Nursing consultation in the outpatient care...



# NURSING CONSULTATION IN THE OUTPATIENT CARE OF YOUTHS CONSULTA DE ENFERMAGEM NO CUIDADO AMBULATORIAL ÀS JUVENTUDES

CONSULTA DE ENFERMERÍA EN EL CUIDADO AMBULATORIAL A LAS JUVENTUDES

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#### **ABSTRACT**

Objective: to identify the scientific evidence about the Nursing consultation in outpatient care for youths. Method: this is a bibliographical study, type integrative review, without temporal cut, in the Databases MEDLINE / PUBMED, LILACS and BDENF, of articles in full in English, Portuguese or Spanish. The reading method was used to perform the data analysis and presented them in tables. Results: it is pointed to the clinical perspective of the nurse focused on the collection of information and the classification of care in emergency outpatient clinics, which provides systematized and quality nursing care. Nursing is considered to be a promoter of adolescent care in the outpatient setting, however, consultation focuses on the behaviors and changes of adolescents, emphasizing adult development and reproductive and sexual health. It is also important to emphasize the need for theoretical and methodological references that support care for the young person. Conclusion: it was concluded that outpatient nursing consultation produces care for individual and behavioral issues, but studies related to clinical care referrals to outpatient nursing appointments are recommended. Descriptors: Nursing; Adolescent; Adolescent Health; Young Adult; Research in Clinical Nursing; Ambulatory Care.

### **RESUMO**

Objetivo: identificar as evidências científicas sobre a consulta de Enfermagem no cuidado ambulatorial às juventudes. *Método:* trata-se de um estudo bibliográfico, tipo revisão integrativa, sem recorte temporal, nas Bases de dados MEDLINE/PUBMED, LILACS e BDENF, de artigos na íntegra em inglês, português ou espanhol. Recorreu-se ao método de leitura para se realizar a análise dos dados e os apresentaram em tabelas. *Resultados:* aponta-se para o olhar clínico do enfermeiro voltado à coleta de informações e à classificação de atendimentos nos ambulatórios de emergência, o que proporciona a assistência de Enfermagem sistematizada e de qualidade. Considera-se que a Enfermagem é um agente promotor de cuidados aos adolescentes no âmbito ambulatorial, contudo, a consulta centra-se nos comportamentos e mudanças dos adolescentes, enfatizando o desenvolvimento do adulto e a saúde reprodutiva e sexual. Destaca-se, ainda, a necessidade de referenciais teórico-metodológicos que fundamentem o cuidado ao jovem. *Conclusão:* conclui-se que a consulta ambulatorial de enfermagem produz o cuidado para as questões individuais e comportamentais, mas se recomendam estudos relacionados aos referenciais de cuidado clínico à consulta ambulatorial de enfermagem. *Descritores:* Enfermagem; Adolescente; Saúde do Adolescente; Adulto Jovem; Pesquisa em Enfermagem Clínica; Assistência Ambulatorial.

#### RESUMEN

Objetivo: identificar las evidencias científicas sobre la consulta de Enfermería en el cuidado ambulatorial a las juventudes. Método: se trata de un estudio bibliográfico, tipo de revisión integrativa, sin recorte temporal, en las Bases de datos MEDLINE / PubMed, LILACS y BDENF, los artículos en su totalidad en Inglés, portugués o español. Se recurrió al método de lectura para realizar el análisis de los datos y los presentó en tablas. Resultados: se apunta a la mirada clínica del enfermero orientado a la recolección de informaciones y a la clasificación de atendimientos en los ambulatorios de emergencia, lo que proporciona la asistencia de Enfermería sistematizada y de calidad. Se considera que la Enfermería es un agente promotor de cuidados a los adolescentes en el ámbito ambulatorial, sin embargo, la consulta se centra en los comportamientos y cambios de los adolescentes, enfatizando el desarrollo del adulto y la salud reproductiva y sexual. Se destaca, además, la necesidad de referenciales teórico-metodológicos que fundamenten el cuidado al joven. Conclusión: se concluye que la consulta ambulatorial de enfermería produce el cuidado para las cuestiones individuales y comportamentales, pero se recomiendan estudios relacionados con los referenciales de atención clínica a la consulta ambulatorial de enfermería Descritores: Enfermaría; Adolescente; Salud del Adolescente; Adulto Joven; Investigación en Enfermería Clínica; Atención Ambulatoria.

## **INTRODUCTION**

Nursing is constantly concerned with the improvement of care, seeking its own knowledge to systematize and organize its practice and care process, so as to favor care based not only on the biological dimension of the human being, but, essentially, on the understanding of man as a social subject and their health-disease process, whether in the hospital or in collective health.

In this context, the potential of Nursing consultation in the outpatient setting for the most varied publics is highlighted as an and resolutive technological important strategy of care, supported by law, exclusive to nurses, and which offers innumerable advantages in the assistance provided, the health promotion, facilitating diagnosis and treatment, as well as prevention of preventable conditions.1

It is known that the Nursing consultation provide systematized Nursing assistance in a global and individualized way, identifying health-disease problems executing and evaluating care that contributes to the promotion, protection, recovery and rehabilitation of health. It is understood that its accomplishment involves a systematized sequence of actions: Nursing history and physical examination; nursing diagnosis; therapeutic plan or Nursing prescription and consultation evaluation.<sup>2</sup>

This care practice was legalized by Law N. 7,498 / 86, which regulated the exercise of Nursing and established this activity as a private practice for nurses. It is pointed out that, since then, the law has been the subject of various ordinances and resolutions of different instances, including the Federal Nursing Council, such as Resolution COFEN/159, which establishes the obligation to perform the Nursing consultation in all levels of health care, in public and private institutions, and regulates the actions of the nurse in the consultation, the prescription of medicines and the requisition of exams.<sup>3</sup>

It is recognized that nurses perform individual and / or collective health care practices in all phases of human development (childhood, adolescence, adulthood and the elderly) through the Nursing consultation, procedures and group activities, according to the norms and protocols established by the normative organs.<sup>4</sup>

Percebe-se que a consulta de Enfermagem traz benefícios à comunidade e proporciona a orientação de medidas favoráveis que visam à abordagem apropriada das necessidades peculiares dos usuários do Sistema Único de Nursing consultation in the outpatient care...

Saúde (SUS). Nota-se que o número de estudos sobre o tema vem crescendo, visto que os enfermeiros estão buscando consolidar a sua profissão como ciência. Constata-se que, nesse contexto, há uma especial atenção à pesquisa com as juventudes por meio da consulta de Enfermagem no cuidado ambulatorial.<sup>2</sup>

Observa-se, na área da saúde, uma imprecisão conceitual sobre a adolescência, os juventude. iovens e a partindo. arbitrariedade primeiramente, da demarcação do limite etário. Verifica-se, ao se considerar os documentos legais sobre adolescência e juventude, que mesmo esses não apresentam definições unificadas sobre a época da vida definida por esses termos.5

It is recorded that, for the World Health Organization, the adolescent is the individual between the ages of ten and 19, an age group also used by the Ministry of Health. There is also the limit brought by the Statute of the Child and the Adolescent, ages 12 to 18, the same age group adopted by the United Nations Fund. It should be noted that the Brazilian Institute of Geography and Statistics does not specify adolescence, but it places young people between the ages of 15 and 24;6-7 the National Youth Council and the Youth Statute have a wider age range, ranging from 15 to 29 years for the youth, in addition to those proposed by other international organizations that now extend or limit adolescence and youth.7-8

The outpatient clinic is defined as an environment that contributes positively to the growth of Nursing and, consequently, to the professional formation of the nurses, individually or jointly, broadening their view on the health-disease process and making possible improvement in the quality of care provided. 1 It is assessed that such a practice requires nurses to have scientific knowledge, technical ability and ability to meet UHS user needs through specialized practices and also to provide necessary and important guidelines in order to achieve better results in the therapeutic modality that will be applied to the juvenile public.

It is observed that young people rarely use outpatient services. High resistance to health services and health professionals is identified; in the case of this review, the Nursing consultation in the outpatient setting, in contrast, indicates a resistance of the services sought to welcome the interests of the public. The review was then directed to answer the following question: "In what way does the outpatient clinic of Nursing

potentialize health care practices with youths?".

It was proposed, given the importance of the Nursing consultation in the outpatient setting aimed at youths, and believing that nurses should be concerned with the implementation of practices that offer safe conditions and quality of care to this public for the performance of their activities, the realization of this research, hoping that its results contribute to the dissemination of the knowledge produced about health care.

## **OBJECTIVE**

• To identify the scientific evidence about the Nursing consultation in outpatient care with the youths.

## **METHOD**

It is a bibliographical study, of integrative review type, through a methodological course composed of six stages: 1) identification of the theme and selection of the hypothesis or research question for the elaboration of the integrative review; 2) establishment of inclusion and exclusion criteria for studies/sampling or search in the literature; 3) definition of the information to be extracted the selected from studies/categorization of the studies; 4) evaluation of studies included integrative review; 5) interpretation of the results and 6) presentation of the knowledge review/synthesis. 10

It should be emphasized that this research method has the purpose of gathering and synthesizing research results on a certain subject, in a systematic and orderly manner, contributing to the deepening of the knowledge of the researched topic.<sup>10</sup>

This review was therefore guided by the following guiding question: "In what way does the outpatient clinic of Nursing potentialize health care practices with youths?".

The databases of Medical Literature Retrieval System Analysis and (MEDLINE), Latin American and Caribbean Literature in Health Sciences (LILACS), Nursing Database (BDENF) and Scopus were used, in the period of June 2018, using the Descriptors in Health Sciences and Medical Subject Headings (Decs MeSH): "Nursing", "Adolescent" "Ambulatory and Care", associated with the Boolean operator AND.

It is emphasized that the descriptor "Adolescente" was chosen for the construction of the revision, since there is no descriptor for the terminology "Youth".

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The inclusion criteria of the articles are listed: fully published studies that address how the Nursing consultation enhances the outpatient care of youth, without temporal cut-off. Primary studies in English, Portuguese or Spanish were also included. The review studies, the experience reports and the repeated ones in the databases were discarded.

The publications were selected in the third quarter of 2018, and in each database two surveys were carried out with the cross-referencing of descriptors with Boolean operators. The controlled descriptors were used, in English or Portuguese, depending on the database used in each step.

The search for studies was constituted by the controlled and indexed descriptors, in English, in the Electronic Literature Analysis and Retrieval System Online (MEDLINE), Latin American and Caribbean Literature in Health Sciences (LILACS) Nursing Database (BDENF) databases.

It is described that the selection of the publications covered three stages, and in the first step, the articles were eliminated in the databases; in the second one, the title and summary of the remaining articles were read, excluding those that did not fit the purpose of the review, and in the last stage, the remaining articles were read in full, discarding those that, fact, did not fit the purpose of the review.<sup>11</sup>

Also, in the phase of data collection, an adapted selection instrument was used, which was adequate to the proposed objectives. It should be noted that the same was used by the authors, and the selection of the studies occurred individually, so that there was a greater rigor in the selection of articles.<sup>12</sup>

The reading method was used to perform the data analysis in three stages: 1) syncretic vision: reading of general recognition, aiming to approach the subject of the study, and selective reading, seeking information about the purpose of the study; 2) analytical vision: reflexive and critical reading of the selected articles and choice of the main contents related to the theme and 3) synthetic vision: interpretation of the data / results presented in the studies.

It should be noted that an instrument was developed for the collection and analysis of the data of the studies. The following information was recorded in this instrument: authorship; parents; language; category of publication; year of publication; newspaper; objective of the study and theoretical reference. Two categories for the analysis

were grouped by content similarity: description of the characteristics of the studies and methods.

The synthesis in a prism flowchart format of the selection of the documents collected in the consulted databases, as well as their systematization and organization steps, is presented. The data analysis and the Nursing consultation in the outpatient care...

presentation of the review were done in a descriptive way, making it possible to evaluate the available literature on the subject investigated and providing subsidies for the decision making, as well as the identification of knowledge gaps for the construction of future researches.

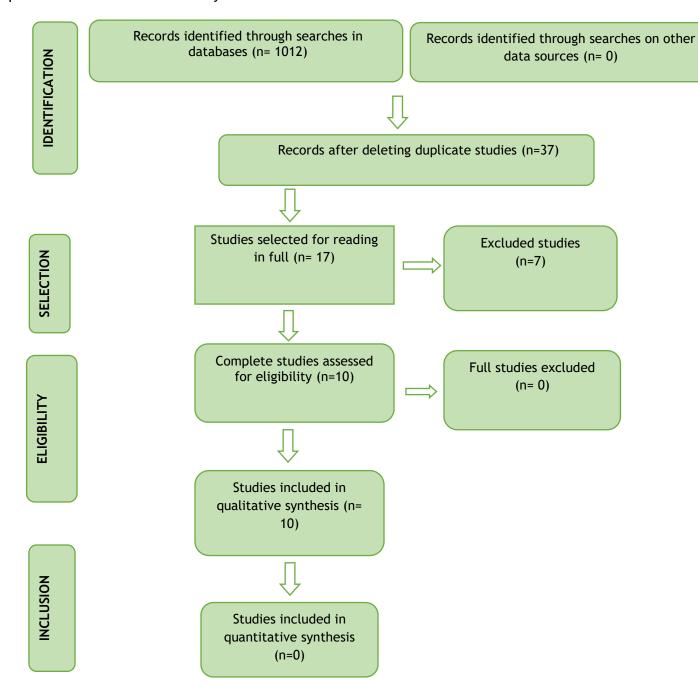


Figure 1. Flowchart of the study selection. Fortaleza (CE), Brazil, 2018.

## **RESULTS**

It is noticed that, in relation to the time frame of the studies, all the articles were published in the last 16 years, highlighting the year 2008 with two studies, followed by the years 2002, 2005, 2007, 2010, 2012, 2013, 2015 and 2014, with one of the findings for each.

The level of evidence was classified as Level IV, where the evidence obtained is derived from a single descriptive or qualitative study. It is possible to infer that Nursing does not yet have scientific research that brings strong evidence related to the nursing care offered to youths.

The prevalence of descriptive studies, mainly qualitative studies, with six articles, followed by descriptive quantitative data, was also observed in two studies, with two studies of the exploratory-descriptive type, according to figure 2.

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Code	Title	Authors	Method	Level of evidence	Year of publication
A1	Characterization of the patients from an outpatient temporomandibular dysfunction and orofacial pain	Bove SRK, Guimarães AS, Smith RL	Descriptive and exploratory study. The objective of this work is to describe the characteristics of the patients of a specialized service in temporomandibular dysfunction and orofacial pain and to discuss the insertion of the nursing assistance in this service.	IV	2005
A2	Characteristics of pregnant women seen in nursing consultation prenatal outpatient care: comparison of four decades	SA, Schmidt MLS, Heldt	Descriptive quantitative study. The objective of this study was to identify the characteristics of the pregnant women attending prenatal nursing consultations performed by a nurse, obstetrical outpatient clinic, and to compare them in relation to the periods of 1972 and 2009.	IV	2012
А3	Management of nursing care for adolescents living with HIV / AIDS	Koerich C, Santos FC, Meirelles BHS, Erdmann AL.		IV	2015
Α4	Children / adolescents in chemotherapy outpatient therapy: implications for nursing		Qualitative descriptive study. The objective of this study is to analyze the difficulties that parents face in the home environment, when their children are submitted to outpatient chemotherapy.	IV	2002
A5	Nurse-provided screening and brief intervention for risky alcohol consumption by sexual health clinic patients	•	This is a quantitative and descriptive study. The study aimed to evaluate the viability, acceptability and efficacy of screening and brief intervention for alcohol consumption risk by a nurse in a sexual health clinic.	IV	2008
A6	Relationship of Genital Injuries and Age in Adolescent and Young Adult Rape Survivors		The researchers used a descriptive, retrospective, comparative, and two-group study to explore the association between age and genital injury. It aimed to examine the associations between age and genital lesions in adolescents and young adult women examined after rape.	IV	2008
Α7	Enhancing Psychosocial Support for HIV Positive Adolescents in Harare, Zimbabwe	Berwick J, Chirawu P,	This is a quantitative study with a descriptive approach. It aimed to strengthen the intervention of the Africaid community for HIV-positive young people.	IV	2013
A8	Adolescent care in a tertiary service: access, shelter and satisfaction in the	Queiroz	A descriptive and exploratory study with a qualitative approach that aimed to identify the forms of access and reception of	IV	2010

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	production of care	VPS.	adolescents in a health service, describing the satisfaction with the care received and the relationships established with the professionals.	
А9	Profile of ofile of adolescents with repeated pregnancies attended ttended at a prenatal clinic	Persona L, Shino AKK, Tarallo MC.		IV 2004
A 10	Systematization of nursing care to the adolescent: nursing consultation	Novais DCS,	This is a descriptive study with the objective of presenting and	IV 2007

Figure 2. Article code, title, author, method, level of evidence and year of publication. Fortaleza (CE), Brazil, 2018.

It was evidenced by the analysis of the periodicals, the presence of six publications in national journals, and four in international journals. According to Qualis Capes, the majority (seven) of the publications were

classified as Qualis A, four in A1, three in A2, two productions in B1 and only one production in B2, showing a good quality of the selected intellectual productions, according to figure 3.

Journals	Qualis	Total
Latin American Journal of Nursing	A 1	3
Gaúcha Nursing Journal	B 1	1
Text and Context	A 1	1
Sexually Transmitted Infections	A 1	1
Journal of Obstetric, Gynecologic & Neonatal	A 1	1
Nursing		
PloS one	A 1	1
UFPE Nursing Journal	B 1	1
Ana Nery Nursing School	B 1	1

Figure 3. Periodicals where articles were published. Fortaleza (CE), Brazil, 2018.

Figure 4 shows the data synthesized by the reviewers used in this study, from the nurses' perception about the adolescent's clinic, to the conduct of the needs of the youths, as well as their families, as well as the adequacy of the systems of health.

It should be pointed out, however, that these approaches taken by the nurse must guide the clinical practice of Nursing in order to provide outpatient care to the youth. It is also shown by the analysis of the results, an approximation of the statements about the clinical care of Nursing provided in the outpatient clinic, although, at times, the nurse is focused on the information collection and the classification of care, especially when dealing with outpatient clinics in emergency services, returning nurses' actions to the screening and initial collection of information. It is evaluated that at other times, this professional appears as a care promoter, following the initial approaches or directing, together with the multidisciplinary team, the patient for effective care.

It is pointed out that complementarity is also found among the studies, mainly, regarding the reception, dialogue integrality during health care directed at the youths in their different life scenarios. It is therefore relevant to emphasize that the complementarity present in the studies is characterized as a theoretical and practical basis for the structuring and foundation of the health systems and health services more secure and of quality. It should be emphasized that, although outpatient care is provided in several settings for youths, the nurse figure is present in all these spaces and their care is evident from the reception of the client to the performance of actions based on the clinical Nursing care.

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Code	Summary of Results
A1	The clinical view of the nurse, introduced in the multidisciplinary perspective, provided the conditions to evaluate the demographic and epidemiological data, mainly in order to identify patients' needs and develop self-care skills and attitudes.
A2	There are changes in the profile of pregnant women attending prenatal nursing consultations, associated with the changes in the public policies in force in each period, and the clinical care of the nurse is part of the history in the care of this client.
А3	Based on data analysis, the challenges in care management, nurses' incipient involvement and the strategies to be used in the transition of the adolescent.
A4	Among the attributions of the nurse, it is also pointed out to the educational actions, aiming to improve the health of the adolescent population with cancer, in the postoperative chemotherapy, in face of the difficulties experienced in their treatment routine.
A5	For the study, the nurse's approach during screening and the brief intervention in a sexual health clinic relative to the consumption of alcohol risk are viable and prove effective in the production of significant reductions in alcohol consumption.
A6	Clinical mapping on genital lesions is highlighted as a need for care, especially in situations of violence towards the young.
A7	It is important to emphasize the need to expand the actions of young people living with HIV, especially by professionals, in encouraging their acceptance.
A8	Emphasis was placed on the relationship between the professional and the client, regarding reception, communication and the solvency of problems in the hospitalization unit. There is a need to act based on the devices of integrality by all members of the health team, especially the nurse.
А9	The profile of young people with repetition of pregnancy indicates the need for professional programs and actions that take into account the specific needs of these young people, understanding their individuality, as well as the factors that influence their habits.
A10	The work emphasizes nurses' anamnesis, conducting the interview in a more objective manner and providing a central focus for the subsequent phases of the Nursing process, contributing to the care of the individual.

Figure 4. Synthesis of the results in the review. Fortaleza (CE), Brazil, 2018.

## **DISCUSSION**

It can be verified that, in the analyzed works, the number of articles related to the topic of clinical nursing care in the outpatient setting is scarce and that the subject is still little discussed by Nursing.

The literature identifies adolescent care and the detection of the nurse as a healthproducing population, for this agent configuring outpatient care as an essential space for the production of care aimed at assisting the subject in formation, this being understood as an ever-changing individual, aiming for the development of a full adult. It is pointed out that actions directed at adolescent health should be in line with the needs of youth demands, evidenced by their health scenario. 13-4

that should be emphasized international literature is directed, in its definitions, by the adolescent described by the World Health Organization, understands this phase as the age group between ten and 19 years, considering the youth from 15 to 24 years. It is argued that these concepts are unfolding, identifying young adolescents aged 15 to 19 and young adults, aged 20 to 24 years, while Brazilian literature is generally guided by configuration of Law 8.069, which provides for the Child and Adolescent Statute (CAS) and other measures, defining the adolescent as the individual who is in the age group of ten to 18 years. It is also important to emphasize

the support of literature from the perspective of the National Policy on Attention to Adolescent Health, in order to incorporate the actions of the network of attention to the Unified Health System (UHS) in all their levels. 6-8

The adolescents are evidenced as an important contingent of the Brazilian and world population, and can be described as future full-grown adults who, for their healthy development, need special attention preventive and promotional health. characterizing this stage as a transitional phase, being this young post as the most susceptible to risks, either from the physical or cognitive perspective, considering, also, the external influence of his peers on behavior patterns, which brings him closer to attitudes that involve risk to his health, as well as physical and / or sexual violence. It is understood that such demands require the creation of new public policies. 15-7

The translation of the transitional phase of the adolescent is pointed out, being, related individual simultaneously to developmental issues, which comes out of childhood and has to deal with "adult" issues such as revelations, stigma and the practice of safe sex (or not), while addressing issues traditionally associated with adolescence, such as body image, first sexual experience, and personal peer pressure, identity formation. It is suggested that Nursing care is inclined, in this context, to technology in the field of contraception and assistance in the

field of reproductive and sexual health, giving clinics advice on such issues, as well as harm reduction of these questions and of the others that may arise, also taking into account the use of alcohol and other drugs, and alcohol is an important risk factor for unsafe sexual practices, implicated in the spread of sexually transmitted infections (STIs).<sup>15-9</sup>

In the literature, there is an understanding the need to seek theoretical and of methodological references that support adolescent care, although knowledge about clinical care and important practices for health care can be available. However, there is still a need for deepening, discussion and wider dissemination, including discussions about their practices among youth, in the most diverse contexts of care. It is reported, in some studies that there is a lack of preparation of the health services in relation to the care practices with young people, regarding the attendance of the peculiarities and complexities of their needs, lacking spaces and support appropriate to their demands, whether in the field orientation, protection or recovery of health.<sup>13</sup>

It is argued that the need for theoretical references that support Nursing clinical care with youth, is felt and evidenced in research, especially when this care is limited to the outpatient setting. It also reveals the small production that evidences the adolescentoriented nursing clinic and encourages its practices towards them. It identifies, in addition to these aspects, the need to promote studies of greater scientific evidence, guiding the practice and guiding of comprehensive care approaches.

It is understood that, faced with the perspective of adolescent care, the integrality of care emerges in the discussion as a demand of the young, during the production of care by the health professional. It is pointed out that, as this is a principle of the health policy of the Brazilian State, it is a collective responsibility, emphasizing nurses as fundamental in this vision, adding knowledge and experiences and responding to the demands and needs of the population in access to the health care network, considering the complexity and specificities of the various approaches to the health-disease process. 13-4

It is verified that, even in works with a multiprofessional approach, the contact with other professionals is seen as necessary, since it reveals care issues to the subject that needs the health actions. However, the Nursing clinic is defined as the mark of good care, finding the possibility and the need to act with the patients.<sup>20-21</sup> A dichotomy between

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the outpatient approaches performed by the nurse with the adolescent is perceived. It is pointed out, in this sense, for the care offered to specific health problems, exemplifying traumas, emergencies and emergencies, as well as elements related to chronic degenerative diseases, factors that are not specific to the age group in question.

In this perspective, in the studies, the profile of the adolescents is analyzed in these conditions, relating causes and consequences and, in a way, making the Nursing clinic fundamental in describing the conditions that these young people and peculiarities, the feasibility of treatments; on the other hand, there is the care of Nursing linked to issues involving bodily changes, sexuality and STIs. It is argued that, in this perspective, the youth's view is linked to the stereotype of the "problematic adolescent", and the figure of this individual is understood as a problem, in which case the nurse is seen as the protagonist in the identification of signs and symptoms, as well as direct care to these clients.

The predominance is indicated, in the studies, of the Nursing consultation to direct it to the practice of the nurse, contributing to a systematized nursing care and of better quality to these patients, supporting the direction of the nursing clinic. The Nursing process is then considered in the adolescent's consultation as a driver of nurses' work, helping them to make decisions, anticipate and evaluate consequences, providing care that meets the integral needs of this client. Nursing actions are therefore evaluated as fundamental in any field, with emphasis on the outpatient environment, since it is an efficient method of organizing thought processes to make decisions and solutions to problems.<sup>3-14-22</sup>

# CONCLUSION

From this study, it is considered that the outpatient consultation of Nursing for youths is evidenced in the national and international scientific literature in two distinct and interconnected ways: the first concerns a clinical practice based on procedures, emergency and, as an action, the collection of data for the screening of the needs of adolescents and young people; the second one presumes that this consultation is a relational moment between the nurse and the youth, that is, it is a space of care production in which the individual and behavioral issues of adolescents.

It is also described by the evidence, the contribution of the data obtained in

outpatient consultation for the Nursing Care Systematization (NCS), which allows a better targeting of care and, consequently, a better quality of care offered. It should be noted, outpatient however, that adolescent is little instituted consultation in theoretical orientations of clinical practice for youth. Therefore, studies related to this subject are recommended, in particular, related to the clinical care referrals necessary for the outpatient consultation of Nursing to the youths.

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