PROBLEM-SITUATIONS OF PATIENTS WITH DIABETES MELLITUS: DEVELOPING COMPETENCES FOR THE PROFESSIONAL PRACTICE OF NURSES
SITUAÇÕES-PROBLEMA DE PACIENTES COM DIABETES MELLITUS: DESENVOLVENDO COMPETÊNCIAS PARA A PRÁTICA PROFISSIONAL DOS ENFERMEIROS
SITUACIONES-PROBLEMA DE PACIENTES CON DIABETES MELLITUS: DESARROLLANDO COMPETENCIAS PARA LA PRÁCTICA PROFESIONAL DE LOS ENFERMEROS

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ABSTRACT
Objective: to elaborate problem situations of patients with Diabetes Mellitus. Method: qualitative, descriptive and exploratory study. Two groups will be performed with the diabetic patients to promote self-care and two with the nurses aiming to develop their skills. Data collection will be based on the Marguerez Arch. Expected results: to provide patients with knowledge about the disease that helps them daily and to develop skills, to the nurses, to guide the care of these patients. Descriptors: Diabetes Mellitus; Family Health Strategy; Health Education; Competency-Based Education; Primary Health Care; Professional Competence.

RESUMO
Objetivo: elaborar situações-problema de pacientes com Diabetes Mellitus. Método: estudo qualitativo, descritivo e exploratório. Serão realizados dois grupos com os pacientes diabéticos para promover o autocuidado e dois com os enfermeiros visando ao desenvolvimento de suas competências. A coleta de dados será baseada no Arco de Marguerez. Resultados esperados: proporcionar, aos pacientes, conhecimentos sobre a doença que os auxiliem diariamente e que se desenvolvam competências, aos enfermeiros, que permitam nortear a assistência desses pacientes. Descriptores: Diabetes Mellitus; Estratégia de Saúde da Família; Educação em Saúde; Educação Baseada em Competências; Atenção Primária à Saúde; Competência Profissional.

RESUMEN
Objetivo: elaborar situaciones-problema de pacientes con Diabetes Mellitus. Método: estudio cualitativo, descritivo y exploratorio. Se realizarán dos grupos con los pacientes diabéticos para promover el autocuidado y dos con los enfermeros para el desarrollo de sus competencias. La recolección de datos se basará en el Arco de Marguero. Resultados esperados: proporcionar, a los pacientes, conocimientos sobre la enfermedad que los ayuden en el día a día y que se desarrollen competencias, a los enfermeros, que permitan orientar la asistencia de esos pacientes. Descriptores: Diabetes Mellitus; Estrategia de Salud Familiar; Educación en Salud; Educación Basada en Competencias; Atención Primaria de Salud; Competencia Profesional.

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INTRODUCTION

Diabetes Mellitus (DM) is a disease that has been growing epidemiologically over the years and is now considered a public health problem both in underdeveloped countries and in developing countries.\textsuperscript{1,2}

It is a chronic, non-communicable disease of great relevance to public health and to society. The DM has been increasing its importance by the increasing prevalence. It is asymptomatic in most cases and, sometimes, the diagnosis is made from chronic complications, being the treatment carried out by means of pharmacological and non-pharmacological measures, aiming to control the glycomic levels and avoiding acute and chronic complications, in order to promote quality of life and reduce mortality.\textsuperscript{3-4}

The promotion and prevention actions should be carried out in the Family Health Strategy (FHS), where it is possible to cover territories and regions with greater population coverage.\textsuperscript{5} In this context, it is relevant to address the importance of DM prevention in Primary Care, in order to avoid future complications, since it is a disease directly linked to lifestyle.\textsuperscript{6} The control of DM depends on the sum of several factors and conditions that provide the follow-up of these patients. It is hoped that, in addition to glycemic control, there is the development of self-care, which contributes directly to the improvement of quality of life and reduction of morbidity and mortality.\textsuperscript{7}

The nurse is one of the professionals responsible for providing guidance to these patients. One of its attributions is to develop educational activities, through individual and collective actions, with the entire population and diabetic patients. It is essential that they learn about the pathological process they are living and that they understand about the disease, about self-care and its possible complications, if they do not follow the guidelines of the professionals. It is important that the nurse certifies that the patient has correctly received all the instructions and identifies the difficulties of the patients, performing health promotion.\textsuperscript{8}

The importance of educational groups for the promotion of self-knowledge and reflection on the disease and the exchange of experiences among them is emphasized. Diabetes education should be focused on building knowledge that fosters the self-care and autonomy of these patients, so that they can lead a healthier life. It favors conscious self-care, preventing the appearance of complications and contributing to the quality of life of these subjects. It is very important that health professionals, especially nurses, encourage and motivate the development of self-care.\textsuperscript{9}

In daily care, several factors that hinder the care provided by the nurse in relation to these patients are observed, which may include: self-care, diet, pharmacological treatment, insulin administration, skin care, family relationship, the acceptance of the disease, the environment in which it lives, among others. Thus, nurses have difficulties in identifying problems to establish a Nursing care plan, mainly in relation to the individual needs that involve all aspects necessary to assist in the treatment.

Thus, it is of great value that nurses develop competencies, within their attributions, so that they can face complex situations, know how to identify and analyze problems and take initiative in decision making regarding the patient. Competence is related to responsible action, with mobilization and integration of multiple knowledges, resources, skills and attitudes in a given context. It consists of a combination of three components: knowledge, skills and attitudes, as well as those of a social, affective and behavioral nature, being mobilized together to generate effective and complex action.\textsuperscript{10}

Competence is something very subjective because it depends on the knowledge of each one and their experiences. Perrenoud says knowledge or knowledge is a representation of reality and they depend on our relationship to the world. Competence consists of identifying and solving complex problems, navigating between contradictory values and facing internal and intersubjective conflicts. The resources that encompass competence consist in the knowledge of each one, in the learning that each one had during the life, in the family education, in the lived experiences, in the relations with the world, being these very subjective and personal.

The nurse should consider the client's problem situations when designing a care plan. These situations may present themselves in different ways and may not...
be directly related to the disease, and may interfere with the care, treatment and recovery of the patient. These situations encompass many distinct elements and aspects that may be related to the environment, lifestyles, family, unhealthy habits, socioeconomic factors, psychological factors, among others.12 It is believed that the study of problem situations, involving diabetic patients, and the evaluation of these situations and their degrees of complexity can contribute to nursing care. This influences the priority and planning of the care provided and helps to promote a more adequate orientation towards their illness, providing greater security, confidence and adherence to the treatment, being able to generate modifications in their lifestyle and to prevent chronic complications.

**OBJECTIVES**

- To elaborate problem situations of patients with Diabetes Mellitus;
- To problematize, together with the FHS nurses, significant aspects that are consistent with the problem situations and the self-care of patients using an educational primer;
- To discuss the competencies needed by nurses through a situational approach in the practice of care in FHS.

**METHOD**

Qualitative, descriptive and exploratory study13, developed in the Professional Master's Program in Nursing at the Aurora Nursing School of Afonso Costa (EEAAC / UFF), Niterói - Rio de Janeiro, Brazil.

As a scenario, the Dr. José Ferreira de Souza Health Unit of Vassouras, Rio de Janeiro, where primary health care services were offered, was selected as the setting. The research subjects will be the invited nurses of the other Family Health Strategies of the municipality and the diabetic patients of the Unit where the group will be performed. The following criteria will be used as inclusion criteria: nurses working at the FHS of the municipality of Vassouras and diabetic patients within the area covered by the referred Health Unit. There are no exclusion criteria. The estimated sample of participants will be ten nurses and ten diabetic patients.

Data collection will be based on Arco de Marguerez14 and will be divided into four stages: two meetings with nurses and two meetings with diabetic patients. In the first meeting with the nurses, the proposal of the study will be presented to them and they will be arranged in wheel to facilitate the discussion of the study and the interaction of the group. In a second moment, the problem situation chosen for the study will be distributed to each one, and the reading will be carried out.

After reading the problem situation, a discussion will begin between the nurses and the problematization of the same. After this moment, the outline of the previously prepared primer will be presented and a reflection on the prevention of complications will be proposed, aiming at the patient’s self-care.

In this discussion, it was also sought to identify the greatest weaknesses of these professionals when they are faced with the assistance of these diabetic patients and with health education.

After this first meeting, the research nurse of the study will finalize the booklet, with the adaptations and suggestions of the nurses, and later, in a second moment, a meeting will be held with the nurses for the presentation and evaluation of the booklet.

After the preparation and finalization of the booklet, a group will be scheduled with the diabetic patients at the Health Unit. Two meetings will be held with the patients.

At the first meeting, initially, a questionnaire will be applied in order to identify the socioeconomic profile of the patients. The booklet will be presented to the participants and an explanation and teaching of patient self-care content will be conducted. A discussion about the doubts will be opened to fill out the booklet.

Subsequently, it will be distributed so that they read at home and try to perform self-care, as recorded in the booklet.

A second time, fifteen days after the first meeting, a book assessment instrument will be applied to identify the difficulties encountered by them in reading and if there was improvement in the daily practice of self-care.

After performing the groups and using the methodology of the problem, content analysis will be performed by triangulating the following data: questionnaire to evaluate the booklet by the nurse and by the patient; direct observation of the
research in the groups performed with the patients and in the meetings with the nurses; responses of the patients about the use of the booklet.

After the triangulation of the data, the most relevant meanings of each step will be extracted in order to be discussed in categories. Considering that the research in vogue will be in the field, with human beings, it was submitted to the ethics committee, according to Resolution No. 466/2012 of the National Health Council / Ministry of Health - CNS / MS.12

The research project, developed in the Nursing Master Program of the Aurora Nursing School of Afonso Costa (EEAAC / UFF), was submitted to the Brazil Platform and to the Research Ethics Committee (CEP) of Hospital Universitário Antônio Pedro (HUAP), being approved under the number CCAA 68428617.2.0000.5243, thus initiating field research.

EXPECTED RESULTS

It is hoped to provide the patients with knowledge about the disease that will assist them in their day-to-day life with their main individual difficulties in dealing with DM and to develop skills for nurses to guide the care of these patients.

REFERENCES