Activities causing hiv in the elderly...
INTRODUCTION

One of the public health problems that emerged in recent years in Brazil is the epidemic of HIV and AIDS in the elderly related to increased reporting of HIV transmission after 60 years old in HIV-infected people, as well as factors that stimulate prolongation of sexual activity in this population group as new drugs for erectile dysfunction, drugs that minimize the effects of menopause, vaginal lubricants, prostheses, correction and prolonged penile cosmetic plastic surgeries.¹

New questions about AIDS were brought to the field of health practice, among which stand out: the approaches of sexuality, drug use and human rights, access to services and prevention commodities, among so many others, many times, are not addressed by the health sector.¹

When reporting to aging and AIDS the first question to be addressed is the sexuality of older people, an issue that the ignorance, prejudice and discrimination make their sexual behavior is seen as inappropriate, immoral, and even abnormal, even by elderly themselves.¹

AIDS is a disease that manifests itself in the body after infection by the human immunodeficiency virus, known as HIV (Human Immunodeficiency Virus).² She committed individuals from all age groups: From the beginning of the epidemic, in 1980, until June 2010, Brazil has 592,914 registered cases of AIDS, and the incidence rate of 20.1 cases per 100,000 inhabitants. In subjects aged 60 and over, there is a significant increase of AIDS cases in both sexes, which rose from 394 cases in 1999 to 938 cases in 2009 in males and females, of 191 cases in 1999 to 685 cases in 2009.³

The first case of AIDS in people aged 50 or more was reported in 1982.⁴ Of the 15,601 AIDS cases reported in people over 60 years since the epidemic began in 1980, 10,096 (65%) are men and 5,504 (35%) in women.³ The elderly have little knowledge regarding the risk of an STD, making them more susceptible to infection and less noticeable the need to assay for the discovery of a possible infection.² However, it should be emphasized that the health professional should be aware of the specific complaints of the elderly.

The objective of the study is to identify the main cause of HIV activities in the elderly and nursing challenges to this process. The relevance of this issue is to determine the main causes, so that health professionals may consider the normality of sexuality in the elderly, can then act effectively to prevent them, leading thereby reducing the occurrence of cases.

METHOD

An integrative review with qualitative and exploratory approach had as its source the collection of the Virtual Health Library (VHL). Inclusion criteria were: articles published in full in English and indexed by the words: HIV / AIDS, HIV in the elderly, immunodeficiency acquired syndrome in the elderly. The time frame was between 2007 and 2010.

- Procedures adopted for critical analysis of the studies included

Information gathering was to source the collection of the Virtual Health Library (VHL), the following databases: Latin American and Caribbean Health Sciences (LILACS), Database of Nursing (BDENF) and collection Scientific Electronic Library Online (SciELO). It is noteworthy that the terms were analyzed in isolation and associates, obtaining 1,406 publications and selected seven potential bibliographies were consulted in full.

<table>
<thead>
<tr>
<th>Descriptors</th>
<th>BDENF</th>
<th>LILACS</th>
<th>SCIELO</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV/AIDS</td>
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<td>41</td>
<td>1.109</td>
<td>1310</td>
</tr>
<tr>
<td>ELDERLY HIV + (HIV in the elderly)</td>
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<td>33</td>
<td>3</td>
<td>39</td>
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<td>Acquired Immunodeficiency syndrome in the elderly</td>
<td>164</td>
<td>116</td>
<td>1126</td>
<td>1406</td>
</tr>
</tbody>
</table>

Figure 1. Quantitative distribution of the bibliographies found in VHL through the isolated and associated terms

The next phase, formed by the close reading of selected articles and exploratory, allowed the organization to the next step, which was to locate the material composing the bibliography potential. After checking the amount of existing material on the subject, was held one exploratory reading of abstracts to identify studies that actually arguing about the issue in question. In this step, the repeated articles and those who did not address the issue in question were excluded. Thus, we arrived at a total of seven articles.
After selecting all of the material found by relevancy on the subject, the data were analyzed using thematic content analysis, emerging categories: Sexuality in old age; Main activities causing HIV, health education on prevention of HIV / AIDS in the elderly: a challenge for nursing.

- **Category 1: Sexuality in old age**
  
  The current life expectancy exceeding 80 years, delivers gains not only quantitative, but also is responsible for awarding the new meaning and the emergence of new possibilities for old age, such as marriage.
from 60 years; around productivity, aiming to professional success, the return to school, especially enrollment in a university, an opportunity, finally, to enjoy retirement to the full, once considered a death sentence slowly.5

Sexual intercourse has been considered an activity for young people, in good health and physically attractive. This is a myth that just socially excluding the elder of this practice, and, in spite of this condition, people keep aging sexual need, and there is therefore, an age when they run out of the thoughts and desires of the sexual practice.6

With the growing aging population, many investments have been made to improve the quality of life for seniors, in whom this population begins to live life to its fullest, with an increase of social relations and also, why not, since the sexual libido does not end with increasing age. Sexual life in old age was boosted in 1998 with the introduction on the market of drugs for erectile dysfunction. Sexuality has to be discussed with the elderly and stimulated within a healthy practice and without stigma, for representing thus another factor that contributes to independent living and full of that population.10

● Category 2: Main activities causing HIV

80% of the elderly5 claimed to have contracted the disease through extramarital affairs and, as a consequence, their infected partner. He said none of the seniors surveyed before becoming infected, made use of condoms during sexual relations, which constitutes a very worrying situation because it demonstrates the ignorance of these elderly importance of condoms as protection in the transmission of STD / AIDS. It also shows the lack of public policies aimed at the prevention of HIV / AIDS among individuals over 59 years old from Paraíba.

The age distribution of the population studied was 59-65 years for women, in contrast to the men, who was 67-79 years, with the most frequent age of 60-69 years in both sexes (77.5%). For him such changes may be due to increased sexual activity among the over 50s that perhaps matters educational, cultural and economic, among others, stop using condoms. Concludes that the general population, both men and women, characterized by heterosexuality, low level of education and origin, results show that, in this population, the current trend of the epidemic of heterosexual, impoverishment and internalization.

The increase in case of AIDS6 at older ages can be attributed to two aspects: the first is related to those seniors who have, among other factors, better funding, which contributes to the pleasures and access to services available, allowing a sex life more active, and the second, the existence of taboos about sexuality in old age. About sexuality affirms how experienced is determined by the socio-historical contexts experienced by each individual, there are included the initiation rituals, rites of passage, social representations it does and that manifest themselves on the conditions of their practice, the choices, the guidelines adopted, which are also socially constructed, and can be legitimized or sanctioned.

It is observed in AIDS is not the sexuality that makes people more vulnerable to contracting it, but sexual practices carried out in an unprotected form, this being a requirement extended to all ages. According to him there are recommendations that health professionals attentive to the specific complaints of the elderly and also public services make available inputs for this population group to adopt safer sexual practices, such as male and female condoms and lubricant gel. It is concluded that due to increased longevity and ease of expression of sexuality in the present age, unsafe sexual practices make the elderly more vulnerable to being contaminated with HIV. However, this has important implications for public health, for nursing and other health professionals, in order to seek information strategies and protection of this age group.

Among the population over 60 with AIDS in Ceará7 there is a similar trend to other age groups and observed phenomena in the country, namely: heterosexuals and women, aging, impoverishment. In the period 1989-2004, the study hospital, the number of AIDS cases in individuals aged 60 years old or older focused on 107 people, of whom 84 (78.5%) were men and 23 (21.5%) women. In this study, among seniors reported as AIDS patients, the age group most affected was that between 60 and 69 years (77.5%). In addition, 6.7% of cases committed individuals aged 80 years or more according to the study in the early 1990s (from 1994 to 1995), in Brazil, the AIDS epidemic in the range of 50 to 70 years showed mild increase, contrary to what occurred in other age groups in which there was a stabilization.

Faced with this situation, and in order to understand the involvement of older people, researchers inquire with several questions, as described below: Could these changes have been caused by several factors related to sexuality, such as cultural issues, low sense of...
risk, practice unprotected sex, female and heterosexual, more effective therapies, increased life expectancy and increased sexual activity? It responds that it is possible that, with longer life expectancy and more active life, sexuality is promoted among the elderly, and result in an expansion of sex, probably without using condoms. His conclusion brings oscillation in proportion of women, heterosexuals and increased incidence in the elderly and encourages behavioral research related vulnerability to HIV infection in the elderly.

The fourth study shows that 95.5% of respondents have an active sexual life. Half of the participants did not use condoms regularly, regardless of the partner's HIV status. It was observed that the majority is heterosexual and has a low level of education. The main form of contamination was through sexual intercourse (72.7%), followed by injection drug use (27.3%). Brings that HIV infection has been advancing the elderly in Brazil and that statistics show that the number of cases among people of middle age now exceeds the rate of the disease among teens and this increased incidence may be related to prolonged activity sex in old age, favored by the discovery of medicines for sexual stimulation, hormone replacement therapy and penile prostheses.

Shows that the main cause of HIV infection in people over age 50 refers to the sexual activity, other than the beginning of the AIDS epidemic, that older people through contaminated blood transfusions. It also brings the factor due to the growth in the incidence of HIV in older people is due to the lack of campaigns to educate the public on the possibility of seniors contracting the AIDS virus. According to this study none of the participants claimed to use condoms before the discovery of the infection. After being aware of their HIV status, half of the participants changed their behavior, going to use a condom.

It was concluded in this study that among the factors that may have promoted the infection, lack of adherence to condom use was crucial and knowledge of HIV infection altered sexual behavior in half of the cases, there is still a lot of resistance to the use of condoms. There was a lack of awareness and also the lack of communication between the couple, as occurred in cases where the partner had no knowledge of seropositivity interviewed. Although there is evidence of a lack of knowledge of the importance of condom use even when both partners are HIV positive. It stressed the need for educational campaigns directed at exclusive older adults and seniors.

Increased sobrevida combined with changes in sexual behavior of the elderly, access to medicines for erectile dysfunction and resistance to condom use have given a new epidemiological profile of AIDS in the elderly in recent years. Concludes that AIDS in the elderly is a reality that imposes on the health care team numerous challenges including: developing and implementing public campaigns targeted prevention for this population, as well as develop a professional practice able to meet the increased demand of elderly facing this disease.

Recent trends in the epidemic AIDS come putting a new age group highlighted in the discussion of vulnerability: the elderly. According to the author for a more integral approach to AIDS in this population, there is a need, first, to understand the cultural and biological processes involved in aging and sexuality and healthy self, in which currently sees overcoming the figure of a dependent elderly, sick and waiting for his death. Reported that the growth of AIDS in the elderly is related to the aging population and improved quality of life of this population, extending thus the social and sexual lives. Concludes that there is need for further discussion about the vulnerability to HIV / AIDS for this new group appears to include programs and promotion and prevention of STD / HIV / AIDS.

The route heterosexual was the most significant in the age groups covered in the study, confirming that the sexual practice without proper protection is established as the most important route of transmission also among the oldest and the relevant heterosexual transmission in older people may have as factors predisposing resistance to condom use and the advent of a large number of pharmacological drugs that facilitate intercourse. Also states in his study that even in small numbers, the exposure occurs by injecting drug use among older adults, a group that is rarely considered drug addict.

We conclude that the municipal level and the state must identify factors that might interfere with the proper updating of data regarding the notification and monitoring of cases, investing in improving the quality of information ensuring greater reliability, completeness and update of data which improves quality and focuses on decision making. Reported the need of integrated health services to the knowledge of the magnitude of the disease and for surveillance in their control and permanent education.
actions for health professionals in health care of older could reflect the reduction of errors and delays in diagnosis and also in underreporting of cases, as well as routine services will incorporate the recommendation by government agencies for the development of prevention strategies that enable greater knowledge of the population above 50 years of their vulnerability.

- Category 3: Health education on prevention of HIV / AIDS in the elderly: a challenge for nursing

Sexual intercourse has been considered a proper activity of young people, people with good health and physically attractive. The idea that older people can also have sex is not culturally accepted, preferring to ignore it and make it disappear from the collective imagination sexuality of the elderly. Despite these cultural topics, old age preserves sexual need, and there is therefore the age at which sexual activity, thoughts about sex or desire are exhausted.¹

It is of fundamental importance for understanding these seniors, by professionals related to health, their sexuality and means of protection for safe sex practices.³ The belief that advancing age and declining sexual activity are inexorably linked can be one of the factors responsible for so neglected that dealing with the quality of life in this population.¹

From the point of view of AIDS is not the sexuality that makes people vulnerable to HIV / AIDS, but the sexual practices that are carried out in an unprotected form, and this is a valid assumption for all ages. However, it should be emphasized that the health professional should be aware of the specific complaints of the elderly. Is public liability available to the elderly the necessary inputs to the adoption of safer sexual practices, such as male and female condoms and lubricant gel.¹

It is important to remember that increasing the frequency of sexual practices among the elderly should be associated with prevention initiatives and assistance from health professionals to control events related to exposure to sexually transmitted diseases. Healthcare professionals should monitor and track these events in primary care services and specialized services, and provide the necessary inputs for adoption of safe sex practices.¹⁵

Health professionals tend not to investigate drug use in these patients, mistakenly assuming that this group is not capable of such behavior, or whether it was in the past, does not constitute a material fact for the present, at query time. It's small percentage of HIV transmission by injecting drug in both groups, but should be considered as an important factor in the epidemiological investigation of the case.¹¹

It is believed that it is through multidisciplinary teams that can plan and act effectively to meet the needs of older people facing AIDS, emerging reality that imposes several challenges to all spheres related to the health sector. Thus, the epidemiology of the epidemic in this population is essential for the targeting of health promotion, prevention and rehabilitation.⁹

**CONCLUSION**

Publications on the subject is still very small, requiring a greater involvement with this issue, since in recent years Brazil has emerged in an epidemic of HIV and AIDS in this age group. Sexuality is a reality experienced by older people, though often seen as inappropriate, due to prejudice and discrimination. The main activities causing this epidemiological profile brought by the articles were: prolonged sexual activity in old age, favored by the discovery of medicines for sexual stimulation, hormone replacement therapy and penile prosthesis; ignorance of the elderly and the importance of condoms as resistance to use of it, and the aging of HIV-infected persons.

Given this situation it is essential to emphasize the need for unique educational campaigns aimed at older adults and seniors, these actions should be associated with prevention initiatives and assistance for the control of events related to exposure to sexually transmitted diseases, as well as develop a professional practice able to meet the increased demand for elderly who face this disease. This study contributes to that professional nurses can know the reality of the elderly in order to consider the naturalness of sexuality in these people, and can then act effectively to HIV prevention, leading thereby reducing the occurrence of cases and a better quality of life.

**REFERENCES**

Activities causing HIV in the elderly...