of alcoholism, contributing in this way to reflection on types of strategies that the nurse uses and studies in this area and where the nurse is carrying out these practices, which ultimately, can favor the improvement of its practices.

CONCLUSION

Although the proposal of this article found in the literature, in database of Annals in nursing, referring to the theme of alcohol and other drugs, it found that few works have discussed about the topic. Yet for the most part centered in the Southeast and South, where there are concentrations of student nurses schools in the area of mental health and studies in alcohol and other drugs. Whereas the theme of alcohol and other drugs came into vogue due to publication of public policies for users of alcohol and other drugs, coping planning to crack, the performance of nursing and what core disclosure and publication of theme are less than expected. Requiring further studies in nursing care within the medical services to users of alcohol and other drugs, as well as the categories found in this article are discussed in more depth, since they are sources of endless Affairs and relevant prerogative not only socially, but academically so that new technologies are built to assist in the prevention, care in nursing, the treatment and psychosocial reintegration of users who present problems facing the use of alcohol and other drugs.

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