HOME VISIT PERFORMED BY NURSES FOR THE ELDERLY WITH VENOUS ULCERS: INTEGRATIVE REVIEW

VISITA DOMICILIAR REALIZADA POR ENFERMEIROS AOS IDOSOS COM ÚLCERAS VENOSAS: REVISÃO INTEGRATIVA

Visitar domiciliar realizada por enfermeiros aos idosos com úlceras venosas: revisão integratória

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ABSTRACT

Objectives: to identify in the scientific literature if home visit performed by nurses can contribute in the treatment of venous ulcers and to know the level of impact of home visits performed by nurses for the elderly. Method: integrative review, with a view to answer the question << what is the level of impact of home visits performed by nurses for the elderly with venous ulcers? >>, through bibliographical survey in PubMed, LILACS and BDBENF databases, during the period from 4/4/12 to 3/15/13. For analysis and discussion of the data, articles in Portuguese and English, published between 2008 and 2011 were selected. Results: eight articles were selected for reading, annotations and presented two categories: << Contributions of home visits performed by nurses for the elderly >> and << Nursing care of venous ulcers >>. Conclusion: the home visit performed by nurses is an important tool in the treatment of venous ulcers and when assisting the elderly, positive impact on quality of life is achieved. Descriptors: Nursing; Elderly; Varicose Ulcer; Home Visit.

RESUMO


RESUMEN

Objetivos: identificar en la literatura científica si la visita domiciliar realizada por enfermeros puede contribuir en el tratamiento de las úlceras venosas y conocer el grado de impacto de la visita domiciliar realizada por enfermeros a los ancianos. Método: revisión integradora, con el fin de responder la pregunta << ¿Cuál es el grado de impacto de la visita domiciliar realizada por enfermeros a los ancianos con úlceras venosas? >>, mediante levantamiento bibliográfico en las bases de datos PubMed, LILACS y BDBENF, en el periodo de 4/4/12 a 15/3/13. Para análisis y discusión de los datos, fueron seleccionados ocho artículos en los idiomas portugués e inglés, publicados entre 2008 y 2011. Resultados: fueron seleccionados ocho artículos para lectura, anotaciones y presentadas dos categorías: << Las contribuciones de la visita domiciliar realizada por enfermeros a los ancianos >> y << La Enfermería en el cuidado de úlceras venosas >>. Conclusión: la visita domiciliar realizada por enfermeros es una herramienta importante en el tratamiento de úlceras venosas y, cuando atiende a los ancianos, se da un impacto positivo sobre la calidad de vida. Descriptors: Enfermería; Anciano; Úlceras Varicosas; Visita Domiciliaria.

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The Home Visit (HV) was established initially as an alternative to reduce costs related to hospitalization. However, with the implementation of the family health program in 1994, home care is seen as an attempt to reorganize the basic care model, considering the principles of Sistema Único de Saúde (SUS) that favor the integrity and fairness of the health assistance.¹

The HV held to assist the demand required by the elderly presents as advantages the rapprochement with the environment of the rapprochement, making easier the planning of health activities, in addition to promoting the strengthening of the relationship with the health team due to be less formal action and enable greater freedom to talk about problems, reduction of costs, the risk of infection, comfort, as well as prevention and early detection of health problems.²

Brazilian population has a predominance of adults and elderly and this can be evidenced by the results of the 2010 Census, in which noted an increase in the population of elderly who in 1991 introduced population percentage with 65 years old or over of 4.8%, going to 5.9% in 2000 and reaching 7.4% in 2010.³

According to the United Nations (UN), the elderly population of Latin America and Caribbean must overcome the children in 2036. According to the UN, with people 60 years old or more have increased from 10% of the total regional population in 2010 and there are predictions that this number will reach 21% in 2040.⁴

One of the changes arising from the ageing process concerns the skin changes. They are caused by extrinsic or intrinsic factors.⁵ In this way, it is necessary to carry out the monitoring of injuries.

The realization of monitoring of injuries at home provides advantages both for the person with the injury as for family caregiver, such as personalized and humanized care; maintaining the family together; time management of the person and the family; development of occupational activities, providing a sense of being useful and collaborating with the routine of the house; maintenance of intimacy due to exposure of the injury on bath time/bandage and familiarity with the environment.

With this, the following objectives were outlined:

- To meet the level of impact of home visits conducted by nurses for the elderly.

**METODOLOGY**

Integrative review, since this method allows to gather and synthesize results of research already completed, as well as obtaining conclusions and insights from a topic of interest, systematically and ordered⁶, in order to answer the research question << What is the level of impact of home visit performed by nurses for the elderly with venous ulcers? >>

According to the technical/instrument procedure, the type of study used was bibliographical or the call bibliographical research, because it covers all the elaborate scientific production around the theme of study until today.

In order to select the articles that answer the research question and the criteria for inclusion, a structured questionnaire was constructed with open questions. Initially, the bibliographic survey without the temporal clipping of articles published in databases: BDENF (Nursing database), LILACS (Latin American Literature and Caribbean Center on Health Sciences) and PubMed (Medical Publications-National Library of Medicine National Institutes of Health) in the period from 4/4/12 to 3/15/13. For discussion of the data, articles in the last five years were selected.

The search was conducted with the keywords in Portuguese and English: nursing; elderly; Varicose ulcer and home visit, in addition to having been made the refinement by the criteria of relevance, by reading the abstracts of articles available in full on the selected databases, in order to verify the contents of the works. Potential bibliographies were selected being the inclusion criteria.

The selection of potential bibliographies was based on fundamental articles answering research prerequisites, performing the analysis of the levels of evidence⁷. Subsequently, the printing and reading the articles were held in their entirety for the purpose of establishing textual, contextual and inter-textual relations, aiming at the creation of categories to allow discussion of the objectives proposed in the study. At that moment, there was the exclusion of repeated items in the same category.

The first search of the keywords was held in isolation and as a result was obtained several productions, as shown in Figure 1.
RESULTS

When performing the selection of references, 54 articles were found, being 17 (31%) of BDENF database, 19 (36%) of LILACS and 18 (33%) of PubMed, but in every database occurred repetitions. Therefore, only eight articles were analyzed.

For analysis, the content was organized about the year, publication type, language, strength of evidence and the essence of the content.

Of the eight selected articles, 50% (four articles) were obtained in 2011; 12.5% (one article) in 2010; 25% (two articles) in 2009 and 12.5% (one article) in 2008. As for the type of publication, seven (87.5%) were original articles and one (12.5%) was a review article.

The language of publications were 25% (two articles) in English and 50% (four articles) in Portuguese and 25% (two articles) published in both languages. As for the strength of the evidence, it was 12.5% (one article) evidence level 3, 50% (four articles) of evidence level 4 and 37.5% (three articles) evidence level 5.7

Regarding the essence of the content, 50% (4 articles) stressed the contributions of the home visit performed by nurses for the elderly and 50% (4 articles) stressed nursing in the care of venous ulcers.
When performing a selection of potential bibliographies with the completion of the reading of the articles in full, two categories emerged allowing the discussion of the objectives. These categories are discussed below and are contributions of the home visit performed by nurses for the elderly and the Nursing care of venous ulcers.

In the category "Contributions of home visit performed by nurses for the elderly" are located four (4) scientific productions, as seen in Figure 4.

<table>
<thead>
<tr>
<th>Author(s)</th>
<th>Year</th>
<th>Title</th>
<th>Databases</th>
<th>Methodology</th>
<th>Level of Evidence</th>
<th>Type of Publication/Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theile G, Kruschinski C, Buck M, Müller CA, Hummers-Pradier E.</td>
<td>2011</td>
<td>Home visits - central to primary care, tradition or an obligation? A qualitative study</td>
<td>PubMed</td>
<td>Qualitative semi-structured interviews were carried out with 24 GPs from the city of Hannover, Germany, and its rural surroundings. Data was analysed using qualitative content analysis.</td>
<td>Level 4</td>
<td>Article / BMC Fam Pract. Apr 22; 12:24.</td>
</tr>
<tr>
<td>Thumé E, Facchini LA, Tomasi E, Vieira LA.</td>
<td>2010</td>
<td>Home health care for the elderly: associated factors and characteristics of access and health care</td>
<td>PubMed</td>
<td>A population-based cross-sectional study was conducted in a representative sample of 1,593 individuals aged 60 years living in the urban area of the city of Bagé, Southern Brazil, in 2008. A multistage sampling was carried out. Data was collected during individual interviews about access to services, providers’ involvement, users’ satisfaction and health status after care. Poisson regression model was used for estimating crude and adjusted prevalence ratios, their related 95% confidence intervals and p-values (Wald test).</td>
<td>Level 5</td>
<td>Artigo / Rev Saúde Pública. Dec; 44(6): 1102-11. Epub 2010 Sep 17. English, Portuguese.</td>
</tr>
</tbody>
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Home visit performed by nurses for the elderly...
contributor in the profitable aspect of patients suffering from chronic diseases. 

Home care provided properly and directed to health of the elderly is the one aiming the factors described in the National Policy of the Elderly Person. Then, when we look at the changes from the aging process of each subject answered, we are providing a unique service, based on the real needs that are in effect at the time of service, being reported by the patient or observed by the healthcare provider.

The assistance provided to the elderly also decreases social inequities, with a view to the provision of care to the subject without access to health insurance and with low financial income. Thus, by providing care to the elderly, the doctrinal principles of the Sistem Único de Saúde (SUS) of Universality, Integrity and Fairness were put on practice.

For health professionals, home visits to the elderly provide opportunity to practice the skills of geriatric assessment, but among all the professionals involved in the provision of home care, the nursing staff has great prominence.

Nurses tend to contribute to the promotion of self-care, as well as to the improvement of care for the elderly by family members and caregivers, generating in the sense of well-being and development of adaptive processes health problems. However, if the health problems are not addressed properly, this can generate negative impact on the health care system, taking into account the epidemiological demands.

While reading articles to support this categorization, it was possible to observe that there are some recommendations for improvement of care. These recommendations point to continuing education as a mechanism for health care of the elderly person and emphasize the need to encourage the practice of activities that stimulate the dependence of the elderly, as well as the need to claim by nurses of resources that work together to provide the care. Authors suggest the operationalization of home assistance and claim that this reinforces what is advocated by the National Health Policy of the elderly person.

In the category named << Nursing care of venous ulcers >> are located four (4) scientific productions, seen in Figure 5 (five).
By analyzing the content of the texts in this category, it was observed that nursing has extremely important role in the care of lower limbs venous ulcers and its care is focused on activities such as: evaluation of the costs for the treatment of Venous Ulcer, assessment of the quality of life of the bearer, healing process evaluation and adoption of new treatment technologies in support of the practice/deepen the issues linked to the nurse's assistance. These papers are due to the fact of being a nurse manager in health that acts on various aspects of assistance processes.

When dealing with an injury, the nurse aims to promote effective healing of the injury, therefore, being imperative that the patient is oriented on self-care, aiming at prevention of possible complications and reducing relapses. However, the role of the nurse in front of patients with Venous Ulcers goes beyond the issues of prevention and diagnostic assessment of risk. Its role extends to providing educational and mental support to patients.

The educational and mental support provided to the patient with venous ulcer is a fundamental aspect in the implementation of treatment, because when this is clarified about the care will be provided and how it should be paid to carrying out bandages, this feels ready to start treatment, supported by professional and confident about the result objective with the proposed treatment.

To develop educational support to patients, the nurse seeks to guide them to find ways that lead to adaptive overcoming their clinical condition, designing effective recovery and that consequently results in improvement of quality of life. This educational support is essential to the behavior adopted aiming at recovery followed in order to make effective and satisfactory treatment the patient's biopsychosocial conditions.

To meet the situation of the patients with venous Ulcer, his physical, clinical aspects and repercussions of this injury in psychosocial level, the nurse is able to promote a more adequate planning and provide the care geared to the real needs of the patient. Thus, the nurse considers the person as a whole, concealing their relationship with the environment. This promotes a better adaptation of the subject to his pathological condition.

To promote behaviors aimed at preventing the appearance of venous ulcer of lower limb and its possible complications, nurses provide quality care with an objectively and efficiently systematic assistance.

It is necessary to bear in mind that having a good quality of life for patients with venous ulcer consists in carrying out daily activities, participation of social activities with friends and family, as well as minimizing the esthetic aspect that causes the ulcer. Then, when the nurse is aware of the situation of the patient with venous ulcer in the biopsychosocial aspect, he must devise a plan focused on customer need and thus promote the improvement of their condition of life. This behavior of the nurse is a result of his role as educator, when the guidelines are worked to the patient, developing for this
kind of adaptation to the clinical condition, improving thus the recovery process and the quality of life of the customer. 14

Venous ulcer is a chronic and recurring pathology, in which many patients live for years. 16 Esthetic changes and clinical-functional disorders tend to generate seclusion to the patient who feels embarrassed and ashamed of their current condition. 13 Besides these feelings from the patient, living with the illness tends to result in discrimination and, in most cases, lack of support from family and friends. 14 The lack of adaptation to the treatment which constitutes the psychosocial aspect contributes to the lesions be chronic and cause the reduction in quality of life. 14

CONCLUSION

It was possible to notice that the home visit performed by nurses is an important tool in the treatment of venous ulcers, in view of the fact that the professional are involved in the entire process surrounding the treatment as the evaluation of the costs for the treatment of venous ulcer, assessment of the quality of life of the bearer, healing process evaluation, adoption of new technologies for treatment and educational support to the patient.

The fact of the home visit be conducted by nurses provides a positive impact to the elderly, considering that the nurse provides help and therapeutic accomplishment resulting in potentiation of the levels of health and prevention of complications in health from the aging process.

The study also demonstrated that the home visit enables obtaining information about the patient’s life which contributes to his recovery. Thus, when performing home visits to the elderly in order to accompany the healing process of injuries, the nurse tends to adopt a critical eye and reflective acquired and improved throughout his training. This look tends to be reflected on the family dynamics and the conditions under which this patient resides, promoting more effective care delivery and more resolute to the frame that the elderly will be showing at the time of the visit.

It was evidenced during this study the limitation of articles in national and international bases that would contribute to answer the objectives proposed when held the association of keywords. This limitation underscores the importance of further research be carried out providing higher collection to researchers, professionals and students of the health area, considering that the fact of venous ulcer be a cutaneous lesion that affects a large portion of the Brazilian population and the home visits be used for their monitoring.

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