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INTEGRATIVE REVIEW ARTICLE

NURSING CARE DIRECTED FOR THE ELDERLY: INTEGRATIVE REVIEW O CUIDADO EM ENFERMAGEM DIRECIONADO PARA A PESSOA IDOSA: REVISÃO INTEGRATIVA

EL CUIDADO EN ENFERMERÍA DIRIGIDO A LOS ANCIANOS: REVISIÓN INTEGRAL

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ABSTRACT

Objective: analyzing the approaches discussed in scientific publications about nursing care directed to the elderly. **Method:** an integrative review with a view to answering the question << **What are the approaches discussed in scientific publications on nursing care directed to the elderly?** >> Through a search of articles in LILACS, BDENF and Virtual Library SciELO, using the descriptors "nursing care" and "elderly". The inclusion criteria were: original articles, full text, in Portuguese, published between 2008 and 2013. The sample consisted of 15 items. **Results:** two categories were identified << The nursing care to the elderly in the home context, health services and in long-term institutions >> and << The different ways of care targeted to the elderly >>. **Conclusion:** the present study demonstrated a humanized nursing care to the elderly, with an emphasis on communication and emotional bond between the professional, the senior and family, in different practice settings. **Descriptors:** Nursing, Elderly, Geriatric Nursing.

RESUMO

Objetivo: analisar os enfoques abordados em publicações científicas acerca do cuidado em enfermagem direcionado à pessoa idosa. **Método:** revisão integrativa com vistas a responder a questão << **Quais os enfoques abordados em publicações científicas a respeito do cuidado em enfermagem direcionado à pessoa idosa?** >> Mediante busca de artigos na LILACS, BDENF e Biblioteca Virtual SciELO, utilizando-se os descritores "cuidado de enfermagem" e "idosos". Os critérios de inclusão foram: artigos originais, texto completo, no idioma português, publicados entre 2008 e 2013. A amostra foi constituída por 15 artigos. **Resultados:** duas categorias foram identificadas << O cuidado em enfermagem com o idoso no contexto domiciliar, serviços de saúde e em instituição de longa permanência >> e << Os diferentes modos de cuidar direcionados à pessoa idosa >>. **Conclusão:** o estudo evidenciou um cuidado em enfermagem humanizado ao idoso, com ênfase na comunicação e no vínculo afetivo entre o profissional, idoso e família, em diferentes cenários de prática. **Descritores:** Cuidados de Enfermagem; Idoso; Enfermagem Geriátrica.

RESUMEN

Objetivo: analizar los enfoques discutidos en publicaciones científicas sobre los cuidados de enfermería dirigidos a las personas mayores. **Método:** revisión integradora con el fin de responder a la pregunta << **¿Cuáles son los enfoques discutidos en publicaciones científicas sobre los cuidados de enfermería dirigidos a las personas mayores?** >> A través de lectura de artículos en LILACS, BDENF y Biblioteca Virtual SciELO, utilizando los descriptores "atención de enfermería" y "ancianos". Los criterios de inclusión fueron: artículos originales, textos completos, en portugués, publicados entre 2008 y 2013. La muestra estuvo conformada por 15 artículos. **Resultados:** dos categorías se identificaron << La atención de enfermería a las personas mayores en el contexto del hogar, servicios de salud y las instituciones a largo plazo >> y << Los diferentes modos de cuidados dirigidos a las personas mayores >>. **Conclusión:** el presente estudio demostró una atención de enfermería humanizada a las personas mayores, con un énfasis en la comunicación y el vínculo afectivo entre el profesional, el senior y familia, en diferentes escenarios de práctica. **Descriptores:** Enfermería; Personas Mayores; Enfermería Geriátrica.

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INTRODUCTION

Care is inherent to the human condition and appears as a supporting and protection device without which the human being cannot live. It must be to guarantee the life and continuity, since the human demands care needs even to be born, to grow and maintain its life regarding death.¹ Therefore, it is a phenomenon resulting from a dynamic process that requires the care professional in the field of Health the ability to transform the conduct itself to the needs of the other, with attitudes of honesty, humility, hope and courage.²

Within Nursing, to have care, the professionals should extrapolate their technical skills, which are essential in this process, and focus the patient as the core of this process.³ In this way, it is necessary to establishing supportive links and promoting the building of a relationship confidence and commitment to users, with teams and services to ensure collective participation in health-disease process and the inseparable link between attention and management.

Considering that the essence of Nursing is the care of the human being, the professional in this area has a fundamental role in this process, in relation to the patient who is under his care.⁴ It should be stressed that the role of nursing professional is to help people making the most of their functional abilities, regardless of their health status and their age.⁵

In the case of the elderly population, this shows demands in relation to other age groups and need of health services more often for a long period of time. For this reason, nurses should be able to develop effective attitudes and impact on health care in this population group.²

In other words, to carry out a competent care, these professionals must plan and schedule actions, be prepared to deal with issues related to the aging process and stimulate the most user autonomy.³ As a patient, the elderly may present emotionally unstable, worried about the disease, exposed to weaknesses of his own condition and need to adapt to existing routines. All this can create stress and suffering. Under these conditions, the most simple and banal things lining up for the old character of a severity not thought of before. Besides therapy, examinations and meeting the physical needs, it is considered the emotional aspects when taking care of the elderly patient.²

The nursing care requires a specific direction for this clientele. To do so, the professional must understand the issues of the

aging process, facilitating access to the elderly in the various levels of care, and is qualified to establish a respectful relationship with them.² Thus, it is possible to establish an own model of care that permeates the changes aging associated with their life experience and thereby offer care actions they consider their context of health - disease.⁶ therefore, nursing care must be provided in a humane way based on a holistic approach, which values individuality glimpse of the patient and quality care, based on a empathic relationship⁴.

It should be noted that nursing care directed to the elderly is a topic of great relevance to the field of nursing, in particular to its practice. Therefore, it is particularly important to develop studies that seek to socialize the scientific production in the area, as are incipient the publications those address the issue mentioned in the national literature.

Based on the foregoing, the present study aims to analyze the approaches discussed in scientific publications about nursing care directed to the elderly.

METHOD

This is an integrative review aimed to gather and synthesize pre-existing knowledge about the proposed theme and following well-defined criteria on operational research stages.⁷

In the present review there were followed the steps: establishing the research question and goal of the integrative review, establishment of criteria for inclusion and exclusion of articles; definition of information to be extracted from the selected articles, analysis of results, discussion and presentation of results and the presentation of the summary of the review.⁸

The study was conducted from the following question << What are the approaches discussed in scientific publications on nursing care directed to the elderly available in online journals? >>

Done this questioning, we went into the electronic search of publications on the databases of Latin American and Caribbean Literature in Health Sciences (LILACS), Database of Nursing (BDENF) and virtual library Scientific Electronic Library Online (SciELO). For both, there were employed descriptors in Health Sciences, using the Boolean AND operator: "nursing care" and "elderly".

There were observed as inclusion criteria that the article would be available in the databases BDENF, LILACS and SciELO Virtual

Library, in the form of original articles, full text, in Portuguese and published between 2008 and 2013. The exclusion criteria were as follows: repeated articles, opinion, reflection, review and articles available only the summary and in other languages.

Thus, it was possible to identify 15 publications that constituted the sample of the present review, as shown in Figure 1 below:

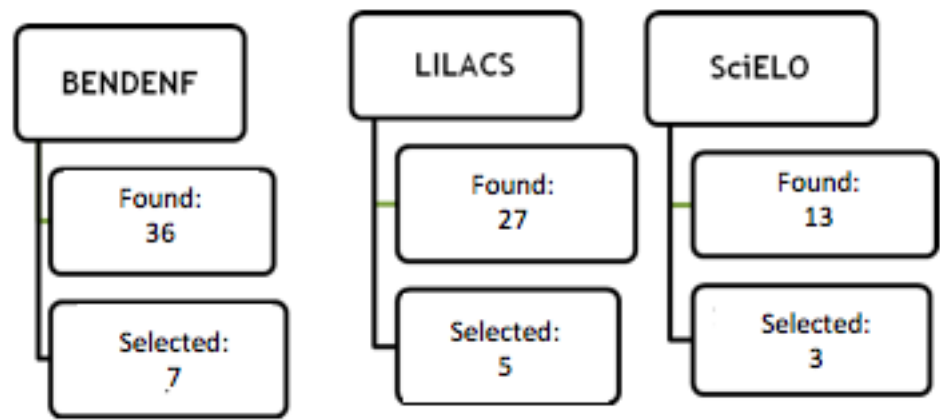


Figure 1. Distribution of the number of articles found and selected on the databases of BDENF, LILACS and SciELO Virtual Library.

For data collection, a form was prepared. For each selected article, the information related to the periodic (name and year), title of work, mode of publication, training of authors, methodological characteristics article and analysis of methodological rigor and conclusions were drawn.

To evaluate the quality of the selected studies we used two instruments: the first one adapted from the Critical Appraisal Skills Programme (CASP), part of the "Public Health Resource Unit - PHRU, which was prepared by the University of Oxford, 2002.⁹

According to this instrument studies were classified with the following scores: 06-10 points (good methodological quality and low bias) and a minimum of 5 points (satisfactory methodological quality, but with increased risk of bias). In this study, we chose to use only the items ranked 6-10 points. The second instrument used was the Hierarchical Classification of Evidence for Evaluation of Studies.¹⁰ After the analysis of these two instruments, the final review sample consisted of fifteen items.

In the next phase, there were summarized the findings with a view to identifying the central themes addressed in each study analyzed. After identification of the different approaches, were listed two categories to group the results into an understandable pattern and to better prepare the synthesis of content focused by research. A critical presentation of results emerges as the last stage and was exposed through text discussion with the constructed categories and synthesis of content focused by research.

RESULTS AND DISCUSSION

We sought to substantiate the discussion in the synthesis of knowledge evidenced in the analyzed articles on the subject, in order to contribute to understanding much more effective care to the elderly.

The study sample consisted of fifteen original articles, disseminated in thirteen journals available in the Virtual Library and SciELO databases selected for the proposed research data. Of these, ten are nursing, with emphasis on the Journal of Nursing UFPe On Line Magazine and Anna Nery School of Nursing, both with 13,3% (2) of the publications included in this review. The Periodic rest are from other areas: Journal of Bioethics, Journal of Primary Health Care and Mining Journal of Physical Education of Viçosa.

With regard to the year of publication inserted studies in this review, it was noted that the 2010 and 2011 refer to the period with the highest number of scientific articles published in the national scene, reaching 26,7% (4) each. However, it was expected a more marked increase in the year 2012, since an increasing number of researchers interested in the subject.

In the professional training of the authors, nursing predominated with 93,3 % of the publications. This is justified by appearing as one of the selected search procedure, which brought us a satisfactory quantity of production in that area of knowledge descriptors. Also it is entitled to Dentistry with 6,7% representation in authorship of publications, which shows that special attention should be directed to the elderly, to maintain and improve their functional capacity and support its network of care,

which requires a broad, interdisciplinary and intersectoral approach.¹¹

With regard to approaches publications inserted into the study, subjects fell into two categories empirical presented below.

Category 1 - Caring in Nursing for the Elderly in Home Care in Context, Health Services and Long-stayInstitution

TITLES	OBJECTIVES	FINAL CONSIDERATIONS
Home care provided by nurse to the dependent elderly	Identify how domiciliary nursing care provided to the elderly dependent by the professional nurse from HUCF, and analyze the insertion of the home care service.	The home care has potential for evolution of practice of health and, in particular, of nursing, since, in addition to providing direct care to the client, performs an intense work of health promotion, prioritized action under the law of the SUS.
Nursing care to elderly dependents: domiciliary care, hospital and continued	Identify and compare in the contexts of the basic attention, minor rehabilitation and nursing care provided to elderly dependents, identifying the factors that facilitate and impede the provision of such care.	The elderly dependents tend to receive more technical than relational care. In three contexts under study verifies that the care provided fulfill different purposes (though complementary), however tend to share similar difficulties to achieve higher care quality.
Nursing care to the elderly hospitalized: a bioethical approach	To understand how nurses from public hospital of Feira de Santana/Bahia realize the extent the elderly care bioethics hospitalized.	It is necessary that this theme is worked in health services; that the code of ethics of nursing professionals is more widespread among the professionals in the field; that the rights of the elderly patient are disclosed among patients and their families, in order to ensure that those involved in care know and exercise their rights and duties.
Nursing care to the elderly in semi-intensive therapy Center: exploratory qualitative research	Knowing how the nurse perceives the nursing care to the elderly in the CTSI.	Care needs to be differentiated on the grounds of the quirks and eccentricities of the elderly and the nursing professional needs of geriatric knowledge to provide integral care to this clientele. Sometimes care is performed mechanically which favors to his routine making.
Humanization of nursing care to the elderly in a family health unit	Analyzing the perception of older persons in relation to the nursing care given considering the principles of humanization.	The elderly say they are well attended at USF by nursing staff and be satisfied; This statement is an important point to be considered in the humanization of assistance, involving the participation of the user in your care, dialogue, respect and autonomy.
Nursing care to the elderly in the family health strategy (FHS)	Describe and discuss the care of the elderly nurse in FHS, as well as analyze the aspects that facilitate or hinder this.	Care was based on human values, such as respect and solidarity, despite limitations such as lack of human and material resources, training of professionals and inadequate physical structure.
Acting of nursing professionals in caring for the oral hygiene of institutionalized elderly in Montes Claros-Minas Gerais	Identify the performance of nursing professionals, assistants and technicians, two institutions, regarding oral hygiene care of the institutionalized elderly.	Factors such as work overload, the surplus number of elderly and the lack of fulfillment of nursing protocols in oral health can contribute to the non-achievement of oral hygiene in the elderly.
Perception of the elderly about the institutionalization: reflection on nursing care	Identify the profile of seniors living in long-stay Institution for the elderly; identify the perception of these people about the institution, the remaining residents, workers, nursing care; discuss and reflect about nursing care to the institutionalized elderly.	It was noted that the elderly don't realize the ILPI as your new home, considering it only as a place of shelter that cares for sick individuals. In relation to nursing care, mentioned as main need the provision of medications, vaccines and massages. However, cited as crucial that workers had time to talk with them.

Figure 2. Titles, objectives and final considerations of publications relevant to the first category.

In the category I, called "directed nursing care to the elderly in the home context, in health care and long-term institution", as in figure 1, comprises eight studies on the care provided to the elderly by nursing professionals.

Regarding the investigation of nursing care in the home environment, a research¹² with seven nurses, who performed home care to elderly dependent, shows that this type of care in the patient's home represents a paradigm shift in humanizing the health of the elderly. Thus, home care should be planned according to the specific needs of each elderly person and their family team. Involves prevention, recovery and rehabilitation and promotes more autonomy and independence,

providing an improved quality of life of this population group and helping to meet the exercise of citizenship.³

It is worth noting that the National Health Policy for the Elderly proposes that the specifics of this group and activities that promote healthy aging, maintenance or rehabilitation of functional capacity are met. This policy also provides assistance to health needs, supports the development of informal care, training of specialized human resources, as well as studies and research in the area.¹³

Regarding the Health Strategy, it is a proposal to reorient the basic attention and therefore have the potential to promote changes in health care model. Its implementation requires professionals who

deal with the social determinants of health, articulate the work of intersectoral way with the local reality of the territory, and they are able to establish relationships for effective care, in particular, targeted to the elderly, based on host. Thus, the host is also characterized by the development of relations link between the health care team, family and community, which presupposes openness, appreciation of others and willingness to listen, in addition to teamwork, which is realized in extent that there is coordination of actions and interaction between health professionals.¹⁴

The FHS is a prime integral to elderly health care space, as its proximity to the community and homecare enable nurses to act, in context, the reality experienced by the elderly in the family. Hospital care, age is considered an indicator in determining the assistance to the sick elderly, and functional status is the most reliable parameter in setting specific criteria of care.¹⁵

In research conducted with seniors attended at a Basic Health Unit, in relation to the assistance of the professional nursing staff, 37% considered optimal care, 50% good, and 13% responded regular.³ These data show that also recognize how good the quality of care in nursing.

It should be stressed, however, that although the elderly consider satisfactory compliance of the nursing team (which is a relevant factor to be noted in the humanization), lack of support for informal caregivers and activities for training and education continuing professional mentioned as a factor that directly affect the quality of life of users.¹⁶ Therefore, it is necessary to plan nursing care as an act of care management as it occurs through an ongoing exercise to make choices and develop plans to perform a certain action or put into practice.¹⁷ for effective planning, it is recommended that nurses use indicators, epidemiological and managerial information to base their actions and decisions¹⁸. Accordingly, the Care System Nursing (ASN) is an example of planning practice nurses, through which he articulates the care and management dimension of their work.¹⁹

The long-term institution was also one of the scenarios of the selected studies for this review. Research conducted in nursing homes found that the overhead and shift the nursing staff interfere in performing oral hygiene and removable dentures, although most of the staff report that received this information in its formation process.²⁰

Study with twenty-one elderly residents in a long-stay institution found that the presence of a nurse provides the most agile and care he gives more attention in conversations with internal.²¹ In healthcare for the elderly, nursing is greatly essential, because it goes beyond the clinical curative approach and now operates with a multi-and interdisciplinary approach.¹⁵

With regard to hospital care, research conducted with clinical nurses in a Semi-Intensive Therapy Center (CTSI) a Public Teaching Hospital found that, in routine care, the diversity of age groups of patients, humanized and individualized attention the elderly were impaired.²²

In contrast to this reality, study of nurses in a public hospital showed that elderly patients is respected by nurses in their specificity, demonstrating the attention of these professionals to own physical, psychological and cultural characteristics of aging. In addition, professional research participants recognized that it is important to consider the ethical values in caring for the hospitalized elderly, treat him in a humane way, recognizing its specificities, encourage their independence and ensure their access to available treatment resources and respecting their autonomy.²³

Therefore, the humanization of care for the elderly in home settings, health services and long-term institutions, it is essential that nurses²⁴ being able to criticize and build a more humane and less hostile reality for seniors who need the nursing care.

For category II, Articles essentially indicate the actions that nurses should adopt to better interact and communicate with patients during care, to provide you with quality care and to value the individual characteristics of the elderly.

Category 2 - Nursing care to the elderly person: different modes of care.

Title	Objectives	Final Considerations
Nursing care to the elderly person in the perspective of complexity	Understanding nursing care to the elderly person ostomized in the perspective of Complexity.	Having as subject the elderly with Ostomy, with its multiple and unique characteristics, perceived as necessary to use the complexity, so that could unravel this reality so challenging to qualify for nursing care in a differentiated manner.
The identification of clinical staging of Alzheimer's disease to the development of nursing care	Identify the clinical staging of clients with Alzheimer's disease to the development of nursing care.	It was perceived a significant deficit daily life activities taking place in nursing care, food and hygiene-related diseases associated.
Elderly's perception of the affective behaviors expressed by nursing staff	Identify the perceived behavior of affectivity, the elderly hospitalized, the care received by nursing staff.	It was found that the perception of affection by hospitalized elderly the care received by nursing staff was more positive in the verbal behaviors than non-verbal cues.
Therapeutic communication in Nursing: difficulties for the care of elderly people with cancer	Assess the difficulties and their respective causes, in the perception of the nurse, by providing assistance to the elderly patient with oncologic pathology.	It was possible to verify that the nurses, who reported interventions of human character, demonstrated positive feelings, recognizing the importance of their nursing actions to offer human assistance.
Pleasure and suffering of nursing workers who care for hospitalized elderly	Knowing the meaning of being old and identify the factors of pleasure and suffering in the care for the elderly.	The suffering of the nursing workers took place facing situations such as abandonment, neglect and imminence of death of the elderly. Suggested organization of support groups and spaces for the workers share the pleasure and the pain in the elderly care.
Affectivity in the process of caring for the elderly in the understanding of nurse	Describe, in the vision of the nurse, the effective care/affective meaning, interference factors and learning promoted by coexistence with the elderly hospitalized, as well as the perception of feeling or not prepared to handle.	It was noticed that the understanding about effective care involved must have knowledge of the customer in its social context, as well as the care of your needs, extrapolating the technical care. Affective care was understood as one that requires the well-being and the self-knowledge of the nurse, as her personal conditions influence in promoting emotional care.
The nurse and care to the elderly woman: approach of social phenomenology	Understand the action of taking care of the elderly woman, from the perspective of the nurse.	The nurse designs qualified care to elderly woman as a possibility in the context in which you insert. Such a perspective of care includes the participation of various social actors and sectors of health, assuming collective investment in vocational training and action strategies, consonants the particularities and needs of the elderly woman, identified by the nurse.

Figure 3. Titles, objectives and final considerations of the publications relevant to the second category.

When developing their professional activity, nursing staff must seek to understand the complexity of lived by the Elder and consider old age as a period of growth and evolution. For this purpose, the articles those comprise this category highlight the direct and unmediated contact as an effective remedy in care to the elderly, and emphasize the importance of the nursing professionals helping the elderly enjoy and functional abilities. However, one must understand the nursing care for the elderly from the perspective of complexity since it is presented as an aperture to the dynamics of the organization of the world and human beings, through a global perspective changed, according to assimilated and understood concepts.⁶

Given the aging population, it is necessary to understand this human process of unbound biased conceptions or idealizing, these represented by the Elder considered wise and sound portrayed by the elderly and those deemed useless and ill.²⁵ Then, in caring for the elderly to be nursing team should, through an integral, aggregate the biological and emotional aspects, without disregarding

beliefs, values, losses and limitations imposed by aging.⁶

Such consideration allows a discussion regarding the practice of reductionist and limited curative action and underscores the importance of assistance that inter - relate technology and care, in order to see the elderly as a person who has values, beliefs and experiences, and not just as someone invalid and dependent. Reflect on the meaning of the action of caring for the elderly in nursing requires nurses they realize the human being who experiences the aging process as a person who needs support that goes beyond traditional interventions with regard to carrying out technical, simply. Covers primarily consider their biopsychosocial wholeness and encourage him to self-care, self-determination and autonomy in the face of choices that need to perform.⁶ Reinforcing that claim, seeking to characterize the practice of nursing, an embedded study this category stresses that gerontological nursing care should be based from actions and behaviors of care that bring together the scientific spirit to emotion, sensitivity and technical skill.²⁶ However, it is known that the elderly, when hospitalized,

requires specific attention and care, and that requires the nursing staff attention directed to health problems presented. Therefore, an effective care pervades the health needs imposed by the disease and the limitations stemming from senility own, without disregarding humanized care that addresses the spiritual, ethical and aesthetic dimensions and abandon the practice that exclusively focuses on the technical dimension.²⁵

It is noteworthy that plus the technical competence and personal skills, interpersonal communication was a key among the studies^{25,26,28} within that class, regarding the care of the elderly. Perhaps this is due to the fact that human beings need to be heard in their various situations and regardless of their health condition and age. In this light, care raises the opening of a space to hear the elder, especially when she is hospitalized, because there is no doubt that the inpatient units are spaces of communication and that the verbal and nonverbal dimensions guide the relationships among hospitalized elderly and nursing staff, allowing a constellation of messages that can be received and decoded consciously or unconsciously.²⁶

Communication in Nursing, employed therapeutically, allows the practitioner to relate interpersonally with the elder seize their doubts, fears and insecurities and at the same time convey information to it, in order to make it active and autonomous agent before their needs. In nursing, a humane and individualized care requires both technical and scientific skills and communicational. However, research shows that typical limitations of aging, such as frailty, losses in mobility, impaired verbal communication and listening skills hinder communication with the elder.²⁷ In this sense, the nurses must be willing to listen to the elder expressing interest before their reports and queries, and strive to give you appropriate to their cognitive abilities and limitations, physiological or pathological messages.

Studies indicate distancing behaviors, both emotional and physical, by nursing, used as a defense mechanism. In fact, attitudes characterized by the establishment of bond signed indifference reveal the difficulty of nursing staff to deal with their own feelings and express their emotional unpreparedness.²⁸ It should be noted that, when proposing actions directed at elderly care, nursing professionals still need to recognize the family as a unit of care. Therefore, a careful covering both the aging human in their individuality, as their family, so they

understand the process of aging and the needs arouse from it is necessary.

This is due to the fact that the family is considered a partner in the effectiveness of care provided to the elderly, and because it gives physical and emotional support needed during this period of life. However, not always, this is effective co-participation in a positive way. Thus, the family may recognize the elderly as a burden, which could help in situations of abuse and even abandonment, which constitutes an aggravating for planning and continuity of care.²⁷

In line with the discussion presented in this category, it is pointed out the need for nursing care to seniors guided in communication and affective bond, seeking an authentic care, without forgetting the family. This assumes that nursing professionals should be empowered not only in relation to technical competence, but also for the ability to deal with their own feelings and to identify and understand the real needs of the elderly, whether physical, psychological or social.

FINAL REMARKS

From the reports analyzed in this review, it was possible to identify approaches related to nursing care toward the elderly person in the home context, in health services and in long-stay institutions, which serves to illustrate the performance of nurses in different scenarios in the field of Health.

The study also highlighted publications those point to approaches related to different modes of nursing care to the elderly, as the recovery of humanized care with an emphasis on communication and emotional bond between professional, family and the elderly.

The results of this study can serve for nursing professionals reflecting on the importance of the practice of nursing care of the elderly in the various environments of care to the elderly and to support further research on the said subject, for the purpose of supporting each more care practice of these professionals in the field of Geriatric Nursing.

It is noteworthy that the study has some limitations, including the inability to generalize the results, as this is a research review, with a small number of publications that refer to the topic investigated.

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