Role of the nurse in multidisciplinary team...
INTRODUCTION

Obesity is inserted into the group of Chronic Noncommunicable Diseases (NCDS) and has become a serious public health problem in developed and developing countries. It also can be understood as a worsening of a multifactorial character, involving biological, environmental, economic, social, cultural and political issues.¹ ²

The most commonly used criterion for the definition of obesity is the Body Mass Index (BMI), currently adopted by the World Health Organization (WHO), with the following rating: individuals with a BMI above 30 kg/m² - obesity; values between 30 and 34.9 kg/m² - class I obesity; between 35 and 39.9 kg/m²; obesity class II and above 40 kg/m² - obesity class III or morbid obesity.³

In Brazil, it lives in the emergency epidemic of overweight and particularly obesity as an event of major epidemiological visibility related to the behavior of morbidity and death.⁴ Indices related to obesity become alarming, data from the Ministry of Health shows increasing levels of overweight and obesity, respectively, totaling 48.5% and 15.8% of the population. In men the occurrence of obesity is still lower than in women, respectively 15.6% and 16%, and the frequency of obesity in males was higher among those with more education and higher maximum in the stratum of less education for women.⁵

Questions directed to prevention and obesity control are on the agenda of public policy, being identified as a priority control event. According to the National Food and Nutrition,⁶ misinformation and practice poor eating habits as well as the occurrence of diseases and endemic or epidemic diseases allows the existence of problems that affect the health of the population and whose resolution is for the Health Sector in order to reverse this process, health services are encouraged to innovate and implement strategies for obesity prevention and health promotion, as well as the organization of new specialized services that contribute to control and rehabilitation in these cases in primary assistance.⁷

The health care of patients with obesity requires a comprehensive approach, taking into account the different levels of the determinants of obesity that express the complex web of factors that determine it. Primary care as the main port of the user’s entry in the health system is the privileged place of work in health promotion and coping with excess weight that affects individuals, families and the population.

Given the current context of increasing obesity, the Municipal Health Secretariat of Rio de Janeiro/SMS/RJ in a pioneering initiative, implemented in July 2011 the Reference Center on Obesity/CRO articulated the Family Health Strategy/ESF that through the multidisciplinary team (endocrinologist, nutritionist, psychologist, nurse and physical educator) offers outpatient treatment for users with obesity class 3.

OBJECTIVES

- To draw up a protocol directed to ambulatory nursing to adult patients with obesity class III.
- To characterize the profile of the clientele with obesity class III met at the Center of Reference in Obesity.
- To apply the Protocol directed to ambulatory nursing to adult patients with obesity class III.
- To identify in the scientific literature how an outpatient multidisciplinary treatment is conducted the obese class III.
- To discuss the role of the nurse in a multidisciplinary team for the outpatient treatment of obesity class III.

METHOD

This is a qualitative approach, to be held at a referral center for obesity located in the city of Rio de Janeiro, where it will be developed in four stages: 1. Integrative review of the literature on the Virtual Health Library on the subject (Obesity morbid, nursing, nursing assessment).

To determine the studies to be analyzed, were established as inclusion criteria: Productions Full text available in Spanish, English and Portuguese in the electronic databases of the Virtual Library online and free Health, published in the time frame from 2009 to 2014, which discusses on the subject:

1. Multidisciplinary treatment of obese adults class III, with the limits: Humans, female, male, Adult, average age;

2. Documental analysis of the medical records of the customers with obesity class III met at the CRO, in order to characterize the profile of same;

3. Research along to patients and professionals from multidisciplinary team in the Centre of reference in Obesity is situated within a family Clinic of the city of Rio de Janeiro and this bound to SMSDC of that city, in order to identify the worker process of nurses in that Centre;
4. Development and implementation of a nursing care protocol to obese class III.

The process of development of this study will be followed relating the data shown in integrative review of the scientific literature to the data shown in research with patients and professional CRO, integrating theory and practice, within the principles of Evidence-Based Practice, intending to obtain data scientific support to enable the construction of Protocol outpatient care to obese class III.

Pursuant to Resolution No. 466 of the 2012 National Health Council/CNS, this project was submitted to the Research Ethics Committee (CEP) of the Antonio Pedro University Hospital for approval as the ethical implications of research under CAAE: 05730012.0. 0000.5243 and approved with the number 691 926 opinion.

EXPECTED RESULTS

Despite all the advances and the search for a qualified class III obesity care, there is a protocol and Nursing own instruments to meet this public, so it is necessary to the proposed development of a protocol directed to ambulatory nursing care to these patients, which can be a starting point for further studies on this subject, and serve as the basis for an systemized care that audience, seeking uniformity of interventions and improving the quality of nursing care provided to obese, articulate team actions multidisciplinary focused on changing lifestyle, aimed at promoting health and quality of life.

REFERENCES