NURSING RESIDENTS OF INTENSIVIST SCENARIOS: THE IMPORTANCE OF SELF-CARE
RESIDENTES DE ENFERMAGEM DE CENÁRIOS INTENSIVISTAS: A IMPORTÂNCIA DO CUIDADO DE SI
RESIDENTES DE ENFERMERÍA DE ESCENARIOS INTENSIVOS: LA IMPORTANCIA DEL AUTOCUIDADO

ABSTRACT
Objectives: to describe Nursing residents’ perception of self care, to identify the actions that nurses of intensive care settings perform to take care of themselves and to analyze the repercussions of self care for the health of these residents. Method: a descriptive and exploratory study, with a qualitative approach, with 17 Nursing residents from the intensive care, cardiovascular, nephrology and neonatology programs of a university hospital. The data was analyzed by the Content Analysis technique in the Thematic Analysis modality. Results: three categories allowed to verify that self care is perceived in different ways, involving religiosity, family and work relationships, healthy eating, sports and leisure. Conclusion: the lack of self care interferes negatively in the care of others, besides having the potential to generate psychophysical illness in Nursing workers. Descriptors: Occupational Health; Nursing; Critical Care.

RESUMO
Objetivos: descrever a percepção dos residentes de Enfermagem sobre o cuidado de si, identificar as ações que os residentes de Enfermagem de cenários intensivistas realizam para cuidar de si e analisar as repercussões do cuidado de si para a saúde destes residentes. Método: estudo descritivo e exploratório, de abordagem qualitativa, com 17 residentes de Enfermagem dos programas de terapia intensiva, cardiovascular, nefrologia e neonatologia de um hospital universitário. Os dados foram analisados pela técnica de Análise de Conteúdo na modalidade Análise Temática. Resultados: três categorias permitiram verificar que o cuidado de si é percebido de diferentes formas, envolvendo a religiosidade, o relacionamento familiar e com colegas de trabalho, a alimentação saudável, a prática de esporte e o lazer. Conclusão: a falta do cuidado de si interfere negativamente no cuidado com o outro, além de ter potencial para gerar doença psicofísica nos trabalhadores de Enfermagem. Descriptores: Saúde do Trabalhador; Enfermagem; Cuidados Críticos.

RESUMEN
Objetivos: describir la percepción de los residentes de Enfermería sobre el autocuidado, identificar las acciones que los residentes de Enfermería de escenarios intensivos residentes realizan para el autocuidado y analizar las repercusiones del autocuidado para la salud de estos residentes. Métodos: estudio descriptivo y exploratorio de enfoque cualitativo, con 17 residentes de Enfermería de los programas de terapia intensiva, cardiovascular, nefrología y neonatología de un hospital universitario. Los datos fueron analizados por la técnica de Análisis de Contenido en el modo de Análisis Temático. Resultados: tres categorías permitieron verificar que el autocuidado es percibido de manera diferente, involucrando la religiosidad, las relaciones familiares y compañeros de trabajo, la dieta sana, la práctica del deporte y el ocio. Conclusión: la falta del autocuidado interfiere negativamente en el cuidado del otro, aparte de tener potencial de generar la enfermedad psicofísica en los trabajadores de Enfermería. Descriptores: Salud Laboral; Enfermería; Cuidados Críticos.

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INTRODUCTION

Self-care is discussed over time as a care component, leading to the development of Nursing studies in order for professionals to reflect about caring for themselves and thus to appropriate attitudes and practices that can benefit health.1

Caring for oneself is defined as a choice and an attitude, which includes: loving, respecting, knowing and valuing oneself and the other.2 Caring for oneself requires looking inward; knowing oneself and discovering oneself; to find in oneself the essential beliefs and values; act according to your feelings and emotions; seek to build a better life for themselves and for those around them. Caring for oneself denotes a plural notion that brings together various cares, practices and activities directed towards one's own person, seeking well-being.3

Self-care is critical to promoting and ensuring health. However, it has been realized that it is not always adopted or developed to the satisfaction of the people and, in particular, by the Nursing professionals, especially those who perform their functions in intensivist scenarios and often neglect themselves on account an intense work routine and high demand for activities, compromising health and well-being.

These scenarios, in particular the Intensive Care Units, are characterized as labor spaces that generate stress for the workers due to some specificities such as: artificial lighting; exhausting routines; lack of human resources; sophisticated and noisy equipment, constant coexistence with pain and death; work routine variability, among others.4 Thus, they are units marked for causing physical and psychological damage to Nursing professionals, citing mood alterations, allergies, headaches, anxiety, depression, burnout, musculoskeletal disorders, Behavior, concentration deficit and attention.5–6

They are useful fields for learning, since they make it possible to have contact with a diversity of critical health problems; with various health technologies; many specific procedures of health and Nursing care, enabling the development of psychomotor skill and manual dexterity. Thus, from the assistance developed in these spaces, courses of Nursing specializations focused on critical or intensive care have been created, which can be offered, also, in the modality of residence.7

The residence is characterized as a way of training in service in which a professional improvement is achieved and obtaining the title of specialist in the area of choice, in addition to propitiating the acquisition of greater security in theory and professional practice. It is a type of in-service training that gives, participating nurses, the title of specialist, since it is a modality of post-graduation latu sensu. This type of training enables the professional to work in research and in the production of knowledge for greater skills in work practice.8,9

Nurses who choose to specialize in intensive care through the residency course have great potential to experience physical and emotional exhaustion, since, in addition to the attrition inherent to the specificity of the scenario, there are aspects related to the characteristics of the course: high hour workload - 60 hours per week - for the accomplishment of practical and theoretical activities, such as: works, tests, monographs, theoretical classes and more the practice of professional practice.10

It has been observed that many residents in intensive care settings, perhaps because of the lack of free time, tend to neglect self-care. Such conduct has caused uneasiness and strangeness as self-care is relevant to minimize the negative impacts of the work setting and the stage of these newly formed nurses who are still adapting to the world of work.

It is known that the residence is a time of transition, in which the resident is now seen as a student, now is charged as a professional, requiring him the right judgment and decision making. This lack of definition of roles and behaviors makes the resident sometimes unsafe and subject to occupational stress.8–9 In this context, the need to care for oneself in order to prevent illness and promote health is emphasized.

Caring for oneself becomes a relevant tool for maintaining the quality of life. In this perspective, actions that encourage self-care in the work environment will certainly promote the well-being of the caregiver and improve the quality of the services provided. It is therefore inferred that, concurrently with the care of the other, it is necessary to develop care for oneself in order to guarantee their own well-being, but also quality in the care offered to the user.11

Based on these considerations, the following objectives were defined:

- To describe the Nursing residents' perception of self care;
- To identify the actions that nurses of intensive care settings perform to take care of themselves;
● To analyze the repercussions of Nursing care on the health of Nursing residents in intensive care settings.

**METHOD**

Descriptive and exploratory study, with a qualitative approach. The participants were 17 Nursing residents of the group from 2013-2015, who were allocated in intensivist scenarios of a university hospital, located in the city of Rio de Janeiro, characterized by a high level of attention. The intensivist scenarios listed were: intensive care, cardiovascular, nephrology and neonatology (Neonatal Intensive Care Unit - neonatal ICU).

The criteria for inclusion in the research were: 1) to be a Nursing resident of intensive care settings; 2) not being on leave or vacation during the collection period; and 3) to be a second-year Nursing resident, as it was felt that such nurses had already had enough time to discuss their experiences at home and attitudes and practices of self-care. It should be noted that data were collected with almost all residents of the second year, allocated in intensivist scenarios, and only two of them were excluded from the survey because they were on medical leave.

The data production was performed in January and February 2015, through a semi-structured interview, composed of two open questions and an initial part that aimed to capture characterization data of the subjects (residence program in which it operates, age, sex, number of employment ties). The interviews were carried out in a reserved place, using an electronic device to capture the speeches of the participants in full, after previous approval of the interviewee. After each interview, the lines were immediately transcribed.

It is worth mentioning that this study was developed in accordance with Resolution 466/2012 of the National Health Council, and that it is a continuation of the research entitled "The importance of self care for intensive care professionals", which was sent to the Committee Of Ethics in Research of the University of the State of Rio de Janeiro (UERJ), receiving a favorable opinion through the protocol number 407.899 / 2013.

The data were treated using the Content Analysis Technique, in the Thematic Analysis modality. This, in turn, is one of the most common techniques in the empirical research carried out by the human and social sciences. This type of analysis technique consists of a set of procedures in which, by means of the interpretation of the content of any class of documents, the analysis can be performed and, with this, to collaborate in the interpretation of the results. In order to ensure anonymity, the interviews were coded with the letter "E", referring to the word "Interview", and numbered from the order of transcription, for example: E1, E2, E3.

**RESULTS AND DISCUSSION**

The prevalence of the age group ranged from 21 to 30 years, corresponding to 88% of the residents interviewed. A predominance of females was observed, with 96% of women responding to the interview. Regarding the labor characteristics, 35% of those surveyed had an employment relationship, in addition to their residence. From the analysis of the collected material, 364 Units of Records (UR) were identified, allocated in 63 Units of Significance (US) and distributed in the three previously identified categories.

Based on the technique of content analysis, three categories were created: 1 - What the residents think about the selfcare; 2 - caring for oneself and its positive repercussions; and 3 - antithesis of self care: negative impacts.

**Category 1: What residents think about taking care of themselves**

In this category, the residents' views on caring for each other in their most varied aspects were analyzed. One of these is the social aspect, perceived by residents as of utmost importance for healthy interpersonal relationships, as exemplified in the following testimony:

> *I think that taking care of yourself is doing things in a way that you can feel good. This encompasses several parts, several areas for me, involves both the personal part of feeling good, being good with family, having friends and good interpersonal relationships.* (E02)

It can be noticed, in the interviewees’ statements, that social groups that go beyond the working environment show themselves as beneficial for selfcare. These groups are established in different spheres, since the man is part of an interconnection system that is composed of family, work, religious institutions, among others. Efficient and effective communication in this social system can considerably reduce the negative incidence of tensions and conflicts, making it possible to express constructive interpersonal relationships.

Another aspect mentioned by the participants was living in the family environment. For them, being close to the people who are part of the family nucleus integrates the care of themselves, helping
them to maintain mental health and reducing the stress generated by the work environment and daily life. The following statements confirm this:

...I understand that I take care of myself from living with my family, with people that I like, along with my fiancé. So, this is good for my mental health, so I'm taking care of myself. (E01)

I take care of myself having a relationship with my family, which is what makes me psychologically well-structured [...]. (E03)

A family environment is naturally conducive to personal growth and health maintenance, as it helps the human being to develop intra and interpersonal skills that will help them to meet the challenges of everyday life.

The family relationship is a relevant factor for the donation of attention, affection, and dialogue. The family also helps in the achievement and maintenance of freedom, autonomy and independence, and expresses itself as a protective agent in the face of the risk of mental illness and stressful events generated by stress. Individuals who have the family as the support nucleus can feel more balanced in carrying out their tasks and responsibilities at work, thus developing their activities with more vitality.7

Religion was also mentioned by the interviewees as one of the bases of self care. They reported that religiosity helps to minimize the psychological impacts generated by stress, in addition to contributing to a better care of the other. This statement is exemplified below:

I think there is the religious part of caring for yourself, so you can take care of yourself psychologically. When you take care of this spiritual area, you are contributing to a better care of yourself. (E02)

If you are well spiritually, that is, practice your religiosity, you will take care of others in the way you should [...]. (E07)

Spirituality is expressed as a resource launched by the human being to give account of essential questions of existence, in such a way that favors harmony with the universe. These questions are about infinity, which comes into evidence from the moment the individual encounters difficult situations of emotional stress, physical illness and death, in a search for meaning for events, integrity, peace, harmony, and individuality.

It is observed that nurses who are aware of their religiosity and spirituality develop better care, because they have in their favor increased sensitivity to the patient, voluntarily participating in the process of elaboration of meanings and internal mobilization inherent to the confrontation dynamics in the face of the crisis that the patient and his family are going through during the illness.11

Category 2: Caring for oneself and its positive repercussions

One of the subjects that got the most attention in the speeches of the participants of the research was the self-care correlated with health, in which it was evidenced that to perform physical exercises, to go to medical appointments and to have moments of leisure are actions and measures that can assure physical and mental well-being, making the work routine less tiring, as exemplified in the following statements:

Taking care of me is that, [...] taking care of food, doing physical activity, doing what gives me pleasure, because these things cause me to have well-being [...] The self-care thus impacts on total health in a positive form. (E05)

Taking care of yourself resonates well, because, in the residence, we have many charges [...] It is very important that you take this part of yourself, because it is the moment that you have to relax, to have fun from leisure, it is the moment that you have to relax a bit, to forget about the problems you have here in the hospital. (E08)

It is possible to verify that the interviewees consider positive taking care of themselves, perceiving this care as a way to contribute to the highest performance in the work environment, personal life and health. This care should be seen as a process that includes responsibility and attitude, contributing to the processes of everyday life and to the improvement of personal and professional well-being, besides being a way of living the best, not, simply, as an obligation.1

Another issue that emerged from the interviews with participants was the positive repercussions of self care on the quality of work. Many have mentioned that, with the care of themselves, they feel more prepared to face the work day, as evidenced in the following statements:

I think self care resonates in every way, because by taking care of yourself, you can be better off with yourself, with others, and in providing care to the patient. So, being well, feeling good, being careful, you will have self-esteem and self-confidence elevates. (E11)

Taking care of me, I will be able to work better, to put into practice my science, what I have studied, I will be able to apply [...]. (E04)

For these participants, taking care of themselves is also imbricated with the labor issues, because the care of themselves makes it possible to take care of the other in an effective way, helping them to put into...
practice the learning that they had during the professional formation. According to the participants, it is relevant that nurses understand the need to take care of themselves as a way to balance the other, thus avoiding the wear and tear that the work environment can cause.

The practice of self care is related to the promotion of health, in this way, as care of self develops, the worker grows, improves and develops his professional side, being able to take care of the other in the same way that is care, that is, with harmony, respect and security. Therefore, caring for oneself is indispensable for every human being and is closely involved in the notions of socializing and relating, as well as in human actions and interactions in the personal and collective context.

In this sense, considering the environment in which the participants work; where they coexist with pain, suffering and death; in which the pace of work is intense and one has to manage differentiated and daring technologies, that is to say, a stressful environment, caring for oneself is paramount for the maintenance of psychophysical health.

In addition, there is an aspect that deserves to be highlighted, namely the specificity of the participants - Nursing residents - a group that is more vulnerable to tensions and psychic suffering, since the lack of definition of roles is imputed to them, that is, they are sometimes seen as students, others as professionals, increasing stress and, therefore, the need to take care of themselves.

Category 3: Antithesis of self-care: negative impacts

Carelessness is mentioned as a negative factor for several aspects of the personal and professional life of the workers and, from the statements captured, it was found that there are participants who acknowledge not caring for themselves. In this way, the present category presents the negative impacts of self-neglect.

The first of these is related to the profession itself, which has the object of care work, thus, the care of the other becomes difficult, in the view of the interviewees, from the moment in which care does not occur.

I think it's important to take care of yourself, when you take care of you, you're taking care of the other. We actually do the reverse, we take care of each other and neglect people, but I think that in order to care for others in their moment of pain, death, all suffering, you have to be well.

We, Nursing as a whole, should take care of ourselves first, think about it before we think about taking care of the other. In my view, we do not take care of ourselves as we should care. (E07)

I think my lack of care actually is of little time, from when I took up residence, and everything reverberates in a negative way. I see [pause] that I lose a lot of quality of life, because of not having moments, more moments to take care of me, my health in general, because I do not have time. (E11)

It is understood from the statements of these participants that the innumerable activities at work is one of the reasons for the carelessness of themselves, bringing damages to the worker and to the work context. This neglect can lead to some unfolding of the workers' health-illness process, such as stress, de-motivation, moodiness, body aches, musculoskeletal disorders, irritability, insomnia, attention deficit and concentration, low immunity, among others.

Nursing is a profession focused on care, professionals often face the process of human pain and suffering, which can generate stress and great distress in nurses. Thus, it is important that the professional is based on self-care so that they can become aware of their own fragilities and create coping strategies.

Another negative impact of self-neglect, mentioned by the participants, was in relation to one's own health. Thus, they mentioned that they do not carry out activities for the care of themselves, such as the practice of physical activities and healthy eating, since free time is scarce, which ends up deteriorating health.

I think I care little of myself, very little. I feed myself poorly because of day to day running. I do not feed as well as I would like, I cannot do physical exercise, because I leave here so tired that I cannot do anything but work. (E07)

Regarding self-care, in fact, for some time now, since I am R2 [resident of the second year], it is not the most appropriate, because I do not have time to do almost nothing with me, I eat badly, in the last year I gained 12 kilograms, since the beginning of the year. (E09)

[...] I'm not taking care of myself. I wish I had more time to take care of myself, I think, with the end of the residence, I believe I have a little more time to go to a doctor, to do physical activity, to feed myself better, to have time to read a newspaper. I do not have time to read, I do not have time to watch a television, to know what's going on in the world, so I hope I have some more time for myself. (E12)
People who do not perform physical activity impair their quality of life due to the adoption of sedentary behavior and inadequate diet. This lifestyle is related to the risk factors for chronic degenerative diseases. In the long term, this sedentary lifestyle contributes to the reduction of muscle strength, resulting in extensive consequences for individuals, such as falls and fractures, slow metabolism, deficiency of normal glucose levels, and may even cause work incapacity. 16

Otherwise, a healthy and balanced diet is an important factor for health promotion, as it helps in weight loss and / or ideal weight conservation, and in protecting the cardiovascular system, helping the body to stay healthy and prevent diseases.15

In the case of the participants of this research, the lack of time and the excess of work are contributing to the adoption of inadequate feeding practices. Such conduct can lead to obesity, a manifestation characterized by the excessive accumulation of body fat at a level that compromises the health of individuals, leading to damages such as metabolic alterations, respiratory and locomotion difficulties. 15

Conclusions

Self-care involves a number of personal aspects, ranging from health care per se to interpersonal relationships, religion, leisure, family living, and so on. It is a multifaceted and complex situation that encompasses subjective and objective aspects of individuals’ lives.

Caring for one’s self is seen in different ways and therefore has a great influence on various areas of the professional and personal life of the residents. It has been shown that physical activities, healthy eating and preventive health consultations are actions that involve self care, which, in turn, guarantees and/or ensures health, bringing benefits such as disease prevention, higher performance in work activities, greater autonomy in relation to oneself, high self-esteem and willingness to work.

Otherwise, the deficiency in the care of the workers can result in the low performance, in the de-motivation at work, in several psychophysical diseases, that can compromise the quality of the work executed with the patients. In this sense, the importance of caring for oneself is not only due to maintaining workers’ health, but also to ensuring the excellence of care..

REFERENCES


CONCLUSION
Nursing residents of intensivist scenarios...


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