71 - PERSPECTIVE OF PATIENTS TREATED WITH AGING IN ACUPUNCTURE

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INTRODUCTION

Traditional Chinese medicine is an ancient practice that was born of the observation and interpretation of natural phenomena and regards man as an integral part of this system (CHONGHUO, 1993).

Acupuncture is one of the therapeutic procedures that constitute traditional Chinese medicine and has been increasingly valued by the West. The technique involves the application of needles at specific points on the body with the aim of promoting the healing of disease or relief of symptoms through harmonization of circulating energy of the body (BRASIL et al, 2008; MEDEIROS, 2009).

In acupuncture, the patient is approached holistically, integrating the features of your body and mind and their relationship with the environment, in order to restore physical and mental balance. Thus, the therapist may better understand the patient and his disease, thus enabling more suitable diagnosis and therapy. In addition, it has broad indications and contraindications and few side effects and can be used as the sole treatment or in combination with conventional treatment (IORIO, SIQUEIRA e YAMAMURA, 2010).

Currently, a greater number of people is becoming aware of the limitation of the scope of conventional medicine with regard to the explanation of the processes of disease and maintenance of health, a fact which has boosted the demand for alternative forms of treatment, especially acupuncture (LINDE et al, 2001).

To better understand this trend, numerous studies have been done. These studies suggest that the main reasons that make people abandon conventional treatment or even supplement it with some alternative method is ineffective against the problem, difficulty in the relationship between doctor and patient, iatrogeny and high expenditure on additional tests and medications. Moreover, some characteristics of acupuncture and other complementary treatments that awaken people's interest include the non-occurrence of undesirable side effects, the desire to have a more active role on their own health, the emphasis on the whole person including mind, body and environment, and the peculiar way that the therapist relates to the patient and their problems (BISHOP et al, 2006; DOMINICUS, 2002; SIROIS, 2008).

The increase in life expectancy, coupled with the fall in fertility rates and mortality have resulted in an increase in the elderly population. This generates a need for changes in health care for the population, since older people, mostly, have several, usually chronic, coexisting morbidities which interfere with each other and end up hindering both diagnosis and treatment (GARCIA et al, 2005; VERAS, 2009).

Is therefore a complex aging process, it needs a service capable of encompassing all its heterogeneity. In this context, acupuncture with its multidisciplinary essence and main focus of treatment in all patients, facilitates the approach to the elderly patient and allows multiple symptoms have remission simultaneously. Because of this, the treatment of relatively low cost, adds benefits in order to provide a better therapeutic effectiveness favoring greater treatment adherence and a closer relationship with geriatrics (IORIO, SIQUEIRA e YAMAMURA, 2010; GOIS, 2007; KUREBAYASHI, FREITAS e OGUISSO, 2009).

The literature is quite abundant with regard to acupuncture, however it is very poor on issues relating acupuncture treatment with the issues of aging.

Thus, this study aimed to analyze qualitatively what aging perspective of patients treated with acupuncture.

METHODOLOGY

This study dealt with is a qualitative, descriptive and exploratory.

The study population consisted of patients treated with acupuncture technique in a private clinic in the city of Cascavel - Paraná, Brazil, among other specialties, offers the service of acupuncture.

The study included only individuals aged between 40 and 60 years and who had undergone at least five sessions of acupuncture. The subjects were randomized in the clinical database in question. Patients who met the inclusion criteria for the study were contacted by telephone, and the approach and the data collection took place in the clinic. The interviews were closed, so it was perceived units of answers.

Participants subject to the following question was held: "Because (a) you (a) think you will be dealing with aging Acupuncture?". The responses were recorded and later transcribed verbatim. After reading these lines, the common points of the speeches were highlighted, grouped into categories and further analyzed and discussed.

As proposed Minayo (2004), begins the process of analyzing this type of research, with the transcription of the interviews in full. Then it holds an exhaustive reading of the material collected in order to understand the overall direction of the subjects' experiences, in order to extract the units of record as of the guiding questions. The statements are then grouped into topics according to their similarities, forming categories.

RESULTS AND DISCUSSION

Twelve normal male and female subjects in this study were aged between 40 and 57 years, with a mean age of 48 years. Of total interviewees, eight were female and four were male and all have university-level education.

From the exhaustive reading of the interviews, the speeches of the subjects were grouped into categories according to similarity, and thus there were two categories for the theme "A Perspective on Aging".

To better understand the subject the prospect of aging in patients treated by the technique, there was discussion of the categories found. Each category along with excerpts from their comments, respondents were presented to better illustrate the topics discussed. The subjects studied were numbered according to the order of the interviews, and speeches cited throughout the text were identified by the letter S, followed by the corresponding number of each subject, to avoid any risk of exposure or embarrassment.

Thus, the following categories:

Ageing Without the Use of Medication Much

Allopathic medicine seconds Tesser and Barros (2008) is indispensable and necessary, but both inappropriate and dangerous. His practice operates in relatively homogeneous medicalization of the population through what is called "cultural

iatrogenesis," a pervasive and harmful effect of biomedical action that diminishes the cultural potential of people to deal autonomously with situations of suffering, sickness, pain and death.

Because the old display many complaints related to various organs, doctors tend to prescribe more drugs. The concurrent use of multiple medications ally reducing the function of the organs, especially the liver and kidneys, increases the risk of side effects of medications. In this sense, acupuncture would enable the elderly to reduce the amount of medication, also lowering their various side effects, yet providing a better quality of life. This is one reason why acupuncture is emerging as a promising therapy in this age group (GOMES, FAELLI e PAI, s/d).

Respondents addressed this issue, which is expressed in the statements below.

[...] "I think you avoid intoxication with drugs, and I think all natural treatment is best, right" (S6)

[...] "Instead of you going to remedy pressure to remedy do not know what, balancing my body with acupuncture I will not need it when he is old" (S3)

[...] "Acupuncture I think will be able to give a balanced in my body without being filling with medicine or something, that's the way I think it can help me in old age" (S4)

[...] "The old age is coming and things are appearing and increasingly most people are seeking alternative treatments for you not clog remedies" (S9)

Way of Healthy Ageing

It is known that the body of the elderly have less capacity to adapt and take longer to recover than a younger body, in addition, over 60 years the incidence of chronic diseases increases and brings to the elderly, difficulty in performing activities of daily living. Added to this, there is often a feeling of separation and annulment, which also compromises the mental and emotional health of the elderly (GOIS, 2007; GOMES, FAELLI E PAI, s/d).

Given this context, the aging process is often viewed negatively, bringing with it feelings of fear and insecurity. In this sense, it is the desire of everyone to find ways to avoid or minimize the consequences of aging. Was noted in interviews that people who use acupuncture see it as an alternative to assist in achieving a more healthy aging.

[...] "I think it will help me to have more quality in my movements, my breath, my digestive system, right, short, and systems in the body as a whole, then it is healthy aging, right?" (S2)

[...] "A healthier, more balanced, aging without many glitches, without so many things that you see behind the age, huh" (S3)

[...] "Ageing with acupuncture you a better perspective right, you do not have so many problems because old age is coming and things are appearing" (S9)

[...] "For me, doing acupuncture aging is a possibility of aging well and healthy aging" (S12)

The complexity of the factors that are inherent to aging leads to the need to indicate multidisciplinary care modalities for the prevention and recovery of health. Studies have shown that acupuncture is an effective therapy in the treatment of most diseases that accompany the aging process (BARAD et al, 2008; LIU et al, 2009; WORLD HEALTH ORGANIZATION, 2003).

FINAL CONSIDERATIONS

From the speeches obtained through the interviews, it was observed from this study that the respondents believe in the contribution of acupuncture to a healthier aging and reduce the number of medications used, since it is a natural technique that is only stimulating mapped points by the body.

It is hoped that the results of this research may contribute to a better understanding of the therapeutic possibilities and benefits from the acupuncture in the aging process as well as serve as motivation for future research on the subject, since the importance of studying natural techniques that will benefit the elderly population considering their major weakness compared with younger individuals.

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PERSPECTIVE OF PATIENTS TREATED WITH AGING IN ACUPUNCTURE

ABSTRACT

Objective: The aim of this study was to analyze what the prospect of aging in patients treated with acupuncture. Materials and Methods: This was a qualitative study of descriptive-exploratory, where the data collection was conducted through interviews consisting of a guiding question, "Because (a) you (a) think you will be dealing with aging Acupuncture?". The answers to that question were recorded and later transcribed verbatim. After a thorough reading of the material collected, the common points of the speeches were grouped into categories and further analyzed and discussed. Results and Discussion: twelve patients of both sexes were subjects in this study aged between 40 and 57 years. Through the analysis of interviews two categories "Aging without using too much medication" and "Way of Healthy Aging" were established. Final Considerations: From the speeches obtained through the interviews, it was observed from this study that the respondents believe in the contribution of acupuncture to a healthier aging and reduce the number of medications used. It is hoped that the results of this research serve as motivation for future research on the subject.

KEY-WORDS: acupuncture, aging, qualitative research.

PERSPECTIVE DES PATIENTS TRAITÉS AVEC LE VIEILLISSEMENT EN ACUPUNCTURE

RÉSUMÉ

Objectif: L'objectif de cette étude était d'analyser ce que la perspective du vieillissement chez les patients traités par l'acupuncture. Matériel et méthodes: Il s'agissait d'une étude qualitative descriptive de-exploratoire, où la collecte des données a été réalisée au moyen d'entrevues constitués d'une question d'orientation, "Parce que (a) (a) vous pensez que vous aurez à traiter avec le vieillissement de l'acupuncture?». Les réponses à cette question ont été enregistrées et transcrites mot à mot plus tard. Après une lecture approfondie de la matière collectée, les points communs des discours ont été regroupés en catégories et en outre analysés et discutés. Résultats et discussion: douze patients des deux sexes étaient sujets de cette étude âgés entre 40 et 57 ans. Grâce à l'analyse des entrevues deux catégories «vieillissement sans utiliser trop de médicaments» et «Chemin de vieillissement en santé» ont été établies. Considérations finales: Des discours obtenus lors des entrevues, il a été observé dans cette étude que les répondants croient en la contribution de l'acupuncture pour un vieillissement sain et de réduire le nombre de médicaments utilisés. Il est à espérer que les résultats de cette recherche servent de motivation pour la recherche future sur le sujet.

MOTS-CLÉS: acupuncture, le vieillissement, la recherche qualitative.

PERSPECTIVA DE PACIENTES TRATADOS CON EL ENVEJECIMIENTO EN ACUPUNTURA

RESUMEN

Objetivo: El objetivo de este estudio fue analizar lo que la perspectiva del envejecimiento en los pacientes tratados con acupuntura. Materiales y Métodos: Se realizó un estudio cualitativo de tipo descriptivo exploratorio, donde se llevó a cabo la recogida de datos a través de entrevistas que consisten en una pregunta guía: "Porque (a) usted (a) piensa que tendrá que lidiar con el envejecimiento de la acupuntura?". Las respuestas a esta pregunta fueron grabadas y posteriormente transcritas textualmente. Después de una lectura minuciosa del material recogido, los puntos comunes de los discursos fueron agrupados en categorías y más analizados y discutidos. Resultados y Discusión: doce pacientes de ambos sexos eran sujetos de este estudio con edades comprendidas entre 40 y 57 años. A través del análisis de las entrevistas se establecieron dos categorías de "Envejecimiento sin utilizar demasiada medicación" y "Camino de Envejecimiento Saludable". Consideraciones finales: A partir de los discursos obtenidos a través de las entrevistas, se observó en este estudio que los encuestados creen en la contribución de la acupuntura a un envejecimiento más saludable y reducir el número de medicamentos que se usan. Se espera que los resultados de esta investigación sirven como motivación para futuras investigaciones sobre el tema.

PALABRAS CLAVE: la acupuntura, el envejecimiento, la investigación cualitativa.

PERSPECTIVA DE ENVELHECIMENTO EM PACIENTES ATENDIDOS COM ACUPUNTURA

RESUMO

Objetivo: O objetivo desse estudo foi analisar qual a perspectiva de envelhecimento em pacientes atendidos com acupuntura. Materiais e Métodos: Tratou-se de uma pesquisa qualitativa de caráter descritivo-exploratório, onde a obtenção dos dados foi realizada através de entrevista composta por uma pergunta norteadora, “Como o (a) senhor (a) acha que será envelhecer tratando com Acupuntura?”. As respostas à referida pergunta foram gravadas e posteriormente transcritas na íntegra. Após a leitura exaustiva do material coletado, os pontos comuns dos discursos foram agrupados em categorias e posteriormente analisados e discutidos. Resultados e Discussão: Foram sujeitos desta pesquisa doze indivíduos de ambos os sexos na faixa etária entre 40 e 57 anos. Através da análise das entrevistas foram estabelecidas duas categorias “Envelhecer sem o uso de muita medicação” e “Envelhecer de maneira saudável”. Considerações Finais: A partir dos discursos obtidos através das entrevistas, observou-se com este estudo que os entrevistados acreditam na contribuição da acupuntura para um envelhecimento mais saudável e para a redução do número de medicamentos utilizados. Espera-se que os resultados desta pesquisa sirvam de motivação para pesquisas futuras acerca do assunto.

PALAVRAS - CHAVE: acupuntura, envelhecimento, pesquisa qualitativa.