



## ARTICULATION OF NURSING CARE MANAGEMENT AND HEALTH EDUCATION FOR HYPERTENSIVE OLDER ADULTS

### ARTICULAÇÃO DA GERÊNCIA DO CUIDADO DE ENFERMAGEM E DA EDUCAÇÃO EM SAÚDE PARA IDOSOS HIPERTENSOS

### ARTICULACIÓN DE LA GESTIÓN DE LA ATENCIÓN DE ENFERMERÍA Y LA EDUCACIÓN EN SALUD PARA ADULTOS MAYORES HIPERTENSOS

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#### ABSTRACT

**Objective:** to identify cases of systemic arterial hypertension in older adult residents of a community in Niterói and their major risk factors. **Method:** descriptive and exploratory research with quantitative approach developed in a module of the Family Medical Program of Niterói, RJ, in 39 hypertensive older adults with self-care capacity or with a caregiver, between January and March 2013. The data collection instrument was drawn up using the Sphinx® software. The research project was submitted to the Research Ethics Committee, Protocol No. 149/2010. **Expected results:** to confirm the importance of actions of healthcare management performed by nursing professionals in the home for hypertensive older adult patients and the contribution to the improvement or maintenance of individuals' health by promoting the reduction of diseases, comorbidities, and hospital readmissions through health education actions. **Descritores:** Cardiovascular Diseases; Community health nursing; Control/Prevention and Control.

#### RESUMO

**Objetivo:** identificar os casos de hipertensão arterial sistêmica em idosos moradores de uma comunidade em Niterói e os seus principais fatores de riscos. **Método:** pesquisa descritiva, exploratória, de abordagem quantitativa, desenvolvida em um módulo do Programa Médico de Família em Niterói, RJ, com 39 idosos hipertensos, com capacidade de autocuidado ou com responsável, entre janeiro e março de 2013. O instrumento de coleta dos dados foi elaborado no software Sphinx®. O projeto de pesquisa foi encaminhado ao Comitê de Ética em Pesquisa, protocolo nº 149/2010. **Resultados esperados:** evidenciar a importância das ações de gerência do cuidado do profissional de enfermagem no cenário domiciliar para os pacientes idosos portadores de hipertensão arterial sistêmica e a contribuição deste para a melhora ou manutenção da saúde do indivíduo, promovendo a redução de agravos, comorbidades e reinternações, por meio das ações educativas em saúde. **Descritores:** Doenças cardiovasculares; Enfermagem em Saúde Comunitária; Controle/Prevenção e Controle.

#### RESUMEN

**Objetivo:** identificar los casos de hipertensión arterial sistémica en adultos mayores residentes en una comunidad de Niterói y sus principales factores de riesgo. **Método:** investigación descriptiva y exploratoria con enfoque cuantitativo llevada a cabo en un módulo del Programa Médico de Familia en Niterói, RJ, con 39 adultos mayores hipertensos con capacidad de autocuidado o con responsables, entre enero y marzo de 2013. El instrumento de recogida de datos fue elaborado con el software Sphinx®. El proyecto de investigación se sometió al Comité de Ética en la Investigación, Protocolo N° 149/2010. **Resultados esperados:** evidenciar la importancia de las acciones de gestión de la atención del profesional de enfermería en el hogar para adultos mayores con hipertensión arterial sistémica y la contribución a la mejora o el mantenimiento de la salud del individuo, promoviendo la reducción de enfermedades, comorbilidades y reinternaciones, a través de acciones educativas en salud. **Descritores:** Enfermedades cardiovasculares; Enfermería en salud comunitaria; Control/Prevención y Control.

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## INTRODUCTION

Home care is not a new process in nursing and healthcare provision. It has been occurring since antiquity, representing an alternative to hospital care. Over the years, home care has been consolidated and expanded, being carried out by several private companies; however, to a limited extent in public health units.

This growth can be attributed to the change in the age profile of the population, considering that there has been a significant increase in the older adult population, impacting on needs and costs related to health services. The older adult population demands new ways of care, with health services that seek health prevention and promotion as a strategy for reducing diseases, comorbidities, and hospital readmissions.<sup>1</sup> In this population, some chronic non-communicable diseases have had an alarming growth, in particular systemic arterial hypertension (SAH). At the same time, the diseases caused by this pathology have been a matter of concern in health services.<sup>2</sup>

There are factors that contribute to the emergence of diseases; however, they can be modified through health education actions. Nonetheless, these actions should be in line with the reality of each individual/family. In this sense, it is necessary to identify the socioenvironmental conditions in which individuals are inserted, since these individuals' health-disease process is widely influenced by environmental factors. These factors are given the name of Social Determinants of Health (SDH), including social, economic, cultural, ethical/racial, psychological, and behavioral factors. This identification must be carried out with the aim of developing educational issues, constituting a fundamental activity in the search for quality of life of those suffering from chronic diseases.<sup>1</sup>

By understanding the meaning of the SDH, the reflection on the importance of modifying them becomes essential. The actions of home care and health education are the main and most relevant tools so that the process of transformation may occur in an effective manner. It is worth mentioning that, as social practice, these tools imply a cultural vision, which consists of values, beliefs, and worldviews. This way, it is possible to infer that the actions of health education should be aimed at improvement of the SDH, constituting a tool for health promotion and prevention through the articulation of technical and popular knowledge.<sup>3</sup>

## OBJECTIVES

- To identify cases of SAH in older adult residents of Jurujuba neighborhood in the city of Niterói, State of Rio de Janeiro, Brazil, and major risk factors to which they are exposed.
- To review the scientific literature in order to compile the main and most relevant educational actions/interventions that may be performed by nurses in the home environment.
- To assess the educational activities as a tool for management of care carried out by nurses.

## METHOD

This study is an integral part of the program entitled "Educating for better care: cartography of the health needs of users of the Community Polyclinic of Jurujuba". It is a descriptive, exploratory research with quantitative approach. The study will be conducted in the following scenarios: Family Medical Program (FMP) of Jurujuba<sup>3</sup> neighbourhood in Niterói, State of Rio de Janeiro, Brazil; and homes of the area called "Peixe Galo", a community of the neighborhood mentioned.

Inclusion criteria were: residents of the area abovementioned, enrolled in the

Hiperdia Program, older than or equal to 60 years of age, with SAH, able to perform self-care, or with a caregiver capable of giving continuity to the treatment; and residents of the area "Peixe Galo" who agreed to participate in the study by signing an informed consent form. Exclusion criteria were: patients with type 1 or type 2 diabetes mellitus (DM); and those who were not undergoing follow-up by the FMP.

The instrument for data collection was drawn up using the Sphinx® software. Data collection will be carried out in three stages, namely:

1. Survey and mapping of the epidemiological data relating to the subjects of the study in accordance with the inclusion criteria, carried out from January to March 2013 and updated in May and June 2014.

2. Integrative literature review to be held in September 2014, with the 2010-2014 timeframe, in the Literature in the Health Sciences in Latin America and the Caribbean (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE), and Cumulative Index to Nursing and Allied Health Literature (CINAHL) databases, and in the Scientific Electronic Library Online (SciELO), using the following keywords: cardiovascular diseases; community health nursing; and control/prevention and control. This review will make it possible to elucidate the theme and help in the construction of the second instrument for data collection on the main and most relevant educational actions/interventions that can be performed by nurses caring for hypertensive older adults in the home environment.

3. Implementation of educational actions/interventions for older adults and/or caregivers according to the assessment of health needs. The data collection period of the third stage will be comprised between August and November 2014. Subsequently, the data will be statistically assessed.

The study complies with the ethical and legal specifications of research with human beings provided by Ordinance No. 466/2012 of the National Health Council, Ministry of Health. The research project was submitted to the Research Ethics Committee of the Antonio Pedro University Hospital (CEP/CMM/HUAP No. 149/2010).

## EXPECTED RESULTS

The goal of this study is to identify whether there are factors that contribute to the emergence of diseases in the group under study and, if so, whether it is possible to modify these factors through the implementation of health education actions according to the reality of each individual/family, since the actions of home care are characterized as being more humanized, preserving family relationships, as well as sociocultural habits and values.

It is believed that the actions of nursing care management at home are intrinsically linked to the actions of health education, since the main focuses of these actions are health prevention and promotion, and reduction of diseases by means of enhancing autonomy. In this context, as health educators, nurses provide necessary subsidies to the users so that they can act as the main actors in their health-disease processes, i.e., the individuals become responsible for their transformations.

The goal is to confirm the importance of actions of health care management performed by nursing professionals in the home for hypertensive older adults and the contribution to the improvement or maintenance of individuals' health by promoting the reduction of diseases, comorbidities, and hospital readmissions through health education actions.

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