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NOTE PREVIEW ARTICLE

HEALTH PROMOTION IN ONCOLOGY: CARING FOR FAMILY IN A RISK SOCIETY PROMOÇÃO DA SAÚDE NA ONCOLOGIA: CUIDANDO DA FAMÍLIA NUMA SOCIEDADE DE RISCO

PROMOCIÓN DE LA SALUD EN LA ONCOLOGÍA: CUIDANDO DE LA FAMILIA EN UNA SOCIEDAD DE RIESGO

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ABSTRACT

Objective: to analyze the applicability of the oncology Promotion Model in Health of Pender to the family of the person with cancer, aimed at promoting health and protection for cancer. **Method:** a descriptive and cross-sectional study with a qualitative approach, which is being developed in a University Hospital with ten family members of cancer patients. The research tools include five forms based on the Pender model. The data produced will be analyzed based on the model and applied on the diagram he proposed. The research project was approved by the Research Ethics Committee, Protocol 937,077. **Expected results:** it is expected to promote scientific support to nurses to the ownership of a working tool, using a knowledge produced by nursing, promoting discussion on promoting health in Oncology Care. **Descriptors:** Health Promotion; Lifestyle; Nursing Theory; Nursing models; Neoplasms.

RESUMO

Objetivo: analisar a aplicabilidade do oncológico Modelo de Promoção na Saúde de Pender à família da pessoa com câncer, com vistas à promoção da saúde e proteção para o adoecimento por neoplasia. **Método:** estudo descritivo, transversal, de abordagem qualitativa, que está sendo desenvolvido em um Hospital Universitário com dez familiares de pacientes oncológicos. Os instrumentos de pesquisa compreendem cinco formulários baseados no modelo de Pender. Os dados produzidos serão analisados à luz do referido modelo e aplicados ao diagrama por ele proposto. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, Protocolo n. 937.077. **Resultados esperados:** espera-se promover subsídios científicos aos enfermeiros para apropriação de uma ferramenta de trabalho, utilizando um saber produzido pela enfermagem, promovendo a discussão sobre a promoção da saúde na Atenção Oncológica. **Descritores:** Promoção da Saúde; Estilo de Vida; Teoria de Enfermagem; Modelos de Enfermagem; Neoplasias.

RESUMEN

Objetivo: analizar la aplicabilidad en el Modelo de Promoción en Salud de oncología de Pender a la familia de personas con cáncer, para la promoción de la salud y protección para la enfermedad por cáncer. **Método:** estudio descriptivo, transversal, de enfoque cualitativo, que está siendo desarrollado en un Hospital Universitario con diez familiares de pacientes oncológicos. Los instrumentos de investigación comprenden cinco formularios basados en el modelo de Pender. Los datos producidos serán analizados con base en el referido modelo y aplicados al diagrama propuesto por él. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, Protocolo n. 937.077. **Resultados esperados:** se espera promover subsidios científicos a los enfermeros para apropiación de una herramienta de trabajo, utilizando un saber producido por la enfermería, promoviendo la discusión sobre la promoción en la salud en la Atención Oncológica. **Descriptores:** Promoción de la Salud; Estilo de Vida; La Teoría de Enfermería; Modelos de Enfermería; Neoplasias.

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INTRODUCTION

Health promotion is understood as the development of behavior motivated by the desire to increase the well-being and enhance the potential for optimal health, guiding the planning of public policies, actions of strategies aimed at individuals and communities and research health problems.¹

The idea of health promotion that reports this study is to the strengthening of the person at risk of becoming ill to increase his individual and collective capacity to manage multiple health conditions submitted throughout his life.²⁻³

Thus, the nurse is one of the health professionals who has his work process based on the individual, family and community health education as a strategic professional to contribute in this direction.⁴ In this sense, which this research is based, it is stressed that the support of the nursing professional should cover the self-concept and self-care aimed at health promotion in the adoption of healthy lifestyles, giving a joint accountability focus on health-illness care.⁵

Cancer is one of Chronic Noncommunicable Diseases (NCDs) expressing the Brazilian scenario mortality rates reaching about 72% of the population.⁶ Knowing that such diseases are preventable, health professionals must continuously work in promoting change in lifestyle concerning the modifiable risk factors.⁷

also, the multifactorial causes of cancer and its resulting existence of genetic changes in an individual's DNA are also recognized scientifically.⁸ Government Programs have issued general recommendations to prevent this disease in Brazil, which include the control of body obesity, physical activity, limiting alcohol, preservation, processing and preparation of food, among others.⁹ Thus, it appears that there must be preventive factors starting from the effective individual action, which are considered modifiable risk factors and considered in the context of health promotion actions.¹⁰⁻¹

There are many models and explanatory methods for health promotion and several theoretical references that attempt to explain how to do it. Among them, there is the Health Promotion Model (MPS) of Nola Pender¹ that this study applied it to the family of the patient with cancer, by understanding that the person with cancer becomes the focus of attention of health services. Often those who follow and take care of this sick person are

overlooked, and become more susceptible to illness by NCDs because of multiple factors involved, from genetics to the adopted lifestyle and sometimes shared with the sick family member, and aggravated by stress resulting from dealing with the many facets involving the cancer illness of a family member.¹²

Thus, the study aims to analyze the applicability in oncology Promotion Health Model of Pender to the family of the person with cancer, to promoting health and protection for cancer illness.

METHOD

This is a descriptive, cross-sectional study with a qualitative approach, developed at the High Complexity Center in Oncology (CACON) of the University Hospital Professor Alberto Antunes, located in Maceió, Alagoas, with ten family members of cancer patients in the process of starting treatment with antineoplastic chemotherapy (QTA). The inclusion criteria were adults of both genders, blood relatives from 1 to 3 degrees to the 3rd generation. Spouses of patients by the absence of consanguinity ties were excluded.

The approach of subjects was in that scenario for the opportunity of the patient's admission to treatment with QTA, when it goes through a nursing consultation for the 1st time, always accompanied by at least one family member.

The family was invited to participate in five workshops on health promotion to introduce the theme of risk factors for cancer with the following topics: 1. Discovering hereditary cancer and its risk factors; 2. The power as a risk factor for cancer; 3. The importance of interpersonal relationships and spirituality to strengthen my immunity against cancer; 4. The standard of the implications of inadequate sleep and lack of stress management for cancer; 5. The role of physical exercise in anti-cancer lifestyle. At the end of these workshops, the invitation to participate in the study was held.

Research instruments were forms of semi-structured interviews based on the Pender model being applied in individual meetings. Similarly, the analysis will be based on that model, whose purpose is to assist nurses in the understanding of the key determinants of health behaviors as a basis for promoting healthy lifestyles.¹³ The central focus of the model is eight beliefs¹ evaluated and being critical to the nursing intervention as shown in Figure 1.

1. Individual's characteristics and experiences

2. Feelings and Knowledge about the specific behavior

3. Behavior of desired Health Promotion

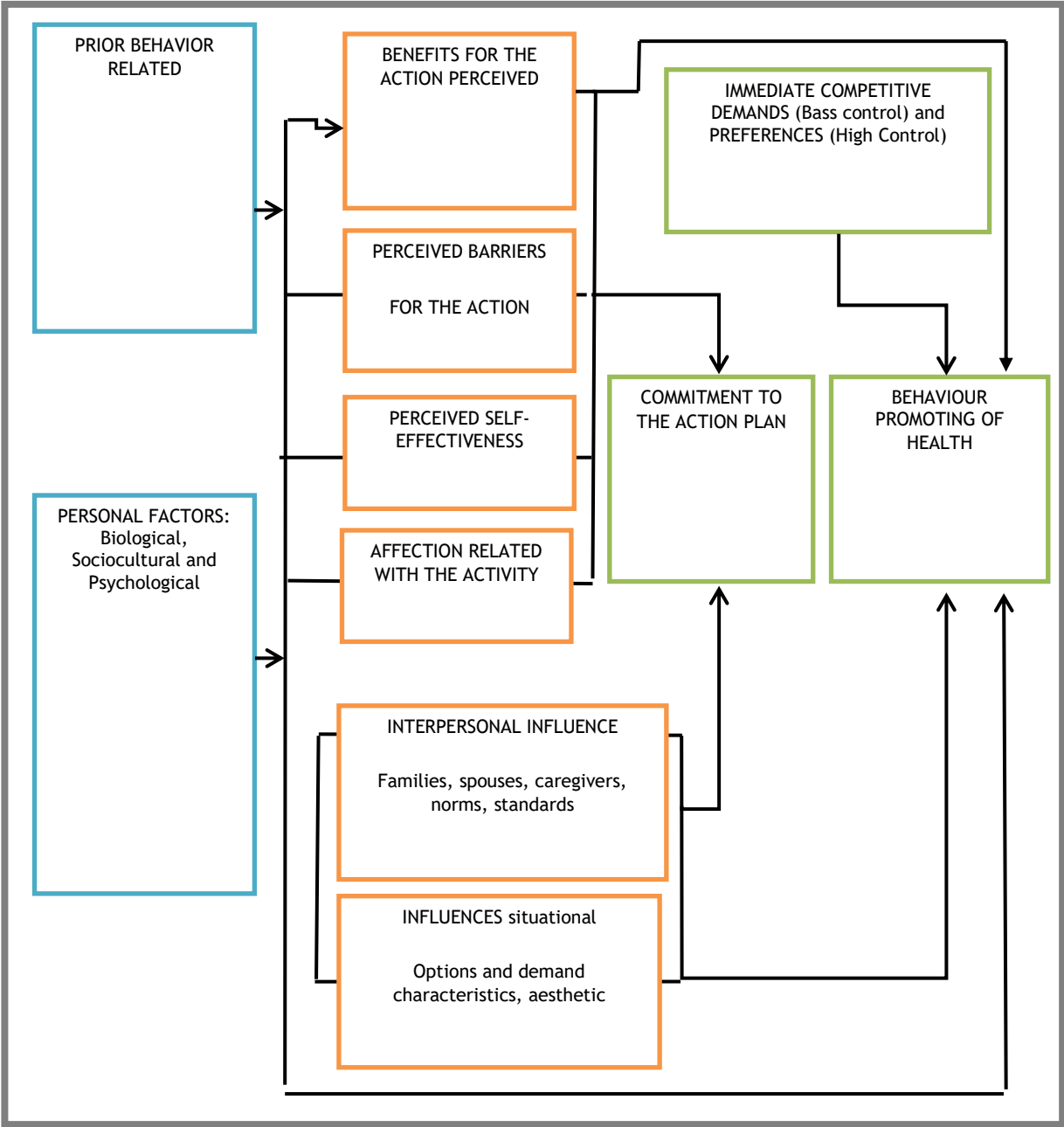


Figure 1. Diagram of the Health Promotion Model of Nola Pender¹. Maceió (AL), Brazil, in 2015.

The research project was approved by the Research Ethics Committee of the Federal University of Alagoas (UFAL) under the Protocol 937 077, of 02.22.2015, obeying to what is recommended in Resolution N° 466/12. All subjects signed the Informed Consent Form (TCLE). The end of the data collection is scheduled for June 30, 2015.

EXPECTED RESULTS

It is expected to bring scientific input regarding the applicability of Nola Pender MPS from the perspective of nursing care to the family of the cancer patients in the studied reality, which can contribute to health planning guiding nursing care to these individuals. Also, the prospect of this work is to emphasize the use of a nursing theory for their achievement, valuing the profession as a science.

Moreover, it is expected to promote individual empowerment for them to be able to create and consolidate personal mechanisms of self-sustainable development in their practices and behaviors that encourage themselves and their family to maintain promoter lifestyle of health and prevention of neoplasms.

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