43 - WHEN THE SUN SETS WITHOUT EVENING: REFLECTIONS OF A NURSE ON OLD AGE ASSISTED

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1 INTRODUCTION

Aging may be a disturbing verb conjugation. In fact, all humanity seems to be unaware of the passing of years and often treat old age as a phenomenon alien to our life in an attempt to deny the obvious chronological own destiny.

From birth to age a little bit each day. But technological advances associated with changes in lifestyle have been in favor with conditions conducive to longevity. The aging population is a universal phenomenon experienced by all countries of the world.

The World Health Organization (WHO) lists some factors that have significantly influenced the increase in elderly population. Among them we highlight particularly the decline in fertility and declining mortality rates. As a consequence, the elderly have become an important population number and generate a demand for specific needs for this age group. These changes trigger for the preparation of professionals, especially nurses.

It is now appropriate to clarify, however, that the text is presented from the perspective of care, inherent characteristic of the work of a nurse. Thus, the reader will show that there is a real desire to cast a beam of light over the old assisted goal of health services, and real desire of us all.

In accordance with Opinion No. 1301, 2003, which enacts the necessary dissemination and implementation of the Elderly (2003), among other determinations, states that for developing countries such as Brazil, the elderly population is formed by those who are 60 years or more. (BRAZIL, 2003).

This stage of life deserves to be seen and cared for extending qualitatively as the elderly person can develop an appropriate mental comfort to accept some limitations imposed by age, and, feeling encouraged them to seek to minimize or overcome them with the help of family or professionals.

The present paper intends to highlight the implications of the phenomenon for the aging nursing work in primary care from an academic look, arising from the reading of various authors on the topic.

2 DEVELOPMENT

2.1 AGING AND MARKET

Although the 80 and 90 have had some economic recession, especially coming from the neoliberal who settled at that time, the fact that the Brazilians advanced in age statistic is proved.

Research discloses that "[...] in the early twentieth century only 25% of Brazilians were older than 60 years and the average lifespan was 33.6 years "(IBGE, 2004). However, early in the century it tends to widen their margins and 65% of men and 78% of women exceeded the previous expectation, increasing to 68.6 years average life. It is estimated that by 2025 there will be 1.1 billion people over 65 years and Brazil will be the sixth of the world's elderly population.

Some factors contribute to this statistic. Easy access to contraceptive methods and improving the technologies of care may be reflected in increased longevity. Thus, "[...] life expectancy in our country has increased 20 years since 1950, reaching 68.4 years today, it is expected that by 2050 it will have an increase of over 10 years "(NETO et al, 2005 , p.594-606), these factors do not result from improvements in social and economic situation, but mainly occur through technological advances in the medical field.

In 2002 Brazil had about 16 million elderly people, representing 9.3% of the population. It is estimated that by 2020 this number will reach 25 million people corresponding to 11.4% of the population. Parallel to the growth in life expectancy is on the decline in fertility rates. In Brazil, this fact is evident with "[...] a decline in the birthrate of 2.7 children in 1992 to 2.4 children in 2002 "(IBGE, 2004).

Certainly by 2025 we will have more elderly than children on the planet. Currently the number of elderly is the largest ever appointed in documents, giving the twenty-first century the peculiar distinction of being a hosting nation of human beings who tend to live longer than ever before it is registered. "[...] Also historically the twentieth century will be marked by changes in human life expectancy. There was a significant change in the average life of human beings. People are now living on average 75 years, almost four times the average life of the ancient Romans. On the other hand, at the end of the last decade some official documents and most of the analysis of the notion of recovering old elderly "(ARAÚJO, 2004, p. 89-90).

With this twist in the age group we can not forget the contribution of the media. Powerful vehicles of communication is written and spoken by highlighting the old theme of attention and discussion in their reporting. However, that same media is responsible for assess youth as indisputable prerequisite to be accepted as people. And thus the old perishes not sufficiently protected to be fully seen with ease, dignity and respect.

Regarding the labor market is clear that in our society, older workers are treated with prejudice. The employer pays wages while people have productive capacity, however, when they meet this reduced capacity is replaced and the responsibility transferred to the state granting them pensions or benefits. Although it seems to be an old one that serves supported provisions of the state, highlight that:

"[...] Paid Idleness is an object that concerns us all, is a fantasy that has to work for many years to win the support of the family. It is when we expect the state to receive payment for all we gave him in his youth in terms of labor, represented by a pension and medical care worthy of a human being begins to feel the first effects of decrepitude. The retiree does not receive the deserved support because it is official government "(COELHO, 2001. p.37).

When the elderly remain active, whether at home or outside, are better because they feel useful. In this sense, the women come out ahead compared to men, for performing household chores and maintain active family relationships with children and grandchildren.

2.2 WHO WILL LOOK AFTER HIM?

Aging is a universal phenomenon. Developed and developing countries corroborate the longer life expectancies. In the first, aging is accompanied by political, economic and social policies to meet emerging demand. In developing countries, including the reality here in Brazil we face major problems with this theme, mainly by applying public policies still unable to meet the needs of the elderly population. Furthermore, the misinformation is great for many professionals, families and society deal with on the particular characteristics of people over sixty years.

Experts say that the developed world became rich before they develop. Brazil, by contrast, is becoming old before winning the riches (COELHO, 2001). Therefore, we propose the following thought: how longevity is reality in our country, once lived with socio-economic conditions short of ideal, and an unsatisfactory care by health services?

We live in a capitalist society that closes its eyes to the reality of the elderly. Granted not all families understand their elders, sometimes treating them as inferior beings. Old age, age markedly in need of health, is still taken by the idea of decadence, and the feeling of an age marked by boredom, loneliness and illness. This situation can be aggravated. Especially when the elderly person is rejected, develops low self-esteem, and when the health leaves him weakened. Reflections on old age implementing geographic barriers. French authors have hailed as the old single stage when they say that "[...] The senile involution of a man produces is always within a society, it is closely dependent on the nature of society and the place it occupies in the individual question. In this sense it is necessary to relate to society, living conditions and old age "(BEAUVOIR, 1990. p. 47).

The dependence is physical or financial care brings suffering and neglect for the elderly. In the modern world that most influences the question "Who will take care of the elderly?" It's the disintegration of the family unit, the demands of modernity, many individuals with occupations not available to the elderly, and more meager resources provided by the retirement of the elderly. However, we know that "[...] be old, rich or poor, is being discriminated against. But being old and poor is worse than being discriminated against. It is to be utterly scorned "(PORTER ET AL. 2001. p.165-167).

Away from family homes is the oldest form of care to the elderly and tends to grow over the years due to the problem of finding housing close to the family, for example, children who refuse to care for elderly parents.

2.3 WORK OF NURSES FOR ELDERLY FACE

As the National Policy of Health of the Elderly and Health Pact emphasize the promotion of active and healthy aging, maintenance and restoration of functional capacity, integral, integrated into the health of the elderly, the stimulation of intersectoral actions in order to comprehensive care, the implementation of home care services, the preferred host in health facilities, subject to the risk criterion, provision of resources capable of ensuring quality health care for the elderly and to encourage participation and strengthening the control social.

Before the implementation of the National Policy on Older Persons and the responsibilities of health professionals meet this demand can not stop talking about the role of the nurse.

According to the Ministry of Health nurses have assignments to conduct comprehensive care to the elderly, to do home care, when necessary, to do nursing consultation, including multidimensional assessment quickly and additional tools, if necessary, request additional exams and prescribe medications as protocols or other technical regulations established by the city manager, observing the legal profession, supervise and coordinate the work of the HCA and nursing staff, to perform activities of continuing education and other professionals with interdisciplinary team, guiding the elderly, family members and / or caregivers on the proper use of medicines (BRAZIL, 2003).

With so many assignments to see the nurse, often, trapped in the basic health unit and stall the home care over many immediate tasks. It is also the difficulty of developing multidisciplinary teamwork, it involves many thoughts, many professionals, thus involving power relations that still permeate the health professions. We can also mention the difficulty is to involve family / carers in the work of health education.

It is essential to the practice nurse in assisting the elderly in communities, in accordance with the principles of the NHS and the PSF, not dissociating the health of the elderly community and family, living it is essential for promoting physical and mental health. When we look at the elderly from the place where it is inserted we can trace the epidemiological profile, and to identify early pathological changes.

It is also necessary to establish partnerships with the elderly and their caregivers in order to clarify the anatomical and physiological changes due to age; emphasize the care necessary to promote health by promoting healthy habits and maintenance activities as possible for age; alert caregivers to the elderly and risk factors in the home and outside, and the measures necessary to minimize or eliminate these factors.

It is important to remember that there is need for training of caregivers not only in homes but in schools for children and adolescents can be taught to respect and care for the elderly. The presence of older people in family and society in a healthy, constructive and participatory burden is those who stick to the proposal from the primary modifier, paid up and in tune with the principles of National Policy of Humanization. We should not accept only the longevity of human beings as the main achievement of contemporary humanity, is to be expected, however, that health professionals strive to promote old age with much more than numbers.

The work of community health is closely linked to population and provide essential services in health. This reinforces the need for joint work and training courses for these professionals, enabling them to develop more jobs for the elderly population.

We emphasize in establishing partnerships between universities and services, especially health services, so that projects are developed with proposals for improvements in quality of life of elderly SUS user or not. Also relevant is the share of professionals who are concerned about meeting the needs of this emerging demand, there is a growing demand for alternatives to meet the specialized needs and difficulties of the elderly group.

Speaking of the practical reality of the nurse, knowing the difficulties, it is important to reflect on models that clarify the role of the nurse to say that the role of a nurse with the elderly should be based on health education in the "care" based on the knowledge of the process of senescence and senility and the return of functional capacity to perform their activities, in order to meet their basic needs and achieve their independence and happiness. This statement underlies nursing care in health status / disease, as well as directs nursing actions for a rehabilitation process aimed at self-care. In this process, nurses and other professionals involved in the care process should work with the elderly people and their families, helping them to accept the changes in body image in the educational process according to individual needs.

3 CONCLUDING REMARKS

Talk about aging and its peculiarities is essential because it is a process that includes all nodes within the natural cycle of life. Another point that makes the relevant matter is that in recent decades there has been changes in the age group of the population, mainly due to the decline in fertility rates. We are seeing increased longevity and thus the large increase in the elderly

population in our country.

From this study we infer that reach old age is an achievement, and when there is quality of life is a privilege. We infer also that while we empower nurses is essential theoretical and technically to meet the needs of this age group that requires changes in conceptions of health and social rights.

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WHEN THE SUN GOES DOWN WITHOUT EVENING: REFLECTIONS OF A NURSE ON OLD AGE ASSISTED

The aging process involves several aspects such as social, political, economic and physical. There are factors that have influenced to the growing number of elderly, which increased life expectancy, but the care given to those not kept such evolution, which caught the purpose of reflection. The main objective was to highlight the phenomenon for the aging nursing work in primary care from a pragmatic look, trying to identify which components of nursing practice can be developed with a view to providing an old age assistance. It is a reflection on the care offered to the elderly. Using the available literature in books, articles, and texts from the Internet, works privilege to come support the evolution of man and his need of care, noting that nursing requires a keen sense with this new clientele that swells in humanity. We realized that the elderly population advances in number and longevity and few activities for this demand ahead, will be as required as nursing care.

KEYWORDS: Aging population; Quality of life; The role of professional nursing

AU COUCHER DU SOLEIL SANS SOIR: RÉFLEXIONS D'UN INFIRMIER SUR LA VIEILLESSE ASSISTÉE

Le processus de vieillissement implique plusieurs aspects tels que sociaux, politiques, économiques et physiques. Il ya des facteurs qui ont influencé le nombre croissant de personnes âgées, qui ont augmenté l'espérance de vie, mais le soin apporté à ceux évolution non gardé tel, qui a retenu l'objectif de la réflexion. L'objectif principal était de mettre en évidence le phénomène du travail infirmier en soins primaires au vieillissement d'un regard pragmatique, cherche à déterminer quels composants de la pratique infirmière peuvent être développés en vue de fournir une assistance aux personnes âgées. Il s'agit d'une réflexion sur les soins offerts aux personnes âgées. Utilisation de la littérature disponible dans les livres, articles et textes de l'Internet, fonctionne privilège de venir soutenir l'évolution de l'homme et son besoin de soins, notant que les soins infirmiers nécessite un sens aigu avec cette nouvelle clientèle qui gonfle dans l'humanité. Nous avons réalisé que les progrès de la population âgée en nombre et en longévité et peu d'activités pour cette demande à venir, sera aussi nécessaire que les soins infirmiers.

MOTS-CLÉS: Vieillissement ; La qualité de vie ; Le rôle des infirmiers professionnels

CUANDO EL SOL CAE LA TARDE SIN: REFLEXIONES DE UNA ENFERMERA DE VEJEZ ASISTIDO

El proceso de envejecimiento implica varios aspectos, como social, político, económico y físico. Hay factores que han influido en el número creciente de personas mayores, lo que aumentó la esperanza de vida, pero la atención a la evolución no los mantienen tales, lo que llamó el propósito de la reflexión. El objetivo principal era poner de relieve el fenómeno por el trabajo de enfermería que envejecen en la atención primaria de una mirada pragmática, tratando de identificar qué componentes de la práctica de la enfermería se puede desarrollar con el fin de proporcionar una asistencia a los ancianos. Es una reflexión sobre la atención ofrecida a los ancianos. Utilizando la literatura disponible en libros, artículos y textos de Internet, funciona el privilegio de venir apoyar la evolución del hombre y su necesidad de atención, teniendo en cuenta que la enfermería requiere de un agudo sentido de esta nueva clientela que se hincha en la humanidad. Nos dimos cuenta de que los avances población de adultos mayores en número y en la longevidad y algunas actividades de esta demanda el futuro, será tan necesaria como el cuidado de enfermería

PALABRAS CLAVE: Envejecimiento; La calidad de vida; El papel de la enfermería profesional

QUANDO O SOL SE PÕE SEM ENTARDECER: REFLEXÕES DE UMA ENFERMEIRA SOBRE A VELHICE ASSISTIDA

O processo de envelhecimento envolve diversos aspectos, como sociais, políticos, econômicos e físicos. Existem fatores que tem influenciado para o número crescente de idosos, o que aumentou a expectativa de vida, porém o cuidado prestado a estes não acompanhou tamanha evolução, o que despertou o objetivo da reflexão. O principal objetivo foi destacar o fenômeno envelhecer para o trabalho da enfermagem na atenção básica a partir de um olhar pragmático, buscando identificar quais componentes a prática da enfermagem poderá desenvolver com vistas a proporcionar uma velhice assistida. Trata-se de uma reflexão sobre o cuidado oferecido a idosos. Utilizando a literatura disponível em livros, artigos, e textos da internet, privilegiamos obras que viessem corroborar a evolução do homem e sua necessidade de cuidado, destacando que a enfermagem carece de uma percepção aguçada frente a essa nova clientela que se avoluma na humanidade. Percebemos que a população idosa avança em número e em longevidade e poucas atividades, para essa demanda que se avizinha, serão tão requisitadas como a assistência de enfermagem.

PALAVRAS CHAVES: Envelhecimento da população; Qualidade de vida; Papel do profissional de enfermagem