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NOTE PREVIEW ARTICLE

EDUCATIONAL TECHNOLOGY FOR THE HOSPITAL DISCHARGE OF THE ELDERLY SUBJECT UNDERGOING PERCUTANEOUS TRANSLUMINAL CORONARY ANGIOPLASTY

TECNOLOGIA EDUCACIONAL PARA A ALTA HOSPITALAR DO IDOSO SUBMETIDO À ANGIOPLASTIA CORONARIANA TRANSLUMINAL PERCUTÂNEA

TECNOLOGIA EDUCACIONAL PARA EL ALTA HOSPITALARIA DEL ANCIANO SOMETIDO A LA ANGIOPLASTIA CORONARIA TRANSLUMINAL PERCUTANEA

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ABSTRACT

Objectives: to identify the needs of the elderly people, in relation to their medication and lifestyle, about self-care after the hospital discharge; to develop an educational technology aimed at self-care with medications and lifestyle as planning strategies of the hospital discharge of elderly subject undergoing percutaneous transluminal coronary angioplasty; to describe prevalent and significant aspects in the validation of educational technology aimed at self-care with medications and lifestyle for the hospital discharge of the elderly undergoing percutaneous transluminal coronary angioplasty. **Method:** this is a quantitative and qualitative study, based on the Dorothea Orem's theories, with elderly people and expert judges in educational technologies, in a public hospital and Extension Nursing Program. The project will be divided into four stages. The research project was approved by the Research Ethics Committee (REC), CAAE: 09881812.9.0000.5243. **Expected results:** to develop a handbook that contributes to the self-care of the elderly undergoing PTCA, prevention of health hazards and readmissions. **Descriptors:** Hospital Discharge; Nursing; Elderly Subject; Angioplasty.

RESUMO

Objetivos: identificar as necessidades dos idosos, relacionadas à sua medicação e estilo de vida, sobre o autocuidado após a alta hospitalar; elaborar uma tecnologia educativa visando o autocuidado com as medicações e estilo de vida como estratégias do planejamento da alta hospitalar do idoso submetido à angioplastia coronariana transluminal percutânea; Descrever os aspectos preponderantes e significativos na validação de tecnologia educativa visando o autocuidado com as medicações e estilo de vida para a alta hospitalar do idoso submetido à angioplastia coronariana transluminal percutânea (ACTP). **Método:** estudo quanti-qualitativo, baseado nas teorias de Dorotéia Orem, com idosos e juízes especialistas em TE, em um hospital público e um Programa de Extensão de Enfermagem. O projeto será dividido em quatro etapas. O projeto de pesquisa foi aprovado pelo Comitê de Ética (CEP), CAAE: 09881812.9.0000.5243. **Resultados esperados:** elaborar um manual que contribua para o autocuidado do idoso submetido ACTP, para prevenção de agravos a saúde e reinternações. **Descritores:** Alta Hospitalar; Enfermagem; Idoso; Angioplastia.

RESUMEN

Objetivos: identificar las necesidades de los ancianos sobre el autocuidado después del alta hospitalaria, relacionados a su medicación y estilo de vida; elaborar una tecnología educativa visando el autocuidado con las medicaciones y estilo de vida como estrategia de planeamiento del alta hospitalaria del anciano sometido a Angioplastia Coronaria Transluminal Percutánea; describir los aspectos preponderantes y significativos en la validación de tecnología educativa visando el autocuidado con las medicaciones y estilo de vida para el alta hospitalaria del anciano sometido a la Angioplastia Coronaria Transluminal Percutánea. **Método:** estudio cuanti-cualitativo, basado en las teorías de Dorotéia Orem, con ancianos y jueces especialistas en TE, en un hospital público y un Programa de Extensión de Enfermería. El proyecto será dividido en cuatro etapas. El proyecto de investigación fue aprobado por el Comité de Ética, CAAE: 09881812.9.0000.5243. **Resultados esperados:** elaborar un manual que contribuya para el autocuidado del anciano sometido ACTP, para prevención de agravios a la salud y re-internaciones. **Descritores:** Alta Hospitalaria; Enfermería; Anciano; Angioplastia.

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INTRODUCTION

◆ Problem-Situation and Significance

Population aging is happening in very fast proportions in the last few years. Because of that, as long as people live longer they will be exposed to certain chronic non-communicable diseases (NCDs).¹ Among these illnesses, the circulatory system-related diseases are predominant, particularly, the coronary heart disease.² Accordingly, it becomes essential that the procedures and therapeutic care provided by nurses working in the hemodynamic laboratories for seniors are focused on the boundary beyond the care in the hospital environment, in view of the continued care with health.

The onset of NCDs is the result of unhealthy lifestyles. Nonetheless, the individual responsibility will be achieved if these individuals have equal access to a healthy lifestyle and receive support to make healthy decisions.³ Studies have indicated that readmission and health hazards happen by the unpreparedness from the elderly subject or its family towards the care to be developed at home;⁸ they also emphasize the importance and necessity of hospital discharge⁴ planning with the development of a script containing guidelines on the care required for maintaining health through teaching activities according to the reality of life of every human being.

Thus, we can see the importance of the nurse's role in this action of care and self-care for the health promotion of the elderly subject, in practice of healthy life habits, in order to avoid the risk factors that promote chronic diseases and health disorders arising from complications caused by these already established diseases. It is known that self-care helps to maintain the structural integrity and operation of the human being⁵, being that it should take into account its cultural values and health-disease context.⁶

The interaction among the nursing professional, the elderly and the family will enable the exchange of educational and cultural knowledge, which contributes to quality care for the elderly.⁷ Thus, we will produce efforts to improve the quality of life of elderly people and acquiring knowledge on self-care through teaching activities by making use of an educational technology during the hospital discharge planning, thereby aiming the continued self-care of the elderly subject, reducing readmissions, reducing fears, worries and doubts of the elderly people and of their family members or caregivers, by cooperating in preventing

health hazards arising from possible complications of NCDs, thus identifying and reducing the exposure to risk factors in the pursuit of a healthy lifestyle.

OBJECTIVES

- To identify the needs of the elderly people, in relation to their medication and lifestyle, about self-care after the hospital discharge;
- To develop an educational technology aimed at self-care with medications and lifestyle as planning strategies of the hospital discharge of elderly subject undergoing percutaneous transluminal coronary angioplasty;
- To describe prevalent and significant aspects in the validation of educational technology aimed at self-care with medications and lifestyle for the hospital discharge of the elderly undergoing percutaneous transluminal coronary angioplasty.

METHOD

◆ Study design

This is a paper elaborated from the research project developed in the Professional Master's Degree Program in Nursing from the Aurora Afonso Costa Nursing School (EEAAC/UFF), Niterói, Rio de Janeiro (Brazil).

It is a research with quantitative and qualitative approach of the methodological type, which will be centered on the practice of care and self-care, based on the Dorothea Orem's theories. The inclusion criteria will be: elderly, people from 60 years old who were subjected to PTCA, whether they are male or female.

Regarding the exclusion criteria, they will be: elderly bearers of cognitive or psychiatric impairment and the non-acceptance to participate in the research.

The project will be divided into four stages:

Stage 1 – Preparation of educational technology. 1st Step: field research. 2nd Step: Semi-structured interview.

Stage 2 – validation of the handbook, through two validation instruments of the Likert scale. One instrument answered by expert judges and another one by elderly patients undergoing PTCA. They will assess each block of the instrument, such as: Fully Adequate (FA); Adequate (A); Partially Adequate (PA) or inadequate (I). Items that obtain agreement greater than or equal to 70% will be considered as validated.

Stage 3 – Selection of the target audience (elderly people) and application of the instrument for assessing the handbook.

Stage 4 – adequacy of the handbook from the assessments performed by the experts and by the target audience. The items that do not reach the level of agreement of 70% will be corrected and modified with a proposal of care and self care to be implemented by the elderly people in the household.

It is intended, as an outcome of the work, to qualify elderly people to perform self-care and health care in preventing health hazards and risk factors for chronic non-communicable diseases (NCDs), thus contributing to the adoption of healthy lifestyles.

◆Setting and subjects

The setting for the development of this research will be the hemodynamic laboratory of the Antonio Pedro University Hospital (HUAP), which is linked to the Fluminense Federal University (UFF). The subjects will be elderly people (men and women) aged over 60 years, who were subjected to percutaneous transluminal coronary angioplasty (PTCA) and that accept to participate in the research, in addition to signing the Free and Informed Consent Form (FICF).

◆ Study logistics

The data collection will be conducted between May and June 2013, through individual semi-structured interviews with use of an instrument comprised of two parts:

1) Closed questions related to the profile of the elderly subject and sociodemographic data.

2) Semi-structured interview with questions related to knowledge of the elderly about percutaneous transluminal coronary angioplasty, care and self-care regarding the medication that they will use after the procedure, risk factors for NCDs and healthy lifestyle.

◆ Ethical considerations

The research project developed in the Professional Master's Degree Program in Nursing from the Aurora Afonso Costa Nursing School (EEAAC/UFF), in compliance with the Resolution 196, of October 10th, 1996, from the Brazilian National Health Council, which establishes the regulatory standards for researches involving human subjects, was submitted to the Brazil Platform and to the Research Ethics Committee (REC) the Antonio Pedro University Hospital (HUAP), being that it was approved under the number of CCAA 09881812.9.0000.5243, thus starting the field research.

◆Expected results

To identify what the elderly undergoing percutaneous transluminal coronary angioplasty (PTCA) knows and what it mentions on the medications will make use and the lifestyle that will need to adopt after such a procedure and if this knowledge is appropriate and might be integrated to the nurse's knowledge for elaborating a plan of nursing care in the form of handbook for the hospital discharge of this elderly subject, thereby aiming at continued self-care and the adoption of a healthy lifestyle.

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