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NOTE PREVIEW ARTICLE

NURSING CARE FOR SKIN XEROSIS IN ELDERLY CUIDADO DE ENFERMAGEM PARA A XEROSE CUTÂNEA EM IDOSOS CUIDADO DE ENFERMERÍA PARA LA XEROSIS CUTÁNEA EN LOS ANCIANOS

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ABSTRACT

Objective: to identify how nurses evaluate the skin of elderly patients. **Method:** this will be a quantitative study, to be carried out in four hospitals. The population will be composed by all the nurses working in the Medical Clinic and Intensive Care Unit of the adult. For the data collection, a questionnaire composed of two parts will be used as data instrument: the first one covers sociodemographic data on the identification of the participant and the second one brings closed questions grouped into three domains where the items will be classified from one Likert scale. Descriptive statistical analyzes and verification of data normality will be carried out, as well as exploratory factor analysis for the observation of data behavior regarding the instrument used. **Expected results:** it is hoped to contribute to the clarity of nurses in the evaluation of the skin of the elderly, in the indication of products and substances, and to increase the knowledge about the most used Nursing interventions. **Descriptors:** Nursing; Geriatric Nursing; Skin Aging; Nursing care; Health of the Elderly; Therapy.

RESUMO

Objetivo: identificar como os enfermeiros avaliam a pele dos pacientes idosos. **Método:** tratar-se-á de um estudo quantitativo, a ser realizado em quatro hospitais. Compôr-se-á a população por todos os enfermeiros atuantes nos setores de Clínica Médica e Unidade de Terapia Intensiva do adulto. Utilizar-se-á, para a coleta de dados, como instrumento, um questionário composto por duas partes: a primeira abrange dados sociodemográficos de identificação do participante e a segunda traz questões fechadas agrupadas em três domínios onde os itens serão classificados a partir de uma escala tipo *Likert*. Realizar-se-ão análises estatísticas descritivas e a verificação da normalidade dos dados, além de análise fatorial exploratória para a observação do comportamento dos dados quanto ao instrumento utilizado. **Resultados esperados:** espera-se contribuir para que os enfermeiros tenham mais clareza na avaliação da pele dos idosos, na indicação de produtos e substâncias, além de ampliar o conhecimento acerca das intervenções de Enfermagem mais utilizadas. **Descritores:** Enfermagem; Enfermagem Geriátrica; Envelhecimento da Pele; Cuidados de Enfermagem; Saúde do Idoso; Terapêutica.

RESUMEN

Objetivo: identificar cómo los enfermeros evalúan la piel de los pacientes ancianos. **Método:** se tratará de un estudio cuantitativo, que se realizará en cuatro hospitales. Se establecerá la población por todos los enfermeros que actúan en los sectores de Clínica Médica y Unidad de Terapia Intensiva del adulto. Se utilizará, para la recolección de datos, como instrumento, un cuestionario compuesto por dos partes: la primera abarca datos sociodemográficos de identificación del participante y la segunda trae cuestiones cerradas agrupadas en tres dominios donde los ítems serán clasificados a partir de una escala tipo *Likert*. Se realizarán análisis estadísticos descriptivos y la verificación de la normalidad de los datos, además de análisis factorial exploratorio para la observación del comportamiento de los datos en cuanto al instrumento utilizado. **Resultados esperados:** se espera contribuir a que los enfermeros tengan más claridad en la evaluación de la piel de los ancianos, en la indicación de productos y sustancias, además de ampliar el conocimiento acerca de las intervenciones de Enfermería más utilizadas. **Descriptores:** Enfermería; Enfermería Geriátrica; Envejecimiento de la Piel; Atención de Enfermería; Salud del Anciano; Terapéutica.

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INTRODUCTION

The growing aging of populations is directly related to the increase in chronic diseases. They are implicated by the high incidence of chronic degenerative diseases in the elderly population, disabilities and increased risk factors for skin lesions, such as venous, arterial, hypertensive, pressure and neurotrophic ulcers.¹

It is presented, considering the common alterations in the aging process, the high cutaneous xerosis frequency and can generate discomfort for the elderly as a result of the alteration of the visual and sensorial aspect of the skin. The term cutaneous xerosis is used when the skin is dry, where the treatment consists of the use of moisturizing creams and avoiding friction, mainly in bony prominences or regions with hyperemia. Among the characteristics of dry skin, peeling, decreased turgor, cracks, tension due to loss of flexibility, hyperemia and, occasionally, bleeding.²

It is understood that there is a modification in the stratum corneum characterized by losses in the formation and differentiation of keratin, lipid content, hydration, Ph and production of sebum, thus compromising the skin barrier function. Recognized as senile xerosis, it is one of the most prevalent dermatological problems affecting about 30 to 58% of the elderly.³⁻⁴

The nurse is responsible for assessing the condition of the skin and establishing accurate diagnoses for proper care. It is understood that Nursing has, as its main foundation, human, individual and collective care, involving direct care, as well as the management of the services and of its own Nursing team. It is guided by ethical and legal precepts, in order to ensure quality for people's well-being and/or re-establishment of their health.⁵

Concerning the operationalization of the Nursing Care Systematization (NCS), carried out from the Nursing Process (NP), the nurse is required to provide the theoretical support necessary for him to find scientific support for the provision of care, giving him opportunity to involve and educate their teams, making it possible to assure an individual and integral nursing practice based on knowledge.⁶

It is related to hydration being an essential condition for life and necessary to homeostasis, intrinsically with the theoretical and conceptual framework of Wanda Aguiar Horta, which represents a model that supports NCS and is currently one of the most followed in the country, the construction of the

knowledge of the profession, helping in the recognition of reality and in the definition of roles, promoting the qualification and the improvement of the professional performance.⁷

It is revealed that isolated studies that deal with products and technologies used by nursing professionals for hydration and the consequent protection of the skin of the elderly are still incipient in Brazil. In addition, due to skin lesions, great attention is paid by the team, with a high cost of treatment, requiring a permanent education practice with a view to qualification to act in the prevention and treatment.⁸

In this context, the following guiding question is raised in this study: "How do nurses evaluate the skin of elderly patients?"

OBJECTIVE

- To identify how nurses evaluate the skin of elderly patients.

METHOD

The study will be carried out with a quantitative approach since it considers that everything can be quantifiable, that is, translate into numbers opinions and information to classify and analyze them. The use of resources and statistical techniques (percentage, average, fashion, median, standard deviation, correlation coefficient, regression analysis, among others) is also required, as well as to formulate hypotheses and classify the relationship between variables for ensure the accuracy of results, avoiding contradictions in the process of analysis and interpretation.⁹

The research will be carried out in four hospitals in the city of João Pessoa that were selected because they routinely received a large number of elderly patients, as well as serve as teaching institutions as a field of practice for undergraduate Nursing students and Multiprofessional Residence.

The population will be composed of all the nurses working in the Medical Clinic and Adult Intensive Care Units (adult -ICU) sectors of these health institutions, in the morning, afternoon and evening shifts. It is estimated that 120 nurses meet the inclusion criteria and agree to participate in the study, and considering a sample error of 5% and a 95% confidence level, the minimum number should be 92 subjects. Inclusion criteria will be considered for participation in the research: to act in the units as assistant nurses; being active during the period of data collection, as well as with the Nursing Care Systematization.

Nurses who work only in administrative functions or refuse to participate in the study during the data collection phase will be excluded from the survey.

For the data collection, a questionnaire composed of two parts will be used as data instrument: the first one covers sociodemographic data on the identification of the participant and the second one brings closed questions grouped into three domains where the items will be classified from one 5-point Likert scale, going from 1 (never) to 5 (always). The domains are: 1. Evaluation of the skin of the elderly; 2. Products used for the prevention and treatment of cutaneous xerosis; 3. Nursing Care prescribed in the presence of the Nursing Diagnosis Impaired skin integrity related to cutaneous xerosis. The research objective and the Free and Informed Consent Term (FICT) will be presented to the participant, who should sign formally consenting to their participation in the study.

The constructed instrument must pass through a validation process that allows to verify the property of the same one in measuring the researched phenomenon, being able to be realized by several methods. It is believed that, in terms of content validation, psychometric measures are indispensable for the development of measurement tools, since it involves the process of elaboration and judgment by specialists, in the definition of the theoretical universe and of the different dimensions of the concept to be observed is measured.¹⁰

It is reported that the validation of the content of the instrument was carried out by five judges in order to identify items that were not adequate to the objectives proposed in the research through the Content Validity Coefficient (CVC), which evaluates the level of agreement leading four criteria: clarity of language, practical relevance, theoretical relevance and dimension. After calculating the mean of each judge, the CVC calculation will be considered where items that have CVC values > 0.8.¹¹

The data will be entered after the collection in a spreadsheet (Excel 2016) and then transposed to the SPSS statistical program, version 22.0. Descriptive statistical analyzes will be carried out for sociodemographic data and, from them, measures of central tendency and standard deviation will be calculated for the continuous or interval variables and of frequency for the categorical variables. The normality of the data for the decision regarding the performance of parametric or non-parametric

analyses will be analyzed and, independently of the decision, comparative analyzes of groups will be made, where the mean, median or stations can be calculated. The exploratory factor analysis adequate to the data will also be made to observe the behavior of these in relation to the instrument used according to the respondent sample.

The research will be carried out in accordance with Resolution 466/12 of the National Health Council, which provides for ethics related to research involving human beings, directly or indirectly, certifying, among other points, guarantee the subjects' right to privacy. It is the research approved by the Research Ethics Committee of the Health Sciences Center of the Federal University of Paraíba under the number of CAAE: 89318318.3.0000.5188 and opinion 2,731,985.

EXPECTED RESULTS

It is expected to contribute to the clarity of nurses during the evaluation of the skin of the elderly, to intervene in the indication of products and substances, in addition to increasing the knowledge about the most used Nursing interventions for this purpose and, with that, to reduce the costs resulting in the treatment and increase of the patient's stay time, of the nursing team's work time, reducing the quality of life impairment of those who are at risk or with lesions already present.

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