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CASE REPORT ARTICLE

REALISTIC SIMULATION IN NURSING CONSULTATION AIMED AT THE ELDERLY A SIMULAÇÃO REALÍSTICA NA CONSULTA DE ENFERMAGEM VOLTADA AO IDOSO SIMULACIÓN REALISTA EN CONSULTA DE ENFERMERÍA DIRIGIDA A PERSONAS MAYORES

Ianny Ferreira Raiol¹®, Fernando Conceição de Lima²®, Douglas Rafael da Cruz Carneiro³®, Andreza Cassundé Moraes⁴®, Tatiane de Souza Vasconcelos⁵®, Dayara de Nazaré Rosa de Carvalho⁵®, Thalyta Mariany Rêgo Lopes Ueno⁷®, Viviane Ferraz Ferreira de Aguiar⁵®

ABSTRACT

Objective: to report the experience by students of the Nursing Course in performing a realistic simulation on nursing consultation aimed at the elderly from clinical cases. *Method:* this is a descriptive study, type of experience report, with nursing students at a Higher Education Institution. Expository and dialogued classes were used as a strategy for the development of the action, realistic simulation and the study of three clinical cases that guiding for the development of the experience. *Results:* it was noticed that the use of the simulation of the Nursing consultation aimed at the elderly is a useful and effective tool of significant importance for effective, comprehensive and resolving care, in addition to an important initiative to know the faces of reality regarding the demands of the elderly, especially those in health. *Conclusion:* it is considered that the use of the simulated practice on the nursing consultation aimed at the elderly improves the quality of the health services that are offered, improving and encouraging user satisfaction, especially for the elderly who still suffer from the weaknesses of public policies of health. *Descriptors:* Nursing; Office Nursing; Health of the Eldery; Teaching; Aged; Health Education.

RESUMO

Objetivo: relatar a experiência por estudantes do Curso de Enfermagem na realização de uma simulação realística sobre a consulta de enfermagem voltada ao idoso a partir da utilização de casos clínicos. Método: trata-se de um estudo descritivo, tipo relato de experiência, com acadêmicos de Enfermagem em uma Instituição Ensino Superior. Utilizaram-se, como estratégia para o desenvolvimento da ação, aulas expositivas e dialogadas, a simulação realística e o estudo de três casos clínicos que serviu como roteiro para o desenvolvimento da experiência. Resultados: percebeuse que o uso da simulação da consulta de Enfermagem voltada ao idoso é uma ferramenta útil e eficaz de importância significativa para o atendimento efetivo, integral e resolutivo, além de uma importante iniciativa para se conhecer as faces da realidade quanto às demandas dos idosos, sobretudo, as de saúde. Conclusão: considera-se que a utilização da prática simulada sobre a consulta de Enfermagem voltada ao idoso melhora a qualidade dos serviços de saúde que são ofertados, melhorando e incentivando a satisfação do usuário, principalmente dos idosos que ainda sofrem com as fragilidades das políticas públicas de saúde. Descritores: Enfermagem; Enfermagem no Consultório; Saúde do Idoso; Ensino; Idoso; Educação em Saúde.

RESUMEN

Objetivo: informar sobre la experiencia de los estudiantes del Curso de Enfermería en la realización de una simulación realista de la consulta de enfermería dirigida a personas mayores a partir del uso de casos clínicos. Método: este es un estudio descriptivo, tipo de informe de experiencia, con estudiantes de Enfermería en una institución de educación superior. Las clases expositivas y dialogadas se utilizaron como estrategia para el desarrollo de la acción, la simulación realista y el estudio de tres casos clínicos que sirvieron de guía para el desarrollo de la experiencia. Resultados: se dio cuenta de que el uso de la simulación de la consulta de enfermería dirigida a los ancianos es una herramienta útil y efectiva de gran importancia para una atención eficaz, integral y resolutiva, además de una iniciativa importante para conocer los rostros de la realidad con respecto a las demandas de los ancianos, especialmente las relacionadas con la salud. Conclusión: se considera que el uso de la práctica simulada en la consulta de Enfermería dirigida a los adultos mayores mejora la calidad de los servicios de salud que se ofrecen, mejorando y fomentando la satisfacción del usuario, especialmente para los ancianos que aún sufren las debilidades de las políticas públicas de salud. Descriptores: Enfermaría; Enfermaría de Consulta; Salud del Anciano; Enseñanza; Anciano; Educación en Salud.

1.2.3.4.5Metropolitan University Center of Amazônia/UNIFAMAZ. Belém (PA), Brazil. 10https://orcid.org/0000-0002-7776-723X 10https://orcid.org/0000-0001-6027-6234 10https://orcid.org/0000-0001-7533-5700 10https://orcid.org/0000-0003-2571-5101 10https://orcid.org/0000-0002-3991-7022 10https://orcid.org/0000-0001-8569-3392 7 State University of Pará/UEPA. Belém (PA), Brazil. 10https://orcid.org/0000-0003-3025-1065

INTRODUCTION

Promotion actions should be carried out to ensure active aging and social participation, given the visible increase in the number of elderly people in significant numbers, which opens space to rethink health actions with a view to infusing improvements in the quality of life of the elderly, because caring for the elderly requires specific knowledge and skills.¹⁻²

The Nursing training process is analyzed and realistic simulation is urgent as an educational strategy increasingly present in Nursing education necessary for future professionals to have skills and competences to deal with the diverse demands of the population.³⁻⁴

When using realistic simulation in undergraduate courses, it is possible to experiment with a clinical reality that enables students to acquire experience and develop technical and scientific skills and competencies in a controlled environment, where mistakes can still be made without damage to the patient.⁵⁻⁶

It is emphasized that the use of realistic simulation in nursing education is an aspect, as it is an alternative teaching methodology that produces significant impacts on the learning and structuring of a teaching modality that allows the link between theory and practice and the meaningful learning through the learning by doing method, contributing to professional growth.⁷

The Nursing consultation focused on the health of the elderly was chosen to work, since it is a private activity of the professional nurse, and must be developed in Nursing care at all levels of health care, in a public or private institution, where the clinical practice is developed in a timely manner in the appropriate place where the interplay of the nurse user dyad occurs, the construction of the bond and the biopsychosocial assessment to perform comprehensive care.⁸⁻¹⁰

However, these challenges are overcome if there is monitoring, evaluation and improvement of the teaching methods that are being applied during the training, having, in clinical simulation, an effective teaching-learning method, as it provides the experimentation of situations close to the reality.¹¹

Realistic simulation was used as a teaching and learning method in the Nursing bachelor's course on Nursing consultation aimed at the elderly, at the initiative of the nurse, doctoral student and professor of the Nursing discipline in Elderly Health Care, as it was pointed out that this action is a difficulty found in the practice of teachers during the experience of the discipline, since there is no practical class aimed at serving the elderly, which raised the need for differentiated and emergency training.

OBJECTIVE

• To report the experience by students of the Nursing Course in performing a realistic simulation on nursing consultation aimed at the elderly from clinical cases.

METHOD

This is a descriptive study, like an experience report. The first realistic simulation practice was adopted in June 2019 and the target audience chosen to participate in the trainings was Nursing students, from the 6th period of a private Higher Education Institution (HEI), in the city of Belém (PA). It is reported that the choice of the theme emerged due to the lack of practical class or supervised internship in Nursing specifically aimed at serving the elderly and discussions that this reality can provoke in the training of students. The following guiding question was raised: "How important is the training provided by realistic simulation to satisfactorily meet the needs and demands of the elderly?" It was observed as a current problem: "The increase in the number of elderly people and the growing need for health actions and services that provide comprehensive care and based on a resolute care line".

The simulation was carried out with 15 undergraduate Nursing students, who were divided into groups of five students, a monitor of the Nursing discipline in Elderly Health Care and a teacher, master, advisor and facilitator of the discipline, who conducted the action. The Nursing outpatient clinic, located in the institution's building, used to serve the population, was used as a place of action, serving as a practice field for undergraduate students, located the metropolitan region of Belém (PA). Expository and dialogued classes in the classroom and the study of three clinical cases that served as a script for the development of the experience were used as a strategy for the development of the action. In the classroom, specific biopsychosocial aspects of the elderly were addressed in the classroom, as well as the identification, prevention and promotion of health for this public, the use of assessment instruments for the elderly, the handling of the person's health booklet activities and content fixation activities so that students feel more confident and prepared for the simulation, and this first stage took place from January to June 2019.

After sharing knowledge and experiences, a discussion was developed on three clinical cases in which students had to perform a nursing consultation using multidimensional assessment to identify the need for the elderly in care for the first time in the Basic Health Unit, as well as identifying at least two main problems at the time of the nursing consultation, tracing the nursing

diagnoses and their interventions. A printed format was made available so that other groups of students could follow the activity.

♦ Description of clinical cases:

Case I - elderly woman, 88 years old, has the diagnosis of hypertension and diabetes, is using hydrochlorothiazide, glibenclamide and insulin 10 U morning and night and reports having difficulty with insulin care. The students were instructed to complete the health booklet of the elderly person; realization of the Meen scale; verbal fluency test; clock test and visual acuity test;

Case II - elderly, 73 years old, diabetic. Students were advised to pay attention to anamnesis, physical examination (mainly foot evaluation), completion of the ADL and IADL scale and Nursing process;

Case III - elderly, 80 years old, hypertensive, who has had two heart attacks and is being accompanied by the Team at Best at Home. It was identified, after the Nursing consultation, that this elderly person is experiencing severe pain in lower limbs and edema and weight loss. Then, the consultation must contain: anamnesis; physical exam; realization of the geriatric depression scale and nursing process.

RESULTS

It was observed that the use of the two moments, of teaching basic content in the classroom, with the help of expository and dialog material, and of the clinical case, was important to highlight the importance of knowing the faces of reality regarding the demands of the elderly, especially those in health.

It was found that this was the students' first experience with the practice of realistic simulation, even more focused on serving the elderly, however, it was noted that academics realized its importance in service due to the careful evaluation that the consultation of Nursing favored by realistic simulation allows to perform. It should be noted that the strategy used by the researchers facilitated the socialization of knowledge and a significant response through such action.

It was noticed, during the practice about the simulation of the Nursing consultation aimed at elderly patients, that this is a useful and effective tool of significant importance for effective, comprehensive care that follows a line of resolute care. It is considered that this experience was a motivational action for the practice of extension activities to be carried out for the students, since the increase in the elderly population is an aspect that needs to be discussed.

DISCUSSION

It is inferred that the nursing consultation is a technology that brings together the human, scientific and empirical knowledge that systematizes the work process of the professional nurse in order to promote quality and effective care to the individual.¹²⁻³

It is noteworthy that the process of teaching how to perform the nursing consultation must have a pedagogical planning that involves the experience so that it develops learning with safety and with the necessary resources to perform an effective and risk-free service and that allows to improve the development professional.¹⁴

In this context, it appears that the approach to the health of the elderly in the curriculum of nursing students is necessary, as it provides the development of competences in multiple dimensions and a resolute conduct in view of the main demands offered by the elderly.¹⁵

The need in Brazil to adapt the curricula and to link the different levels of formal education to the National Health Policy for the Elderly (PNSPI) is reinforced in order to better understand the contents related to the aging process.¹⁶

It is also revealed that, in some institutions, teaching in this area is offered in distance learning, online or as an optional subject, thus making contact with this target audience and the development of skills and competencies to be developed in the care of the elderly, and that the lack of contact of students with the discipline, in their curricula, promotes unfavorable attitudes towards the conduct directed at the elderly.¹⁷⁻⁹

It is reinforced that the simulation is seen as a pedagogical strategy that contributes positively to the training of health professionals and that impacts the satisfaction of the user who benefits from the services of these professionals, expanding the possibility of acquiring knowledge and favoring the teaching-learning.²⁰⁻¹

It is perceived as more and more frequent the use of realistic simulation in courses and undergraduate courses in Nursing, standing out as an active methodology and an excellent educational tool.^{4,22}

In this context, it approaches the various scenarios of development of care that can be represented by the educational strategy of realistic simulation, which brings reality closer to an interactive environment and encourages the academic to reflect on their theoretically acquired knowledge and represents a great tool that favors learning and effectively acquires knowledge.²³

It appears that simulated learning in Nursing is an aspect that increases the self-confidence of the student, in addition to being a promising teaching strategy for the development of clinical practice, characterized as a prevalent trend in education for Nursing that contributes to the acquisition of skills and abilities.²⁴

CONCLUSION

It is concluded that the result found allowed to identify that the inclusion of realistic simulation in the expository-dialogued Nursing classes in the health care of the elderly positively influences the integral formation with the acquisition of competences and skills to deal with the health demands of the elderly person. It is noteworthy that this educational strategy can mitigate errors and insecurities during clinical practice, as it favors learning to learn based on meaningful learning, as it allows reflection and attitude, elements that are inseparable between theory and practice.

It is considered of utmost importance that educational institutions and teachers use new teaching strategies, such as simulated practice, as a way of promoting and educating health in the nursing consultation aimed at the elderly, based on the use of clinical cases , in addition to encouraging and improving user satisfaction through the assistance provided and raising awareness of the importance of such practices in order to improve the quality of the health services that are offered, especially to the elderly who still suffer from the weaknesses of public policies of health.

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Corresponding author lanny Ferreira Raiol

Email: raiolianny@hotmail.com

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