Acupuncture in care: an integrative review

ABSTRACT
Objective: to investigate the national scientific production of nurses about acupuncture and possible relations with nursing care. Method: an integrative review study, guided by the question << What is the panorama of national scientific production of nurses regarding the use of acupuncture as a complementary practice in health in the context of nursing care in the period 1980-2010? >> Held in the databases LILACS and BDENF and SciELO electronic library. Results: 19 studies were identified allowing to verify that the dissemination of knowledge produced in this area began in the 70s, under the influence of social and scientific movements. Conclusion: the scientific production of Brazilian nurses, although incipient, demonstrates that the use of acupuncture practice in nursing is a viable possibility of intervention, but it lacks the development of theoretical and practical studies that substantiate as applicable to all therapeutic nursing interventions. Descriptors: Nursing; Acupuncture; Complementary Therapies; Nursing Care; Traditional Chinese Medicine.

RESUMO
Objetivo: investigar a produção científica nacional de enfermeiros sobre acupuntura e possíveis relações com o cuidado de enfermagem. Método: estudo de revisão integrativa, norteado pela questão << Qual o panorama da produção científica nacional de enfermeiros acerca do uso da acupuntura como prática complementar em saúde no contexto do cuidado de enfermagem no período de 1980 a 2010?>>, realizado nas Bases de dados LILACS e BDENF e na biblioteca eletrônica SciELO. Resultados: foram identificados 19 estudos possibilitando verificar que a divulgação do conhecimento produzido nesta área se iniciou na década de 70, sob influência dos movimentos sociais e científicos. Conclusão: a produção científica dos enfermeiros brasileiros embora incipiente, demonstra que a utilização da acupuntura na prática de enfermagem é uma possibilidade viável de intervenção, mas que carece de desenvolvimento de estudos teóricos e práticos que a fundamentem enquanto terapêutica aplicável ao conjunto das intervenções de enfermagem. Descritores: Enfermagem; Acupuntura; Terapias Complementares; Cuidados de Enfermagem; Medicina Tradicional Chinesa.

RESUMEN
Objetivo: investigar la producción científica nacional de enfermeras sobre la acupuntura y posibles relaciones con los cuidados de enfermería. Método: estudio de revisión integradora, orientado por la pregunta << ¿Qué panorama de la producción científica nacional de las enfermeras sobre el uso de la acupuntura como una práctica complementaria en salud en el contexto de la atención de enfermería en el período 1980-2010?>>, realizado en las Bases de datos LILACS y BDENF y en la biblioteca electrónica SciELO. Resultados: se identificaron 19 estudios que permiten verificar que la difusión de los conocimientos producidos en esta zona comenzó en los años 70, bajo la influencia de los movimientos sociales y científicos. Conclusión: la producción científica de enfermeras brasileñas, aunque incipiente, demuestra que el uso de la acupuntura en la práctica de enfermería es una posibilidad viable de intervención, pero le falta el desarrollo de estudios teóricos y prácticos que a embazan en su caso a todas las intervenciones terapéuticas de enfermería. Descriptores: Enfermería; Acupuntura; Terapias Complementarias; Cuidados de Enfermería; Medicina Tradicional China.
Acupuncture (AP) is a technology health intervention inserted in Traditional Chinese Medicine (TCM) that aims to restore and protect health through insertion of metal needles in certain points of the body, called acupoints or acupuncture points. Resultant of a complex philosophical-theoretical system, based on the interaction of the physical body with the energies present in the universe, TCM understands the concept of health as energy balance, which translates the light of Eastern thought as a dynamic balance between Yin and Yang. This balance in the body is ensured by the free flow of Qi (energy) in the human body, which in turn is designed as a unit that comprises the physical, mental, emotional and spiritual in a dynamic relationship with the environment, such as an energy system and functional.

Over the past decades, the AP is developing in our country as a complementary therapeutic approach able to meet the health needs of the people. Multidisciplinary, professional specialty is recognized as by several federal councils, such as nursing, physiotherapy, pharmacy, medicine, biomedicine, psychology, physical education and speech therapy.

In Brazil, data from the Outpatient Information System of the Unified Health System (SIA / SUS) show that there is growing use of the use of Complementary and Integrative Health (PICS), including the AP, as proposed technology for development care while integralizing practice, especially from the year 2006, after the publication of the Ministerial Ordinance No. 971, which deals with the National Policy on Integrative and Complementary Health (PNPICS). This policy supports and sustains the development of PICS within the SUS, considering it as a privileged locus for the development and expansion of new rationalities health.

However, the development of AP as a multidisciplinary practice gained ground in several health organizations not participating in the SUS after the enactment of Ordinance 971 MS and encouragement of the WHO in spreading the PICS as a multidisciplinary activity produces positive outcomes for the health of the population. The health systems of military organizations are good examples of this. In the Brazilian Army Ordinance NR07/DGP 2007, approved the exercise of the AP within the health services of the army, recognizing it as multidisciplinary practice.

In the case of nursing, considering the AP technology of care that can be applied to the set of therapeutic interventions of nurses in their various fields. For this reason, instigated by knowing know-how in the use of these professionals PICS, especially the AP, instituted aim of this study was to identify literature Brazilian scientific production of nurses about this practice, considering the limits and possibilities of their application in nursing care.

METHOD

To develop this study, we chose the search method called integrative review which consists of comprehensive analysis of the literature in view discussions about methods, results and general conclusions of a particular area of study, as well as their reflections for conducting future research.

The development of the methodological approach of this study was synthesized in six steps distinct but interrelated and represented by the following steps: establish the hypothesis or question revision; selection of the sample to be revised; categorization of studies, evaluation studies, and interpretation of results and presentation of the review or synthesis of knowledge.

Thus, to situate the panorama of Brazilian scientific production of nursing on the theme presented here and identify possible gaps in knowledge that assist in directing further research in the area, we have established the following guiding question as the review: “What is the outlook of scientific national nurses regarding the use of acupuncture as a complementary practice in health in the context of nursing care in the period 1980-2010?”. For analysis and subsequent synthesis identified a form was developed to collect data covering information on the year of publication, location, source, type of publication, study type, title, author (s), database and unique identifier to be extracted from each selected study of the sample. The inclusion of studies resulting from the search for the analytical process was based on a thorough reading of the abstract and title of each article to verify the relevance of the research to the research question of this investigation. Instituted as inclusion criteria to studies by Brazilian nurses in the last three decades regardless of their nature (article, monograph, thesis or dissertation) and methodology for its development. All studies that did not meet these criteria, as well as those that were repeated in different search sources, after recorded its first occurrence, were excluded. Selected after the analysis process were
categorized according to the selected theme in your content to allow a thorough evaluation critical to the discussion of the studies included in this review are presented in the following sections.

Initiate procedures, selected as sources review the database of the Latin American and Caribbean Health Sciences (LILACS), the database of nursing (BDENF) and finally the electronic library Scientific Electronic Library Online (SciELO), relevant site for the development of nursing research.

The descriptors have been selected from the key question, and checked in system descriptors in health sciences (MeSH) of virtual health library. This system is a tool that allows navigation between records and sources of information through controlled concepts and organized into Portuguese, Spanish and English, providing consistent and unique for the retrieval of information regardless of language. The descriptors used in this study were: acupuncture / Chinese medicine / complementary therapies / alternative therapies / nursing / nursing care / self-care. The inclusion of the descriptor ‘alternative / complementary therapies’ is justified by acupuncture and Chinese medicine in the West referred to this classification. Regarding the inclusion of nursing care and self care because they own descriptors of the context of nursing praxis.

The survey in databases and virtual library was performed at three different times. At first perform the following search in databases and the electronic library: “Acupuncture” [Subject descriptor] or “Traditional Chinese medicine” [Subject descriptor] and “Nursing” [Subject descriptor]. This search resulted in the identification of eight studies that excluded repetitions synthesized six (06) papers, all from qualitative research produced since the year 2006. No thesis or dissertation was found.

In order to not make exclusions unintentional / accidental, we went to a second stage, which we call expansion search. The following descriptors were used in the library databases and selected: “Acupuncture” or “Complementary Therapies” or “Alternative Therapies” [Subject descriptor] or “Traditional Chinese medicine” [Subject descriptor] and (“nursing”) or “care nursing ”) or “Self Care” [Subject descriptor]. This search resulted 75 (seventy five) studies that excluded those not relevant to the topic and repetitions totaled at the end of fourteen (14) selected.

Following the logic of seeking to exhaust the possibilities of academic studies on the theme, as yet unidentified, headed for the third time using intentionally only the descriptor “ACUPUNCTURE” bases and virtual library. SciELO, were identified over 22 (twenty two) studies, of which two (2) are related to the theme and three (03) were repeated when compared with studies previously selected.

In BDENF were identified over eight (8) studies, of which four (4) were related to the theme, three (03) were repeated when compared with studies previously selected and one (01) was found twice in the same search.

LILACS identified over 188 (one hundred and eighty-eight) studies of which only five (5) are related to the theme and three (3) were repeated when compared with other already selected. This new search possibilities for broadening those previously surveyed and identified that the scientific production of Brazilian nursing on the theme began a decade earlier than previously identified.

Met the criteria for inclusion and exclusion, we completed the search in databases and electronic library with a total quantity (n) of 19 (nineteen) studies between articles, dissertations and theses. Upon completion of the selection of studies, data collection form was developed synthesized in a single figure (Figure 1) that includes information about the code assigned to the studies identified, their respective years of publication titles.
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RESULTS

The sources used were diversified publishing. Of the selected studies, 89.47% (n = 17) were published in journals, with a predominance of the publications of the State of São Paulo (70%, n = 12), followed by the states of Florianópolis (20%, n = 3), Rio Grande do Sul (10%, n = 1) and Rio de Janeiro (10%, n = 1). Ninety-four percent (94.11%, n = 16) were published in nursing journals and 5.89% (n = 1) in the area of physical therapy journal. The remaining 10.53% (n = 2) selected studies refer to a thesis and a dissertation, published in São Paulo and Santa Catarina, respectively.

As for the stratification of quality of journals, we found that 58.81% (n = 10) were published in Qualis A, and 35.29% (n = 6) publications in A2, followed by 23.52% (n = 4) for A1, 41.19% (n = 7) were carried out periodic QUALIS B and 29.42% (n = 5) in B1 and 11.77% (n = 2) in B2.

All the studies developed in the investigated period was concentrated in the Southeast (68.42%, n = 13) and South (31.58%, n = 6) of the country. This may be related to the fact that these regions are concentrated most academic centers, where much of the research conducted in Brazil, alerting us to the need to increase the dissemination of knowledge produced about the complementary health practices, especially on acupuncture, in other regions.

The publications are located primarily in the first decade of this century (78.94%, n = 15), with emphasis on the years 2009 (21.06%, n = 4), followed by the year 2007 (15.78%, n = 3), 2006 and 2003, both with a 10.52% (n = 02) every publications. We observed an increase of publications from the year 2006, which may be related to the approval of PNIPIC and encouraging the development of graduate programs in related areas. In 2001, 2002, 2003, 2005 and 2010 there were 01 (5.26%) published each year. Other publications (21.06%, n = 4) occurred in the early years of the 80s and 90/XX, with 5.26% (n = 01) of publications for the years 1983, 1984 and 1985 and 5.26% (n = 01) in 1994.

Were not found publications on the theme of the period between 1985 to 1994. It is worth noting that in this period the Brazilian health system passed through reformulations and structural policies, and only from the year 1997 is recognized acupuncture as a specialty...
nursing by COFEN through Resolution No. 197/97.

The analysis methods used in the selected studies were mostly qualitative (94.74%, n = 18), only 5.26% (n = 1) was a quantitative, as shown in Figure 3.

From the analysis of the studies regarding the need to answer the question of review established 03 categories of analysis emerged. These categories were organized in an expository figure (Figure 4) as presented below:

**DISCUSSION**

- **Use of acupuncture in nursing care**

  The studies that comprised this category of analysis were those identified acupuncture as a possibility for intervention nurses applied to nursing care.

  One of the studies developed with women in a public hospital, trying to recognize the perception of mothers about the possibilities for the use of the AP analgesia and availability of participants for they experience this technique, their results pointed to the importance of continuing studies on the theme.22

  Another no less important aspect refers to the possibility of the inclusion of AP practices of health care of the child. In the 80s, the scientific work presented by nurses at the Brazilian Congress of Acupuncture, described the care of children with the use of AP, demonstrating the effectiveness of the method, while that highlighted how positive action nursing.8

  Later studies showed the AP and other complementary therapies like therapeutic nursing trends applied in various aspects of preventive care, curative and / or palliative.6, 9, 10, 14, 24

  In nursing theoretical propositions made by Rogers (1970), Newman (1991) and Neuman (1995) found support in defense of the interrelation between the practice of acupuncture and nursing care, in order to infer that both the design and in the eastern perspective of these theories, the being and the universe are closely related through an infinite network of energy flows. This is not a mystical or immaterial energy, but all energy process that involves the human organism in maintaining life and their relationship with the environment.

  In this sense, it is possible to understand that being reposted is constantly changing and interrelation with this network that presents itself in constant motion, where we may experience transient triggering disease processes, understood by inharmonious events occurring in space and time of this interrelation.2, 25

  This time, application of AP as a form of nursing care seems able to produce results of such nodes so as to assist in the recovery and maintenance of health.21 Therefore, be characterized by a non-pharmacological and complementary and holistic nature, at least as regards its theoretical and philosophical principles, the AP emerges as a potential technology to be developed in health care. However, it appears that by being innovative and not integrate all interventions themselves of the biomedical model, the dominant health needs broadening and deepening as to its effectiveness, pointing different limits and possibilities that present themselves to their applicability in the treatment of nursing care.

  Theoretical and applied research in all areas of practice of nurses, according to the raised, are still preliminary, but given the relevance of this topic to understand the development of research that can assist in the consolidation of this practice as intervention technology, identify their boundaries, and effective results in the recovery and maintenance of human health are significant to nursing and population. This concern seems
imminent and already is noticeable moves to consolidate lines of research and development of matter in some Brazilian public universities.

- Unknowing of nurses about acupuncture

In this category were included analytical studies that highlighted the (dis) nurses' knowledge about the AP and other complementary health practices, as well as its recognition as a technology applied to the care professionals and nursing students.

In the studies analyzed, we found that the unknowing of the PICS and especially the AP is constituted as a determining factor in the choice of professionals and credibility waived the applicability dialectic present in this (un) knowledge in general is announced in (in ) sure its therapeutic effectiveness, and scientific possibilities and applicability indicated by these professionals and students.11,21

The development of skills and competencies for the practice of AP by nurses was also considered in this category analysis. In the studies analyzed, we can see that such development should occur through programs of professional improvement in level of lato sensu as envisaged in the resolution COFEN 197/97 and 326/2008.

Nevertheless, professionals who choose to use the PICS in the development of its praxis of care, especially the AP, to use them in a complementary manner to the dominant model in health, in general, find it difficult to be the characteristics that mark the differences between models, and integrative biomedicine, either by centralizing character of the dominant model whose therapeutic decision-making and focuses around the medical professional. This aspect is reflected sometimes in real conflicts between classes in an attempt to secure their place in each employment PICS.2

The perception of nurses about the disease process, and treatable diseases treated by AP and also influences the users by this practice when its demand on the health system, other factors were present in the discussion brought within the selected research.

The reasons and motivations that seem to lead to clientele looking for this type of care, although diverse, are often related to the beliefs and conceptions constructed through cultural experiences developed by different social groups. It is knowledge of the population, acquired in an informal way, which is part of the culture of a people, therefore, can not be unknown.6

The PICS are viewed by users, the process of rule, as a treatment of last resort, which have shown positive results with other members of the social environment in which they live, are constituted as an opportunity that can provide answers to any health-disease the which the conventional model does not correspond satisfactorily.14

In contrast, for some nurses, these practices can constitute as a therapeutic resource for primary health-disease situation presented to them, given the philosophical conceptions of these professionals congruent with such practices, without prejudice to the demands and care options user; complementary to own dominant model, or even as the sole or last resort therapy in situations for which conventional therapies do not produce the expected result.2,21

Other studies analyzed in this category confirms that nurses' conceptions about the worldview and approach applies to the disease process, which are compatible with those found in the emerging paradigm assumptions and complex, are determinant in adherence to PICS.

Although nurses trained under the dictates of the dominant paradigm suffer influence of the development of the care, the holistic nature of the profession historically determined since the dawn of modern nursing, follows in prioritizing their actions humans as subjects of their care considering so the overall mind-body-spirit, energetically made and wrapped in a web of social interrelationships.7

Thus, we infer that regardless of the circumstances, the fact complementary practices in theory seeking to establish more organic relationships with the user, by itself, does not guarantee the completeness of the care that is delivered, despite the attention to its different dimensions. This is because there are a lot of elements that conform to the scope of comprehensive care, among which, the institutional philosophy and integration among professionals that focus assistance on human wholeness and not in a timely manner in the disease process, disregarding the multifactorial and multifaceted phenomenon of this process.

- Ethical and legal practice of acupuncture as nurses

This third category is distinguished by expanded discussion of ethical and legal issues surrounding the practice of acupuncture in nursing, the insertion of PICS / AP SUS, the acceptance and demand of the population for
these practices, their growth and development.

Among these aspects that were featured in the studies analyzed, there is a clear concern about the presentation and discussion of the devices that regulate the exercise of the AP by Brazilian nurses, especially in respect to COFEN Resolution 197/97. We can infer that such an event occurs because the AP in Brazil, as a profession, do not have a specific regulation that defines who, how and where this technology can be developed, leaving it to professional councils the power to define who can exercise it and the minimum standards established for their recognition as a specialty.

This reflection seems wholesome and necessary as we realize that the disclosure of the possibilities and limits for the use of PICS by nurses should be expanded. Therefore, to discuss the legality of object and build corpus investigative aids in the recognition of gaps to be filled, while demonstrating the relevance of nursing studies in this subject area.

However, it should be noted that the legality of the use of acupuncture for nursing transcends Resolution COFEN 197/97. Other legal provisions have been made by this Council with the intent of expanding the field as Resolutions 283/2003 and 287/2003 subsequently repealed by Resolution 326/2008. Shyly, perhaps by nature's own studies reviewed here do not realize the struggles that highlights for nursing and their respective representative bodies come crashing towards ensuring specialty.

The AP goes on today as a multidisciplinary specialty of which participates nursing, and there is therefore no legal provision that prevents nurses from performing acupuncture as practice at any level of health care, autonomously or institutionalized, albeit interests made from a purely mercantilist discourse, booking market, try to publicize the opposite confusing the public and the professionals themselves.

As autonomous practice constitutes a new possibility of action for nurses, which in the development of therapeutic care in their offices, may resort to as an interventional technology.

Thus, we understand that while the specialty practice of ethical conceptions AP guided by nursing should follow the code of ethics of these professionals, therefore, subject to the same prerogatives established for any matters within its competence.

The option chosen by the customer for a particular health care practice is another factor that deserves attention. The population's demand for such intervention, as well as the participation of non-medical professionals in this scenario is increasing, as shown in the records of the database of the Ministry of Health (DATASUL), but these data alone do not indicate how takes the participation of the client / user in this process.

The influence of the dominant model that generally governs the performance of health professionals as well as the difficulties of people's access to health services, sometimes drive the process of therapeutic choice. It is us, this time, to reflect on what kind of information users get to allow them to choose this or that technology care.

**FINAL REMARKS**

The analysis of these studies enabled us to verify that the concerns of nurses with the theme developed over the past three decades influenced by social and scientific movements that have occurred during the study period. As a result, we have seen emerge from the production of works that discuss not only the applicability and effectiveness of PICS / AP, but the necessary reflection on the place of these practices in care, about the limits and possibilities that present themselves to their inclusion in the set of interventions nursing. In this discussion, emerging ethical and legal legitimacy that allude to the practice of AP in the field of professional nursing.

Nevertheless, over the past few years, especially after the publication of the National Policy on Integrative and Complementary Practices in 2006, Brazilian nurses have been investing in this field of knowledge and professional practice. This fact demands the need for increased research on the theme in order to provide theoretical and practical support for the actions to be undertaken by these professionals in the defense of contributing reflections about their own knowledge of Nursing and its interdisciplinary field.

From what we found in this study, there is possibility of using the AP as a potential technology in nursing care, characterized as innovative as a practice that caters to the entire human being, there are also limits. Among which we must highlight that the nursing care still holds up often the dominant paradigm, centered on the Cartesian conception, foundation of the biomedical model, current health, although the theoretical-philosophical profession with
principles of post-modernity, present in emerging and complex paradigms, and some professionals who have a worldview compatible with such paradigms.

This relationship with the dominant model is presented as a complicating factor for a wider use of PICS, especially the AP, either by market reserve afforded by a dominant category, either by unknowledgeable of nurses themselves about the potential of this technology interventional. Therefore we recommend the development of theoretical and practical studies that support the AP while applicable to all therapeutic nursing interventions, since studies addressing this issue are still incipient, which confirms its relevance in the field of knowledge and practice of Nursing.

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Pereira RDM, Alvim NAT.

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Corresponding Address
Raphael Dias de Mello Pereira
Programa de Pós-graduação em Enfermagem
Universidade Federal do Rio de Janeiro/Escola de enfermagem Ana Nery
Rua Afonso Cavalcanti, 275 — Cidade Nova Rio de Janeiro
CEP: 20211-110 — Rio de Janeiro (RJ), Brazil