

61 - GERIATRIC NURSING INTERVENTIONS TO FRAIL ELDERLY

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ABSTRACT

Descriptive study of type literature review, carried through Bibliographic survey on the theme of fragility in the elderly, in electronic databases LALCSH (Latin-American Literature and of Caribbean in Sciences of the Health) and BDN (Base of Data in Nurse). Were found, respectively, 355 and 102 articles, after application of the criteria for inclusion and exclusion, achieved a corpus of 95 studies. There was a predominance of the qualitative approach in the descriptor "geriatric nursing" and quantitative in descriptor "frail elderly" being identified several theoretical and methodological. The most studied objects were nurses and gerontology, followed hospital assistance for the elderly, elderly and the social coexistence, falls in the elderly and the elderly and ADL. Based on these results, we concluded that there is need to increase the production of knowledge in Nursing in Health Care of the Elderly, since, to give visibility to this thematic, it is necessary to recognize this specialty as a professional area acting.

INTRODUCTION

The current processes of demographic and epidemiological transition in the country, there is an increase in life expectancy reaching 73.7 years on average, in addition to increasing longevity, especially in the elderly aged over 70 years, according to IBGE (2009). This has contributed to the increased demands of this age group with regard to health services and social second and Lima-Costa et al (2003), a result of the growth of the elderly population, assisted daily in both Units of Family Health (UFH) and at home and other care services to population health.

Generally, are elderly with one or more complaints of chronic diseases, some with advanced disease and sometimes, without adherence to treatment and control established by the Health Strategy of the Family, which made it difficult for teams in the development of promotion and prevention of health, so that users in this age group to maintain health under control.

It is known that people with more than 60 years require special care because of changes with age and susceptibility in this phase of life. Among these changes, highlights the installation of a syndrome called fragility as a condition of physical health in many dimensions, involving biological, psychological and social aspects of individual and results in greater vulnerability to adverse clinical outcomes (Fried et al, 2001).

According to the Ministry of Health (BRASIL, 2006) are currently in Brazil, many frail elderly that living at home, especially in the older group, which represents 46% of people aged 85 or older, and when identifying the condition of frailty is very important assess local resources available to your health in order to facilitate home care, including the family caregiver as a partner of the care team, creating a network of solidarity with the frail elderly and their families, and to reintegrate the frail elderly in the community (BRASIL, 2006a).

In this context, geriatric nursing is characterized as an area of knowledge required for all health programs for the general population, representing a challenge to overcome a clinical curative and individual, for a performance interdisciplinary.

The nursing actions are related to nursing consultation, the actions of planning, coordination and evaluation of actions taken by the Community Health Agents (CHA) and the nursing staff, as well as participation in the management of supplies needed for the proper functioning of units health.

So that there is adequacy of health services to elderly, it is important to have qualified professionals in the fields of geriatrics and gerontology who can understand the specificities of elderly with the syndrome of frailty, both assisted by the SFH, and by more complex levels of care.

This study aims to describe the trends in current literature about nursing interventions conducted with elderly frail, from main online databases available.

METHODS

Descriptive study of type literature review, carried through Bibliographic survey on the theme of fragility in the elderly, in electronic databases LALCSH (Latin-American Literature and of Caribbean in Sciences of the Health) and BDN (Base of Data in Nurse), bringing information of issues important to the health professionals, especially nurses, seeking to update their knowledge in the field of human aging.

Was used as descriptors "frail elderly" and "geriatric nursing" from which they were found, respectively, 355 and 102 articles. These terms are indexed in Descriptors of Health Sciences (DEHS) and allowed the use of common terminology for research in three languages, was performed one search including studies published in the last five years, in period 2003 to 2008.

Were established as inclusion criteria: published within the period specified; jobs that are available for reading; publications related to the objectives proposed by this study.

We excluded 212 articles what, previously identified from the of descriptors, were not related to the theme of this study, articles whose the complete text was not accessible, book chapters, dissertations and theses that are not in electronic format; articles published outside the period determinate, in addition, the articles that appeared in more than one database, were considered only once. After applying the criteria for inclusion and exclusion, has achieved a corpus of 95 studies.

Following the steps proposed by Gil (1991), was made an initial reading exploratory and selective to knowing items of interest to the search through its title and reading the summary, identifying and selecting the material of interest to study through the use of inclusion criteria. Then, was performed one reading with analysis of the contents of the selected publications, identifying the contextual meanings and starting the define the categories

At the end, been held an interpretative reading the results found and presented through charts and tables considering the descriptors set out and what Highlights the issues most commonly used, methodological approaches (qualitative and quantitative) encountered in the research, as also their distribution according to the year publication and the databases on which these studies were found.

The discussion of the results was based the definitions found and currently used about the terms "frail elderly" and "geriatric nursing".

DISCUSSION OF THE RESULTS

Among the articles found was observed that those found in greater numbers were related to the descriptor "geriatric nursing". The database that included the largest number of articles was the Lilacs (Literature Latin American and Caribbean Health Sciences) - with one total of 307 articles, it is believed that this increased frequency is due to the fact that this is a database that has a large number of indexed journals (Table 1).

TABLE 01: Frequency of publications identified in Databases, according with the descriptors: frail elderly and geriatric nursing in the period 2003 to 2008

DATABASES /DEHS	GERIATRIC NURSING		FRAIL ELDERLY	
	Found	Included	Found	Included
LALCSH	213	64	94	31
SCIELO	-	-	01	00
BDN	142	00	07	00
TOTAL	355	64	102	31

From the initial survey of 307 articles, underwent the same criteria for inclusion and exclusion, reaching a total of 95 articles of importance to this study. Table 2 refers to the reason why we excluded the other articles found. We can see that 255 publications found were excluded because they were outside the specified time that would be 2003 to 2008, since many of these articles were published before 2003. In addition, 73 publications were presented in more than one database, being considered repeated, others 06, which were unavailable and 28 book chapters, too were excluded.

TABLE 02: Distribution of the selection of the number of articles published in accordance with the reasons used as criteria for inclusion in the period 2003 to 2008

Exclusion Reason	GERIATRIC NURSING	FRAIL ELDERLY	TOTAL
Unavailable	02	04	06
Book chapter	21	07	28
Out of the period	198	57	255
Repetead	70	03	73
TOTAL	291	71	362

As the year of publication is observed one trend in growth the number of publications from the year 2005 in two descriptors, frail elderly and geriatric nursing, which may result from a more discussion on the issues of the elderly in Brazil and world in this period, boosted also by the formulation of some policies aimed at this portion of the population and / or area of knowledge (Table 3).

TABLE 3: Distribution of number of publications, study type and language, According to the descriptors used in the period 2003 to 2008.

	Geriatric Nursing		Frail Elderly	
	N	%	N	%
Year				
2003	11	17	5	16
2004	10	15,6	1	3
2005	13	20,4	7	23
2006	14	21,9	7	23
2007	13	20,4	11	35
2008	3	4,7	0	0
	64	100	31	100
Research Methods				
Quantitative	21	32,8	24	77
Qualitative	43	67,2	7	23
Qualiquantitative	0	0		
	64	100	31	100
Language				
English	4	6,5	10	32
Portuguese	55	86	14	45
Spanish I	5	7,5	7	23
TOTAL	64	100	31	100

While most articles related to the descriptor "geriatric nursing" showed a qualitative methodology, those related to the "frail elderly" in 77% of cases were quantitative (Table 3). Most of the articles were published in Portuguese language, something to be expected given that most studies were conducted in Brazil, although published in some cases, in journals of international circulation (Table 3).

Regarding the thematic focus identified in the articles analyzed, it was observed that those who were more prevalent in descending order were the nurses and gerontology (16), followed by hospital assistance for the elderly (13), and elderly and the social coexistence (06), falls in the elderly (06), and the elderly and ADL (09).

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Aging causes a number of consequences, and among some, the decline in motor performance in activities of daily living (ADL) which is not always makes individuals dependent on others (ANDREOTTI, OKUMA, 1999). Among the studies related to performance of ADLs, some relate to the functional assessment of the elderly through the Katz scale (originally, "Index Activity of Daily Living"), an instrument for measuring ADL hierarchically related and organized to measure independence in the elderly carry out certain functions. Duarte et al (2007), states this instrument is a description of a phenomenon observed in a biological context and social, despite the development of others, is still one of the most used in the gerontological literature to assess the functionality of the elderly, what today is called the Basic Activities of Daily Living.

The event of fall in elderly, it is an external cause, according to International Classification of Diseases (ICD-10) (WHO, 2000), being one factor that influences the aging process, along with other external causes biological factors and diseases. Despite the evident increase in falls among the elderly, the gerontological literature and Brazilian elderly have few epidemiological studies on this subject, as shown by Becker et al (1999) apud FABRICIO, and COSTA RODRIGUES JUNIOR, 2004.

To Carboni Reppetto (2007), in general, diseases of the elderly are chronic and multiple, and extend for several years and require medical supervision and multidisciplinary teams standing and ongoing interventions. A study conducted by Sales and Santos (2007), in a clinical unit with no specialization in geriatrics were hospitalized from January to July 2005, 584 customers, of which 368 (63.01%) were of people aged 60 or over years.

The increase in life expectancy produces a challenge for public health what is the increase in prevalence and incidence of inability functional among older people, described as the difficulty in performing activities due to a physical problem or health, with impacts on the ability person to perform roles and activities in society (VERBRUGGE, JETTE, 1994 apud GIACOMIN et al, 2008).

The prevalence of Alzheimer's disease (AD), for example, increases exponentially in the population of individuals over 75 years. Thus, Alzheimer's disease could be then the end result of a complex interaction of genetic risk, changes attributed to multiple underlying diseases, trauma, environmental stresses, hormonal changes, among many others (VON BERNHARDI, 2005).

In this context, Freitas et al (2002) argues that both gerontology as the geriatrics include specialized professionals dedicated to the treatment of old age. However, it is necessary to prepare these professionals to better support this group of people. In addition, experts should work on common issues of aging, which is characterized by biological changes, and not decoupling the social, psychological and cultural.

CONCLUSION

How much the production of knowledge in nursing care for the elderly and, specifically, geriatric nursing, it was found that most of the production of knowledge is concentrated in the states of Sao Paulo and Rio de Janeiro, predominant qualitative been approach in the descriptor " geriatric nursing and quantitative in descriptor "frail elderly", being identified several references methodological. The most studied objects were nurses and gerontology, followed by hospital care for the elderly, elderly and the social coexistence, falls in the elderly and the elderly and the performance of ADLs.

The publications related to frailty in elderly people appear in smaller numbers compared with the descriptor geriatric nursing, which may indicate to be a consequence of the shortage, yet, of papers on this subject, considered recent by its researchers.

Based on these results, we concluded that there is need to increase the production of knowledge in Nursing in Health Care of the Elderly, since, to give visibility to this issue, it is necessary to recognize this specialty as a professional area acting ensuring scientific advance and technological of the profession who, in turn, needs competent researchers and a broad national policy to encourage search in order to meet the growing demand of this area of health care.

KEY- WORDS: GERIATRIC NURSING; FRAIL ELDERLY; NURSING ASSISTANCE

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Descriptive study of type literature review, carried through Bibliographic survey on the theme of fragility in the elderly, in electronic databases LALCSH (Latin-American Literature and of Caribbean in Sciences of the Health) and BDN (Base of Data in Nurse). Were found, respectively, 355 and 102 articles, after application of the criteria for inclusion and exclusion, achieved a corpus of 95 studies. There was a predominance of the qualitative approach in the descriptor "geriatric nursing" and quantitative in descriptor "frail elderly" being identified several theoretical and methodological. The most studied objects were nurses and gerontology, followed hospital assistance for the elderly, elderly and the social coexistence, falls in the elderly and the elderly and ADL. Based on these results, we concluded that there is need to increase the production of knowledge in Nursing in Health Care of the Elderly, since, to give visibility to this thematic, it is necessary to recognize this specialty as a professional area acting.

KEY- WORDS: Geriatric Nursing; Frail Elderly; Nursing Assistance

INTERVENTIONS INFIRMIERES GERIATRIQUES POUR FRAIL ELDERLY

RESUMÉ

Un type descriptif de revue de la littérature, a réalisé une documentation sur le thème de la fragilité chez les personnes âgées, dans des bases de données électroniques LILACS et BDNF. ont été retrouvés, respectivement, 355 et 102 articles, après application des critères d'inclusion et d'exclusion, elle a réalisé un corpus de 95 études. Il y avait une prédominance de l'approche qualitative dans le descripteur «soins infirmiers gériatriques» et écrivain quantitative "fragiles" et a identifié plusieurs théoriques et méthodologiques. Les objets les plus étudiés sont les infirmières et de la gérontologie, suivie des soins hospitaliers pour les personnes âgées, le vieillissement et la vie sociale, les chutes chez les personnes âgées et les personnes âgées et les performances des AVQ. Sur la base de ces résultats, nous avons conclu qu'il est nécessaire d'augmenter la production de connaissances en soins infirmiers dans les soins de santé des personnes âgées, puisque, pour donner une visibilité à cette question, il est nécessaire de reconnaître cette discipline comme un domaine professionnel.

MOTS-CLÉS: Agees Dependantes; Les Soins Infirmiers Geriatriques; L'aide De Soins Infirmiers.

INTERVENCIONES DE ENFERMERÍA GERIÁTRICA A ANCIANO FRÁGIL

RESUMEN

Un tipo descriptivo de revisión de la literatura, llevado a cabo una literatura sobre el tema de la fragilidad en los ancianos, en bases de datos electrónicas de LILACS y BDNF. se encontraron, respectivamente, 355 y 102 artículos, después de la aplicación de los criterios de inclusión y exclusión, se ha logrado un conjunto de 95 estudios. Hubo un predominio del enfoque cualitativo en el descriptor de "enfermería geriátrica" y escritor cuantitativa "frágil" y se identificó varios teóricos y metodológicos. Los objetos más estudiados fueron las enfermeras y gerontología, seguido de la atención hospitalaria para las personas mayores, el envejecimiento y la vida social, las caídas en los ancianos y las personas mayores y el desempeño de las AVD. Basándose en estos resultados, concluimos que no hay necesidad de aumentar la producción de conocimiento en Enfermería en la Atención Sanitaria de la tercera edad, ya que, para dar visibilidad a esta cuestión, es necesario reconocer esta especialidad como una área profesional

PALABRAS CLAVE: Enfermería Geriátrica; Ancianos Dependientes; Asistencia De Enfermería

INTERVENÇÕES DE ENFERMAGEM GERIÁTRICA AO IDOSO FRAGILIZADO

RESUMO

Trata-se de um estudo descritivo do tipo revisão de literatura, realizado através de levantamento bibliográfico acerca da temática fragilidade no idoso, nas bases de dados eletrônicas LILACS e BDNF. Foram encontrados, respectivamente, 355 e 102 artigos, após aplicação dos critérios de inclusão e exclusão, atingiu-se um corpus de 95 estudos. Houve predominância da abordagem qualitativa no descritor "enfermagem geriátrica" e quantitativa no descritor "idoso fragilizado", sendo identificados vários referenciais teórico-metodológicos. Os objetos mais estudados foram: profissionais de enfermagem e a gerontologia, seguidos de assistência hospitalar a idosos, Idoso e a convivência social, quedas em idosos e o idoso e a realização das AVD. Com base nesses resultados, concluiu-se que há necessidade de aumento na produção de conhecimentos na Enfermagem em Atenção à Saúde do Idoso, uma vez que, para dar visibilidade a esta temática, faz-se necessário o reconhecimento desta especialidade enquanto área de atuação profissional.

PALAVRAS-CHAVE: Enfermagem Geriátrica; Idoso Fragilizado; Assistência De Enfermagem

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