CASE REPORT ARTICLE

EDUCATIONAL TECHNOLOGY ON CARE TO ELDERLY WITH DEMENTIA: EXPERIENCE REPORT

Tecnologia Tecnológico sobre os cuidados ao idoso com demência: relato de experiência

Raquel Santos de Queiroz¹, Alessandra Conceição Leite Funchal Camacho²

ABSTRACT

Objective: to describe the development and the importance of the Interactive Blog developed as Educational Technology (ET). Method: a descriptive study of experience report type about the development and importance of the Interactive Blog developed as ET on care for the elderly with dementia. It is based on a narrative literature review by discussing the following points: The creation of this Blog and as an extension project and its interfaces. Results: created in 2010, the blog by its interfaces aims to general care in lifestyle, eliminations, and medications; specific care guidelines for chronic diseases, comfort, body care, falls/biosafety, oral nutrition, deficits in carrying out different activities, referral care, behavioral deficit; support guidelines to family/caregiver. Conclusion: the blog shows problems experienced in daily life that interfere in care practice and the positive factors that may subsidize actions of nursing care provided to patients with dementia. Descriptors: Nursing; Alzheimer's Disease; Nursing Care; Educational Technology.

RESUMO

Objetivo: descrever o desenvolvimento e a importância do Blog Interativo desenvolvido como Tecnologia Educacional (TE). Método: estudo descritivo do tipo relato de experiência sobre o desenvolvimento e a importância do Blog Interativo desenvolvido como TE sobre os cuidados ao idoso com demências. Está fundamentado em uma revisão de literatura narrativa pela discussão dos seguintes pontos: a criação do blog e este como projeto de extensão e suas interfaces. Resultados: criado em 2010, o blog pelas suas interfaces visa à orientação de cuidados nos hábitos de vida, eliminações e medicações; orientações de cuidados específicos de doenças crônicas, conforto, higiene corporal, quedas/biosegurança, nutrição oral, déficit na realização de atividades diversas, cuidados de referência, déficit de comportamento; orientações de suporte à família/cuidador. Conclusão: o blog especifica problemas vivenciados no cotidiano que interferem na prática assistencial e os fatores positivos que poderão subsidiar ações dos cuidados de enfermagem desenvolvidos à clientela com demência. Descritores: Enfermagem; Doença de Alzheimer; Cuidados de Enfermagem; Tecnologia Educacional.

RESUMEN

Objetivo: describir el desarrollo y la importancia del Blog Interactivo desarrollado como Tecnología Educacional (TE). Mtodo: estudio descriptivo de tipo relato de experiencia sobre el desarrollo y la importancia del Blog Interactivo desarrollado como TE sobre los cuidados al anciano con demencias. Está fundamentado en una revisión de literatura narrativa por la discusión de los siguientes puntos: La creación del Blog y este como proyecto de extensión y sus interfaces. Resultados: creado en 2010 el blog por sus interfaces visa: orientación de cuidados en los hábitos de vida, eliminaciones y medicaciones; orientaciones de cuidados específicos de enfermedades crónicas, confort, higiene corporal, caídas/bioseguridad, nutrición oral, déficit en la realización de actividades diversas, cuidados de referencia, déficit de comportamiento; orientaciones de soporte a la familia/cuidador. Conclusión: el blog especifica problemas vividos en el cotidiano que interfieren en la práctica asistencial y los factores positivos que podrán subsidiar acciones de los cuidados de enfermería desarrollados a la clientela con demencia. Descriptores: Enfermería; Enfermedad de Alzheimer; Cuidados de Enfermería; Tecnología Educacional.

¹Nursing Student, Nursing School Aurora de Afonso Costa, Federal Fluminense University /UFF. Niterói (RJ). E-mail: raquel.queiroz28@yahoo.com.br; ²Nurse. Ph.D. Professor in Nursing, Department of Nursing Fundamentals, Nursing School Aurora de Afonso Costa, Federal Fluminense University/UFF. Niterói (RJ). /EEAN-UFRJ. E-mail: cicacamacho@gmail.com
INTRODUCTION

In Brazil in 2012, the relative participation of elderly people aged 60 years old and older was 12.6% of the total population. For the group aged 65 and older, the participation was 8.6%. In 25 years, the expectation of the Brazilian elderly population will exceed thirty (30) million. The most striking features for aged 60 years old or older are female most of them (55.7%) and white (54.5%).

An adverse effect of aging is a significant increase in the number of people with Alzheimer's disease and related dementias. It is expected that by 2030 the number of elderly people with dementia will be about 65.7 million and 115.4 million in 2050.

Dementia is a syndrome in which there is a progressive decline in memory bringing a series of consequences such as mental deterioration, the deficit for the performance of motor commands and planning failures.

Alzheimer's disease and other dementias can be defined as a chronic neurodegenerative disorder accompanied by complex brain dysfunction, with cognitive demonstrations, psychological and behavioral disorders in incidence/proportion variables.

Dementias are characterized by progressive worsening of symptoms, and it is possible to divide them into three phases. In the light phase, there can be changes in recent memory, difficulty to find words, disorientation in time and space, difficulty in making decisions, signs of depression and aggression in some cases. In the moderate phase, daily activities are most affected, forgetting names of close people, the commitments, intense behavioral change. At this stage, the elderly becomes dependent on another person to carry out tasks. In the acute phase, the loss of memory becomes heavy, and they have unbalanced and fecal/urinary incontinence.

As it was possible to observe, the elderly with dementia presents a series of consequences that lead in their daily life, interfering with their overall well-being. With the limitations of the disease, the old loses his autonomy to plan and execute tasks that were carried out by him for a long time. Given this situation, there is a need of the elderly have a person able to meet their needs confidently and securely.

As the relevance of the blog development, it allows a technological communication create parameters for educating family members/caregivers, through active participation. Thus, the elderly with dementia may have a better quality of life through the information held in this blog as Educational Technology.

The reason of this blog is that through innovative communication, it is possible to that it allows interaction between work/family/caregiver/elderly, by the consequences that the older with Alzheimer's disease presents. Therefore, the blog has characteristics suitable for care, education, and extension.

This study aims to describe the development and the importance of the Interactive Blog developed as Educational Technology (ET).

METHOD

A descriptive study of experience report type from a Fluminense Federal University (UFF) Extension project developed since 2011 in the city of Niterói, the state of Rio de Janeiro. It was created by the doctoral thesis defended in 2010, entitled “Assistance Methodology for people with Alzheimer’s disease and their support network: proposal of a nursing care model”.

To develop this study, a documentary analysis of 2010 to 2014 was carried out, based on Virtual Health Library, where scientific articles, books, and theses were raised that can continuously base this extension project.

The period of data collection for the blog grounding occurred on April 7, 2014, until June 2014.

It is based on a narrative literature review by discussing the following points: The creation of the Blog and the Blog as extension project and its interfaces.

BLOG CREATION

Created in 2010 this blog enables through the interactive link http://cicacamacho.blogspot.com/ the dissemination and discussion of information that is continually updated source on research and specificities of nursing care developed based on the following aspects: basic nursing care centered in lifestyle, eliminations and support in medications; particular attention focused on chronic diseases, comfort, body care, falls/biosafety, oral nutrition, deficits in students in various activities, referral care, behavioral deficit; support the family/caregiver to assist and guide the nursing care of the person with Alzheimer’s disease and other dementing disorders.

As a source of knowledge and information, this blog is being circulated widely in the integration of education in undergraduate and graduate programs in nursing, in Health
Education of the patients as well as family/caregivers, and health aimed at balance state and the quality of life. The scenario disclosure of this blog is the designated location for the development of service activities for older people with dementia and their caregivers, component unit of the Program Nursing Health Care of the Elderly and their caregivers (eASIC) Department of Nursing and Administration Fundamentals of the Fluminense Federal University, School of Nursing, operating with five teachers of the Undergraduate Nursing course.

The target audience (patients/population) of this blog are the caregivers, family members, nursing students, students of postgraduate courses and component nursing professionals of eASIC Program, Fluminense Federal University.

Through this people, it can be established sources of information and communication aimed at the exchange of knowledge and continuous interactivity possibilities.

Today the blog has 73 followers. Its first posting was on September 11, 2011, which had 164 views, the total page counting today has more than 8000 views. From this date, the blog was regularly updated with accurate content covering the person with Alzheimer's disease. In 2011, there were 17 publications; in 2013 five books and this year (2014) it has been updated monthly.

Figure 1: Care for a person with Alzheimer’s disease and other dementing disorders

This blog displayed above is constantly released by the authors of the study, through information, social networks, the outreach program of UFF allowing interested parties to have access to content.

The published materials are from papers, magazines, and books, briefly and clearly, and if the reader is interested to read the full content, the reference is available.

The blog as an extension project and its interfaces

Information technology is an important factor to support programs aimed at improving the quality of health care; Before this fact, the Blog aimed at interactivity enabling the construction of new knowledge, providing information and promoting debates in the virtual environment. The intention is to provide this media as a source of information to the target audience. The interactive blog is analyzed and “fed” continuously.

For support to families/caregivers to be active, there is the importance of attending to the old state of equilibrium with Alzheimer's disease that considers the clinical stage of the disease. It requires different skills, and there is the possibility of understanding the high incidence of complications related to daily activities with the importance of knowledge about the kind of commitment aiming at a nursing care planning consistent with this patient.

Interactivity is the great keyword because it reports an ongoing commitment to constant planning and diversified availability to meet the specific features of each patient.

Given this context, there is a need for an educational process that considers this specific content, which promotes the use of progressive educational component and educational technologies for professionals to work in a participatory, democratic and citizen order with different groups population.

The blog has articles developed by the researchers of the program and links on the left of the screen to consultation and research that are continually updated. Also, on the right of the screen, there is a small poll with objective response to encourage participation and created to develop new forms of interaction and communication. There is an icon on each post where followers can post
their questions and testimonials from participation.

For support to families/caregivers to be active, there is the importance of attending to the elderly with dementia balance state considering the clinical stage of the disease. In general, ET is a growing resource that provides practical support to that patient that needs an increasing understanding of care for the elderly with dementia.

These aspects also have another important point regarding the function developed by nursing, which is to promote, spaces for collective construction of knowledge among the target audience. Interactivity is a foundation of autonomy in the type of care concept being developed by drawing paths between the demands of elderly people and caregivers/family members.

This way the blog as an educational tool allows you to establish the exchange of knowledge among readers and researchers, interactively, efficient and fast. ie both actively participate in the process, allowing the pursuit of personal and professional growth.

To these aspects adds another important point as regards the function developed by nursing, which is to promote, among the target public spaces for collective construction of knowledge. Interactivity is a foundation of autonomy in the type of care concept being developed by drawing paths between the demands of seniors and caregivers/family members.

In this way, the blog as an educational tool allows to establish the exchange of knowledge among readers and researchers, interactively, effective and fast. That is, both actively participate in the process, allowing the pursuit of personal and professional growth.

CONCLUSION

As it was possible to observe, the increase in life expectancy of the elderly is accompanied by the emergence of chronic diseases, particularly dementias, which bring cognitive, physical and mental consequences. Therefore, it is necessary to train the elderly caregivers to exercise fully their respective roles.

We noticed that the elderly with Alzheimer's disease and other dementing disorders presents a series of intellectual and functional decline, affecting the daily life and the fulfillment of their activities, therefore, with advancing disease that old becomes dependent on another person to assist/supervise/perform these activities.

For the analysis of data and references used, it is necessary to empower the caregiver, so that the activity is done efficiently and meeting the expectations of the elderly.

In this way, we know that the development of this blog makes create compelling methods to enable the target audience involved in assisting the elderly with Alzheimer's disease and other dementing disorders.

The limitation of this work is related to the fact that there are few studies regarding the formation and training of personnel health caregiver of these patients, who often do not know how to handle due to the consequences that the disease presents.

The blog shows problems experienced in daily life that interfere in care practice and the positive factors that may subsidize actions of nursing care provided to patients with dementia to enable the improvement of the state of balance and quality of life.

In this work we bring development and the importance of the blog as Educational Technology, as a result, there is that with the proper use of this innovative, interactive and simple tool can offer health-related content of that elderly, allowing health education, and the acquisition of new professional nursing and academics knowledge.

REFERENCES


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Correspondence Address
Alessandra Conceição Leite Funchal Camacho
Universidade Federal Fluminense
Escola de Enfermagem Aurora de Afonso Costa
Rua Dr. Celestino, 74
Bairro Centro
CEP 24020-091 – Niterói (RJ), Brasil