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ARTICLE REFLEXIVE ANALYSIS

THE KNOWLEDGE OF HOW TAKE CARE OF A HUMAN BEING: AN APPROACH FOR NURSING CARE THROUGH THE PERSPECTIVE OF LEONARDO BOFF

O SABER CUIDAR DO SER HUMANO: UMA ABORDAGEM PARA O CUIDADO DE ENFERMAGEM NA PERSPECTIVA DE LEONARDO BOFF

EL SABER CUIDAR DEL SER HUMANO: UN ENFOQUE A LA ATENCIÓN DE ENFERMERÍA, DESDE LA PERSPECTIVA DE LEONARDO BOFF

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ABSTRACT

Objective: to reflect on the importance of nurses in knowing the works of Leonardo Boff. **Method:** reflective study based on a literature review of care from the perspective of Leonardo Boff, where the texts were separated by categories and analyzed jointly by reading exploratory, selective, analytical and interpretive. **Results:** glimpsed the principles and concepts elaborated by Leonardo Boff as broadly consistent with a possibility to do that purports to humanistic nursing. Carelessness in the daily man shows how great problem of mankind, requiring that, notably, the professionals who deal directly with the lives of human beings develop an ethical care with themselves and others. **Conclusion:** it's left to man the interiorization of the thought of knowing how to take care and take this attitude, as a priority of life. **Descriptors:** Nursing; Health; Ethics.

RESUMO

Objetivo: refletir sobre a importância dos profissionais de enfermagem em conhecer a obras de Leonardo Boff. **Método:** estudo reflexivo baseado em uma revisão de literatura acerca do cuidado na perspectiva de Leonardo Boff, onde os textos foram separados por categorias e analisados conjuntamente por meio de leituras exploratórias, seletivas, analíticas e interpretativas. **Resultados:** vislumbraram-se os princípios e conceitos elaborados por Leonardo Boff como uma possibilidade amplamente coerente com o fazer a que se propõe a enfermagem humanística. A falta de cuidado no cotidiano do homem se mostra como o grande problema da humanidade, necessitando que, notadamente, os profissionais que lidam diretamente com a vida do ser humano desenvolvam um cuidado ético consigo mesmos e com os outros. **Conclusão:** resta ao homem a interiorização do pensamento de saber cuidar e tomar essa atitude, como prioridade de vida. **Descritores:** Enfermagem; Saúde; Ética.

RESUMEN

Objetivo: reflexionar sobre la importancia de los profesionales de enfermería en conocer las obras de Leonardo Boff. **Método:** estudio reflexivo basado en una revisión de la literatura acerca de la atención desde la perspectiva de Leonardo Boff, donde los textos fueron separados por categorías y analizados conjuntamente mediante lecturas exploratorias, selectivas, interpretativas y analíticas. **Resultados:** imaginó los principios y conceptos elaborados por Leonardo Boff, una posibilidad ampliamente consistente con decisiones que pretende enfermería humanística. La falta de atención en la vida cotidiana del hombre muestra cómo gran problema de la humanidad, que requieren que, en particular, los profesionales que se ocupan directamente de la vida del ser humano desarrollan atención ética con usted y con los demás. **Conclusión:** se deja al hombre la interiorización del pensamiento de saber cuidar y tomar esta actitud, como una prioridad de vida. **Descriptor:** Enfermería; Salud; Ética.

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INTRODUCTION

In a brief retrospective of the life and work of Leonardo Boff, already we see the contribution of his work for the Brazilian nursing, although little explored by professionals. This assertion is due to the fact that the publications in Nursing, found that very little of the works cite Boff.¹

In this direction, the care is more than a single act or a virtue next to the other. It is a way of being, that is, how the human person is made structure in the world and with others. Better yet: it is a way of being in the world who founded the relationships established with all things.²

Thus, when talking about the process of care, namely care involves learning to care for one and for others, always keeping our notion of reality, possibilities and limitations. Before you ever dream of a world to come, let us dream of a society where values are structured and are built around the care for the people, especially considering different cultures, knowledge and ideas.¹

OBJECTIVE

- To reflect on the importance of nurses to know the works of Leonardo Boff.

METHODOLOGY

To reach that goal we conducted a literature review in a reflective approach care knowledge of the human being from the perspective of Leonardo Boff. The main advantage of this type of study lies in the fact that it allows to investigate a wide range of phenomena through research on materials already developed, enabling the enhancement of ideas and concepts, which consist of current reading books, journal articles, theses and dissertations, indexing journals, and proceedings of scientific meetings of digital databases.³

In the analysis phase the texts were separated by categories and analyzed jointly by reading exploratory, selective, and analytical and interpretive results were organized and described contemplating a reflection on the theme.

RESULTS

Then we will present the results of the survey highlighted and consequent reflection on the importance of the works of Boff in understanding the various dimensions of care of His human.

- **The care of yourself, others and the planet Earth**

Based on the works of living Boff is a widespread crisis, where carelessness, neglect and abandonment are your most painful symptoms. Today sees the neglect of the children of the planet, with the elderly and the underprivileged, plagued by chronic hunger, and the tribulation of "a thousand diseases", which had already been eradicated that, due to the large increase in population overall, return with all its strength. People today are very lonely, selfish, and fearful and what is worse, burying his dreams.¹

We live, today, the crisis of human design: we miss clamorous care everywhere. Their negative resonances are shown by the poor quality of life, by penalizing the impoverished majority of humanity, and the ecological degradation exacerbated by the exploitation of violence. That care flourish in all fields that penetrate the atmosphere that prevails and human in all relationships! The care will save lives, and do justice to the impoverished redeem the Earth as our home and motherland of all.²

Addressing the importance of taking care of people, especially culturally different, with penalized by nature, with the dispossessed, the poor, the excluded, children, the aged and the dying. Also highlights the care of plants, animals, landscapes and especially with the Earth. Considering the urgency of "pass-conquest paradigm to paradigm-care."^{4:21}

Learn to take care involves ethical feelings of the human being towards the middle where it is inserted, or the environment, the Earth. We know that man does not live in a nap with biological nature. Rather, it interacts with itself to make your life more comfortable, doing it through work, even though, in some situations, this becomes synonymous of careless. This is seen, but not effectively, to try to combine so challenging job with care.²

In this sense, in modern society the human being is seen only by its workforce - be careful, to be sold and exploited. Lost sight of the human being as unlimited relations, creativeness, tenderness, care and spirituality. It all starts with feeling, this makes us sensitive to what is around us, which makes us like or dislike. Is the feeling that binds us to things.⁵ If we can feel, we can act for the improvement of self and the others.⁵ Nurses need to open channels of communication with their customer and this is the feeling that arises when we realize the needs of the human being careful.

Learn how to take care raises issues of ethics, but not as static rules and formulated. This new Ethics parts of a new perspective, where humans seek to safeguard the planet and "take care" of everything and everyone. An ethics that can only be hit with a look for yourself, building a new human conduct in relations with the environment and with each other. But for this there must also be no ethics education, or rather self-education. In which, Boff concomitantly introduces moral issue. Self-education and morality go together. They are paths to healing and redemption of the human essence. Learn to take care shows clearly that man must undergo an ecological literacy, review spending habits, learn to live with each other carefully, to touch him.

So, Boff shows that not only is the human being who should be careful, but all that is part of the Planet Earth. Soon, he presents ways for healing and redemption of the human essence, when men undergo ecological literacy, reviewing habits, consumption and learning to live, to play, to show your affection and your generosity, love food, contact human, increase the ability to feel, live and socialize, learning to care for the planet, always wrapped in an ethic of care. Learn to care, the essence of human life is within each of us, and all the answers are within the human being.⁶

Human beings cannot live without care - the essence of human life, in which it confuses with a caring nursing care in the sense of being human.⁷ However, in everyday health care, yet we realize the need for a re-education process of the human caregiver. We cannot be insensitive to other's pain and not according to the theologian "deaf to the messages the universe and everything." We cannot lose the capacity of tenderness and wonder about life.^{8:17}

Caring is more than an act, it is an attitude. (...)a moment of attention, zeal and devotion (...)an attitude of occupation, concern affective involvement, which belongs to the attitude of care, which is at the root of the human being, because he is the proper care singular and in essence.⁷

• Nursing and care for humans

It should awaken in the Professional Nursing Human awareness about care within their totalitarian function, being a being that captures the dimensions of the possibilities argued, praise and thank your intelligence everything he does, as a be ethical without imposing their symbolic power of caring.⁷

Nursing deals with the care of body and soul. Through the responses of the body perceives human frailty. The body is mortal life. She will lose her capital energy, their balance, falls ill and eventually dies. Death is not the end of life. Begin on your first time. Let's dying, slowly dying until you finish. The acceptance of mortality makes us understand life differently health and disease.²

Health and healing designate the process of adaptation and integration of different situations, in which one gives health, disease, suffering, recovery, aging and peaceful walk to the great passage from death. Health, therefore, is not a state nor an existential act, but an attitude to various situations that may be unhealthy or healthy. Being a person is not simply being healthy, but is more healthfully face sickness and health. Being healthy means to accomplish with a sense of life that encompasses health, disease and death. Someone could be deathly ill and be healthy with this situation because of death grows, becomes human and knows how to give meaning to what suffers.²

Nursing professionals acquire the human capacity to care for the acquisition and application of knowledge, attitudes and skills development appropriate to the roles that are recognized by society for the profession.⁹

As a first attitude and character of the human being, caring human nature and reveals the most concrete way of being human. Without care, man ceases to be human deconstructs themselves, withers, dies and loses meaning. If lifelong do not carefully take everything ends up harming yourself and destroy what is around you.²

It is noteworthy that even the care process must not only hold the identification of clinical signs and symptoms of the disease but that changes in structure occur in humans who undermine their entirety. For health must be understood and addressed by caregivers through a holistic perspective and biopsicosociospiritual.¹⁰

The verb in Portuguese denotes caring attention, care, devotion, zeal. Assume also features synonymous with words like imagine, meditate, employ attention or prevented. But that is more a moment of attention. It is in reality an attitude of concern, occupation, affective involvement and accountability with being careful.²

Discussions and studies about the meaning of care need to be worked during nursing education, in order to understand care as a process that has an essential dimension and complex both in experience as caregiver who

receives care, or even who teaches caring for those who are learning to care.¹¹

CONCLUSION

In short, for Boff carelessness is the biggest problem of mankind. And this lack of care is a consequence of the lack of "love" that leads to the bankruptcy of the Earth. You have to re-spiritualize up, meet "God", seeking the essence of human life.² You must redeem the connection to the whole, with the Universe, with himself. The simple messages of Leonardo Boff transgressed the limits of reading and went far beyond, came to care deeply care that exists in each of us, human beings.

Promote reflection on the possibility of the development of learning to care for others and oneself, our goal was to understand how essential that nursing professionals increasingly seek to acquire knowledge ethical humanists, integral development, overcoming the "carelessness" of modern society and reaching the caring of others and the planet.

As nursing professionals, we can try to change the reality, or contribute to the essence of human care, while science and art of nursing, prevails and the disregard for the human being to be modified to obtain better quality of life, with ethics and dignity, this planetary space in which we live.

So, love, tenderness, caress, warmth and compassion that guarantee humanity to man. If we are imbued with these feelings while nurses and humans, we believe that the world will be brighter and thirstier for life than if we cultivate small feelings of neglect and carelessness with yourself and others.¹

Ends up that rescue of the principles and concepts of Boff, still unfinished, open to further discussions with the message brought by the fable of Latin origin-myth about the care essentially contained in the work of the theologian:

"One day, while crossing a river, Care saw a piece of clay. Soon he had an inspired idea. It took a bit of clay and began to shape it. While contemplating what he had done, Jupiter appeared. Caution asked him to blow in it spirit. What did Jupiter willingly. But when Care wanted to name the creature that had shaped, Jupiter forbade. He demanded that his name be imposed. While Jupiter and Care argued, arose suddenly the Earth. She also wanted to give his name to the creature, for it was made of clay body material of her. It originated then a general discussion. In agreement they asked Saturn to serve as arbitrator. This has taken the following decision that seemed fair: You, Jupiter, gave him the spirit; receive, then,

this spirit back at the death of this creature. You, Earth gave her body; receive, therefore, also back your body when the creature dies. But like you, Care, was who the first to shape the creature, shall be under his care while she lives. And since there is heated discussion among yourselves about the name, I decide: this creature will be called Man, that is made of humus, which means fertile land."^{2:46}

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