



Journal of Nursing

Revista de Enfermagem

UFPE On Line

ISSN: 1981-8963

INTEGRATIVE REVIEW ARTICLE

NURSING ASSISTANCE RELATED TO ALCOHOL AND ALCOHOLISM: ANALYSIS OF THE PUBLICATIONS OF CBEN

ASSISTÊNCIA DE ENFERMAGEM RELACIONADA AO ÁLCOOL E AO ALCOOLISMO: ANÁLISE DAS PUBLICAÇÕES DO CBEN

ATENCIÓN DE ENFERMERÍA RELACIONADA CON EL ALCOHOL Y EL ALCOHOLISMO: ANÁLISIS DE LAS PUBLICACIONES DEL CBEN

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ABSTRACT

Objective: to analyze the production of articles made by nurses about nursing care in the use and abuse of alcohol and alcoholism. **Method:** literature review study, with search on the books of proceedings and abstracts of the Brazilian Congress of Nursing (CBEn), from the question << *What studies on alcohol and alcoholism in Nursing have been conducted and published in CBEn?* >>. The findings were presented by the year of publication, region, institution affiliation, and State of the Federation and grouped into four thematic categories. **Results:** showed that the research addressed in general nursing care, prevention, family care user, therapeutic relationship and equipment to the public network. **Conclusion:** there were few studies about the topic, although it was noted a slight increase of those in the years 1999 and 2001. Thus, this study extends the possibilities for further research on the production of Nursing in the area of psychoactive substances. **Descriptors:** Nursing Research; Alcoholism; Nursing Care.

RESUMO

Objetivo: analisar a produção de artigos realizada por enfermeiros sobre a assistência de enfermagem no uso e abuso de álcool e alcoolismo. **Método:** estudo de revisão de literatura, com busca nos livros de anais e resumos do Congresso Brasileiro de Enfermagem (CBEn), a partir da questão << *Quais estudos sobre o álcool e alcoolismo na área da Enfermagem vêm sendo realizados e publicados no CBEn?* >>. Os achados foram apresentados por ano de publicação, região, instituição de filiação e Estado da Federação e agrupados em quatro categorias temáticas. **Resultados:** evidenciou-se que as pesquisas abordaram em geral os cuidados enfermagem, prevenção, assistência à família do usuário, relacionamento terapêutico e equipamentos da rede pública. **Conclusão:** foram poucos os estudos sobre o tema, embora se tenha notado um discreto aumento desses nos anos de 1999 e 2001. Assim, este estudo amplia as possibilidades para outras pesquisas sobre a produção da Enfermagem na área de substâncias psicoativas. **Descritores:** Pesquisa em Enfermagem; Alcoolismo; Cuidados de Enfermagem.

RESUMEN

Objetivo: analizar la producción de artículos hechos por enfermeros sobre el cuidado de enfermería en el uso y abuso de alcohol y alcoholismo. **Método:** estudio de revisión de la literatura, con busca en los libros de actas y resúmenes del Congreso Brasileño de Enfermería (CBEn), a partir de la pregunta << *¿Qué estudios sobre el alcohol y el alcoholismo en Enfermería se han realizado y publicado en CBEn?* >>. Los hallazgos fueron presentados por el año de publicación, la región, la institución de afiliación y el Estado de la Federación y fueron agrupados en cuatro categorías temáticas. **Resultados:** indicaron que las investigaciones dirigidas, el cuidado de enfermería general, la prevención, la atención a la familia del usuario, la relación terapéutica y equipos de la red pública. **Conclusión:** había pocos estudios sobre el tema, aunque se observó un ligero aumento de estos en los años 1999 y 2001. Por lo tanto, este estudio amplía las posibilidades de una mayor investigación sobre la producción de la enfermería en el ámbito de las sustancias psicoactivas. **Descriptor:** Investigación en Enfermería; Alcoholismo; Cuidados de Enfermería.

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INTRODUCTION

Alcohol is the most widely consumed psychoactive substance in the world, approximately two billion people consume every year.¹ It is estimated that in the U.S. 82,4% of the population has already consumed alcohol at least once in life, in Chile, this percentage is 86,5%. In Brazil², between 2001 and 2005 there was an increase in lifetime use of alcohol and 5,9%, according to the latest survey conducted in Brazil in 2005, 74,6% of the population met the criteria for lifetime use.

Thinking of this significant increase, it is necessary to direct the attention of health professionals for this theme, since the use and abuse of alcohol contributes to various health³ disorders, for example, hypertension, strokes, cirrhosis, among other organic problems, depending up the consumption pattern. Nevertheless, of all admissions whose primary pathology is due to some mental and behavioral disorder due to drug use, 69% of cases are a result of alcohol use. These data lead to assume that health professionals and specifically the nursing have provided increasing assistance to such clients, especially when you know that these clients often seek services not only to treat alcoholism but, in most cases, the organic consequences. However, despite the increasing demand for individuals with alcohol-related problems in recent years in health services which has been a challenge for nursing, since its unpreparedness to cope with the situation is well documented, the issue of alcoholism has been little explored by researchers⁶, including in relation to nursing care for this population.

The explanation for this phenomenon may lie in the fact that experts⁷, there is not only a role model for planning nursing care in the field of chemical dependency and that this practice has emerged, alternating and directed according to the needs answers to the health problems of the population, because it is directly connected to the system and focused on general health care. Therefore, has not always served to the specifics of drug users. Furthermore, the complexity of the phenomenon of the use and abuse of alcohol also contributes to user assistance is also constitutes a complex practice.⁸

Given the need to know how it comes to giving nursing care for people with disorders related to alcohol and alcoholism, on the incipient production of nursing published on this theme and taking into account that the

nurse is a healthcare professional who more have contact with the user regardless of the health service, this study aimed to verify and analyze the elaborate production by nurses about nursing care in the use and abuse of alcohol and alcoholism, published in books of annals summaries of the Brazilian Congress of Nursing (CBEn). The choice for this event is justified by the fact that he was one of the largest in the country related to profession.

METHOD

A study of literature review, which was used as a tool to search for books and abstracts Annals of CBEn, with the research question << *What studies on alcohol and alcoholism in Nursing have been conducted and published in CBEn?* >> For this, we conducted a literature review in the Annals of the Brazilian Congress of Nursing (CBEn) for the period 1998-2008.

The search was carried out from February 2009 to June 2010. We analyzed eleven Proceedings of Abstracts, three of which were available in print (1998-2000) and eight in CD (2001-2008). To gather data, we used the following descriptors: 1. Alcohol; 2. Alcoholism; 3. Nursing Care. The criteria for inclusion in the study sample were established: be about the issues - alcohol, alcoholism, and nursing care - and are published in books and abstracts Annals of the Brazilian Congress of Nursing (CBEn) the years 1998-2008. Already, the exclusion criteria in the study sample were: should exercise on summaries about issues - alcohol, alcoholism, and nursing care, and who were not at the time of publication given (1998-2008).

There was fulfilled the criteria of inclusion 15 abstracts that were directly related to the topic of 'nursing assistance to alcohol and alcoholism'. The data, after selected, were organized according to the year of publication and, as a result, categorized according to the nursing care to alcohol and alcoholism.

The second stage of the study consisted of a qualitative data analysis, performed by categorizing the information, which refers to the grouping of elements with common characteristics related to each other, ie, this categorization procedure represents the grouping of ideas or expressions in around a common concept able to cover the full range the data.⁹ This process, originated four broad themes related to nursing the user of alcohol, which were analyzed, giving up four empirical categories: I. Prevention of alcohol abuse, II. The relationship between nurse and the alcoholic, III. Nursing care to the family of alcoholics and IV. Equipment from the public

to assist the users of alcohol and other drugs. These categories were synthesized in order to show the frequency of specific topics, presented in sequence.

RESULTS

◆ General characterization of the summaries

The data analysis showed that the year 1999 had the largest number of papers presented and published in the proceedings of CBE_n by nurses, (n = 4) with a focus on nursing care of these people (Figure 1).

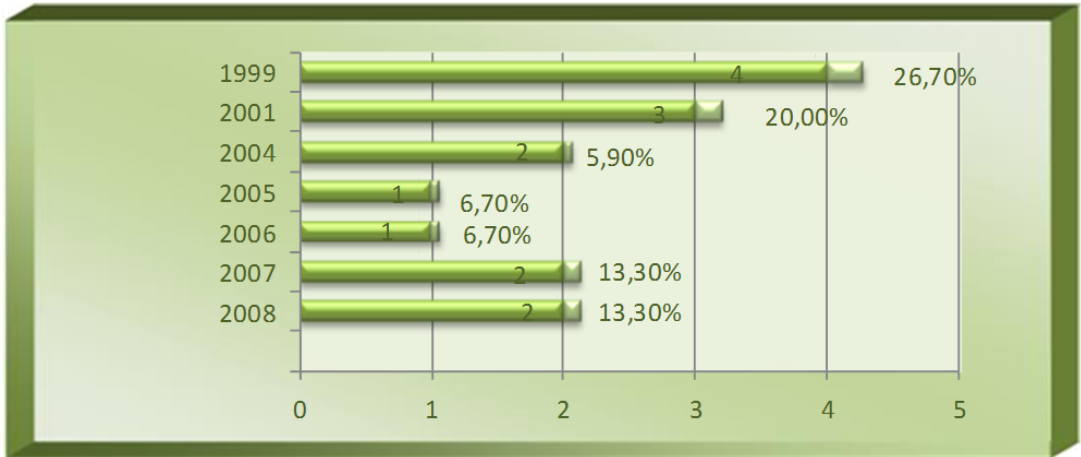


Figure 1. Distribution of articles published about the theme Nursing Care to the user of alcohol and alcoholism in the annals of CBE_n, according to the year of publication. São Paulo, in 2013.

Regarding the classification of these studies, it was observed that the majority (40%), they were related to assistance to the family of alcoholics, prevention of alcohol abuse (26,7%), equipment from the public (20%), and abstracts that addressed specific actions of nurses in the area - such as the use of the nurse and the alcoholic relationship - were less frequent (13,3%). Most of the papers presented and published abstracts in this period came from the Southeast (40%), followed by the South (26,7%) and in 6,7% of the abstracts not found the source region. By analyzing the publications regarding the merits of the Federation of State, the results showed that most of the studies (26.7%) was held in São Paulo, followed by Rio Grande do Sul (20%), Rio de Janeiro (13,3%) and Ceará, Paraíba, Piauí, Goiás and Santa Catarina which totaled 6,7% each of the total articles published. With respect to affiliation of the authors of the work, the results indicated that 26,7% of the authors belonged to the University of São Paulo (USP) and 13,3% to the Federal University of Rio de Janeiro (UFRJ). In 6,7% of the abstracts were not possible to identify the affiliation.

◆ Thematic categories according to the qualitative analysis of summaries

• Category I - Prevention of alcohol abuse

In the "prevention of alcohol abuse" found four abstracts related to the theme, this category covers work in which the main focus was nursing care. Conducting educational workshops on the issue of the use and abuse of alcohol by employees of an educational institution, the nurses reported that the

activity was perceived by participants as relevant and positive.¹⁰ Coordinating a group of relapse prevention in a CAPS¹¹, the authors found that poor adherence of patients in the group helped to identify problem situations between users in their social and family environment, which helped in building coping strategies. Preventive actions performed by nurses - as discussions about alcoholism users with Basic Health Units¹² and the importance of the nurse to inform users of alcohol, as well as to society, on the prevention of the use and maintenance of abstinence - have been identified as an effective action that can be performed by professional in the prevention¹³.

• Category II - Relationship nurse and the alcoholic

Addressing this issue, they found two published abstracts. The first, while not showing the outcome of the intervention¹⁴, aimed to reflect on the practices of the interpersonal relationship of nurses with alcoholic patients. A bibliographical¹⁵ study with analysis of scientific works investigating the relationship nurse and alcoholic patients in general hospitals showed that nurses who have more contact with these patients are more likely to contribute to the treatment of these.

• Category III - Nursing care to the family of alcoholics

In the category "nursing care to the family of alcoholics" was found six summaries consistent with the theme. These summaries relate experiences of nurses with the use of theories of care to meet the families of alcoholics¹⁶⁻¹⁸; indicate that the nursing consultation with patients and families of

alcoholics have significantly contributed to awareness and education through health promotion and prevention of complications, with consequent improvement in quality of life.

In another study on assistance to the family of alcoholics, authors¹⁹ pointed nursing diagnoses most frequently observed: Procedure altered family; ineffective strategies of individual resolution and denial. Study²⁰ that aimed to describe a program for adolescents and their families in the rehabilitation process highlighted the role of the nurse as educator and noted the recognition of individuals through the nurse's work²¹ In more recent work related to the daily lives of relatives of patients who use alcohol treatment in a CAPS, said that at the beginning of treatment, some emotional ties severed between the user and the family can be restored, it passes the there is a careful interplay between them, leaving the nurse to establish this connection.

• Category IV - Equipment from public assistance to users of alcohol and other drugs

In the category "equipment from the public to assist the users of alcohol and other drugs," we found three related studies; these were engaged in checking the models of care and assistance to the user of alcohol and other drugs²²; showed that the prevailing model for attention is the effect of illness associated with the moral model, centered on therapeutic abstinence and withdrawal of the disease.²³⁻⁴

DISCUSSION

The analysis of studies has shown that there was a production of 15 abstracts related to work that focused on the theme 'nursing care for people with alcohol abuse and alcoholism'. As regards the distribution of publications on the subject of nursing care, it was found that there was a significant increase of these works in the years 1999 and 2001, whereas during the same period there was a reduction in the time of the degrees of masters and doctors by CAPES, which may explain the increased production of research in general, including in the area of alcohol and other drugs²⁵, also in the 2000s were implanted the first CAPS ad as well as public policy regarding issues relating to abuse of alcohol and other drugs, however, highlighting the concern of nursing assistance in studying these individuals, this period.²⁶

The merits of these studies, the majority (40%) were performed in the Southeast, and

the state of São Paulo was highlighted, followed by the states of Rio de Janeiro and Rio Grande do Sul corroborating studies on vulnerable populations.²⁷ The explanation for this phenomenon may be related to the fact that the highest concentration of researchers and research groups in this area is allocated in this region, as well as the fact that these three states with the highest number service CAPS ad within the Federation.²⁸ Moreover, it can be seen that in 1999 and 2001 there was a higher number of publications on the subject, ie, were years in which the event was held in the South, which may be related to the results, it facilitated the participation of researchers in this area and, consequently, the increase in publications from the south and southeast, in addition, it was found that most of the studies were designed and developed at USP and UFRJ, since these universities are pioneers in research nursing on the subject.

The thematic classified showed that nurses have been concerned with investigating nursing care in the alcohol-related problems regarding prevention of alcohol and other drugs. Although prevention work in health is one of the primary functions of the nurse as a health educator, this survey also suggests that little attention has been given to research related to the prevention of harmful alcohol use, as in eleven annals of CBEn only four abstracts on this topic were presented. A little representation of this category of work may be related to the fact that, in Brazil, preventive interventions have no tradition in regard to the abuse of alcohol and other drugs, and generally isolated initiatives of prevention are poorly researched.²⁹

Regarding the therapeutic relationship, this was a category that included the lowest number of jobs in the event, which dealt with the importance of the nurse's contact with the user as a facilitating factor in attendance. The explanation for this result may be the predominant conception in traditional training of health professionals, among them, the nurse, who is supported by biological focus, based on disease and some returned to the social, conforming to the hegemonic model in education and health practices.³⁰

An analysis of the themes in which nurses have published their work in the area of alcohol and alcoholism reveals that nursing care to family user presents outstanding³¹, perhaps the perception of the importance of the family in the rehabilitation of alcohol dependent, one since the control of alcohol consumption becomes the center of the family organization, justifying the need for the

family are also accompanied in health services. In this sense, the nurse plays an important role for awareness and education of these families codependents.³¹

The equipment category of the public could address, in general, the difference of care nurses working in CAPS compared to nurses from other public health units; emphasized that nurses CAPS ad have better knowledge of their role in the treatment of users alcohol and other drugs than other services. Studies have identified that nurses working in specialist services tend to have greater skill in the treatment of users, and perform a more humanized care.³²

Despite the difficulties encountered during this research, the small number of abstracts found with the proposed descriptors and the lack of results present in some, surveys like this contribute directly to the formation of the critical thinking of nurses who work and work with this population, because the analysis of these summaries of research conducted in the field of alcoholism, published in the Proceedings of the largest scientific event in Brazilian nursing, serves as a vehicle to give an overview on trends of nursing research in thematic alcohol and alcoholism, as well as outlining a stub the perception that nurses have taken towards their role and contribution in addressing this issue in the last decade.

This study contributes to nursing in relation to addictions because it offers subsidies to retract from their productions, the nursing front of the problem of alcoholism, thus contributing to reflection on the therapeutic role of the nurse in this area, which, ultimately, may favor the improvement of their practices.

CONCLUSION

The present study showed that there was an increased interest in studying nurses nursing care before the problems associated with alcohol and alcoholism in the period investigated, however, the number of publications has varied over the years, and production on the theme still shows incipient when compared to other issues related to the problem. It was also observed that most of the scientific production concentrated in the South and Southeast, as well as most of the researchers. The summaries found covered topics such as assistance to family of alcoholics, the prevention of alcohol abuse, the role of nurses in the public network equipment and the relationship between the nurse and the alcoholic.

Considering the period investigated and the survey only 15 publications on this nursing alcoholics and their relationship with alcohol, it is concluded that this theme is very representative of the work of nurses in this area, since in practical nursing can perform many important functions that develop with the actions of the multidisciplinary team, in addition to being a nursing professional category that is closest to these users.

It is suggested to be made new surveys and analyzes on other means of dissemination of research related to this topic and also in the Annals of CBEEn not covered by this research, which can contribute to the knowledge on the production of nursing care and the use alcohol, as well as verifying the importance that has been given to the subject by the profession, including the search for evidence on the impact of the changes related to the model of attention to the user of alcohol and other drugs in the practice of nursing and nurses.

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Submission: 2013/05/25

Accepted: 2013/07/31

Publishing: 2013/11/15

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