155 - CONSIDERATIONS ABOUT THE ELDERLY FRAILTY CONDITION: A REVIEW ARTICLE.

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INTRODUCTION

For some decades themes with relations to questions about aging and its processes are evidenced through media, as well as for the increase of publications which the mainly focus portraits the old person, under the more different points of view. Even so, the aspects with relations about health in the aging need more investigations, considering changes occurred mainly from demographic and epidemiologic transitions lived in all the world. The aging while natural process can be lived in normal conditions, where the individuals keep themselves healthy and have an active life. However, adverse conditions just as diseases, accidents, economical difficulties and emotional stress can be associated to patological conditions which request permanent assistance and adaptations in elderly's daily life, their family and the others involved direct and indirectly in the care.

Currently in Brazil, there is a big proportion of fragile elderly living in domicile, mainly among the more elderly group (46% from who is 85 year-old or more). This new characterization of older elderly interferes with their morbimortality profile through new diseases which appear on this advanced period of life (BRASIL, 2006a).

Among others new health conditions, appear the denominated frailty syndrome, that hold as unidimensional as multidimensional definitions, that according to literature involve individual biological, psychological and social factors that make him vulnerable to adverse clinic conclusions. Although it isn't consent a more precision definition about the therm frailty in geriatry and gerontology, many definitions are presented by the specialized literature and used for health professional to designate a condition in old people who have a high risk of drops, hospitalization, incapacities, institucionalization and death (BERGMAN et al, 2004; FRIED et al, 2001 apud TEIXEIRA, 2008).

The current Old People's Health National Politics (OPHNP), regulated by ministerial directive nº. 2.528/2006, priorizes the attendance in health at the level of low complexity attention in the ambit of Family's Health Strategy (FHS), in order to assist those domiciled elderly with potencial to develop the frailty syndrome or already attacked by this condition (BRASIL, 2006b).

The Ministry of Health recognizes the importance and urgency to our country at operacionalize the current politics through the introduction of manuals, ministerial directive and resolutions, while technical subsidies specifics to old person as a way to facilitate the daily practice of health professionals. Thus, the OPHNP brings its own criteria to identify the people who can be considered as a “fragile elderly”. Those criteria are rather useful by its responsability at being applied easier in our daily practice, whereas it considers the age and the recent hospitalization as factors that can define the presence or not of frailty in elderly.

With the indentification of frailty condition in old person is necessary to evaluate the local resources existent to serve it, as a way to facilitate the domicile care, to include the person who takes care of the family atmosphere as a care team partner, to foment a web of solidarities to fragile elderly and his family, as well as to promote the reinserction of the fragile elderly quota in community (BRASIL, 2006a).

According to OPHNP (BRASIL, 2006b), the old people, even independents, but who show some difficulties to develop the instrumental activities of daily life (IADL) as to prepare meals, to control their own medication, to make acquisitions, to control their own money, and to get out of home alone using public transport are considered elderly with potencial to develop frailty and, this way, they have to be accompanied with more frequency and to receive specific attention by the health professionals.

The present study is justified by the increase in elderly population accompanied for a bigger prevalence of chronic degenerative diseases, which involves the necessity to adaptation of human and material resources, mainly in health área, with the purpose to attend this demand.

So that the professionals can identify the frailty presence in the eldery and give necessary health care for them with the purpose to revert it or to minimize it, is necessary understand it and update their knowlegdes. For that reason, this study propose to contribute for the increase and development of the scientific production in this knowlegde area. It is consider a very important theme in nowadays for treating a condition that attack eldery people and more eldery, causing injury for health, besides that sometimes, implicate in loss or decrease in the funcional capacity and dependence, mandate cares and family and health services attention.

This way, the current study has the following questionably: “what focus are used by the researcher for the therm 'eldery frailty'?” “which is the current studies tendences about eldery frailty, frailty in eldery and geriatrich nurse?” So, this study has as a goal to analyse the current tendences in the publication and in studies developed about eldery frailty, frailty in eldery and geriatrich nurse.

METHODS

Descriptive study type of literature review, accomplished through survey bibliographical concern the thematic frailty in eldery, in bases of eletronics data LALCSH (Latin-American Literature and of Caribbean in Sciences of the Health), SCIELO (Scientific Electronic Library Online), and BDN (Base of Data in Nurse), gathering informations about the related themes, importants for the health professinoal, special the nurse, who hunt update of their knowledge in human aging area.

As descriptor, were used “eldery frailty”, “frailty in eldery” and “geriatrich nurse” including studies published in the last five years, (period between 2003 and 2008), starting from which was find, respectively, 88, 17 and 355 articles; with exception “frailty in eldery”, the others key words are terms indexed in Descriptors of Health Science (DHS). In specific case of this study, the used of the term “geriatrich nurse” and not gerontologhic nurse, was used being in view that the first relates to a clinic focus inherent in the own definition of frailty as syndrome currently pervasive. Despite of no less important, the term “gerontologhic nurse”, was not used in this study because is not indexed in the DHS.

As inclusion criterion, are the articles published in the reffered period, works that are found available for reading, publications related to the proposes goals by the current study. Were excluded 366 articles that are not related to the thematic of

this study, artciles with texts not accessible (book's chapter, dissertations, theses), articles published out of the stablish period for the collect, beyond those that appeared in more than one base of data, reaching in the end, a total of 46 studies.

Following the stages proposes by Gil (1991), we did a first exploratory and selective reading meeting the articles of interest for the research starting from the title and abstract trhough the inclusion criterion. Soon after, was accomplished an analyse reading of the selected publications content, identifying the context meanings and starting the category definitions. In the end, accomplished an interpretative reading of the results found and showed trhough tables and charts considering stablish's descriptors and that highligth the more used focus, the methodological approach (qualitativs and quantitatives) found in the researchs, as well as the distribution according to the publication and the data bases in the ones which these studies was find. The results discussions was based according to the found definitions and used among the frailty terms and geriatrich nurse.

ANALYSES AND DISCUSSIONS OF THE RESULTS

The results shows, initially, the totality of found studies starting from the descriptors “geriatrich nurse”, “eldery frailty” and “frailty in eldery”, in data bases Lalcsh, Scielo and Dhs, as shows in chart 1.

It is observed that the bigest publications number is located in Lalcsh, this fact is justify in fuction of this data base be responsible for the register of the scientific and technique literature in health produced in Latin American and Caribbean published since 1982. Now, incorporates 804 periodcs titles, and treating periodics in Brazil, they add a total of 336 titles, with well qualified magazines by the Capes concept.

In relation to the descriptors, what is show as a bigest publications number is “geriatrich nurse” (355 studies), following for “eldery frailty” (88 studies), and “frailty in eldery” (17 studies). It is believed that this last appeared with smaller frequency because it is a key word that is not in the register of the DHS. The results allow afirm that the descriptor “geriatrich nurse” distinguish among the others, because of the meaning of it, related to the eldery person in situation of one or more desease's episode.

Chart 1 Found publications (Enc) and included (Inc) starting from the descriptors Geriatrich Nurse, Eldery Frailty and Frailty in Eldery according to data bases consulted, among 2003 and 2008.

BASES/DESC	Geriatrich Nurse		Eldery Frailty		Frailty in Eldery	
	Enc.	Inc.	Enc.	Inc.	Enc	Inc
LILACS	213	55	84	28	13	07
SCIELO	-	-	-	-	04	-
BDENF	142	-	04	-	-	-
TOTAL	**355**	**55**	**88**	**28**	**17**	**07**

Of the 460 articles found, 90 were part of the sample and 370 were excluded. Between the excluded, 300 were published before the period from 2003 to 2008, 43 were repeated in more than one data base, 18 were book's chapters, and 09 were not able to public consulte (Chart 2).

Chart 2 Distribution of the exclusions reason of the study according to the inclusion and exclusion criterion of application .

Exclusion Reason	Geriatrich Nurse	Eldery Frailty	Frailty in Eldery	Total
Unavailable	05	04	-	**09**
Books chapter	13	05	-	**18**
Out of the period	248	48	04	**300**
Not related to the theme	-	-	-	**-**
Repetead	34	03	6	**43**
TOTAL	300	60	10	**370**

As to the year of publication, between the 90 studies that were sample part, 26 were published in 2007, 20 in 2006, 19 in 2005, 12 in 2003, 08 in 2004 and in 2008, 05 studies were published. It is believed that the small number of studies in the current year, should to the fact that some developed studies, probably are in phase of analyse or waiting the journal edition for popularization and publication (Chart 3).

There was a predominance of quantitatives studies (59%) in relation to the qualitatives (41%); the biggest part had their abstracts published in portuguese (72,2%), following for abstracts in spanish (20%) and in english (7,8%), demonstrate in the chart 3.

Chart 3 Studies distribution starting from the descriptors stablished, according to the publication year, method of study and publication idiom.

	Geriatrich Nurse		Eldery Frailty		Frailty in Eldery		TOTAL	
	N	%	N	%	N	%	N	%
Year								
2003	07	12,7	05	17,9	-	-	12	13,3
2004	07	12,7	01	3,6	-	-	08	8,9
2005	13	23,6	06	21,4	-	-	19	21,1
2006	12	21,9	06	21,4	02	29	20	22,2
2007	13	23,6	10	35,7	03	42	26	28,9
2008	03	5,5	-	-	02	29	05	5,6
	55	100	28	100	07	100	90	100
Research Methods								
Quantitative	20	36,6	22	77	03	43	27	59
Qualitative	35	63,4	06	23	04	57	19	41
	55	100	28	100	07	100	90	100
Idiom								
Englsih	03	5,6	03	32	01	14	07	7,8
Portuguese	47	85,4	12	45	06	86	65	72,2
Spanish	05	09	13	23	-	-	18	20
TOTAL	**55**	**100**	**28**	**100**	**07**	**100**	**90**	**100**

As the thematic focus, when the totality of the selected publications are consider starting fro the three descriptors used, it is identify a prevalence in the focus in hospital attendance for eldery, with 15 studies published, following the theme professional formation, with 09 publications (Table 1).

The prevalence in the focus hospital attendance for eldery, can be justify by the frequence of chronic-degenerative deseases and their complications in eldery, what results in a demand more frequent to the health services and probable hospitalization (AMARAL et al, 2004 apud MARTINS et al, 2008).

As the focus thematic professinoal formation, Pavarini et al (2005) refers that the national politic and internationals organizations point for the requirement in formation of qualified professionals to deal with the gerontoligic universe, a science that studies the aging process in many dimensions and today it is constituted as a specialty for differentes professions for gathering concepts coming from differentes subjects around their study object.

Another highlight thematic focus is the accomplishement of the Activities of the Daily Life (ADL), falls, functional capacity in eldery and insanity. About these results, researchs shows that people from 75 to 84 years old who need help to accomplish the ADL have more probability to fall than the independents (CARVALHAES, 1998 apud FABRÍCIO, 2006). The falls can contribute to the decrease of the eldery functional capacity and, is considered a geriatrich syndrome, the fall can be criplling for the eldery, interfering in the way as each individual get old (MYERS et al, 1996; STUDENSKI, 1997; CARVALHAES, 1998 apud FABRÍCIO, 2006).

The evaluation of the functional capacity in gerontologic is an important indicative to the life quality in eldery and for the dependence level that the same shows (DIOGO, 2003 apud FABRÍCIO, 2006). For this, can be used the indices proposed by Katz and Lawton (FABRÍCIO, 2006).

In its turn, the functional limitations, defined as a restriction to the physics or mental capacities to to make the tasks that request a independent life, are importants predictor of mortality, morbity and incapacity in eldery (REUBEN, RUBENSTEIN, HIRSCH, 1992; VERBRUGGE, JETTE, 1994 apud ARROYO, 2007).

According to Veras et al (2007), the cognitive deficiencies are a public health trouble, with growing ocurrence, because the time life increase and the number of eldery in population will be exist and will extend. The demential syndromes are characterized by the cognitive deficit in multiple sferes not associate to the conscious damage, and they are configured as the mainly incapacity and eldery dependence causes, locating among the deseases that more kill nowadays.

In lesser number, were find studies about the nurse theorys (aplicability of the Leininger Theory to the geriatrich nurse), medicamently therapy in eldery, hypertension and frailty, and evaluation to the basic attention and FHS. The thematic refering to frailty, object of this study, appear in lesser number (02 related studies), what can indicate to be consequence to the shortage of producitons about this thematic, consider recent by the studious, yet.

These are thematic focus consider importants in the frailty study in eldery and in geriatric nurse, but the small result indicate that has urgent requirement of studies with this approach.

Table 1 Publications distribution of the sub-themes accomplished, according to the descriptors stablished, in the period from 2003 to 2008.

Focus/Descriptors	Eldery Frailty	Geriatrich Nurse	Frailty in Eldery	TOTAL
Hospitality attendance to eldery	03	10	02	15
Elderys caretaker	02	03	-	05
Aging process	02	04	-	06
Professional formation	-	09	-	09
The institutionalized eldery	02	04	-	06
Accomplishment of the ADL	04	04	-	08
Eldery functional capacity	03	-	01	04
Falls in eldery	04	01	-	05
Life quality	03	-	-	03
Demences in eldery	04	-	-	04
Frailty concepts	01	-	01	02
Nurse diagnoses and theories	-	05	-	05
Medicine and eldery people	-	01	01	02
Hypertension and frailty	-	-	01	01
Evaluation to the basic attention and FHS	-	-	01	01
Socials representations	-	02	-	02
To take care	-	06	-	06
Mortality causes	-	02	-	02
Politics concerning eldery people	-	02	-	02
Nurse attendance	-	02	-	02
TOTAL	28	55	07	90

FINAL CONSIDERATIONS

After the finalization of this literature review, concerning frailty condition in eldery, is possible identify that there is a tendence to the increase in the studies number and publications in the area of the human aging related to the thematic, frailty in eldery.

The results of this study, the current tendences about frailty in eldery studies, are related mainly, to the thematics: hospitality attendance to eldery, eldery capacity to accomplishment of the activies of the daily life, falls, or the functional capacity and the demences, demonstrating that are a growing moviment around these focus.

And, although the probable publications for the year of 2008 are scarce, thinks there to be a tendence to the new studies appearance yet to the current year and to the next year, considering the current perspectives in the increase of the life expectative and in the consequent epidemic changes, when treats a more eldery group. It is understanding be this fact, pertinent to the consequences in epidemic and demografic transition own to a society that gets old each more, presents high indicators

when related to the current life expectative in the world.

With these results it is noticed the requirement of more studies about the frailty thematic that can be developed and stimulated, mainly, in formation and masters degree courses, in this knowledge fuction for a better direction to the health actions in this demand. In the other side the reality of currents health demands shows another confirmation, in the ones which, in many situations we find the frailty eldery in home, and therefore, it is required that the health actions be returned for this reality. The studies tendences shows so a concern to reflect in how have to be the professional formation that assist a growing eldery demand in several levels of helath attendance and in others community services, what can contemplate in improvements in services and in eldery attendance in next years.

Concluding, it is ended that the accomplished review can be configured as a important tool to give subsidy in subsequent discussions, besides that it can to contribute to this knowledge diffusion and aplicability in daily pratices for the health professionals, being from basic attention level, to the average or high complexity, because when the predisponible factores are identify, when is appraised the existence or not of the frailty and when multiprofessionals care are given to the eldery frailty, it is favor an aging free of incapacities and dependences, being a goal to all the social mesh that encompass the eldery: familiares, community, professionals and health services.

Key- words: Aging; Frail Elderly; nursing

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CONSIDERATIONS ABOUT THE ELDERLY FRAILTY CONDITION: A REVIEW ARTICLE.

ABSTRACT

The current study has as a goal analyzing current trends of publications and developed studies about fragile elderly, frailty in aged and geriatric nursing. Descriptive study of a literature review type performed through bibliographic lifting up in electronics data bases LILACS, SCIELO e BDENF. As descriptors, it was used “fragile elderly”, “frailty in elderly” and “geriatric nursing” whereof it were found, respectively, 88, 17 e 355 articles; it was performed a historic cut including published studies in the period from 2003 to 2008. From 460 found articles, 90 made part of the sample, where the biggest part was published in Portuguese. The more frequently focused theme was hospital care, continuing by professional education, AVD accomplishments and reflections about the aging process. In a general way it is observed at this study which there is a trend in the considered years about an increasing of studies number and publications in human aging area as for the analyzed thematic, Frailty in elderly. It was concluded which the frailty in elderly is an emerging thematic, therefore, the considerations performed by the studies of this area should be divulged so that there is theme comprehension by all those responsible for the elderly's care, making it easier factors' identifications that lead to the frailty and, thus, put it off at maximum its occurrence.

Key- words: Aging; Frail Elderly; nursing

CONSIDERETIONS SUR LA CONDITION DE FRAGILITE CHEZ LES AGES : UM ARTICLE DE REVISION.

RESUMÉ

L`actuel a l`objetif d`analyser les tendances actuels des publications et études évolués sur âgés faibles, fragilité ches les âgés et fonctions d`um infirmier gériatrique. Etude descriptif de surte revision de littérature, qui a été réalise par l´intermediaire statistiques LILACS, SCIELO et BDENF. Comme descripturs, On a utilisé 'l' ângé fragile', faiblesse ches ângés' et 'fonctions d`um infirmier gériatrique' à partir dequels on a trouvé, respectivament, 88,17 et 355 articles ; on a réalisé un coupe hístórique incluant études públies au periode de l`ânnée 2003 à 2008. Des 460 articles trouvés, 90 ont fait Part d`échantillon, dont la plus part a été publié dans l`ânnée 2007 (28,76) , 59% ils ont eu abord quantitatif, et ils ont été publiés en portugais. Le sujet (theme) mis en relief plus fréquent a été l`assistance hopitalier, suivi de formation professionnel, realisation des AVD e réflexions sur le procês de vieillir. D` um mode générale on regarde, dans cet étude, qu`il a une tendance dans les ânnées censées, un

augementation du nombre d`études et pblications dans l`aire du vieillissiement humain quant à thématique analysé, fragilité chez les âgés. On conclut qui la fragilité chez l`âgé c`est une thématique d`émergence ; donc les considérations effectués par les études de l`aire doivent être répandus pour qu`il ait compréhension du théme par tous ces résponsables par la surveillance d`âgé, vieillissement, âgé fragile, fonctions d`um infirmier.

CONSIDERACIONES SOBRE LA CONDICIÓN DE FRAGILIDAD EN ANCIANOS; UN ARTÍCULO DE REVISIÓN

RESUMEN

El presente estudio tiene el objetivo de analizar las tendencias actuales de las publicaciones y estudios desarrollados sobre ancianos fragilizados, fragilidad en ancianos y enfermería geriátrica, estudio descrito del tipo revisión de literatura, realizado através de levantamiento bibliográfico en las bases de datos electrónicos LILACS, SCIELO, y BDENF. Como descriptores, se utilizó anciano “Anciano Fragilizado, Fragilidade Ancianos y Enfermaria geriática”, a patir de los cuales fueron encontrados respectivamente; 88,17 y 355 artículos. Se realizó un corte histórico incluyendo estudios publicados en el período de 2003 a 2008, De los artículos encontrados, 90 hicieron parte de la muestra, donde la mayor parte fue publicada en el año de 2007 (28,7%), 59% tuvieron abordaje cuantitativa y 72,2% fueron publicados en portugués. El tema enfocado más frecuentemente fue asistencia hospitalar, seguido de formación profesional, realización de las AVD y reflexiones sobre el proceso de envejecimiento. De un modo general se observa en ese estudio que hay una tendencia en los años considerados de un aumento del número de estudios y publicaciones en el área del envejecimiento humano en cuanto a la temática analizada, fragilidad en ancianos. Se concluye que la fragilidad en el anciano es una temática emergente, por tanto, las consideraciones realizadas por los estudios del área deben ser divulgadas para que haya comprensión del tema por todos aquellos responsables por el cuidado del anciano, facilitando la identificación de factores que llevan a la fragilidad y, así, postergar al máximo esa fragilidad.

Palabras Clave: Envejecimiento, Anciano fragilizado, Enfermería.

CONSIDERAÇÕES SOBRE A CONDIÇÃO DE FRAGILIDADE EM IDOSOS: UM ARTIGO DE REVISÃO.

RESUMO

O presente estudo tem o objetivo de analisar as tendências atuais das publicações e estudos desenvolvidos sobre idosos fragilizados, fragilidade em idosos e enfermagem geriátrica. Estudo descritivo do tipo revisão de literatura, realizado através de levantamento bibliográfico nas bases de dados eletrônicas LILACS, SCIELO, e BDENF. Como descritores, utilizou-se “idoso fragilizado”, “fragilidade em idosos” e “enfermagem geriátrica” a partir dos quais foram encontrados, respectivamente, 88, 17 e 355 artigos; realizou-se um corte histórico incluindo estudos publicados no período de 2003 a 2008. Dos 460 artigos encontrados, 90 fizeram parte da amostra, onde a maior parte foi publicada no ano de 2007 (28,7%), 59% tiveram abordagem quantitativa, e 72,2% foram publicados em português. O tema enfocado mais frequentemente foi assistência hospitalar, seguido de formação profissional , realização das AVD e reflexões sobre o processo de envelhecimento. De um modo geral se observa nesse estudo, que há uma tendência nos anos considerados, de um aumento do número de estudos e publicações na área do envelhecimento humano quanto à temática analisada, fragilidade em idosos. Conclui-se que a fragilidade no idoso é uma temática emergente, portanto, as considerações realizadas pelos estudos da área devem ser divulgados para que haja compreensão do tema por todos aqueles responsáveis pelo cuidado do idoso, facilitando a identificação de fatores que levam à fragilidade e, assim, adiar ao máximo sua ocorrência.

Palavras-chave: Envelhecimento; idoso fragilizado; enfermagem.