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NOTE PREVIEW ARTICLE

SELF-MEDICATION AMONG NURSING WORKERS IN THE ONCOLOGIC CONTEXT: INFLUENCE OF THE PROFESSIONAL PRACTICE

AUTOMEDICAÇÃO ENTRE OS TRABALHADORES DE ENFERMAGEM NO CONTEXTO ONCOLÓGICO: INFLUÊNCIA DA PRÁTICA PROFISSIONAL

AUTOMEDICACIÓN ENTRE LOS TRABAJADORES DE ENFERMERÍA EN EL CONTEXTO ONCOLÓGICO: INFLUENCIA DE LA PRÁCTICA PROFESIONAL

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ABSTRACT

Objective: to describe the meaning of self-medication to nursing workers who care of oncologic patients. **Method:** this is a qualitative study, with exploratory and descriptive approach, by using a psychodynamic of the work as a theoretical benchmark. The study participants will be 30 assistential nurses from a federal hospital that is reference in the cancer treatment. We will conduct semi-structured interviews, which will be analyzed by means of the Collective Subject Discourse (CSD), through the use of the software Qualiquantisoft to turn their contents into analytical categories. The research project was approved by the Research Ethics Committee, under CAAE nº 07330912.1.0000.5274 and Opinion nº 156.271. **Expected results:** to find meanings for self-medication among nurses who care of oncological patients; to describe their motivators, correlating them to the psychopathology of the work and create virtual and educational technologies that might bring contributions to health promotion and effective guidance to the professional. **Descriptors:** Self-medication; Worker's Health; Nursing; Oncology; Nursing Worker.

RESUMO

Objetivo: descrever o significado da automedicação para trabalhadores de enfermagem que cuidam de doentes oncológicos. **Método:** estudo qualitativo, com abordagem exploratória e descritiva, usando como referencial teórico a psicodinâmica do trabalho. Participarão da pesquisa 30 enfermeiros assistenciais de um hospital federal que é referência no tratamento de câncer. Será realizada entrevista semiestruturada, analisada com o Discurso do Sujeito Coletivo (DSC), empregando o software Qualiquantisoft para transformar seus conteúdos em categorias analíticas. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, sob CAAE nº 07330912.1.0000.5274 e Parecer nº 156.271. **Resultados esperados:** encontrar significados para a automedicação entre enfermeiros que cuidam de pacientes oncológicos; descrever os seus motivadores, correlacionando-os à psicopatologia do trabalho e criar tecnologias virtuais educacionais que tragam contribuições para a promoção da saúde e orientação efetiva ao profissional. **Descritores:** Automedicação; Saúde do Trabalhador; Enfermagem; Oncologia; Trabalhador de Enfermagem.

RESUMEN

Objetivo: Describir el significado de la automedicación para trabajadores de enfermería que cuidan de enfermos oncológicos. **Metodología:** estudio cualitativo con abordaje exploratorio y descriptivo usando como referencial teórico la psicodinámica del trabajo. Participarán de la investigación 30 enfermeros asistenciales de un hospital federal referencia en el tratamiento de cáncer. Será realizada entrevista semiestructurada, analizada con el Discurso del Sujeto Colectivo, empleando el software Qualiquantisoft para transformar sus contenidos en categorías analíticas. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, CAAE nº 07330912.1.0000.5274, parecer nº 156.271. **Resultados esperados:** encontrar significados para la automedicación entre enfermeros que cuidan del paciente oncológico, describir sus motivadores, correlacionándolos a la psicopatología del trabajo y crear tecnologías virtuales educacionales que traigan contribuciones para la promoción de la salud y orientación efectiva al profesional. **Descritores:** Automedicación; Salud del Trabajador; Enfermería; Oncología; Trabajador de Enfermería.

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INTRODUCTION

Self-medication is the administration of medications without medical prescription, supervision or guidance.¹ The consumption of medications has exponentially grown in the global scenario, influenced by economic power, by the media, by the marketing of pharmaceutical industries that appeal for their symbolic efficacy in the health status, in addition to the desire of aesthetics, health and welfare, in order to perform the functions and obligations of the daily routine.²

Self-medication is considered by some people as a part of their lives, which is a habit that is stimulated according to a set of factors that are present in the daily routine of each of these.³ When this self-medication is responsibly conducted, it is seen as part of self-care actions, where minor health problems might be treated, which were previously diagnosed. However, it becomes important to choose drugs free from medical prescription, under the guidance of a skilled health worker, carefully reading the information of the drugs before consuming them and stopping the treatment if the symptoms persist.⁴

Nurses, in their daily practice, deal with several medications, thereby accumulating the empirical knowledge, which comes from varied cultures and family practices, and the scientific knowledge, which arises from undergraduate and graduate courses, by acquiring for themselves experiences and knowledge about the use of these drugs in everyday therapeutic. Moreover, as motivator elements, there are long working hours, high levels of physical and mental stress surrounding the profession, the accumulation of labor ties and their efforts to keep themselves productive on every job, occasionally, they manage to overcome pain, suffering and wear.⁵

The aim of this work is to contribute to the strengthening of scientific investigations on self-medication among nursing workers, attaching new data to the existing ones, by covering gaps of knowledge and opening new fields of study in this area.

OBJECTIVE

- To describe the meaning of self-medication to nursing workers who care of oncologic patients;
- To discuss the reasons that lead to this self-medication in the perspective of the psychopathology of the work;

- To create institutional and educational technologies of virtual networks on self-medication and its relationship to the nursing work, considering the subjectivity of the work process.

METHOD

♦ Study Type:

This research will use the qualitative, exploratory and descriptive approach, in a comprehensive perspective of the phenomenon of interest, investigating self-medication based on the experience of nurses themselves, seeking their experience in the face of the daily routine of their occupation.

The data collection will be held through interview from a semi-structured script, which will allow us to characterize the profile of the research subjects, besides to investigate the self-medication by means of the experience of the daily routine of the nurses themselves who work in the care of oncologic patients, under the influence of the worker's environment. The interviews will be recorded, literally transcribed and archived in some word processor software.

♦ Scenario and Research Participants:

The data will be collected in a reference hospital in relation to cancer treatment, in the hospital unit II, which is specialized in gynecological cancer and bone and connective tissue, from the federal health network in the Rio de Janeiro State. We hope to make interviews with 30 nurses from the intensive care unit and from the direct care unit, with statutory bond, and who directly work in the care of oncologic patients, with at least 01 year of experience developing such a care.

♦ Data Analysis:

For ordering and organizing the empirical stuff produced in the interviews, we rely on the methodological process of the Collective Subject Discourse (CSD), which allows us to organize the set of verbal discourses issued by a given set of subjects on a given theme.⁶

With a view to carrying out the organization, we will employ four methodological approaches: keywords (KWs), central ideas, anchoring and Collective Subject Discourse.

The first refers to continuous or discontinuous pieces of speech that reveal the essence of the content of a given fragment that comprises the discourse or the underlying theory; the second are linguistic expressions that describe the meaning in most concise and precise manner, or the meaning and theme of each homogeneous set of keywords.

The third is the expression of a theory, ideology or religious belief that the discourse's author adopts and that is included in this same discourse as if it were any other assertion; the fourth is a non-mathematical aggregation or sum of parts isolated of statements, in order to form a coherent and discursive entirety, in which each one of the parties is recognized as a constituent of this whole and this as made by these parties, thus expressing a suitable, distinct, unique and specific positioning before the theme under investigation.

These four approaches should be carefully observed with sights to obtain a result that expresses a faithful representation of what has been researched.⁶

◆ Expected Results:

It is hoped, through the obtained results, to find meanings for self-medication in nurses working in the care of oncologic patients, describe their motivators, correlating them to the psychopathology of the work and the creation of virtual and educational technologies that might bring contributions about the issue of self-medication, and contribute to health promotion and effective guidance to the professional.

◆ Ethical Aspects of the Research:

This is a dissertation project of the Professional Masters Degree Program in Assistential Nursing (MPEA) from the School of Nursing Aurora Afonso Costa, Fluminense Federal University. It was approved by the Research Ethics Committee (CEP) of the National Cancer Institute/INCA-RJ, in accordance with the Resolution nº 196/96, of the Brazilian National Health Council (CNS)⁷, which establishes standards and guidelines for the conduct of researches involving human beings, through the Brazil Platform, approved on December 21st, 2012, under CAAE nº 07330912.1.0000.5274 and Opinion nº 156.271.

Each collaborator, when participating in the study, will be informed of the research objectives and will receive the Free and Informed Consent Form (FICF), allowing the use of their data, developed following the standards of the institution.

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