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CASE REPORT ARTICLE

NURSING CARE TO THE ELDERLY AT A LONG STAY INSTITUTION: AN EXPERIENCE REPORT

CUIDADOS DE ENFERMAGEM AO IDOSO NA INSTITUIÇÃO DE LONGA PERMANÊNCIA: RELATO DE EXPERIÊNCIA

CUIDADOS DE ENFERMERÍA A ANCIANOS EN INSTITUCIÓN LA LARGA ESTANCIA: UN RELATO DE EXPERIENCIA

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ABSTRACT

Objective: reporting the experience of nursing students during the internship period, noting nursing care for institutionalized elderly. **Method:** a descriptive study, of experience report type, developed by students of a Nursing Course, held at the Institution for the Aged in Natal/Rio Grande do Norte, in June/2013 during practical classes. **Results:** in this experiment students reflected on the difficulties of nursing care that was offered by the institution, observing the environment, since the structure until its supposed residents, clinical features, and the way the care that was offered. **Conclusion:** the stage served as a reflection as to the care offered to the elderly. Besides offering technical, nurses should reflect the essence of their profession that is care. **Descriptors:** Elderly Health; Geriatric Nursing; Senior citizens.

RESUMO

Objetivo: relatar a experiência de estudantes de enfermagem durante o período de estágio, observando a assistência de enfermagem aos idosos institucionalizados. **Método:** estudo descritivo, do tipo relato de experiência, desenvolvido pelas alunas do Curso de Enfermagem, realizada na Instituição de Longa Permanência para Idosos em Natal/RN, no período de junho/2013 durante as aulas práticas. **Resultados:** nesta experiência os acadêmicos refletiram sobre todas as dificuldades na assistência de enfermagem que era oferecida pela instituição, observou-se o ambiente, desde a estrutura até seus supostos moradores, quadros clínicos, e o modo do cuidado que era oferecido. **Conclusão:** o estágio serviu como uma reflexão quanto ao cuidado oferecido ao idoso. Além de oferecer técnicas, o enfermeiro deve refletir a essência de sua profissão que é o cuidado. **Descritores:** Saúde do Idoso; Enfermagem Geriátrica; Idosos.

RESUMEN

Objetivo: presentar la experiencia de los estudiantes de enfermería durante el período de prácticas, teniendo en cuenta los cuidados de enfermería a los ancianos institucionalizados. **Método:** un estudio descriptivo, del tipo relato de experiencia, desarrollado por los alumnos del Curso de Enfermería, que se celebró en la Institución para la Tercera Edad en Natal/Río Grande do Norte, a partir de junio/2013 durante las clases prácticas. **Resultados:** en este experimento los estudiantes reflexionaron sobre las dificultades en la atención de enfermería que se ofrecen en la institución, se observó el medio ambiente, desde la estructura hasta sus supuestos residentes, características clínicas y la forma en que la atención que se le ofreció. **Conclusión:** el escenario sirve como una reflexión en cuanto a la atención que se ofrece a las personas mayores. Además de ofrecer técnicos, enfermeras deben reflejar la esencia de su profesión que es la atención. **Descriptor:** Salud de los Ancianos; Enfermería Geriátrica; Los ciudadanos mayores.

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INTRODUCTION

Every year 650.000 new elderly are incorporated into the Brazilian population, most of them with chronic degenerative diseases and some functional limitations, so that a change occurs in the shape of the population pyramid, which in turn gets a new format.¹

As the last Brazilian census, the elderly of 60 years old or older is 20.590.599 million, approximately 10,8% of the total population. Of these, 55,5% (11.434.487) are women and 44,5% (9.156.112) are men. Studies show decline in birth, in contrast to the growth in the elderly population.²

During the 40s and 60s, Brazil experienced a significant decline in mortality, fertility remaining at very high levels, thus producing a nearly stable and predominantly young population. From the 1960s, the elderly population is growing, when fertility rates began to fall and the Brazilian population begins to ageing fast with the decline in these rates.³

This accelerated pace of growth in the elderly population implies serious consequences that directly affect social services and health of the geriatric population, observing a financial hardship, physical and even mental for the family in the care of their elderly, forwarding them to the ILP's. As the population ages, increasing the demand for these institutions and thus have structural difficulties to receive this demand, as the number of vacancies is reduced. Much of the institutionalized elderly is a problem related to poverty, family abandonment, lack of family structure for the care, and physical and mental problems.⁴

According to Law No. 10.741, the institutions of Long Term Senior has a paternalistic character, which provide care for the elderly comes down to providing shelter, food and basic health care, and thus insufficient the needs of the elderly. It is believed that the problems experienced by the elderly, especially the institutionalized in different ways might compromise their quality of life.⁵

The existence of long-stay institutions is growing. Each with its organizational philosophy and many resulted in inclusion of environments for socialization, appreciation of independence and autonomy, preserving the identity and individuality. The ILPI assumes the role of a new family, and for many, the only one that maintains emotional ties. The experiences of older people do

differently from those that occur in the family way, but depending on how the function is performed, it is also significant.⁶

When the nurse works with the elderly in LTCF must be able to perform more complex care that requires further scientific knowledge. The nurse can work in four functions: administrative/ management, caregiver education and teaching and research.⁶

Ordinance No. 2528 of October 2006, which talks about the National Health Policy of the Elder (PNSPI) establishes that there must be a global, interdisciplinary and multidimensional approach in the elderly care performed by observing the interactions between physical, psychological factors and social. Such care should encourage the autonomy and independence of the elderly, reflecting the practice of self-care.⁷ For quality care in a ILPI the multidisciplinary team is required with technical, scientific and psychological skills you can develop work directed care, satisfying the needs.

The ground Nursing is a specialty based on foundations in the development and aging processes, and thus, enhance the social-cultural and bio-psycho-spiritual needs of elderly.⁸ The main requirement for the nurse who wants to work in ILPI know the process is understanding aging well, the needs expressed and unexpressed the elderly, trying to keep the principles of autonomy. The nurse should also empower the nursing staff to enable them to perform the actions of care for the elderly safely and responsibly.

The nurse carries out activities through a process of care, considering that the elderly should be viewed with a more sensitive, holistic and humane look, considering all your needs. This conception of care provides for the interaction of the multiple dimensions of living of the elderly to promote healthy and active living, quality of life aimed at this age group, thus identifying factors that contribute to the perception of quality of life of elderly.⁹

This study has great importance about nursing care offered to the elderly in a long-stay institution, which should be a humane and holistic manner, viewing the biopsychosocial and spiritual processes. In this sense, this article aims to:

- Reporting the experience of nursing students during the internship period, noting the nursing care for the institutionalized elderly.

METHOD

This is a descriptive study¹⁰ with a qualitative approach, the experience report type. It was based on the experience of nursing students during internship at a long-stay institution, located in Natal/ Rio Grande do Norte.

This institution was founded on October 14th, 1984 and to date of stage 38 elderly residing: 22 women and 16 men. The experience was lived during the stage of the discipline of semiology and semiotics in October 2012, which occurred in two stages, each day with a workload of five hours, during the visit by.

RESULTS AND DISCUSSION

At first the students were welcomed by governess and nurse responsible for LTCF, it showed the place, exposing the flaws of physical structure and presented in the team. Soon after the students were taken to the nursing room where there was a relaxed conversation. In this conversation the nurse reported the main goals of the institution and a brief comment about the nursing role in caring for the elderly that were offered. This conversation was also narrated financial difficulties to provide care, the sparse type material and so there were difficulties in assistance.

Shortly after the conversation, we were introduced to the elderly, one by one, where the nurse explained why the stay in the institution, a brief history of nursing and routine care that was offered that old. The nurse asked students to choose a resident to perform a physical exam then requested a plan of care for presentation the next day. The second day was presented by academics overall clinical picture of the elderly, reporting their pathologies, why the use of drugs that were used and the plan of care that should be offered to the elderly.

We perform nursing care in a humane way and holistic, curative and measured vital signs as well as chats with the elderly. After all, we saw that the elderly felt more satisfied with the assistance provided, therefore, reflect on the care provided at the institution asking what would be the ideal care and what suggestions and criticisms to the assistance offered by the institution.

The main difficulty experienced was the short supply of technical material, and so use with caution, reducing the effectiveness and efficiency. We also found that ILPI's houses are usually inappropriate to the needs of the

elderly, which will offer social assistance, basic hygiene and nutrition as a form of charity.⁴

The physical and social structure of the institution is a reflection of the lack of planning in the construction of the LTCF. The vast majority of ILPI's is raised by religious with a concept of performing charity offering shelter. But to build a LTCF should not be taken into consideration only charity, but as should be offered, in addition to shelter and food to these elderly people should also offering quality of life.¹¹

We realized that the nurse is a worker within the context of a multidisciplinary approach in ILPI that develops activities with the elderly, through a process of care that consists of looking at this person, considering the biopsychosocial and spiritual aspects experienced by her and his family. This conception of care provides for the interaction of the multiple dimensions of living of the elderly to promote healthy living through the use of their abilities and health conditions, aiming at their continuous personal development.¹²

In addition to providing technical care, the nurse must know the aging process to determine actions that can fully meet the needs of the elderly; this service must be humane and holistic. This more humane, warm, evaluative, integral care can contribute to improving the quality of life of institutionalized elderly.

CONCLUSION

Experience in care to elderly during the internship served as a great reflection for the care provided. Besides offering technical, nurses should reflect the essence of their profession that is care. One attention that should be offered in a humanized and a holistic form observing social aspects for a good quality of life.

Providing quality of life in its essence is the great responsibility of nurses, so try to alleviate the suffering of the aging process in ILPI's, a process that leads to isolation, physical and mental inactivity, and thus its negative consequences will quality of life. The role of nurses in the health of institutionalized elderly person may focus on health promotion.

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