



THE INTERDISCIPLINARITY AND ITS CONTRIBUTIONS TO NURSING CARE: INTEGRATIVE REVIEW

A INTERDISCIPLINARIDADE E SUAS CONTRIBUIÇÕES PARA O CUIDADO DE ENFERMAGEM: REVISÃO INTEGRATIVA

LA INTERDISCIPLINARIDAD Y SUS CONTRIBUCIONES PARA EL CUIDADO DE ENFERMERÍA: REVISIÓN INTEGRATIVA

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ABSTRACT

Objective: to investigate the scientific production on the interdisciplinarity and to describe the contributions to nursing care. **Method:** it is an integrative review guided by the following question << *What the scientific literature has about the interdisciplinarity and how it contributes for the nursing care?* >> We have conducted searches in the following databases: LILACS, PubMed/MEDLINE and IBICS, by using the descriptors "Nursing", "Patient Care Staff", "Inter-professional Relationships", "Interdisciplinary Communication" and "Philosophy". We have defined the following information to be extracted from the papers: identification of studies, professional category of authors, publication year, methodological characteristics, contexts and perspectives of the study and contributions towards the nursing care. The information were thoroughly analyzed and synthesized with sights to ensure the methodological rigor of the review. The synthesis of the review is presented in the text in a descriptive manner. **Results:** the final sample was comprised of fifteen studies. **Conclusion:** most of the studies reveal perspectives that highlight the need for greater insights of the interdisciplinarity for the professional practice. **Descriptors:** Nursing; Patient Care Staff; Inter-professional Relationships; Interdisciplinary Communication.

RESUMO

Objetivo: investigar a produção científica sobre a interdisciplinaridade e descrever as contribuições para o cuidado de enfermagem. **Método:** revisão integrativa norteada pela questão << *O que a literatura dispõe sobre a interdisciplinaridade e qual sua contribuição para cuidado de enfermagem?* >> Realizaram-se buscas nas bases LILACS, PubMed/MEDLINE e IBICS, utilizando os descritores "Enfermagem", "Equipe de Assistência ao Paciente", "Relações Interprofissionais", "Comunicação Interdisciplinar" e "Filosofia". Foram definidas as seguintes informações a serem extraídas dos artigos: identificação dos estudos, categoria profissional dos autores, ano de publicação, características metodológicas, contextos e perspectivas do estudo e contribuições para o cuidado de enfermagem. As informações foram analisadas e sintetizadas cuidadosamente visando assegurar rigor metodológico da revisão. A síntese da revisão encontra-se de forma descritiva no texto. **Resultados:** a amostra final consistiu em quinze estudos. **Conclusão:** em sua maioria, os estudos revelam perspectivas que ressaltam a necessidade de maiores aprofundamentos da interdisciplinaridade para a prática profissional. **Descritores:** Enfermagem; Equipe de Assistência ao Paciente; Relações Interprofissionais; Comunicação Interdisciplinar.

RESUMEN

Objetivo: investigar la producción científica sobre la interdisciplinaridad y describirlas contribuciones para el cuidado de enfermería. **Método:** revisión integrativa norteada por la pregunta << *Lo que la literatura dispone sobre la interdisciplinaridad y cuál es su contribución para el cuidado de enfermería?* >> Se realizaron búsquedas en las bases LILACS, PubMed/MEDLINE y IBICS utilizando los descriptores "Enfermería", "Equipo de Asistencia al Paciente", "Relaciones Interprofesionales", "Comunicación Interdisciplinar" y "Filosofía". Fueron definidas las siguientes informaciones a ser extraídas de los artículos: identificación de los estudios, categoría profesional de los autores, año de publicación, características metodológicas, contextos y perspectivas do estudio e contribuciones para el cuidado de enfermería. Las informaciones fueron analizadas y sintetizadas cuidadosamente visando asegurar rigor metodológico de la revisión. La síntesis de la revisión se encuentra de forma descriptiva en el texto. **Resultados:** la muestra final consistió en quince estudios. **Conclusión:** en su mayoría, los estudios revelan perspectivas que resaltan la necesidad de mayores ahondamientos de la interdisciplinaridad para la práctica profesional. **Descritores:** Enfermería; Equipo de Asistencia al Paciente; Relaciones Interprofesionales; Comunicación Interdisciplinar.

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INTRODUCTION

To discuss the interdisciplinarity and their contributions to nursing care suggests to take an attitude of thinking about the connections, the articulations and in the integration of disciplines by pursuing complementarity, mutual growth and an open and extended gaze towards the complex phenomena, in general, present in the health context. Thus, it presupposes a complex thought able to identify the relationships between phenomena, making them dialoguing, interacting, integrating, thereby enabling an understanding of the whole, without losing sight of the specific parts.¹ That said, the nursing care focused on the human being and its needs is proposed to think about the multidimensionality, the singularities and the specificities of this human being and of care offered to him, needing therefore, a jointed thought subsidized by the interdisciplinarity.

Accordingly, the interdisciplinarity seen as an alternative to the barrier of the piecemeal, fragmented and disjointed thought is understood as a practice that aims to find solutions to the actual problems found in everyday life, through confrontation, integration and convergence of ideas and discourses, by trying to solve them in their multiple dimensions.² This perspective, in the health care scope, is presented as a way of approaching situations or problems through the integration and articulation of different skills and practices generating an intervention, a common attitude, thus putting in a horizontal position the skills and power relationships, as well as valuing the knowledge and contributions of each professional who is part of the health staff.³ Thus, the interdisciplinarity is proposed to work with the integration of disciplines, making them interacting with each other, fostering the dialogue, the communication and the reciprocity between thereof. It enables the adjustment of the parlance among the specialties and favors the relationship between the different disciplines/occupations.⁴

From this viewpoint and when it comes to nursing care, the interdisciplinarity allows the nurse, during the care relationships, to see the human being beyond the biological aspect and realize the social, psychological, cultural and spiritual dimension that integrates it as a whole. Thus, it makes this professional to seek other knowledge foundations intended to a more conscious and careful “being” and “doing” in nursing, by targeting a care in the perspective of the integrality and

humanization as advocated by the Brazilian Unified Health System. From this perspective, the integral human dimension is sometimes laterally placed through the disarticulation of the biological, psychological, social, cultural and spiritual dimension, since each one of these dimensions ends up being the focus of a single professional working in isolated actions in non-concomitant moments.⁵

This piecemeal and fragmented viewpoint of the human being has raised studies and concerns, especially those related to health care scope. Health care viewed from an interdisciplinary perspective has as action proposal a care focused on the human life through a collective effort of multiple skills that work in tandem to foster the quality care. Particularly, it should be emphasized that the integration of skills takes place, mainly through dialogue, communication, exchange, mutual respect, synergy and convergence of ideas, but not simply by the juxtaposition of skills. Therefore, the interdisciplinary work suggests a way of thinking about the existing labor relationships, articulations, connections and interconnections. Thus, it necessarily demands a team work, i.e., a work together with others and to others in a harmonic manner, by enhancing the experience of each professional and welcoming the needs of the human being from a sensitive listening and a perceptive gaze. It is worth highlighting the team work as a strategy of organizing the work that simultaneously considers the articulation of actions and of skills from several categories of professionals in search of a consensus, in order to get quality in the comprehensive care to the health needs of every human being.⁶

Although there is denotation of conceptual problems, the interdisciplinarity is configured as a thought-provoking, vast and complex issue that enables built attitudes of care on the broader concept of health, which requires from the professionals the conduction of articulated actions and joint decisions by the health care staff. Accordingly, the interdisciplinarity presupposes new forms of relationships, both with regard to the institutional hierarchy, the management, the division and the work organization, as well as the relationships that the professionals establish among themselves and service users.⁷ Therefore, the interdisciplinarity requires from the professionals the cultivation of skills and abilities, especially the relational ones, by considering the complexity of the relationships and interactions established among professional/human being/ health care staff.

The imperative necessity is that each specialist should integrate the interdisciplinarity into its own interdisciplinary participation, ways of acting and style of working together with others, whether they are experts in the same area or in other occupations.⁸ Thus, while essential issue to the background of the academic knowledge and interest of the nursing field, one needs to master the proper understanding of the topic and assume the more current concepts of the world, because the interdisciplinarity has already become indispensable for itself.⁸

The nursing care on the way to a new viewpoint for the health scope should be guided by ethical, humanized and integrated attitudes, in order to safeguard the human life that is under its shares. Integrated attitudes have proposed spaces for knowing the complex, the multidimensional, thus enabling understanding of the other in its entirety and uniqueness. Hence, to rescue the unit of knowledge by means of the interdisciplinarity reveals itself as a possible ideal. For this purpose, one should search for ways of wholeness and of integration in a multiple, pluralistic and heterogeneous field of skills.⁹ Thus, the nurse, in this complex context, plays a key role in promoting change, as it presents itself as an organizer and integrator professional of different skills, who is able to build bridges of information among the members of the health care staff.¹⁰ Added to this, there is the need for an interdisciplinary stance of this worker with sights to subsidize elements that stimulate humanized attitudes of care, which are rich in subjectivity and objectivity.

Therefore, the nursing care from the perspective of the interdisciplinary is translated into a dialogic and non-dichotomic relationship, where distinct skills complement themselves in a scenario of multiple relationships and interactions, thereby enabling a multidimensional knowledge of the complex.

Given the above and seeking to provide scientific merit towards the nursing care, we have raised the following question: What is the involvement of the Nursing in researches that address the interdisciplinarity? Which are the professionals who study this issue? What are the methods that have been being used? In which contexts and under which perspectives the interdisciplinarity has been studied? What is the contribution of the interdisciplinarity to nursing care? Therefore, we have outlined as objective of this study to investigate the scientific production on the interdisciplinarity

and describe its contributions to nursing care. The relevance lies in the appreciation of issue, which might mediate the relationships of care among nursing professionals, patients and staffs.

METHODOLOGY

The study is characterized for being descriptive and exploratory, by using the integrative review as a research method for collection and analysis of data. The choice of this method is justified by enabling the synthesis of the state of knowledge of a given issue, thus favoring the identification of gaps that need to be filled with further studies.¹¹

The integrative review consists in elaborating a comprehensive analysis of the literature, by contributing to discussions about the methods and results of the researches, as well as reflections on the conduction of future studies.¹² Therefore, it enables the understanding of the studied topic, besides to subsidizing elements for holding a critical and reflective analysis of data.

The integrative review is, among the review methods, the widest due to its demonstration of advantage, as it allows the simultaneous inclusion of experimental and quasi-experimental research, thereby providing a complete overview of the topic of interest. It also allows the combination of data from the theoretical and empirical literature.¹² In this sense, the integrative literature review has the potential to build knowledge in the nursing scope, by producing a grounded and equitable knowledge for nurses perform a clinical practice with great quality.¹¹

To that end, it becomes necessary to follow some steps for developing an integrative review. The first step is the identification of the topic and the selection of the hypothesis or research question (what the scientific literature has about the interdisciplinarity and how it contributes for the nursing care?). This step is crucial, given that the defined research topic and problem will guide the conduction of the integrative review. The second stage is represented by the establishment of the criteria for inclusion and exclusion of the study, i.e., sampling and literature search. At the third step, the information to be extracted from the selected studies will be defined. This step presupposes the use of a tool to gather the relevant information. The fourth step is the assessment of the studies included in the analysis, followed by the interpretation thereof, which represents the fifth stage. In the sixth and

final step, there is the presentation of the review and synthesis of knowledge.¹¹

Thus, following the steps recommended for the preparation of an integrative literature review, after the identification of the topic and elaboration of the research question, we sought the survey of studies in the literature. For this purpose, we have used the following databases: LILACS (Latin American and Caribbean Health Sciences), PubMed/MEDLINE (Medical Literature Analysis and Retrieval System Online) and IBECs (Spanish Bibliographic Index of Health Sciences). As search strategies, we have used the pertinent descriptors contained in the Medical Subject Headings (MeSH), namely: "Nursing", "Patient Care Staff", "Inter-professional Relationships", "Interdisciplinary Communication" and "Philosophy". Throughout the capture of studies, we designed a data collection tool containing the following variables: study identification, professional category of authors, publication year, methodological characteristics, contexts and perspectives of the study and contributions towards the nursing care.

We have adopted the following inclusion criteria: integral studies published in English, Portuguese and Spanish, with abstracts available in the above mentioned databases, showing the interdisciplinary as topic of research and, furthermore, studies published and indexed in databases in the last ten years (2002-2012). In this integrative review, the search and selection of studies were conducted in May 2012.

The information of the studies were carefully analyzed and synthesized with sights to ensure the methodological rigor of the review. The synthesis of data will be presented in a descriptive way, in order to enable an assessment of the applicability of the adopted method.

RESULTS AND DISCUSSION

The literary corpus was comprised of fifteen studies, which met the previously established inclusion criteria and were assessed by considering the following variables: identification of studies, professional category of authors, publication year, methodological characteristics, contexts and perspectives of the study and contributions towards the nursing care. The studies were found in the following way: four studies in PubMed/ MEDLINE, one in IBECs and ten in the LILACS database.

In this direction, all studies included in the integrative review had nurses as their authors, being that one of them was written by a

physician and two nurses. Concerning the titration of nurses, six are Masters in Nursing and one is Master in Letters (Literature), twenty are PHDs in Nursing, one is PHD in Collective Health and one is PhD in Psychology. It is worth noting that one of the studies was written by a graduating student in Nursing of a public university from the Brazilian Southeast, with guidance from a nurse teacher with the titration of PHD in Psychology. The masters and PHDs positively collaborate to the production and dissemination of scientific knowledge, by contributing in a great manner to the scientific and technological progress of the society at large.

Another question to be approached is related to the high number of nurses with the titration of PHD in Nursing interested in studying the interdisciplinarity, which suggests an uneasiness of these researchers before the difficulties linked to the integration and interaction in the spheres of academic work and in the health care staffs⁸ or, even, a uneasiness towards the fragmented knowledge and unilateral view of the phenomena. It should be highlighted that, by its nature, the Nursing is interdisciplinary and because of that, although it has to understand how and when to independently act with the purpose of defining and delimiting the scope of the nursing practice, the nursing care is provided in conjunction with many other disciplines that enrich the attitudes of care for the human being.¹³

As to the publication year, the amount of one study was published respectively in 2004, 2007, 2008 and 2010, two were in 2006 and in 2009 and seven were in 2005. It should be emphasized that all the seven studies published in 2005¹⁴⁻²⁰ are belonging to the same journal of Nursing with electronic access, located in the Brazil South, and that most of them, six, were published in the same volume and number.

In the design of the assessed studies is evidenced: seven of theoretical reflection^{5,8,14,16,18,21-2}, being that one of them was of critical and philosophical nature⁸, seven studies of research of qualitative approach^{3,7,15,17,19,20,23} and one experience report.²⁴ Among the methods used in research studies, we have identified the method of historical and dialectical materialism⁷, the Paulo Freire's method with basis on dialogue and critical reflection of the reality¹⁵, and two clinical case studies.^{17,20} Regarding the analysis technique, we have found the content analysis²³, thematic analysis³ and empirical categorization of data.¹⁹ Thus, we did not

find any studies with quantitative and quantitative approach, as well as any systematic, integrative or meta-analysis review. The valorization of the qualitative approach in nursing studies reasserts that these professionals are seeking, in their professional practice, epistemological ways to expand the possibilities of glimpsing the human being as a whole, without losing sight of the individuality, by avoiding the fragmentation of this subject.²⁵ Given this complexity of the human health, the professionals have intensified their efforts in direction to an interdisciplinary approach²⁴, which suggests a complex thought that effectively captures the relationships, interrelationships and mutual implications of the multidimensional phenomena, starting from a non-linear thought, but integrator and articulator in the search for the multidimensional knowledge.²⁶

In a general way, in spite of being relevant to the health care and the academic and professional training, the interdisciplinarity presents itself as a more theorized than practiced topic, with approach hard to be understood and applied, since it depends on a collective work and of studies about the intersubjectivities, thus requiring a deep²¹, critical and philosophical reflection, which might justify the amount of studies of theoretical reflection.

In relation to the contexts in which the research studies have been developed, four had hospital institutions as research scenario^{7,15,17,20}, two were in the Psychosocial Care Center^{19,23} and one study was developed in the context of the Basic Health Unit.³ From this setting, it should be perceived that the interdisciplinarity becomes necessary, both in hospital contexts and in primary care contexts, given the multiple facets that involve the care in health area. It is noteworthy that most of the studies, four, were held in the South Region of Brazil^{7,15,20,23} and three others in the Southeast Region of the same country.^{3,17,19} Therefore, it should be noted a dearth of studies on interdisciplinarity in the North, Northeast and Mid-West Brazilian Regions, according to the analysis of data.

Whereas the prospects of studies, the analysis of data reveals that the interdisciplinarity is configured as a cross-sectional topic, by going through the dimensions of teaching, research and care, thereby assuming a status of relevance in all these dimensions.^{18,20,24} Accordingly, it might be glimpsed as a resource for the humanization of care and of the environment in which it is developed.¹⁵ From this premise,

the humanization beyond the humanitarian act requires the implementation of an interdisciplinary process, which means to consider the peculiarities and the professional differences in favor of a comprehensive and humanized care.¹⁵ Therefore, the humanized care presupposes space of interactive communication between the health care professionals and the human being under their care, by allowing the formation and consolidation of bonds and mutual conditionality for the health promotion.²⁷

Another perspective is directed to the identification of the conceptions of professionals who integrate the health care staff about the interdisciplinarity³, the challenges and limitations of interdisciplinary practice⁵ and also the epistemological problems of the topic at stake.^{8,21} From this viewpoint, there is no consensus on the concepts of the interdisciplinarity, being that the attempt to explain it highlights a wealth of details and strands to be explored.²⁵ Nevertheless, from the epistemological viewpoint, the interdisciplinarity produces rich experiences and contents in the scope of theoretical constructs in nursing for this field of actions, by allowing resizing and clarifying the nursing care as the study object of nurses.¹⁶

At this juncture, it should be highlighted the insertion and valorization of the nursing professional within the interdisciplinary staff, because, when it is inserted in this complex system, assumes a articulator and relevant role in change processes, by ensuring the care quality.¹⁷ On the other hand, studies indicate the interdisciplinarity as a pedagogical possibility during the nursing training^{14,16,22} and as a key element in the nurse's psychiatrist training, given the new paradigm of the Psychosocial Care.^{14,19,23} This new paradigm denotes reformist experiences in the field of Psychiatry, by adding to its object, psychic and social aspects, by presenting radical critiques in relation to traditional psychiatric practices and revealing the interdisciplinarity as a requirement, when proposing a horizontal approach in intra-institutional relationships.¹⁴

In this regard, the interdisciplinary work presents itself as a challenge and advancement in Psychiatric Reform by allowing people in psychological suffering to get an integrated care, through the possibility of sharing skills and alleviating deficiencies and doubts of all people involved in the care process and in the properly said care.²⁸ It emerges as an actual need for the effectiveness and resoluteness of psychosocial

rehabilitation services, by helping professionals not to lose the notion of cooperation, which is fundamental to build bridges that enable qualitative leaps in the care to be offered.²³

Regarding the contributions of the interdisciplinarity to nursing care, it should be highlighted that the interdisciplinarity fosters the exchange of experiences, skills and practices, by enriching the attitudes of care by the nursing professional and by the nursing staff in meeting the needs of the human being.^{3,5,7,8} Under this perspective, the integration of skills is revealed as a fundamental factor to contemplate the multiple dimensions that comprise the care for the complex customer, thereby overcoming the fragmented viewpoint of the reality and enabling a comprehensive care.

Therefore, the interdisciplinarity favors the relationships of contact, affection, respect and ethics between the nurse and the health staff and between the nurse and the human being that is under its care, by valorizing it as a historical and social subject. Whether in teaching, research or nursing care, the interdisciplinary promotes improvements in the academic production and in the nursing care and productivity, by subsidizing humanized attitudes of care.^{5,14-5,17,21-2} To that end, it is imperative to transcend the shattered knowledge and to go out to meet the multidimensional knowledge.

CONCLUSION

Although it is important to the understanding of complex phenomena and to subsidize attitudes of care based on a broader concept of health, the integrative literature review on the interdisciplinarity has revealed that this topic is more theorized than practiced and that its studies are accompanied by a difficulty of comprehension and epistemological problems. That said, it should be emphasized the need to intensify efforts, in order to achieve an interdisciplinary practice for the knowledge of the multidimensionality of the complex phenomena, by allowing attitudes of care that are rich subjectivity and objectivity. Moreover, the gap found in researches of integrative, systematic and meta-analysis review that deal with the interdisciplinarity supports the study proposal and highlights the need for further studies based on scientific evidence.

On the other hand, it was observed a considerable interest by the Nursing for studies on the interdisciplinarity and that the vast majority of surveys had nurses with

titration of PHD in Nursing as authors. Allied to this perspective, the analysis has evidenced a scarcity of studies in the North, Northeast and Mid-West Brazilian Regions, which suggests the need for incentives for knowing the interdisciplinarity in these regions. In general, the studies have shown several perspectives of research, however, it should be highlighted the interest in identifying the conceptions of professionals, practical difficulties of the interdisciplinarity and its insertion as a key element in the academic and professional training. It is noteworthy to remember that, before the epistemological difficulties, the interdisciplinarity needs further theoretical and philosophical insights.

As a contribution to nursing care, the interdisciplinarity stimulates humanized and integral attitudes of care, by ensuring the quality of nursing care. Accordingly, it reinforces the relationship of complicity and affection of the triad nursing professional/human being/health care staff, makes the professionals closer of the needs of the patient and of the staff and also promotes the exchange of skills and practices, by enriching the attitudes of care.

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