

## CONVERGENT CARE RESEARCH AND THE HEALTH OF THE ELDERLY: A SYSTEMATIC REVIEW

Pesquisa convergente assistencial e a saúde do idoso: uma revisão sistemática

Investigacione de cuidado convergente y la salud de los derly: una revisa sistemática

Célia Maria Gomes Labegalini<sup>1</sup>, Poliana Ávila Silva<sup>2</sup>, Ieda Harumi Higarashi<sup>3</sup>, Maria Elisabeth Kleba<sup>4</sup>, Lina Márcia Miguéis Berardinelli<sup>5</sup>, Vanessa Denardi Antoniassi Baldissera<sup>6</sup>

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### ABSTRACT

**Objective:** To analyze the publications centered on the convergent care research in the care of the elderly.

**Method:** A systematic review performed in the databases, using the keyword “convergent assistance research” and the Descriptor “elderly”, and their variations in original articles. **Results:** Nineteen publications were included, these were performed predominantly by nurses and published in the same area. They mainly contemplate educational activities with professionals and relatives of the elderly in order to instrumentalize

- 1 Nurse at the University Center of Maringá, Maringá, Paraná, Brazil. Master and PhD student in Nursing from the Postgraduate Program in Nursing at the State University of Maringá, Maringá, Paraná, Brazil. Professor at the University Center of Maringá, Maringá, Paraná, Brazil
- 2 Nurse by the State University of Mato Grosso do Sul, Capo Grande, Mato Grosso do Sul, Brazil. Master and PhD student in Nursing from the Postgraduate Program in Nursing at the State University of Maringá, Maringá, Paraná, Brazil. Nurse at the City Hall of Goioerê, Goioerê, Paraná, Brazil.
- 3 Nurse by the State University of Maringá, Maringá, Paraná, Brazil. Master in Special Education from the Federal University of São Carlos, São Carlos, São Paulo, Brazil. PhD in Education from the Federal University of São Carlos, São Carlos, São Paulo, Brazil. Associate Professor A in the Nursing Department and in the Graduate Nursing Program at the State University of Maringá, Maringá, Paraná, Brazil.
- 4 Nurse from the Federal University of Santa Catarina, Florianópolis, Santa Catarina, Brazil. Master in Nursing from the Federal University of Santa Catarina, Florianópolis, Santa Catarina, Brazil. PhD in Philosophy from Universität Bremen, Bremen, Germany. Post-doctorate in Nursing from the Federal University of Santa Catarina, Santa Catarina, Brazil. Professor of Health Sciences and Postgraduate Programs in Social Policies and Regional Dynamics and Health Sciences at the Community University of the Chapecó Region, Chapecó, Santa Catarina, Brazil.
- 5 Nurse by the Federal University of the State of Rio de Janeiro, Rio de Janeiro, Rio de Janeiro, Brazil. Master and PhD in Nursing from the Federal University of Rio de Janeiro, Rio de Janeiro, Rio de Janeiro, Brazil. Post Doctorate in Nursing from the Federal University of Santa Catarina, Florianópolis, Santa Catarina, Brazil. Associate Professor at the Department of Medical-Surgical Nursing and the Graduate Program at the Faculty of Nursing, State University of Rio de Janeiro, Rio de Janeiro, Rio de Janeiro, Brazil.
- 6 Nurse by the State University of Maringá, Maringá, Paraná, Brazil. Master in Health Sciences from the State University of Maringá, Maringá, Paraná, Brazil. PhD in Sciences in the area of Psychiatric Nursing from the University of São Paulo, Ribeirão Preto, São Paulo, Brazil. Adjunct Professor in the Nursing Department and in the Nursing Graduate Program at the State University of Maringá, Maringá, Paraná, Brazil.

care, and present themselves as an effective method of transforming practices. However, few studies have adopted all the theoretical-methodological items proposed by the approach. **Conclusion:** The development of the convergent care research in the health area of the elderly is outlined around educational practices, and requires greater methodological clarity regarding its accomplishment.

**Descriptors:** Methodology; Aged; Nursing; Research; Health of the elderly.

## RESUMO

**Objetivo:** Analisar as publicações centradas na Pesquisa Convergente Assistencial na atenção ao idoso. **Método:** Revisão sistemática realizada nas bases de dados utilizando a palavra-chave “Pesquisa Convergente Assistencial” e o descritor “idoso”, e suas variações em artigos originais. **Resultados:** Dezenove publicações foram incluídas, estas foram realizadas predominantemente por enfermeiros e publicadas na mesma área. Contemplam principalmente atividades educativas com profissionais e familiares de idosos a fim de instrumentalizar o cuidado, e se apresentam como método efetivo de transformação de práticas. Contudo, poucos estudos adotam todos os itens teórico-metodológicos propostos pela abordagem. **Conclusão:** O desenvolvimento da Pesquisa Convergente Assistencial na área da saúde do idoso delinea-se em torno das práticas educativas, e requerer maior clareza metodológica quanto a sua realização. **Descritores:** Metodologia; Idoso; Enfermagem; Pesquisa; Saúde do idoso.

## RESUMEN

**Objetivo:** Analizar las publicaciones centradas en la investigación de la atención convergente en el cuidado de las personas mayores. **Método:** Una revisión sistemática realizada en las bases de datos, utilizando la palabra clave “investigación de asistencia convergente” y el Descriptor “ancianos”, y sus variaciones en los artículos originales. **Resultados:** Se incluyeron diecinueve publicaciones, que fueron realizadas predominantemente por enfermeras y publicadas en la misma área. Contemplan principalmente actividades educativas con profesionales y familiares de ancianos con el fin de instrumentalizar la atención, y se presentan como un método eficaz de transformación de las prácticas. Sin embargo, pocos estudios han adoptado todos los puntos teórico-metodológicos propuestos por el enfoque. **Conclusión:** El desarrollo de la investigación de la atención convergente en el área de salud de las personas mayores se describe en torno a las prácticas educativas, y requiere una mayor claridad metodológica con respecto a su realización. **Descritores:** Metodología; Anciano; Enfermería; Investigación; Salud del anciano.

## INTRODUCTION

The Convergent Care Research (PCA) represents an evolution of Brazilian nursing as a science, as it expresses its capacity to develop methodological approaches specific to the national reality and profession. It aims to articulate theoretical – research – and practical – knowledge of care – in search of the transformation of reality and care practice.<sup>1-2</sup>

This research approach emerged in 1989, during reflections in the graduate program in Nursing at the Federal University of Santa Catarina. In 1999 it gained prominence after the publication of a book on it. Its originality is in the researcher’s involvement in assistance actions during the

development of the study, and in the possibility of planning and implementing real changes in healthcare practice through theoretical-practical articulation.<sup>1,3</sup>

Given its transformative potential, it emerges as a strategy for research and care for the elderly – a population group that is on a rise, with a high incidence of diseases, due to changes inherent to aging and the lack of proper management in health care. This requires health teams to rethink and rebuild their practices in caring for the elderly and promoting their health.<sup>4</sup>

Despite the relevance that the health of the elderly ones has acquired in contemporary debates, it should be highlighted that there is no systematization of published studies dealing with PCA focused on the care of this group. In this sense, the present study aims to analyze the publications focused on health care for the elderly based on Convergent Care Research, whose results may support the understanding of the applicability of this approach in gerontology and geriatrics.

## METHODOLOGY

Systematic review<sup>5</sup> on the use of PCA in elderly care. For its elaboration, the following guiding questions were outlined: How have studies used PCA in the health of the elderly? What are the characteristics of these studies and their consistency with the PCA precepts? Formulated from the PICo, namely: P = Convergent-Assistance Research; I = Use of the methodological approach; Co = Health of the Elderly.

The search for the articles was carried out in February 2019, in the databases: Latin American and Caribbean Literature in Health Sciences (LILACS), Nursing Database (BDENF), *Scientific Electronic Library Online (SciELO)*, *Scopus*, *Medical Literature Analysis and Retrieval System Online (MEDLINE)/ PubMed*, *Cochrane Library*, *Cumulative Index to Nursing and Allied Health Literature (CINAHL)*. No time frame was established.

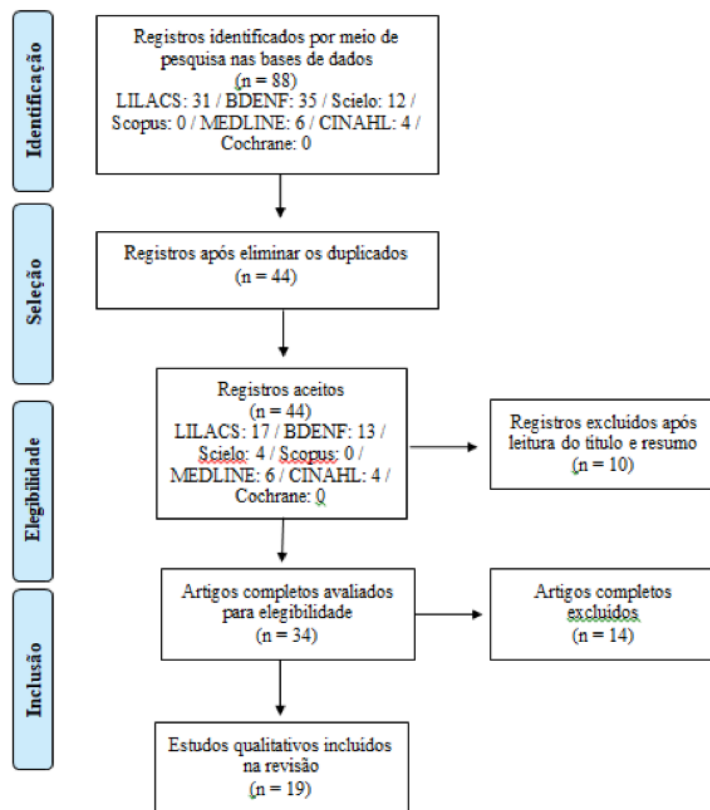
For the search was used the keyword Convergent Assistance Research and its variations: convergent assistance, convergent assistance, PCA; convergent assistential research and convergent- research; the elderly descriptor and its English translations aged, elderly and older assistential, associated by the Boolean operator AND. The search was carried out by a researcher and a librarian, independently, and the inclusion criteria were: original studies published in full in English, Portuguese or Spanish, using the PCA as a study approach and elderly health as a theme.

Dissertations, pilot studies, review articles, cases or experience reports, letters, editorials, publications without a clearly described method were excluded. The selection of the articles followed the recommendations of the Main Items for Reporting Systematic Reviews and Meta-analyses (Figure 1).<sup>6</sup>

To organize the data of the articles, the researchers developed a form with the following items: title, magazine, year, goal, theme, search place, collection technique, target

audience, results and conclusions, language, country of origin, schooling of the main researcher. Then the articles were analyzed independently, by two researchers regarding the 12 items of characterization of Convergent Care Research.<sup>1</sup>

**Figure 1** - Flowchart. Maringá, PR, Brazil, 2019.



## RESULTS

The general characteristics of the articles are illustrated in Table 1.

**Table 1** - Characterization of articles. Maringá, PR, Brazil, 2019.

Title	Magazine / Year	Goal
The practice of nurses in the family health strategy and care for the elderly <sup>7</sup>	Text & Context Nursing 2015	Discuss the practice of nurses in the Family Health Strategy related to care actions directed to the elderly.
Empowering an elderly group in a rural community <sup>8</sup>	USP School of Nursing Magazine 2015	Describe the phases of the empowerment process of a senior citizen group in a rural community.
The dying and death of hospitalized elderly from the perspective of nursing professionals <sup>9</sup>	Science, Care & Health 2013	Analyze the perception of nursing professionals about the death of hospitalized elderly.
Qualification of the nursing team through Convergent Care Research: contributions to the care of hospitalized elderly <sup>10</sup>	School Magazine Anna Nery 2014	Analyze the contributions of educational practice in the qualification of the nursing team, to provide care to hospitalized elderly.
Accompanying knowledge and practices about post-surgical respiratory complications in the elderly shared with the nurse <sup>11</sup>	School Magazine Anna Nery 2012	Analyze knowledge and practices of companions aimed at preventing post-surgical respiratory complications in the elderly, with a view to drawing up a care plan to be implemented for these clients.
A process technology applied to the accompanying elderly hospitalized for their participatory inclusion in daily care <sup>12</sup>	Text & Context Nursing 2009	Describe a process technology applied to the companion that allows its inclusion in the care for hospitalized elderly; Discuss limits and possibilities of its implementation in the care of this patient.

Title	Magazine / Year	Goal
Shared care: a perspective of caring for the elderly based on health education <sup>13</sup>	Text & Context Nursing 2009	Identify the knowledge and practices of hospitalized elderly companions about care in the prevention and treatment of pressure ulcers, integrate them into a care plan and discuss their effectiveness.
Nursing in the face of family stressors accompanying elderly dependents in the hospitalization and discharge process <sup>14</sup>	Science, Care & Health 2009	Identify stress factors in family members accompanying dependent elderly people during the hospitalization and discharge process, and propose interventions according to Betty Neuman's Systems Theory.
The elderly with diabetic nephropathy and self-care <sup>15</sup>	Text & Context Nursing 2008	Describe self-care actions, based on the care habits of chronic renal elderly patients with diabetic nephropathy, undergoing hemodialysis.
"Group here and now" - a light technology for socio-educational nursing action <sup>16</sup>	Text & Context Nursing 2005	Develop a socio-educational nursing action that awakens the perception and understanding of self-care in the elderly and family, as essential to maintaining an active and autonomous life, and with quality throughout the process of living aging, in any health circumstances -disease.
Clinical Caritas process in workshops for institutionalized elderly caregivers <sup>17</sup>	Brazilian Journal of Nursing 2016	Describe the use of the Caritas Clinical Process in workshops for caregivers of institutionalized elderly, aiming to analyze the perception of these professionals about human care for institutionalized elderly people
Thematic workshops as enhancers of care for hospitalized elderly <sup>18</sup>	Nursing Journal of UFSM 2013	Analyze the contributions of thematic workshops for the care of hospitalized elderly developed with nursing professionals.
Cultivation of good living for the elderly and nursing care-educational technology <sup>19</sup>	Nursing in Focus 2016	Carry out diagnostic assessment of living conditions and health of the elderly living in the family and community, users of a Basic Health Unit and test the development of a care-educational technology.
Storytelling: caring technology in education permanent for active aging <sup>20</sup>	Brazilian Journal of Nursing 2016	To evaluate the relevance and effectiveness of the care-educational technology "storytelling" as a strategy in the cultivation of active aging for elderly users of a Basic Health Unit, in the Amazon.
Urinary incontinence in elderly women: care practices and care proposal within the scope of primary health care <sup>21</sup>	Text & Context Nursing 2017	Identify the knowledge and care practices on urinary incontinence in elderly women and develop a proposal for the care of these women for health promotion within the scope of primary health care.
Group mutual assistance care technology for people with Parkinson's and their families <sup>22</sup>	Text & Context Nursing 2010	Adapt, test and evaluate assistive technology for group mutual assistance for people with Parkinson's disease and their families.
Socio-educational video debate technology for the cultivation of active aging <sup>23</sup>	School Magazine Anna Nery 2018	Assess the relevance and effectiveness of socio-educational video debate technology as a strategy in the cultivation of active aging.
The hypertensive elderly and self-care <sup>24</sup>	RENE 2001	Apply and evaluate the concepts of Nursing Theory of Self-Care Deficit Pray for the systematization of nursing care for hypertensive elderly people.
Board game: gerontology technology in the clinic nursing care <sup>25</sup>	Brazilian Journal of Nursing 2018	Create a board game like gerontology technology aimed at promoting active and healthy aging.

Source: authors.

The journals are all in the field of nursing, and the articles were published between 2001 and 2018. The studies aimed to describe, identify or evaluate health situations of the elderly or knowledge of those involved and to develop actions, care plans or technologies to instrumentalize them in their care and care practice, whether the target groups are: elderly, professionals or family members. With regard to the theme, most addressed the shared care among professionals, the elderly and family members.

All studies are national, written in Portuguese, with a main qualitative design, and the main author is a nurse, most of whom is linked to public education institutions in the southern region of the country.

Data on specific aspects are presented in Table 2.

**Table 2** - Results of the articles that make part of the study. Maringá, PR, Brazil, 2019.

Collection technique	Target Audience	Results and conclusions
Individual interviews and thematic workshops	20 nurses working in the Family Health Strategy	The need to bring nurses' work closer to the proposals of public health care policies for the elderly is highlighted. Permanent education actions must be inserted in the service to equip professionals to act in the challenges of population aging. <sup>7</sup>
22 group meetings and interviews	21 elderly people and nine health professionals from a Basic Health Unit	The group allowed the incorporation of changes that reflected in the development of healthy habits and improved interpersonal relationships. Convergent care research was highlighted as a strategy that changed group life, enhancing health promotion actions. <sup>8</sup>
Individual interviews and thematic workshops	20 professionals from the nursing team at the medical clinic unit	The death of the elderly generates suffering, frustration, guilt, sadness and loss for the family and the team. It can be defined as relief when there are no more therapeutic resources. Emphasizing the importance of the nursing team having knowledge and skills about the death of the elderly and their family. <sup>9</sup>
Four workshops, field diary and participant observation	20 nursing professionals working in a medical clinic inpatient unit	Professionals believe that the elderly require differentiated care and that educational practice is a tool that can be used to contribute to the qualification and updating of the members of the nursing team, in order to improve nursing care for hospitalized elderly. <sup>10</sup>
Individual interview and participant observation	14 caregivers of elderly people in the preoperative period	The companions accumulate knowledge about basic care in the postoperative period, capable of preventing respiratory problems. These served as a basis for building a shared care plan, not described in this article. The Convergent Care Research methodology contributes to educational studies with a dialogical and transforming nature. <sup>11</sup>
Individual interview and participant observation	19 companions of hospitalized elderly	The articulation of popular and scientific knowledge is possible with a dialogical stance and knowledge valorization, between team and caregivers. The process technology was well evaluated by the companions, leading them to the leading role and autonomy in sharing care for hospitalized elderly. <sup>12</sup>
Group interviews, individual interviews and participant observation	19 companions of hospitalized elderly	The subjects developed, implemented and evaluated a care plan for the prevention and treatment of pressure ulcers, together with the researcher, through reflection on care and practical activities. Thus, it is possible to build shared care, in order to propose care strategies consistent with the real needs of patients and caregivers. <sup>13</sup>
Participant observation and instrument with semi-closed questions	11 relatives accompanying hospitalized elderly dependents	The main difficulties in caring for the dependent elderly are: family conflicts, financial problems and care in the basic health network, these generate stress in the caregiver. The hospital nurse can mitigate the effects by preparing the accompanying family member for home care, concurrent with the support of the basic network. <sup>14</sup>
Individual interview and instruments	Seven elderly people on hemodialysis	The study organizes eight central ideas and highlights that the challenge for self-care lies in building independence and the possibilities for open and productive dialogues. <sup>15</sup>
Convergence groups	Elderly, family and hospital health professionals	The creation and realization of the group, as a light technology for socio-educational care, shows itself as a strategy capable of breaking with biomedical logic and traditional hegemonic education in the hospital environment, and promoting self-care, autonomy, independence and interdependence, necessary for living healthier. <sup>16</sup>
Ten workshops	18 caregivers of a long-term care facility for the elderly	The Clinical Caritas process allows the development of workshops for caregivers of the elderly, with a view to humanistic training, as it stimulates the concepts of human care that value the self of those who care and those who are cared for. <sup>17</sup>



Collection technique	Target Audience	Results and conclusions
Semi-structured individual interview, thematic workshops and participant observation	10 nursing professionals from a medical clinic unit	Dynamic and participatory educational practices allow professionals to unite knowledge and practices, contributing to reflections on care for hospitalized elderly people, leading to their qualification. <sup>18</sup>
Instruments and convergence groups	13 elderly people from a Basic Health Unit	The groups, as for light technologies, instrumentalize the nurse to stimulate the development of self-care and autonomy of the elderly. They bring benefits to the elderly and professionals, due to the possibility of undertaking innovative care-educational actions. <sup>19</sup>
Instruments and workshops	Eight elderly users of a Basic Health Unit	'Storytelling' is an innovative educational technology applicable to health services in order to encourage active and healthy aging. <sup>20</sup>
Semi-structured individual interview, three thematic workshops and participant observation	14 physiotherapists and ten nurses from a Basic Health Unit	The professionals had naive knowledge about urinary incontinence, and the educational activities allowed the construction of an educational technology that instrumentalizes the care and promotes the health of the elderly. <sup>21</sup>
Group meetings	28 people with Parkinson's disease	The technology of group mutual help, associated or not, with other care technologies, contributes to the maintenance or expansion of the network of relationships, a potential social support that favors the social inclusion of parkinsonians. <sup>22</sup>
Video debate sessions	16 seniors	The video debate allowed the elderly to learn to know themselves, to do differently, to live with each other and to be better. Leading to behavioral changes in the field of nutrition and relationships. Thus, the technology proved to be effective and relevant for the elderly to jointly build new strategies for active aging. <sup>23</sup>
Interview, observation and information recording	Seniors	Nursing diagnoses were identified, for which self-care actions were developed, implemented and evaluated, carried out in the light of Orem's self-care framework, which stimulated client engagement in self-care. <sup>24</sup>
Individual interviews, convergence group and participant observation	32 seniors	The game was developed based on the knowledge and practices of the elderly about aging. Gerontotechnology acted as a playful element in the exercise of self-determination and independence of the elderly, enhancing memory, self-esteem, socialization, exchange of experiences and shared learning. <sup>25</sup>

Source: authors.

For the development of the studies, two or three data collection techniques were used in an articulated way, these were: group techniques (workshops, meetings, meetings and convergence groups), interviews (individual and collective) and participant observation. Regarding the target audience, the studies are carried out, predominantly, with the elderly, being developed with seven to 129 participants per study (average of 22.5 people per survey). It should be noted that three studies had more than one target audience. Most of the studies were carried out in the hospital.

Data analysis follows, predominantly, qualitative forms of content and thematic analysis. The theoretical references adopted were: Paulo Freire's Dialogic and Emancipatory Educational Theory,<sup>11-13,16</sup> Transcultural Theory by Madeleine M. Leininger,<sup>12-13,15</sup> Dorothea E. Orem's self-care theory,<sup>16,19,25</sup> Betty Neuman's Systems Theory,<sup>14</sup> National Health Promotion

Policy,<sup>21</sup> Process *Clinical Caritas*,<sup>17</sup>. Three studies<sup>12-13,16</sup> had two theoretical references, one of nursing and the other educational, which supported the care/ assistance process and the educational practices carried out. Others did not cite specific theoretical references. Studies.<sup>7-10,14,18,20,22-23</sup>

The results and conclusions demonstrate that Convergent Care Research is an innovation capable of providing care, promoting autonomy and self-care for the elderly, in addition to supporting caregivers and professionals in the care process. CP is also considered an effective approach to develop / develop care-educational technologies, with an emancipatory and collective nature.

With regard to the 12 evaluation criteria of Convergent Care Research, 1 few studies bring all items clearly in the text (Table 3).

**Table 3** - Description of the items and articles that attended to them. Maringá, PR, Brazil, 2019.

Items	Description	Articles that clearly cited the fulfillment of items
1	Negotiation of researchers with care professionals or presentation of the professional's desire to conduct the study in their field of practice	Five articles <sup>7-8,20,24-25</sup>
2	Researchers highlighted dichotomy between what was researched (including actions foreseen in the care and investigative process) and what was effectively implemented	11 articles <sup>7-8,10-13,15,17,19-21</sup>
3	Assistance, data collection and analysis were carried out in a shared way between researchers and professionals	Five studies <sup>8,10,13,24-25</sup>
4	Insertion of the researcher in the assistance in order to modify or innovate it	14 articles <sup>8-13-20,22-25</sup>
5	Existence of records used for research (field diary, observation form) and for assistance (medical records)	four surveys <sup>7-8,14-15</sup>
6	Researchers point out whether important themes for theoretical discussion (proposed or new) arose during the research	Todos os artigos <sup>7-25</sup>
7	Results driven by changes in care	13 articles <sup>7-8,10-14,17-18,20-22,24</sup>
8	Need to, at the end of the study, plan strategies with the assistance professionals to continue the changes and innovations initiated	Three studies <sup>8,13,23</sup>
9	The presentation of the assistance (how the service was organized) provided by the service and the actions taken	Seven studies <sup>8,13,15,17-18,20,24</sup>
10	Researcher's return to research and assistance needs	10 studies <sup>7-10,13,16-18,20,24-25</sup>
11	Scientific rigor The analysis of the data of the assistance actions carried out concurrently with the research	All the studies <sup>25</sup> six studies <sup>8,10,13-14,20,23-24</sup>
12	Researcher informs if research results show changes in the service	11 studies <sup>8,10,12-14,16-21, 2</sup>

Source: authors.

It should be noted that the lack of this data did not harm the understanding or the quality of the studies and the analysis was carried out in order to verify whether the items are highlighted in the text, and cannot measure whether or not they were carried out, as can sometimes be implied in the written. In this context, it is emphasized that the PCA, like any other methodological approach to research and knowledge production, is constantly changing and improving. The criteria and items fluctuate and are constructed as more studies adopt the approach. However, following a certain standard or meeting criteria established in the methodological proposal is essential for the scientific consolidation of the PCA.

## DISCUSSION

The PCA was developed in a postgraduate program in Brazilian Nursing to instrumentalize and qualify health actions through the union of theory and practice.<sup>1</sup> The progression in the use of this research approach in the scope of elderly health was identified at national level,<sup>1</sup> have authors from different regions of the country. Due to its creation, the PCA has a closer relationship with Nursing, which is why these are the main researchers who adopt it.

Studies related to the health of the elderly who use PCA adopt one or more objectives, aimed at the identification of phenomena and the intervention on them, using especially

educational approaches. This practice reinforces PCA not only as a research strategy, but as an instrument for transforming practices, which allow the construction of innovations and the qualification of health care for the elderly.<sup>1-2</sup> Supposedly, educational practices, in the theme of elderly health, are relevant and frequent in this approach, in studies developed primarily in the hospital environment, and focused on the empowerment of participants.

The focus of educational actions should focus on active aging and health promotion, with everyone involved – family, community and patients themselves – in the care process,<sup>4</sup> and in the studies analyzed, the care shared between professionals and family members of the elderly has been recurrent.

The publications included in this study show that several data collection instruments and techniques are used that corroborate those recommended in the PCA.<sup>1,3</sup> In this way, they guarantee a wide and multifaceted understanding of the study phenomenon, obtaining data that reflect the reality and that allow actions with greater impact on care for the elderly.

However, it should be noted that the studies that adopted observation and the field diary little explore the data of these instruments. Inserting the information from these techniques, in a clear way, allows to reveal perceptions and subjectivities inherent to the study participants that can subsidize actions that are more appropriate to their realities.

The theoretical-philosophical references used in the studies were based on nursing – when it was related to

the systematization of care – and on Paulo Freire's dialogicity and problematization – regarding education and the proposition of educational materials. The use of these is essential to define the guiding principles of research and data analysis and interpretation and their choice deserves attention, as they must be closely related to the theoretical and philosophical principles of the PCA,<sup>1</sup> so as not to incur in superficiality of theoretical-methodological.

The PCA is considered a hybrid methodological design, as it excels in the convergence of nursing practice with that of research. These fields – assistance and research – are guided by distinct philosophical tendencies: objectivism and subjectivism, respectively. It allows the use of more than one theoretical framework, such as that found in the articles of this review.<sup>1</sup> Articulating frameworks, as long as they are congruent, guarantees subsidies both for the understanding of the assistance reality and for the educational design.

The results and conclusions of the studies analyzed reinforce the premises of the PCA by demonstrating that it promotes innovations capable of equipping professionals, promoting the autonomy and self-care of the elderly and assisting caregivers in the care process. Regardless of the target audience, studies with this approach allow to develop actions that impact the quality of life of the elderly and the integrality of care.<sup>4,22</sup> Thus, the PCA becomes an instrument of integration between those involved in care, an essential fact for the maintenance of the functional capacity of the elderly.<sup>1</sup>

Innovations are usually educational-care technologies. This type of lightweight technology provides care for the elderly, systematizes and organizes the practices performed by professionals, in addition to assisting the family in the care process and encouraging the elderly to self-care.<sup>22-23,25</sup>

It should be noted that, despite all these benefits for the health of the elderly, studies have little explored the contributions and potential of the methodological approach to their design. This movement is essential, because only with the signaling of the potentialities, weaknesses and methodological nodes will it be possible to improve the PCA.<sup>2</sup>

A weak point in the work is the lack of a clear characterization of the form of participation of researchers and the process of planning and collective design of actions. This weakness is frequent in participatory research and can negatively influence the assessment of its scientificity.<sup>1,3</sup> Not presenting the involvement clearly hinders the consolidation of the PCA, as it does not make it possible to characterize the studies as anchored in their references, in addition to not evidence the insertion of assistance to the elderly in the research, essential conditions in the PCA.

## FINAL CONSIDERATIONS

The use of PCA in the health of the elderly was apprehended in qualitative studies, carried out by nurses, through educational activities with professionals, the elderly and families. For data collection, group techniques were used, usually submitted to content and thematic analysis, and guided by educational and nursing theoretical frameworks.

The gaps found in the studies are related to the insertion of the researchers in the context and the clarity in the participation of each involved in the collection and analysis of the data, which does not diminish their value, only reinforces the need to adopt the 12 proposed evaluation criteria for this approach<sup>1</sup> to guarantee methodological appropriation, as well as its consolidation in the field of health sciences and nursing.

The strengths and weaknesses of the application of the PCA when pointed out by the researchers can contribute to its strengthening and improvement, in addition to expanding its use, consolidating for nursing as much science, with its own methodological knowledge body.

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**Corresponding author**

Célia Maria Gomes Labegalini

**Address:** Av. Colombo, 5790, Zona 7

Maringá/PR, Brazil

**Zip code:** 87.020-900

**Email address:** [celia-labegalini@hotmail.com](mailto:celia-labegalini@hotmail.com)

**Telephone number:** +55 (44) 3011-4494

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