



MANAGEMENT OF NURSING CARE FOR CHILDREN WITH ALLERGY TO COW MILK PROTEIN

GERENCIAMENTO DO CUIDADO DE ENFERMAGEM À CRIANÇA COM ALERGIA A PROTEÍNA DO LEITE DE VACA

GERENCIAMIENTO DEL CUIDADO DE ENFERMERÍA A NIÑOS CON ALERGIAS A LA PROTEÍNA DE LECHE DE VACA

Ana Karine Ramos Brum¹, Maria Lúcia Ferreira dos Santos Fernandes Filha², Raí Moreira Rocha³, Simone Cruz Machado Ferreira⁴

ABSTRACT

Objective: to identify the knowledge and the source of information on allergies to cow's milk protein (CMPA), tracing the socioeconomic and demographic profile of the caregiver and describing the difficulties, possibilities and care needs of children and their caregivers. **Method:** a descriptive and exploratory study, with a qualitative approach. The subjects will be caregivers and / or family members of children with CMPA providing daily care to children from birth, or at least six months. Data will be collected from semi-structured questionnaire submitted to thematic analysis technique. The research project was approved by CEP / UFF, CAAE No 14760113.7.0000.5243. **Expected results:** establish nursing actions with other professionals to ensure social inclusion in health, education and food, with safety and quality of life. **Descriptors:** Nursing; Safety Management; Hypersensitivity to Milk.

RESUMO

Objetivo: identificar o conhecimento e a fonte de informação sobre alergia a proteína do leite de vaca (APLV), traçando o perfil socioeconômico e demográfico do cuidador e descrevendo as dificuldades, possibilidades e necessidades de cuidado à criança e seu cuidador. **Método:** estudo descritivo e exploratório, com abordagem qualitativa. Os sujeitos da pesquisa serão cuidadores e/ou familiares de crianças com APLV que prestam o cuidado diário à criança desde o nascimento ou, pelo menos, seis meses. Os dados serão coletados a partir de questionário semiestruturado submetido à Técnica de Análise temática. O projeto de pesquisa foi aprovado no CEP/UFF, CAAE nº 14760113.7.0000.5243. **Resultados esperados:** estabelecer ações de enfermagem junto a outros profissionais que garantam a inclusão social na área da saúde, da educação e alimentação, com segurança e qualidade de vida. **Descritores:** Enfermagem; Gestão da Segurança; Hipersensibilidade ao Leite.

RESUMEN

Objetivo: identificar el conocimiento y la fuente de información sobre alergia a la proteína de la leche de vaca (APLV), trazando el perfil socioeconómico y demográfico del cuidador y describiendo las dificultades, posibilidades y necesidades de cuidados a los niños y sus cuidadores. **Método:** estudio descriptivo y exploratorio con un enfoque cualitativo. Los sujetos de la investigación son los cuidadores y/o los familiares de los niños con APLV que hacen el cuidado diario del niño desde su nacimiento o durante al menos 6 meses. Se recogerán los datos a partir de cuestionario semiestructurado sometido a la técnica de análisis temático. El proyecto de investigación fue aprobado el código POSTAL/UFF, CAAE nº 14760113.7.0000.5243. **Resultados esperados:** establecer acciones de enfermería con otros profesionales para garantizar la inclusión social en salud, educación y alimentos, con seguridad y calidad de vida. **Descriptores:** Enfermería; Gestión de la Seguridad; Hipersensibilidad a la Leche.

¹Nurse, Lecturer, PhD (Post Doctorate), Department of Foundations of Nursing and Administration, Aurora Afonso Costa Nursing School, Fluminense Federal University. Niterói (RJ), Brazil. E-mail: karinebrum@yahoo.com.br; ²Academic, Nursing Graduation Course, Aurora Afonso Costa Nursing School, Fluminense Federal University/EEAAC/UFF. Scientific Initiation Student/PIBIC. Niterói (RJ), Brazil. E-mail: mlfsff@gmail.com; ³Nurse, Masters student, Post Graduate Program in Science of Health Care, Aurora Afonso Costa Nursing School, Fluminense Federal University /PPGENF/EEAAC/UFF. Niterói (RJ), Brazil. E-mail: moreirarocha958@gmail.com; ⁴Nurse, Lecturer, PhD in Nursing, Department of Basics of Nursing and Administration Aurora Afonso Costa Nursing School, Fluminense Federal University /EEAAC/UFF. Niterói (RJ), Brazil. E-mail: s.cruz.ferreira@uol.com.br

INTRODUCTION

Adverse events that some foods cause when consumed are described for centuries to Antiquity.¹ Food allergy (FA) is a reaction to food protein characterized by the type of immunoglobulin IgE synthesis by B lymphocytes against antigens.²

In susceptible people, the simple contact with food which they are allergic to, causes aggregation of IgE, allergen - specifically present in mast cells, triggering the release of mediators that lead to smooth muscle contraction and vasodilatation, which often, causes vomiting and diarrhea. The process causing substance is transported through the bloodstream and may find mast cells in the skin, causing reactions, such as swelling and redness, and atopic rashes.³

The development of allergy to cow's milk protein (CMPA) followed in parallel with the development of civilizations and the first descriptions dating from the biblical ages.¹ The CMPA has variables and higher incidence manifestations and may have one or more gastrointestinal symptoms or association skin and respiratory symptoms.⁴ An epidemiological survey, in the Southern and Southeastern regions of Brazil, points out that the incidence and prevalence of suspected CMPA is 2.2% and 5.7%, while the diagnostic methods are unknown.⁵

Cow's milk is a mixture of more than 20 compounds⁶, so it is extremely important to guide patients and their families, for the exclusion of the cow and its diet derived milk, contributes to low calcium intake and energy, thus, compromising their nutritional condition.⁷ The commitment of nutrition and energy of the patient should be monitored closely by health staff and family, as the elimination diet can affect the growth and development of the patient.⁸

The difficulty of diagnosing impairs the patient's nutrition and quality of life of the family.⁴ The impact on family routine is in all aspects, such as financial costs, physical stress, emotional stress, beyond daily productive activities and social life.⁹ Parents describe difficulty in recognizing the presence of allergens, thus, demonstrating that 16% of allergic reactions occur in failure to read the label packaging.¹⁰ The learning process is cornered due to the daily and continuous care and the constant feeling of insecurity.

The health team must transcend medical treatment and have the nuclear family as a focus, should pay attention to their perceptions and needs, since the child depends on the care of their responsables.¹¹

The formation of partnerships with family assists in mobilizing resources to coping and adaptation to disease. Education and collaboration of the family and everyone involved in the child's life are critical, with guidance on reading labels, preparation of food, care in school, in other situations of eating outside the home.

Nursing aims to promote health and well-being at the individual level, complex, full and familiar dimension.¹⁴ Considering the importance of the nurse in care management and human security, it was observed, as the object of this study, care for health needs of children with allergy to protein of cow milk and family caregivers. It is understood, as needs of all care, and anything that seeks to the safety life of food allergy.

Studies dealing with CMPA are still focused on organic issues and immunological studies and not for the life of allergy sufferers. Thus, this justifies the choice of this research object, in view of the need to describe the child's reality with CMPA and its caregiver, and further deepen knowledge about the daily life of the same, emphasizing the difficulties and possibilities for social inclusion in health, education, food and social.

Thus, from these considerations, this research aims to:

- Identify the knowledge and the source of information about allergies to cow milk protein, tracing the socioeconomic and demographic profile of the caregiver and describing the difficulties, possibilities and care needs of children and their caregivers.

METHOD

A descriptive study of qualitative approach, part of the Research Group of Citizenship and Management in Nursing (NECIGEN / UFF). Qualitative research works with the universe of meanings, motivations, aspirations, beliefs, values and activities, corresponding to a deeper space of relationships, processes and phenomena in which it cannot be restricted to operation of variables.¹³

The chosen scenario covers open and closed groups organized in electronic base (facebook) that address and add families of children with CMPA. The search for social network allows us to increase the number of subjects who experience the condition of allergy to cow's milk protein in their daily lives, considering that organized groups are mediated by joining certain closed groups. Despite the qualitative study set - there were at least 30 subjects in the study. Will be excluded from the study, families and / or

caregivers of children who have not been diagnosed with CMPA, providing any care, providing daily care to children less than six months and under 18 years.

Data will be collected from May 2015 and may extend until December 2015 through semi-structured form. Sending the questionnaire and Informed Consent Form (ICF) occurred via email and must be scanned and sent to the researcher's email after response and signature, must also be sent with costs to the researcher by mail.

The analysis of information will be from the thematic analysis, with presentation of analytical categories. However, information from the socio-demographic and economic profiles and also characterization of the relevant subjects can be analyzed by simple statistics, descriptive, with absolute and relative frequencies. In order to highlight the results, they can be presented in illustrative graphics, facilitating the discussion of the study.

It is noteworthy, that taking into account the ethical-legal issues determined by the National Health Council, this project was submitted to the ethics committee of Antônio Pedro University Hospital and approved as CAAE No 14760113.7.0000.5243.

All participants will receive information about the project and sign the Informed Consent Form, formalizing their agreement to integrate and search before starting the survey, as required by Resolution No. 466/12.¹⁴

EXPECTED RESULTS

Due to the scarcity on the theme and being original by addressing nursing care issues to a portion of the specific population, this research will contribute to the scientific growth and hence, can generate subsidies to guide the management of care of the health of children with CMPA and their family. In addition, it seeks to establish nursing joint actions with other professionals, from the interdisciplinary approach in order to ensure social inclusion with safety and quality of life of those involved in this chronic process.

Yet in this perspective, we seek an integrated look of assistance actions/care, promoting quality, a partnership between the subjects and health production, through lifelong learning as a new vision and practice in health work. Reaching the life of the household transcending on legislation that mentions the Human Security, specifically in the continuing education of human resources, the prevention of injuries and the risk of

death and even in the private and public sphere of rights to the preservation of life.

Finally, to trace the socio-demographic profile, we intend to expand the knowledge on the subject, based on the reality found in the current context. This makes it possible to set new targets for the direct care of the customer, as well as indirect, ie, one that involves government institutions, in order to contribute to a proper experience of this portion of the population.

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Corresponding Address

Raí Moreira Rocha
Universidade Federal Fluminense
Escola de Enfermagem Aurora de Afonso Costa
Rua Dr. Celestino, 74 / 4º andar
Bairro Centro
CEP 24020-091 – Niterói (RJ), Brazil