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## INTEGRATIVE REVIEW OF THE LITERATURE

Atenção da enfermagem à saúde do idoso: uma revisão integrativa

Attention of nursing to the health of the elderly: an integrative review

Atención de la enfermería a la salud del mayor: una revisión integradora

Sara Cordeiro Eloia <sup>1</sup>, Eliany Nazaré Oliveira <sup>2</sup>, Suzana Mara Cordeiro Eloia <sup>3</sup>, Roberlandia Evangelista Lopes <sup>4</sup>

### ABSTRACT

**Objective:** Analyzing the scientific production in the field care to the elderly health made by nursing. **Method:** an integrative review based on a bibliographical survey made in SCIELO from the years 2004 to 2009, using the descriptors: elderly, elderly health and nursing. **Results:** there were selected 21 articles, discussing: the care made by nursing regarding the health of the elderly, the interest on the caretaker and the importance of groups aiming to promoting health. **Conclusion:** it was concluded that it is needed a higher number of researchers to study this context due to the small number of studies found and an increase in participation of the assistance nurses in these productions. **Descriptors:** Elderly health, Nursing care, Nursing research.

### RESUMO

**Objetivo:** Analisar a produção científica na área da atenção à saúde do idoso pela enfermagem. **Método:** Revisão integrativa baseada no levantamento bibliográfico de periódicos no SCIELO nos anos de 2004 a 2009, utilizando os descritores: idoso, saúde do idoso e enfermagem. **Resultados:** Foram selecionados 21 artigos que discutiam: o cuidado da enfermagem na saúde dos idosos, o interesse na pessoa que cuida e a importância de grupos a fim de promover saúde. **Conclusão:** Percebeu-se a necessidade de mais pesquisadores para este contexto devido os poucos estudos encontrados e maior participação de enfermeiros assistenciais nestas produções. **Descritores:** Saúde do idoso, Cuidados de enfermagem, Pesquisa em enfermagem.

### RESUMEN

**Objetivo:** Analizar la producción científica en el área de la atención a la salud del mayor por la enfermería. **Método:** una revisión Integradora apoyada en el levantamiento bibliográfico de periódicos en SCIELO, en los años 2004 a 2009, utilizando los descriptores: anciano, salud del mayor y enfermería. **Resultados:** 21 artículos fueron seleccionados, que discutían: el cuidado de la enfermería en la salud de los mayores, el interés en la persona que cuida y la importancia de grupos a fin de promocionar salud. **Conclusión:** Se ha dado cuenta de la necesidad de más investigadores para este contexto debido los escasos estudios encontrados y mayor participación de enfermeros asistenciales en estas producciones. **Descriptores:** Salud del mayor, Cuidados de enfermería, Investigación en enfermería.

<sup>1</sup>Nurse, Masters' student of Family Health, Federal University of Ceará (UFC), Scholarship at the Coordination of Improvement of Higher Education Personnel (CAPES), Email: saeloia@hotmail.com. <sup>2</sup>Nurse, Doctorate in Nursing from the Federal University of Ceará (UFC), Professor of Nursing at the State University Vale do Acaraú (UVA), Email: elianyy@hotmail.com. <sup>3</sup>Nursing Student at the State University Vale do Acaraú (UVA), Scholarship at the Foundation of Ceará of Support of Scientific and Technological Development (FUNCAP), Email: suzana\_mara@hotmail.com. <sup>4</sup>Nurse, Doctoral student in Education at the State University of Ceará (UECE), Professor of Nursing at the State University Vale do Acaraú (UVA), Email: roberlandialopes@hotmail.com.

## INTRODUÇÃO

**B**eing science, nursing is characterized as a systematic area of knowledge and has lived with complex situations, not only in practice, as in the development of research in the quest for essential elements to the acquisition and qualification of the body of proper knowledge.<sup>1</sup>

In terms of scientific production, there are observed technological resources that are discovered through research and experience, and training plans and actions that result in favorable responses about the anxiety of the population. In this context, Brazilian science has sought to discuss issues of socio-political context that interfere in various sectors of society, and the process of population aging of the challenges posed nowadays.

It is remarkable the discussion of the theme of aging of a more pronounced form, as a factor associated with advances in medicine and technology, addressing its characters of life and health and disease, and spreading information that enable discussion of relevant topics.

Then it can include nursing assistance in health of the elderly as a theme to be understood, mainly by the purpose of keeping the elderly with good health to reach a maximum of active life in the environment in which it is inserted, along with its family, with autonomy and physical, psychological and social independence.<sup>2</sup>

And in these studies about demographic transition and the new world of health care needs of this population, it appears that nursing, as a profession, should specialize in systematic knowledge of geriatric area in order to understand the phenomena associated with old age.

In this aspect, nursing care should work proposals that address the collective dimension situating individuals in the life and death process, envisioning a look that does not allow the isolation of the individual in its midst and in group insertion.<sup>3</sup>

Believing to be relevant the phenomenon of aging and production linked to nursing studies aimed to identify publications on nursing care to elderly health.

Furthermore, the study is justified to the extent that nursing in health care for the elderly is configured as an area of knowledge required to set health programs for the general population, constituting a challenge for these professionals overcoming the clinical curative approach, for a performance with multidisciplinary and interdisciplinary approach.<sup>4</sup> There is scientific relevance in this study because it represents advances in research, highlighting the various roles of professional nursing in the context of the aging population and the dissemination of new knowledge.

## MÉTODO

It was decided to contextualize this goal by taking an integrative literature review, descriptive in nature, based on the literature survey of the periodic Scientific Electronic Library Online (SciELO), which were consulted Descriptors in Health Sciences in the period of March 2010.

The question that guided this study was: How does literature provide nursing care to elderly health?

The descriptors were searched in combination: elderly, elderly health and nursing. Articles of interest to the researched aim, from the database SCIELO in the period 2004-2009 and presented in Portuguese goal were included. It resulted in 21 publications. In one of these had the object, besides the elderly adult population, where they decided to include. We excluded those who had no information that would allow clearly the association with the goal.

After reflective reading of the articles in question, it was adopted the following descriptive variables for analysis: 1. Categorized articles in function of the year of publication belonging to the period from 2004 to 2009; 2 Types of selected studies; 3 The profession activity of the authors; 4. The main topics covered in these publications when action and highlighted the role of nursing in the context of aging. Care was taken to get the important aspects of the enrichment items for this study and for transmission to the scientific community.

## RESULTADOS E DISCUSSÃO

In the literature survey, 21 articles were related to the purpose of this study. For the year of publication, we obtained the following result: 7 (33.3%) studies were published in 2008, 5 (23.8%) in 2007, 4 (19.0%) in 2006, 3 (14.3%) in 2005, 1 (4.8%) in 2004, as well as, 1 (4.8%) in 2009.

As for the distribution of publications by type of study, it was found that 15 (71.4%) articles were presented in the form of research or original, three (14.3%) of the type experience report / case, 2 (9.5%) for review and one (4.8%) update.

Considering the occupation of the authors, it was shown that in all articles was authored teaching. These publications, the predominant association of nursing teachers with: welfare nurses, graduate students and other professional categories, where each association was represented by 5 (23.8%) articles. In 3 (14.3%) studies was exclusively

presented the nurse faculty, and 2 (9.5%) studies, the association between nursing faculty and academic of graduate in nursing. It was selected one (4.8%) corresponding study authored to the Center for the Elderly, UnATI - HUPE / UERJ, in association with college UnATI / UERJ.

Among the main topics covered in these publications, 9 (42.9%) studies discussed nursing care in the health of the elderly, 4 (19%) showed the nurse and caregiver for the elderly, 4 (19%) pointed to health promotion from interest groups, and 2 (9.5%) had publications public health policies. Themes were also discussed: the production of nursing knowledge on elderly health and education programs for the training of professionals, each topic presented by one (4.8%) study.

From the results, it is understood the interest, still growing, of the researchers at the context of nursing in health care for the elderly, possibly explained by the demographics on the rise larger than 60 individuals associated with the importance of learning forms and actions that deal with this population. Is needed most scientific literature on aging although it has the attention of science since the 70s, being a phenomenon of great repercussion on health<sup>4</sup>. Publications has revealed that the delay in the construction of knowledge of gerontology, particularly in areas of research and teaching, due to its difficulty establishing itself as a science and set a field of expertise and knowledge construction.<sup>5</sup>

The data also showed lower welfare participation of nurses in research and scientific production process, comparing the teachers. The literature suggests that justify this given characters. It was from the 70's that the nursing education had significant progress with the creation of post-graduate and research investments and in 2001 there was the first published article on nursing education performed by clinical nurses, may be a reflection of the gap between hospital nurses and nursing education, although this play particularly important roles in the teaching - learning process of the student during the stages.<sup>6</sup>

Scientific productions provide important contributions to the practice of nursing<sup>6</sup>, and so it is of utmost necessity that the welfare nurses perform scientific work related to teaching this science, since they are professionals who contribute in shaping nursing students regardless of the level of education, especially with regard to the stages, thus promoting integration between theory and practice.

There was no publication of welfare nurses with nurses who also play assistance activities. It is necessary their participation as social and educational actors to convey their experience through direct contact with the patient. Should proceed to publications cases the own sector of work and other activities that qualify their own actions. In this perspective, one needs to modernize the process of training of nurses both in academia and in the workplace; encourage research and extension activities; stimulate integration in research groups from universities to meet the demands of society.<sup>7</sup> These can be considered the challenges of contemporary nursing.

In relation to the main topics covered in these articles, it became clear the assignment of nursing care to the action through a humanitarian assistance and through visits and home care programs that meet the demands of the elderly patients. One study points out that the nurse is the professional multidisciplinary team that is closest to the

elderly, having the opportunity to observe any changes that they present.<sup>8</sup> In another study, identifies it as a trusted professional in the sharing of problems and physical, social, family, economic, and emotional issues; it is the professional that clarifies the doubts, eases the cravings, promotes education to expound on the social habits and other factors affecting the health status of the individual.<sup>9</sup>

In this context, nursing must meet the phenomenon of aging as it presents itself to those who experience it, promoting a care based on the elements of well-being among aging individuals, and thus help it to face the possible elements of evil-being.<sup>10</sup> And this discovery implies a model of nursing care that incorporates new knowledge to its practice.

About nursing attention to the caregiver of the elderly, discusses the need for programs that inform and guide as to the state of health of the elderly that is responsible, professional and attentive to his health care.

Studies focusing on the caregiver are important because with the predominance of elderly caregivers, often family, there are the physical and mental strain caused by the activities of care, combined with normal daily activities and concerns and also the limitations or disabilities.<sup>11</sup> And the prospect of forming empowerment groups and listening to the experiences of caregivers, the Family Health Strategy can be a great tool to implementing such a program, since, by its proximity to the territory and the community, has a broader view of the context of everyday life of the elderly and their carers and potential of community care.<sup>11</sup> The attention and the support of these people are fundamental to improving the quality of life of the frail elderly and the very elderly caregiver and programs educational reduce stress, depression and anxiety.<sup>12</sup>

For understanding the health-disease process in this population, refers to health promotion in the form of coexistence groups. These groups aim to discuss the habits of daily life, adverse and favorable situations experienced by older people in their chronic health condition, health education on healthy living process, the influence of social environment on human life, feelings of friendship, solidarity, faith and spirituality, among other factors that make the elderly feel more important in the environment where they live and the diseases mentioned.

Authors<sup>3</sup> emphasize that the work of nurses, developed with groups is a strategy for health promotion that has turned into a practice increasingly valued. Working in groups is easier to deepen discussions, broaden knowledge on topics related to health, conduct health education process, stimulate the adoption of healthy habits contributing to behavior change, in addition to promoting the socialization of knowledge on health.<sup>13</sup> United to this consideration, the nurse should look for different alternatives to perform their work for the welfare of the elderly.

Public health policies were addressed to suggest actions that emphasize the needs of promotion / health education and the attention focused on the elderly public policy, and that may be developed by a multidisciplinary team including nursing actions.<sup>14</sup>

It is discussed the need for more production of knowledge about the health care of the elderly by nursing from professionals and students to consolidate this area in society thirsting for knowledge and practices.<sup>4</sup> Finally, studies on the experience of implementation and expansion of educational activities aimed at the training of human resources for

Geriatrics and Gerontology become important because eligible professionals and future professionals for the performance of geriatric nursing.<sup>15</sup>

## CONCLUSÃO

It might realize that health care is a nursing activity and, in this survey, some issues have received greater attention on the part of authors, such as: the need for greater scientific production in the area of nursing to health of the elderly and greater participation of nurses paternalistic in scientific production related to the area.

The change in the Brazilian demographic scenario becomes required for a greater integration of activities that stimulate the process of research on the vocational training of nurses from the inclusion of disciplines and strategies by the universities, and they present studies focusing on nursing in their practice with the elderly.

Therefore, by the limitations of this study about its methodology, further research is needed to reveal knowledge about the living conditions and health of this population. And that nursing recognizes the challenge of developing their assistance based on the needs of this population.

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Endereço de contato dos autores:  
Sara Cordeiro Eloia.  
End.: Cesarina Barreto Lima, 249, Bairro Campo dos Velhos, Cidade Sobral, Ceará. CEP: 62030-100.