

155 - MEASURES TO PREVENT SKIN CANCER IN RURAL WORKERS: NURSING CONTRIBUTION

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1. INTRODUCTION

Skin cancer is the abnormal and uncontrolled growth of skin cells. Any cell that make up the skin may lead to cancer, so there are many types of skin cancer. It is the most common cancer in humans, accounting for 1/3 of all cancer cases in the world. However, despite the high incidence rates, we observed high cure rates, mainly due to early diagnosis (Butler, 2010).

The main risk factor in the development of skin cancer is exposure to ultraviolet radiation from the sun. Accordingly, ultraviolet radiation (UVR) is a complete carcinogen. Starts the process of malignancy through mutations in DNA and promotes the development of cancer process inherent to cumulative UV exposure. It is observed that cutaneous manifestations present an evolutionary aspect of appearance, in this order: burning, skin thickening, hiperocrônicas spots, fine lines, deep wrinkles, and skin cancer ceratoseactínica (SANTOS, 2009).

Constant exposure to sunlight brings the need to make a warning into the farms where the skin cancer disease is becoming increasingly common for those farmers q persist in not preventing. According to the INCA (2010) in the last five years have significantly increased cases of skin cancer especially in rural laborers, one of the recommendations is for the farmer to try to find out how best protection against disease (RURAL, 2011).

From this perspective, Kolhs (2011) states that one of the recommendations is for the farmer to look to know the best way to protect against the disease, the information exists and should be sought together to help health professionals and noted that prevention is still the best way to avoid a health problem.

As Cohen (2009) excessive exposure to sunlight even during the winter without protection can increase and the likelihood of contracting the disease that accounts for 25% of all malignant tumors reported in Brazil, alert even when detected early this cancer has a high percentage of healing. It is a common disease among people over 45 years of age and which can be prevented, as a major factor is overexposure to the sun. Furthermore, self examination of the skin is simple.

Thus, the study aimed to know the theoretical work about the farm worker profile and meet plans for preventing skin cancer, from nurse's where it should guide the workers to protect themselves as to sun exposure , avoid substances that increase sensitivity to the sun, and the continued use of PPE.

2. METHODOLOGY

The study in turn began with a literary research as one of the best ways to start a study taking into account the similarities and differences between the reference articles. The information in the search field in the electronic media is of great importance to researchers providing frequent updates (CARVALHO, 2010).

It is a literature that is developed based on existing material, built mainly of scientific articles. Considering the databases: Virtual Health Library (VHL), Medical Literature analysis and Retrieval System Online (MEDLINE) Latin American and Caribbean Health Sciences (LILACS), Scientific Electronic Library Online (SciELO), identified 146 publications . After a comprehensive search of all levels and from all sources showed 73 articles, 64 related to skin cancer and 26 related to rural workers. After reading the titles and abstracts it was deleted all duplicate publications and not corresponding to the inclusion criteria

Thus, we selected 21 studies to compose our final sampling and which served as the basis of work construction. The delimited period was January 2009 to August 2014, featuring a retrospective study of Portuguese language and common methods and by reference to the following keywords: cancer, sunscreens, prevention, rural workers, heatstroke, nursing.

After collecting data, they were analyzed through thematic content analysis and constructed a demonstration board that aimed the issue of identification, authors, year of publication and consulted works. Next, the data present results and discussions drawing the logical construction work coordinating the main ideas from content analysis later the final considerations.

By reading each article know the profile of rural workers and their sun exposure, ie the risk they run of getting skin cancer. Given the above, we see the need for the intervention of a health professional, in order to promote awareness and prevention of this disease.

3. RESULTS AND DISCUSSION

By analyzing the articles, it was possible to identify and delineate the issues related to prevention against skin cancer in farm workers and nursing contributions to which farm workers are exposed daily in their work life.

After conducting several readings of the selected articles, the main ideas were identified. Thus enabled us to list the material, extract the text part of interest in this study and interpret them from the proposed objective.

ARTICLE	TITLES	AUTHORS	YEAR	PUBLICATION OF ORIGIN
Article 1	Nonmelanoma skin cancer: A work-related injury	Borsato FG Nunes EFPA	2009	Journal Science, care and health
Article 2	Evaluation of knowledge about prevention of skin cancer and its relation to sun exposure in the population in the rural village	Araujo CSA Bento MMD	2009	VHL Search portal
Article 3	Counseling often to prevent skin cancer among various specialties in Caxias do Sul	Nora AB Panarotto D Lovatto L Boniatto MM	2009	Laboratory Clinical Investigation and Therapeutics

Article 4	Behavior on exposure and sun protection in the population aged 15 and over 15 years	Szklo AS Almeida LM Figueredo V Lozana JA Mendonça GAS Moura L Szklo M	2009	notebook
Article 5	Skin cancer: use of preventive measures and demographic profile of a risk group in the city of Botucatu	Popim RC Corrente JE Marino JAG Souza CA	2009	Public health
Article 6	Cancer risk and preventive behavior: persuasion as an intervention strategy	Tonani M Carvalho EC	2009	Magazine Ciênc. Public Health
Article 7	Cancer risk and preventive behavior: persuasion as an intervention strategy	Tonani M Carvalho EC	2009	Revista Latino American Nursing
Article 8	Endotoxin and Cancer	Lundin JI Checkway H	2010	Revista Latino American Nursing
Article 9	Workers under sun exposure that do not adopt ultraviolet radiation protection measures have a greater predisposition to develop skin cancer	Santos SSRL Godoi SA Espíndula BM	2010	Journal Science and Public Health
Article 10	Estimation of knowledge of rural workers about the importance of protecting skin cancer	Silva FWC Diniz WY	2010	Nursing Electronic Journal of Nursing and Nutrition Research Centre
Article 11	Epidemiological profile of patients with skin cancer of the community of municipalities of Campo Mourao region - Paraná in 2008	Inácio FD Alves VS Lacerda MAN Weiler MA Soave JS Bapitista F Becker TCA	2010	Department of Nursing - Colleges Integrated Ourinhos
Article 12	Factor sun protection: significance and controversy	Schalka S Reis VMS	2011	Journal of Health and Biology
Article 13	UV protection: resources available today in photoprotection	Balogh TS Velasco MVR Pedriali A Kaneko TM	2011	Brazilian Annals of Dermatology
Artigo 14	Avaliação do conhecimento quanto a prevenção do câncer de pele e sua relação com a exposição solar na população da Vila Rural Ricardo Brunelli - Maria Helena - PR	Maria MDB Araujo CSA	2011	Arq. Cien. Saúde da Unipar
Artigo 15	Medidas de prevenção contra câncer de pele em trabalhadores na construção civil: contribuição da enfermagem	Simões TC Souza NVDO Shji S Peregrino AAF Silva D	2011	Revista Gaucha de Enfermagem
Artigo 16	Os cuidados de enfermagem em feridas neoplásicas na assistência paliativa	Aguiar RM Silva GRC	2012	Revista Hospital Universitário Pedro Ernesto
Artigo 17	Avaliação do conhecimento e hábitos de pacientes dermatológicos em relação ao câncer de pele	Bardini G Lourenço D Fissmer M C	2012	Aquivo Catarinenc e de Medicina
Artigo 18	Cancer de pele: o papel da exposição solar como fator causal e da fotoproteção na prevenção	Gonsaga HFS Nazari AC Bonesse ACM Andreotti AQEA Jorge MA	2012	Revista Portal da Pesquisa BVS
Artigo 19	Fotoproteção tópic a na infância e na adolescência	Oliveira PRC Melo JN Oliveira ZNP	2012	Jornal de Pediatria
Artigo 20	Estudo comparativo sobre a conscientização dos hábitos de fotoproteção e dos fatores de risco da carcinogênese de pele trabalhadores de rua	Pompeu GF Bortolança PC Griguinole CRE Simionato MIV Griguinole LCE	2013	Revista Científica da Uniarara
Artigo 21	Câncer relacionado ao trabalho: uma revisão sistemática	Chagas CC Guimarães MM Boccolini PMM	2013	Caderno Saúde Coletiva

Of the 21 articles studied most reported cases of melanoma type of skin cancer, this cancer is the most common in Brazil and worldwide. With respect to occupational health, the strong relationship of working with non-melanoma skin cancer develops to the extent that numerous occupations require intense and constant exposure to carcinogens, particularly to solar radiation. One of the articles shows that most cases of skin cancer melanoma do not occur in agricultural workers, followed by workers of general services, trade workers and civil construction.

There are three very common skin cancer: basal cell is most common type, accounting for 70% of cases. It becomes more common after age 40 in fair-skinned people. Its appearance is directly linked to sun exposure and accumulated in a lifetime. Squamous is the second most common type and can spread through nodes and cause metastasis. Melanoma is the most dangerous type, with high potential to produce metastasis. Can lead to death if there is early diagnosis and treatment. It is more frequent in light and sensitive-skinned people usually starts with a dark paint (SB RURAL, 2011).

According to the analysis of Article 12, noted the importance of using sunscreen when highlights that the North

Legislation American, classifies sunscreens products as non-prescriptive medicines and related 16 substances approved as UV filters, allowed for use in photo protectors (FDA, 2011).

The results presented in many articles Realize that the majority of workers are exposed excessively to the sun without using sunscreen. Educational campaigns are still insufficient. Moreover, no one can forget the high cost of sunscreens also necessary to making the mobilization of public actions that allow the cheapening of sunscreens, enabling all the people who are exposed to the sun using the product in the usual way (INCA, 2010).

Articles were searched several field research, it was observed that 90% did not use sunscreen and 10% used incorrectly. Thus, the use of sunscreens, photo protectors, is a leading cosmetic approach from the harmful effects of radiation Ultra Violet (UV). Several studies show that adequate and regular use of photo shield reduces the number of cases of actinic keratosis, squamous cell carcinoma and attenuates the development of new nerve in children. In addition, regular use of protective photo prevents premature aging of the skin (PALM, 2009).

It was found the largest number of cases in males, identifying a frequency of 62%, but also the age of 40 years and with white skin. Article 1 shows the disposition of the white-skinned people instead of black to the development of skin cancer.

According Ishioka (2009), the distribution of cases by race, it was observed that 95.0% of cases occurred in people of the white race, with 2.2% of cases in blacks, confirming studies showing that 20.0 to 30.0% of cancers in Caucasians are the white skin, while in blacks that rate drops to 2.0A 4.0%. Also reports that this trend most often in whites is due to the lower concentration in the skin, melanoma, which in turn promotes the absorption of UV radiation, which is a protective factor for blacks.

With regard to rural workers, recent studies have revealed an increased risk of skin cancer development in workers exposed for long periods to UV radiation (PUKKALA, 2009). Agricultural workers have shown increased risk of developing skin cancer not just by being exposed to sunlight during their working day, but because they are exposed to pesticides, which has also been linked to skin cancer (Yang, 2011).

So it turns out that all professionals working in the external environment, especially rural workers have been exposed to burns and many have family histories of skin cancer. This means that they have a strong predisposition to develop skin cancer, especially for working every day, most of them at all times, extremely exposed to solar radiation and without any protection.

4. FINAL CONSIDERATIONS

In one general aspect, it is clear that individuals have a broad knowledge of the harmful effects of overexposure to the sun, though that they expose themselves often at crucial times. The target audience of this exposure according to the study are young and adult male class, as the rural labor is struggling and manual.

Even with protective measures, there is a relaxation in keeping up with suitable equipment by these workers. For the sample, we can value the cost of protection products taking into account the socioeconomic status of the working class.

The interest of the health policy was evaluated, and we can conclude that responsible agencies, together with professionals such as dermatologists, has shown concern at the number of cases growth. Even if through awareness campaigns or direct contacts in healthcare facilities. Over all this is not enough to eradicate this problem, a larger and deeper effort on preventing and reducing the incidence and mortality caused by skin cancer in the rural population is needed.

The work has exposed a very common health problem that afflicts rural workers across the country and still has a lot to be done to combat it. Thus, we have the responsibility to the challenge of interacting with the work of the nursing staff with the capacity to offer plans of prevention and care in an effort to offer better results.

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MEASURES TO PREVENT SKIN CANCER IN RURAL WORKERS: NURSING CONTRIBUTION ABSTRACT

Skin cancer is the most common in humans, accounting for one third of all cancer cases in the world. This study aimed to know the theoretical work about the farm worker profile and meet plans for preventing skin cancer, from the nursing professional. For its realization, an integrative review including papers was necessary, and research-based Virtual Health Library (VHL), and digital banks between the years 2009 to 2014. Of the 21 selected articles they indicated the prevalence of cancer skin rural workers. The studies showed that the past five years, has significantly increased the rate of cases of skin cancer, especially

in rural workers. It is hoped that measures to prevent skin cancer in farm workers are taken, considering the constant exposure to sunlight and the need to interact with the work of the nursing staff with the capacity to offer plans of prevention and care in an attempt to provide better results for the working class.

KEYWORDS: Skin neoplasms. Nursing staff. Rural workers.

MESURES POUR PRÉVENIR CANCER DE LA PEAU TRAVAILLEURS RURAUX: SOINS INFIRMIERS CONTRIBUTION

RÉSUMÉ

Cancer de la peau est le plus fréquent chez l'homme, ce qui représente un tiers de tous les cas de cancer dans le monde. Cette étude visait à connaître le travail théorique sur le profil de travailleur agricole et rencontre des plans pour la prévention du cancer de la peau, du professionnel en soins infirmiers. Pour sa réalisation, un examen d'intégration, y compris des documents était nécessaire, et de la Bibliothèque de la santé (VHL) et numériques banques virtuelles basées sur la recherche entre les années 2009 à 2014. Parmi les 21 articles sélectionnés ils ont indiqué la prévalence du cancer écorcher les travailleurs ruraux. Les études ont montré que les cinq dernières années, a considérablement augmenté le taux des cas de cancer de la peau, en particulier chez les travailleurs ruraux. Il est à espérer que des mesures visant à prévenir le cancer de la peau chez les ouvriers agricoles sont prises, compte tenu de l'exposition constante à la lumière du soleil et de la nécessité d'interagir avec le travail du personnel infirmier ayant la capacité d'offrir des plans de prévention et de soins dans une tentative de fournir de meilleurs résultats pour la classe ouvrière.

MOTS-CLÉS: tumeurs de la peau. Le personnel infirmier. Les travailleurs ruraux.

MEDIDAS PARA PREVENIR EL CÁNCER DE PIEL EN TRABAJADORES RURALES: CONTRIBUCIÓN DE ENFERMERÍA

RESUMEN

El cáncer de piel es el más común en los seres humanos, lo que representa un tercio de todos los casos de cáncer en el mundo. Este estudio tuvo como objetivo conocer el trabajo teórico sobre el perfil de trabajador agrícola y conoce a los planes para la prevención de cáncer de piel, de los profesionales de enfermería. Para su realización, una revisión integradora incluidos los documentos era necesario, y la Biblioteca de la Salud (BVS) y digitales bancos virtuales basadas en la investigación entre los años 2009 a 2014. De los 21 artículos seleccionados se indica la prevalencia de cáncer pelar los trabajadores rurales. Los estudios mostraron que los últimos cinco años, ha aumentado significativamente la tasa de casos de cáncer de piel, especialmente en los trabajadores rurales. Se espera que se tomen medidas para prevenir el cáncer de piel en los trabajadores del campo, teniendo en cuenta la constante exposición a la luz solar y la necesidad de interactuar con el trabajo del personal de enfermería con la capacidad de ofrecer planes de prevención y atención en un intento para ofrecer mejores resultados para la clase obrera.

PALABRAS CLAVE: neoplasias de la piel. El personal de enfermería. Los trabajadores rurales

MEDIDAS DE PREVENÇÃO CONTRA CÂNCER DE PELE EM TRABALHADORES RURAIS: CONTRIBUIÇÃO DE ENFERMAGEM

RESUMO

O câncer de pele é o mais comum no ser humano, responsável por 1/3 de todos os casos de câncer no mundo. O presente estudo objetivou conhecer a produção teórica acerca do perfil do trabalhador rural, bem como conhecer planos de prevenção de câncer de pele, a partir do profissional de enfermagem. Para a realização do mesmo, foi necessária uma revisão integrativa incluindo artigos científicos, tendo base de pesquisa à Biblioteca Virtual de Saúde (BVS), e bancos digitais entre os anos 2009 a 2014. Dos 21 artigos selecionados os mesmos indicaram a prevalência de câncer de pele em trabalhadores rurais. Os estudos apontaram que nos últimos cinco anos, tem aumentado consideravelmente o índice de casos de câncer de pele, principalmente em trabalhadores rurais. Espera-se que medidas de prevenção contra câncer de pele em trabalhadores rurais sejam tomadas, considerando a exposição constante aos raios solares e a necessidade de interagir com o trabalho da equipe de enfermagem, com as condições de oferecer planos de prevenção e cuidados, na tentativa de oferecer melhores resultados para a classe trabalhadora.

PALAVRAS-CHAVE: Neoplasias cutâneas. Equipe de Enfermagem. Trabalhadores Rurais.