USE OF INTERNATIONAL CLASSIFICATION FOR NURSING PRACTICE / CIPE® IN NURSING CARE

ABSTRACT

Objective: to systematize nursing care, using the International Classification for Nursing Practice. Method: a descriptive study and an observational, case study, developed in one of the clinics of a teaching hospital in the city of João Pessoa / Paraíba / Northeast Brazil. The sample was made up of a patient with pemphigus vulgaris. This study was approved by the Research Ethics Committee of the University Hospital Lauro Wanderley, under protocol # 156/10. Results: After the investigation of the patient's history was traced five nursing diagnoses according to ICNP®: moderate pain, risk for infection, impaired skin integrity, anxiety and impaired visual acuity. Conclusion: in this study it was possible with the use of ICNP® improve the targeting of nursing actions for the quality of patient care with this disease. Descriptors: Nursing; Nursing Diagnoses; Pemphigus Vulgaris.

RESUMO

INTRODUCTION

The term pemphigus comes from the Greek pemphix, meaning bubble, and includes a group of chronic bullous disease of autoimmune origin. It is caused by the production of autoantibodies directed against the cell surface of keratinocytes, which leads acantholysis (which is the loss of adhesion between the epithelial cells of the Malpighian layer) and blistering. It is classified into two groups: pemphigus vulgaris and pemphigus, but in recent years have been described three new variants: Herpetiformis paraneoplastic pemphigus and pemphigus IgA.\(^1\)\(^2\) In literature, the most common variants of Pemphigus vulgaris are foliations.\(^3\)\(^4\)

A common variant is relatively rare, usually occurring after age 40 and affects both genders. Pemphigus foliaceus has the same epidemiological characteristics of the ordinary in all parts of the world, however in Brazil, has distinctive features with high frequency in rural areas of some states. It affects all age groups and has likely genetic connotation, given its high frequency family (12% of cases).\(^3\)\(^5\)

The incidence of the disease is variable, ranging from 0.76 / 100,000 per year, as in Finland, to 1.61 / 100,000 population in Jerusalem, with predominance in the Jewish race. Pemphigus vulgaris, despite its infrequent occurrence in our country, is considered an important disease because it can be lethal, if not diagnosed and treated in initial phase.\(^1\)\(^6\)

Despite the different immunosuppressive drugs available, pemphigus vulgaris still retains mortality of up to 10% of cases, most of which is due to complications from the treatment itself. So knowing correctly assesses its extent and severity in each case represents a watershed in relation to the success or failure of treatment. Unfortunately, there is no well-defined clinical parameters that allow properly classify patients of pemphigus vulgaris, making clinical assessment and therapeutic decision consequently highly dependent on the experience of one who examines the patient, which does not always bring the best results.\(^3\)

Pemphigus vulgaris is characterized by formation of blisters or vesicles of varying diameters, whether superficial or deep, clear serous content, purulent or bloody, once broken, irregular originate superficial erosions, with reddish and painful symptoms that soon are covered with a kind of pseudomembrane, and are surrounded by diffuse erythema. These lesions affect skin and oral mucosa, pharyngeal, laryngeal, esophageal, nasal, conjunctival and genital.\(^8\)

The therapeutic approaches to pemphigus vulgaris - except for steroids, devoted over 50 years of use - still weak from the point of view of evidence-based medicine. Most of them follow grounded in series / case reports or expert opinion. The statistical treatment of the data is missing in most of the work, which contributes to the low quality of information.\(^7\)

Given the complexity involved in the treatment of patients with pemphigus vulgaris, nursing can be presented as an important strategy in maintaining a humanized, individualized and systematic. For both should have the resources to subsidize this care giving you clarity and autonomy in patient management.

The International Classification for Nursing Practice (ICNP ®), created by the International Council of Nurses (ICN), fits perfectly as a tool that allows nurses to scientific language and unified, common to the nursing world. The ICNP ® enables the planning of the interventions of professional nursing, according to the person's needs, your needs, and taking into consideration the disabilities with which faces.\(^8\)

The systematization of nursing care is a methodological model ideal for the nursing staff to broaden their technical and scientific knowledge to health care practice, the customer benefiting from the comprehensive care and the organization of the necessary conditions for it to be done.\(^9\)

Faced with the need to implement care by nursing staff for this population, the authors raised the question: What is the recommended nursing care to the client with pemphigus vulgaris? Faced with this challenge and the opportunity to practice, we direct in a patient with this condition, aimed to systematize nursing care, using the International Classification for Nursing Practice (ICNP ®)\(^9\) to a customer affected by pemphigus vulgaris.

METHOD

A descriptive, observational, case study, developed in one of the clinics of a teaching hospital located in João Pessoa / Paraíba / Brazil. The population chosen was related to patients with pemphigus vulgaris, on the occasion were under detention unit in two patients. However, the sample consisted of a patient.

Inclusion criteria considered patients with pemphigus vulgaris, 18 years. Data collection...
occurred in September 2010, after clarification from the patient and his family companion on the research objectives, and signing the consent form. Developed through interviews and physical examination techniques propaedeutic, being used a structured instrument (developed and used by the institution in hospital), contemplating the Basic Human Needs Horta described by addressing aspects biopsychospirituals, and other data recorded in the patient record.

Then, to describe nursing diagnoses, as well as the results, was used to ICNP ® (VERSION 2.0) after 9 and definition of nursing diagnoses, proceeded with care planning, and care following implementation of the patients affected by pemphigus vulgaris.

It is emphasized that this study was approved by the Ethics in Research of the University Hospital Lauro Wanderley, under protocol # 156/10, which is linked to the Group of Studies and Research in Wound Management, Federal University of Paraíba - (GEPEFE / UFPB), as well as the Undergraduate Research Programs and Graduate Nursing at that institution.

RESULTS

♦ Case Study - History

ATS, 53, female, Catholic, Natural Stones of Fire-PB, living in this rural county, admitted to a teaching hospital in the city of João Pessoa - PB, in September 2010, complaining of skin lesions open with reason for hospitalization of pemphigus vulgaris. Patient literate housewife, had radiotherapy treatment for personal history of cervical cancer a little more than 1 year (SIC). Refers not understand the disease and not know how to prevent.

The physical examination was brief, because the location of the lesions characteristic of the pathology which caused a weakness in his general condition, and this prevented the auscultation, percussion and palpation of his respiratory, cardiac, and gastrointestinal. These lesions were more frequent in the dorsal region, chest, and abdomen beyond the upper and lower limbs, head and neck.

Patient was eupneic, chest expansion bilaterally, without the use of oxygen. Regarding your need for movement was observed that its network was visible and no venous varices. As regards the needs of hydration and nutrition was found that fed under diet orally. Her nutritional status was considered appropriate. Abdomen has been observed that plane. In your needs elimination was reported spontaneous voiding, aspect of normal urine, deletions intestinal physiological patterns and looks normal.

About needs integrity mucocutaneous, it was observed that his skin was normal colored, with normal humidity, rough texture, normal thickness, afebrile to touch, elasticity decreased with decreased turgor. Featuring red and bullous lesions with presence of crusts. Mucous membranes pink with moisture intact, without lesions on the oral mucosa and nasal labial fissures and whitish plaques.

In your needs regulation presents changes in vision by not being able to use the glasses due to injuries to the eyelids. Reporting back pain because of injuries in antalgic position. Their needs sleep and rest was satisfactory, and use of diazepam. In body care needs, has failed teething and dental prosthesis. In your exercise needs independent ambulation and mobility features.

In need of shelter and housing, says living in rural areas in their own house with six rooms, with home type of masonry construction, with four residents without water coming from wells and treated without basic sanitation, with the presence of domestic animals, cats.

In needs of sexuality, does not report changes in genital sexually active with a partner (spouse) and not reporting use of contraception or STDs. It has five living children and a miscarriage 5 months.

In psychosocial needs, and their needs for security, need not report household resources. In its communication needs, she reads and writes. Have clarity of ideas, responses related, very cooperative and created a bond of empathy for assistance. But in nonverbal communication, there was no eye contact, and the face was apprehensive and anxious.

In gregarious, reported living with relatives. Who else is in your treatment helps her husband, both participate in community activities, such as the church, does not receive visits in the hospital is being accompanied by her husband.

Their self-esteem and self-actualization presented itself when he claimed to have optimistic plans for the future. Your household income is twice the minimum wage, and considers it appropriate to maintain the family. Asserts that the disease has changed their way of being. It also says that you can help in your treatment to cooperate with the staff in the administration of their therapy, ensuring their basic human needs and promoting their self care (SIC).

After investigating the history of the patient were followed the remaining steps of the nursing process. Whereas the need for care planning is proportional to the needs of
the patient, since the objective systematization of actions the organization, the quality and validity of given care. Were drawn five nursing diagnoses according to the terms found in ICNP® (Figure 1).

<table>
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<tr>
<th>Axles</th>
<th>Terms</th>
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<tr>
<td>Focus</td>
<td>• Case body: process of the immune system, infection, inflammation, wound.  &lt;br&gt;• Behavior: Communication, Self Care, Standard of sleep and rest.  &lt;br&gt;• Psychological Process: Attitude about home care, grief, stress to environment change.</td>
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<tr>
<td>Judgment</td>
<td>• Level: expected  &lt;br&gt;• Capability: sometimes  &lt;br&gt;• Trial positive and negative: Committed  &lt;br&gt;• Potential for risk</td>
</tr>
<tr>
<td>Time</td>
<td>• Frequency: sometimes  &lt;br&gt;• Sequence time: continuous  &lt;br&gt;• Location: Hospitalization, discharge</td>
</tr>
<tr>
<td>Location</td>
<td>• Position: body position  &lt;br&gt;• Structure: skin, eyes  &lt;br&gt;• Home: Structure psychosocial</td>
</tr>
<tr>
<td>Action</td>
<td>• Manage: Implement: manage, serve, relieve  &lt;br&gt;• Answer: pollution prevention;  &lt;br&gt;• Patient Activity: Clean, sanitize;  &lt;br&gt;• Customer Individual: adult</td>
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**Figure 1.** Planning of nursing care to a patient with diagnostic of Pemphigus vulgaris. João Pessoa / Paraíba, 2010.

**DISCUSSION**

In a time when so much is discussed about the humanization of nursing practice, the applicability of the Systematization of Nursing (SAE), proposes a change in the behavior of the entire team that provides patient care. In this context, means that care is essential in different situations of human life, be it in health promotion, prevention of disease, in the course of the diseases and their complications, disabilities or in the process of dying. Thus, the systematization of nursing care is an essential tool in the planning and execution of such care.

There are several systems in nursing classification terms, and ICNP® one. The ICNP® is an information system that classifies phenomena, actions and outcomes of nursing, which allows the description and characterization of their practice, and represents a unifying framework for all systems available within worldwide.

To compose the affirmative diagnostic standards were used for construction of the diagnoses established in ICNP®, which resulted in the construction of five diagnostic statements, explained below: Moderate pain, risk for infection, impaired skin integrity; Anxiety; impaired visual acuity.

The nursing diagnosis Moderate pain was linked to the clinical forms of pemphigus vulgaris in order pathology that is characteristic of the appearance of bubbles inside the epithelium, tending to rupture, exposing the base of bubbles, i.e. transformed into quite painful ulcers with irregular borders, as evidenced in the dorsal region, chest, abdomen, upper and lower limbs, head and neck paciente. This case the diagnosis moderate pain Anxiety enhances the diagnosis that is characterized by a process permeated by fear of unknown, as the jargon and flowery health team, the apprehension of being in a strange environment, and also by concern for their physical integrity, due pathological process.

The nursing diagnosis Impaired Skin Integrity is characterized by mucocutaneous fragility presented in these patients by pemphigus vulgaris, and supports the development of nursing diagnosis Risk for Infection that qualifies as a state in which an individual runs an increased risk of being invaded by pathogenic organisms, being easily identified patient in this case study presented by the recurrence of ulcers along the exposed body.

The Impaired Visual Acuity identified as the prevalence of vision where the individual feels uncomfortable difficulties in seeing shapes and contours of objects, is emphasized in this case study, since the patient suffered from myopia, and due to injuries present on the face did not support the state painful to use the glasses.

Nursing care to this client with pemphigus vulgaris represents a challenge for the nursing staff, not only by its complexity, but the reality of their inpatient units that often lack specialized services in dermatology, physical structure and proper specialized nursing staff, as occurred in this case.

The nursing actions aim to meet the needs of individuals to promote, prevent and / or recover health, and are directed to the selfcare. These actions are directed by the use of ICNP® catalog which has been consolidating around the world as a unified system nursing language, able to communicate
and compare nursing data between different contexts, countries and languages. These data can be used to support clinical decision making, analyzing nursing care and outcomes achieved with patients, develop health policies and generate knowledge through research.11

CONCLUSION

In this study, we could see that the use of ICNP® in professional practice, enables the targeting of actions that contribute to better quality of care, and provides greater visibility of nursing activities through the records of the actions implemented.

It is important to consider that the nursing care differ from other health professionals, as regards the subjectivity and vulnerability of each individual. Especially in the carrier of pemphigus vulgaris, not only by the lack of integrity of the skin, but also by the effects of cutaneous involvement in their lives.

We emphasize that it is possible to build on the terms identified other diagnoses, but they consider their relevance in practice, although it is not necessary to use all diagnoses listed herein but those that are appropriate to patient care.

REFERENCES
