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HEALTH OF HUMAN BEING IN THE ECOSYSTEM PERSPECTIVE A SAÚDE DO SER HUMANO NA PERSPECTIVA ECOSSISTÊMICA

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ABSTRACT

Objective: to reflect on the concept of health of the human being from the ecosystem perspective. *Method*: qualitative, descriptive study of theoretical-philosophical reflection on health in analogy with authors who discuss the ecosystemic thinking, the human being and its health. References were made to the concept of health of the human being in the light of ecosystemic principles, specifically, verifying its applicability in their daily life. *Results*: it was evidenced that the health of the human being needs to be understood in its multiple aspects. Thus, health, in its entirety, is not reducible to any of its dimensions, be it biological, psychological, social, spiritual, individual or collective. *Conclusion*: it is emphasized that the health of the human being is not only the absence of disease, but the incessant search for the balance of human needs anchored in the set of relations of the elements that constitute the ecosystem in which one lives, works and develops. This is not only a close affinity between the two, but the human being itself is an integral part of the ecosystem with which it interrelates and causes changes along with the other constituent elements of that reality. *Descritores*: Nursing; Cheers; Human Being; Health promotion; Quality of Life; Ecosystem.

RESUMO

Objetivo: refletir acerca do conceito de saúde do ser humano na perspectiva ecossistêmica. Método: estudo qualitativo, descritivo, de reflexão teórico-filosófica acerca da saúde em analogia com autores que discutem o pensamento ecossistêmico, o ser humano e sua saúde. Buscaram-se referências sobre o conceito saúde do ser humano à luz dos princípios ecossistêmicos, especificamente, verificando a sua aplicabilidade no seu cotidiano. Resultados: evidenciou-se que a saúde do ser humano necessita ser compreendida em seus múltiplos aspectos. Dessa forma, a saúde, em sua totalidade, não é redutível a qualquer uma de suas dimensões, seja biológica, psicológica, social, espiritual, individual ou coletiva. Conclusão: ressalta-se que a saúde do ser humano não é apenas a ausência de doença e, sim, a busca incessante do equilíbrio das necessidades humanas ancorada no conjunto das relações dos elementos que constituem o ecossistema no qual se vive, trabalha e se desenvolve. Essa não é apenas uma estreita afinidade entre ambos, mas o próprio ser humano é parte integrante do ecossistema com o qual se inter-relaciona e provoca mudanças juntamente com os demais elementos constituintes dessa realidade. Descritores: Enfermagem; Saúde; Ser Humano; Promoção da Saúde; Qualidade de Vida; Ecossistema.

RESUMEN

Objetivo: reflexionar acerca del concepto de salud del ser humano en la perspectiva ecosistémica. *Método*: estudio cualitativo, descriptivo, de reflexión teórico-filosófica acerca de la salud en analogía con autores que discuten el pensamiento ecosistémico, el ser humano y su salud. Se buscaron referencias sobre el concepto salud del ser humano a la luz de los principios ecosistémicos, específicamente, verificando su aplicabilidad en su cotidiano. *Resultados:* se evidenció que la salud del ser humano necesita ser comprendida en sus múltiples aspectos. De esta forma, la salud en su totalidad, no es reductible a cualquiera de sus dimensiones, sea biológica, psicológica, social, espiritual, individual o colectiva. *Conclusión:* se resalta que la salud del ser humano no es sólo la ausencia de enfermedad y, sí, la búsqueda incesante del equilibrio de las necesidades humanas, anclada en el conjunto de las relaciones de los elementos que constituyen el ecosistema en el que se vive, trabaja y se desarrolla. Esta no es sólo una estrecha afinidad entre ambos, pero el propio ser humano es parte integrante del ecosistema con el que se interrelaciona y provoca cambios junto con los demás elementos constituyentes de esa realidad. *Descritores:* Enfermería; Salud; Ser Humano; Promoción de la Salud; Calidad de Vida; Ecosistema.

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INTRODUCTION

The condition of being healthy, for a long time, was considered living with the absence of disease. However, with the evolution of knowledge and the understanding physical, psychological, social, spiritual and environmental phenomena, among others, interfere with human health and well-being, the possibility was created that these could be cooperative elements or even even opponents of health.1 These elements and the relationships and of interactions individual experienced by the environment in which they live are the determinants and constraints that influence their quality of life and, consequently, their health. Based on this understanding, one moves from the naive and simple conceptual conception of health as absence of disease to expanded concept of health that, according to the VIII National Conference of Health (NCH) ², is constituted by an interconnected network of components / elements, which include the environment. which interrelate and subsidize health.

The environment expressed as a totality / unit in a given space / time, in which the human being lives, works and develops, can be considered an ecosystem of which the human being is one of the elements. Etymologically, the word ecosystem originates from two words: echo, Greek prefix oikos, meaning house, plus the word system, from the Latin systema, understood as an ordered set of elements that are interconnected and that interact with each other, are influenced mutually produce changes and transformations. This term was proposed and used, for the first time, by the ecologist Transley, in 1935.³

Based on these constructs, the ecosystem can be perceived as the home or space where the human being lives, works and develops, consisting of physical (abiotic) and social (biotic) elements. Thus, any ecosystem is understood to mean any unit, which includes all the elements / organisms, biotic and abiotic of a given space / time, in interaction with the physical environment / environment, that make exchanges among themselves forming true networks. ³⁻⁴

In ecosystemic language, networks are formed by nodes represented by all the elements (biotic and abiotic) that constitute reality, and the threads that unite them are the relations that are established between the components conceived as communication, dialogue and interaction. The biotic and abiotic elements of this network, by providing

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interrelationships, cooperate with each other, influence each other, and produce movements that in ecosystemic thought can be seen as wave oscillations, ⁵ because they expand, interrelate, are interdependent with the components of the space / time in which they are. ¹ Moreover, they modify and are able to create the new by producing new possibilities, different from those already existing and belonging to none of the elements of reality, but capable of interfering positively or negatively in those involved.

Human health and the ecosystem are intrinsically interconnected because they form a totality / unity. Thus, health care needs to be permeated by values that go beyond the physical / biological treatment of the health-disease-care process and include sociocultural, spiritual and environmental factors that are able, when satisfied, to manifest well-being, quality of life life and, consequently, more health. 6-8

According to this aspect, health presents itself as the sum of the dynamic balance that the physical, psychological, sociocultural and spiritual dimensions of the human being, and their interactions with the environment, generating possibilities of health and well-being. In this view, health can be defined as a subjective, particular experience, something that can be expressed individually, be known intuitively, but never described collectively or quantified. Looking the human being from multidimensional perspective is to consider it an integral element of a space that in turn integrates other elements and which together ecosystem.9 particular interrelations that are established among all the constituent elements of the ecosystem are capable of producing the product in process through the integration, cooperation, interrelation, interdependence, and mutual influence. 1,3-4,7-9

By understanding the interactions of human constituents health as interactive transformative possibilities, it is possible to multidimensional, them as a dynamic, flexible, malleable and energizing element with a capacity for self-organization, by interfering with balance and well-being of the human being. This interrelationship stems from the interdependence of physical, biological, psychological, sociocultural, spiritual, and environmental phenomena that influence each other through changes and transformations. 1,3-4,8-10 Thus, health is built and perpetuated in the collective, and even in situation of individual illness,

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interconnected with the local, regional and planetary ecosystem.³⁻⁴

Health allows the counterposition to the hierarchical, fragmented, rigid, contextual, biomedical / cartesian conceptual paradigm that studies the parts, centered on the disease and that, currently, can no longer account for the needs of the multidimensional human being. This situation leads to an openness with possibilities to understand a new way of thinking and making health, 1,3-4,8because it embraces individual and collective human needs such as: education, health services, food, housing, clothing, employment, transportation, leisure, freedom, quality of the environment, basic sanitation, among others² that interfere directly with their lives and need to be addressed in order to maintain the balance of health and human well-being.

Health derives from the interrelationships between the totality / unity of the ecosystem components of a given space in which the human being lives and that make it possible to produce something greater than no element possesses and can therefore be considered complex. Thus, when proposing to look at health based on ecosystemic thinking, there is the possibility of cooperating for a new perspective on health by contributing with the professionals in the construction of an innovative and transformative thinking and doing in relation to human needs and their health articulating, integrating interconnecting them with the environment, because it exerts influence and is influenced, in a mutual and permanent way, leading to contextualize the space and time in which the human being lives and develops.

OBJECTIVE

• Reflecting on the concept of human health from an ecosystem perspective.

METHOD

Qualitative, descriptive study, a theoretical-philosophical reflection on health in analogy with authors who discuss the ecosystemic thought, the human being and his health. To explore possible alternatives around the concept of health, references were sought on this topic. Next, studies were carried out on factors influencing health and the characteristics, principles of Ecosystem Thinking and, especially, the possibility of its applicability in health.

The critical-analytical reading of the texts was followed in order to select the most significant aspects and approaches regarding concepts, characteristics, principles,

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convergences and divergences on Ecosystem Thinking and health. The readings led to the deepening of the theme, to the apprehension of the ideas expressed by the authors, guided the discussion of the theme and helped to direct it to meet the objective.

RESULTS AND DISCUSSION

The health vision, when analyzed under the anchorage of the VIII National Conference on Health, ² makes explicit the need to expand the concept of health in addition to a theoretical, organizational, technical and technological contribution. In this perspective, health thinking, including access to education, work, transportation, leisure, food, among others, expresses that health has determinants and determinants that interfere in the quality of life and are capable of promoting it. This implies overcoming the biomedical model and adopting other guiding principles capable of assisting in the necessary configuration of the health care model still focused on curative and care actions.

In this sense, the inclusion in the conceptual basis of health, the understanding that it presents itself as a product resulting from multiple conditioning factors and determinants, leads to perceive significant differences and conceptual advances that favored health. Thus, being and living healthy is interconnected to the favorable or unfavorable influences of multiple factors that influence the health-disease-care process.⁸

The reconfiguration of the health-disease-care process, in order to contemplate the epidemiological, biological, psychic, cultural, social, environmental and spiritual aspects of the users' problems, includes a new way of thinking and acting to obtain solutions to emerging issues in the production of care.^{4,7-8}

In this context, it is perceived that the health of the human being is influenced, in a positive and / or negative way, by the presence or not of these elements that are interrelated with the environment in which one lives. The establishment of relationships between the individual, the determinants and determinants of health, including interaction with the environment of which it is a part, determines a greater system in continuous transformation in both the physical and the social. Therefore, it is emphasized that human beings develop social relations from spaces understood as ecosystemic contexts, environmental systems and their principles, with which they act and react in a way that provokes, directly or indirectly, adequate or non-life states. 10

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In this perspective, these relations of the human being in the ecosystem context include an essential element called care that presents itself as a matter of survival, as an expression of commitment, effort and application that allows the individual to interact with the and with the environment thus establishing an interconnection between the elements around them. This interaction, even with disturbances and oscillations, 5 tends, through the principle of self-organization, originated by the energization arising from the interrelation of the constituent elements of space, to a dynamic equilibrium, with possibilities to promote well- thus, for individual and collective health considering their convictions, beliefs, values cultures.1

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However, in order to achieve dynamic equilibrium, a perception of the elements that interfere negatively or positively is imperative because they need to be transformed into possibilities for the individual to have confidence and security for proper health. In this way, the human being, as an integral part of the nature of an organization / society, maintains relation and interaction with other individuals and, inevitably, is involved with the various dimensions of the space in which he lives and that interfere in the promotion of his health and their quality of life. Thus, illustrates figure this circular 1 interrelationship of ecosystemic principles with the determinants and determinants of health.

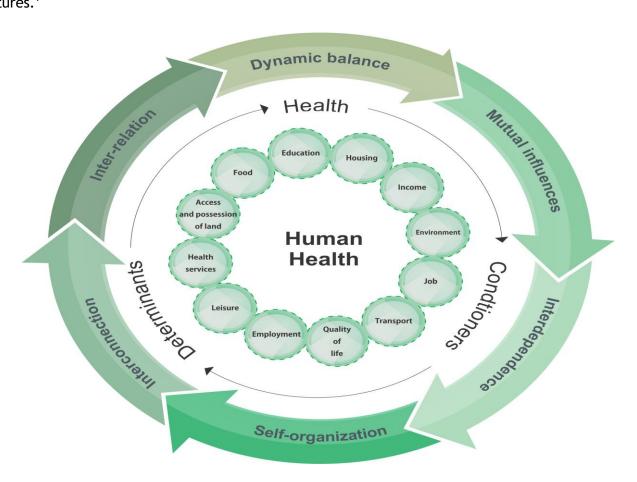


Figure 1. Health of the human being, its interrelationship with the determinants and determinants and ecosystemic principles. Authors' elaboration.

Based on ecosystem principles and their interrelationship with health determinants and determinants, these must be understood in their multiple aspects. In this way, health, in its totality, is not reducible to any of its dimensions, be it biological, psychological, social, spiritual, individual or collective. Therefore, it is necessary to understand that there are pathways / bifurcations⁵ capable of embracing the multiplicity of interactions and associations between the determinants and determinants that integrate ecosystem health and, thus, overcome the prescriptive and

deterministic way of thinking and acting in health production.

Thus, it is understood that the diverse actions that promote health, constituted by different elements, need to be guided by the adoption of social, educational and economic policies that will provide better living conditions. In this way, health care must be permeated by values and actions that go beyond the physical treatment of problems and include the factors that are able, when satisfied, to manifest well-being, quality of life and, consequently, more health.

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In advancing in this perspective, in the context of health, environmental issues are inherent / intrinsic to it. This interdependence is established by the way in which the human being, as a being in the world and being subject, interrelates with the ecosystemic issues aiming not only at their sustainability but also at that of other beings in their relationships / interactions. 4,10 Health actions fundamentally need to be considered considering the environments where the human being is added, as well as the network of interactions and relationships that he has built throughout his life, since his relation with the environment generates repercussions on his think, act and feel.

From this perspective, ecosystemic thinking emerges as a possibility of building knowledge by allowing the emergence of collective and innovative ideas. The ecosystemic conception favors the conceptual and methodological reflection on the way of thinking and pondering the behaviors, the attitudes and the ethical and humanistic actions that can lead to solidarity benefits. Therefore, philosophically theoretically, methodologically, the ecosystem approach is aggregating and promotes the emergence of responses. not being prescriptive deterministic, but circular and innovative. 10

It is understood, then, that health is not only the absence of disease, but the incessant search for the balance of human needs anchored in the set of relations of the elements that constitute the ecosystem in which one lives, works and develops.³⁻⁴ Therefore, it is indispensable to conquer better conditions of sustainability of the human living space, necessitating existence of public policies capable of encompassing means and strategies that favor the quality of life through actions to promote health and prevent diseases. This definition of health involves recognizing the human being as an integral being in relation to the environment and the quality of life as a health need.

CONCLUSION

The theoretical-philosophical reflections directed to the expansion of ideas and thoughts and provided the widening of the conceptual understanding of health. New meanings on health have emerged which, in order to understand them in their amplitude, promote a systemic / ecosystemic conception. In this way, it covers the elements presented by the expanded concept of health of the VIII National Conference of Health and its

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interrelations with the environment where the human being lives, works and develops.

It can be understood that the biomedical / cartesian model has demonstrated incipience to the health needs of the human being, which points to the need to abandon the concept of health with a centrality in unidirectional and prescriptive disease. In this perspective, the conceptual framework of anchored in Ecosystem Thinking, health, makes it essential to consider multidimensionalities of the human being and to associate them with the interrelationships with the other components of the ecosystem, influence, interfere they interdepend in the health-disease process caution.

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