



APPLICATION OF THEORIES IN STUDIES ON BREAST CANCER: INTEGRATIVE REVIEW

APLICAÇÃO DE TEORIAS EM ESTUDOS SOBRE CÂNCER DE MAMA: REVISÃO INTEGRATIVA APLICACIÓN DE LA TEORÍA DE ESTUDIOS SOBRE EL CÁNCER DE MAMA: REVISIÓN INTEGRADORA

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ABSTRACT

Objective: to analyze national nursing productions, which address the topic of breast cancer and self-care versus nursing theories. **Method:** an integrative review, with the guiding question << What nursing theories that are used in studies that deal with the topic of breast cancer and self-care? >> The period from January to April 2011, to search the productions were performed in the databases Lilacs, BDENF, MEDLINE and the SciELO virtual library. Afterwards they were analyzed according to the title, year of publication, place of study, theory, and purpose of the study, results and contributions to nursing. **Results:** the final sample consisted of five articles; the majority (4) from the North-Northeast region and the Theories were Social Representations, Orem, Leininger, Roy and Imogene King. **Conclusion:** theories are seldom used in nursing research on self-care and breast cancer. **Descriptors:** Nursing Care; Nursing; Women's Health; Nursing Theory; Self-care.

RESUMO

Objetivo: analisar produções nacionais de enfermagem que abordam a temática câncer de mama e autocuidado versus teorias de enfermagem. **Método:** revisão integrativa, com a questão norteadora << Quais as teorias de enfermagem que são utilizadas nas pesquisas que abordam a temática câncer de mama e autocuidado? >> No período de janeiro a abril de 2011 foi realizada a busca das produções nas bases de dados Lilacs, BDENF e MEDLINE e na biblioteca virtual SciELO. Em seguida, analisadas de acordo com o título, ano da publicação, local da pesquisa, teoria, objetivo do estudo, resultados e contribuições para enfermagem. **Resultados:** a amostra final foi de cinco artigos; a maioria (4) da região Norte-Nordeste e as Teorias foram: Representações Sociais, Orem, Leininger, de Roy e Imogene King. **Conclusão:** pouco se utiliza as Teorias nas pesquisas de enfermagem sobre autocuidado e câncer de mama. **Descritores:** Cuidados de Enfermagem; Enfermagem; Saúde da Mulher; Teoria de Enfermagem; Autocuidado.

RESUMEN

Objetivo: analizar las producciones nacionales de enfermería que abordan el tema de cáncer de mama y el autocuidado versus las teorías de enfermería. **Método:** revisión integradora, con la pregunta guía << ¿Cuáles las teorías de enfermería que son usados en las investigaciones que abordan el tema de cáncer de mama y el auto-cuidado? >> De enero a abril de 2011 fue realizado las producciones de búsqueda en la base de datos Lilacs, MEDLINE y BDENF y biblioteca virtual SciELO. Después fueron analizados de acuerdo con el título, año de publicación, lugar de la investigación, la teoría, el propósito del estudio, los resultados y las contribuciones a la enfermería. **Resultados:** la muestra final fue de cinco artículos, la mayor parte (4) de la región Norte-Nordeste y las teorías fueron: Representaciones Sociales, Orem, Leininger, de Roy e Imogene King. **Conclusión:** se utiliza poco las teorías en las investigaciones de enfermería en el autocuidado y el cáncer de mama. **Descriptores:** Cuidados de Enfermería; Enfermería, Salud de la Mujer; Teoría de enfermería; Autocuidado.

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INTRODUCTION

Women have demonstrated their importance in modern society within the labor force and their fundamental role in the family, with their search for professional qualification and better quality of life. This change in behavior exposed the majority of women to risk factors that may be associated with the development of various diseases.¹

Among these diseases is the breast cancer, originated by the division of abnormal cells. From this division, the result may be a clone of progeny cells, heirs this propensity to abnormal growth and division, which appear to be insensitive to normal regulatory mechanisms, forming a tumor or neoplasm, benign or malignant.² As triggering factors for the disease, the following are highlighted, smoke, poor nutrition and self-care deficit. Despite the stress it cannot be proven as the main cause, it is also pointed out as a risk factor.³

Other risk factors, which not only those related to stress are precocious menarche, nulliparity, first pregnancy above 30 years of age, oral contraceptives, late menopause and hormone replacement therapy. Research from the National Cancer Institute (INCA) also show that, unlike cervical cancer, breast cancer is associated with urban development of society, where the woman that has a higher socioeconomic level has a greater risk of becoming ill, i.e. their lifestyle should be considered.⁴

Breast cancer is among the leading public health problems experienced in Brazil, a disease that every year affects a greater number of Brazilian women being considered the second greatest incident, just behind prostate cancer. In Brazil, the cancer mortality rates remain high, according to an estimate of the INCA is expected for the year 2012/2013, a total of 52,680 new cases, which means the incidence of 52/100,000 women. The estimate also shows that in the Southern region the frequency is even greater: 65/100,000 women.⁵

In Brazil, this high rate is justified mainly by late diagnosis and when diagnosed, women have an advanced stage of the disease. This is due to the fact that there is a lack of information and awareness about techniques that assist in the early detection of breast cancer, as well as by low demand for gynecological consultations.⁶⁻⁷

Studies show that self-examination practiced routinely and when properly instructed, even if the detection of false

impressions, it can lead the woman to seek a specialist early, increasing the chances of early detection, and promote self-care, since, in most cases it is the woman herself who notices the change.^{8,9}

The majority of women have access to extensive information on the self-examination by means of various features such as the media, the internet and other means of communication, such as the radio. However, a study carried out with women from a university of Rio Grande do Sul, Brazil, after the systematic observation by health professionals who recognized that many women do not practice a self-examination, (which motivated the study by researchers). They concluded that many women even knowing what cancer is, what are the signs of it and the social impact, which it causes; they do not perform the procedure. Sometimes they allege "forgetfulness", which can be understood by the fact of being the breast the component related to femininity, sensuality and beauty for women, resulting in fear and dread of discovering something in their body.⁸

Another study demonstrated that even though negative feelings arise, being mainly the fear of being diagnosed with breast cancer, women perceiving any change in their breasts has as their first reaction to seek specialized assistance.¹⁰

Among the group of professionals who provide this assistance is nursing, which has developed in recent decades theories that assist in the construction of knowledge, guiding the care and provide subsidies for the practice. In the construction of knowledge in nursing identifies and defines the concepts that represent the phenomena that are in their field of interest; in doing so it promotes the inter-relationship between these concepts and theoretical propositions that determine innovations, developments and/or revolutions in knowledge/practicing Nursing.¹¹⁻² With this, the profession conquest space and comes to be seen as an important discipline in the area of health, in which plays an important role in the promotion, prevention and rehabilitation of health and well-being.¹³

The idea that theory and practice are disjointed and disconnected should be demystified, for "if the practice is seen in the light of the theory, the potential becomes real for the theory to be useful in the practice's change".¹² Thus, it is necessary that nurses, theoretical and assistance work together to cooperate in this regard. Also, it is necessary to "identify theories, Marcos and conceptual models of care effective, that allow exploring

the practice”, transforming it, with a focus on human care.¹²

Considering the above, the objective of this study is:

- To analyze national nursing productions, which address the topic of breast cancer and self-care *versus* nursing theories.

METHOD

An integrative review and for structuring the following methodological steps were used: 1) select the questions for the literature review, 2) select research literature for the sample, 3) represent the characteristics of the sample in the reviewed research, 4) analyze the information according to the inclusion criteria; 5) interpret the results; 6) present and disseminate the results.¹⁴

Initially, for the completion of the study the following question was formulated: Which nursing theories are used in research addressing the topic of breast cancer and self-care?

In the second step of the integrative review, studies were selected, which composed the sample.¹⁴ For this reason, the criteria defined for this study were: articles published in national journals; published in the Portuguese language; that sensitively addressed the topic of breast cancer, such as treatment, diagnosis, self-care, nursing and use of nursing theories; published between January 2001 to April 2011, available online and in the Library of the Health Science Sector institution to which the authors belong.

The next step represents the characteristics of the sample in the survey revised.¹⁴ Regarding description of the characteristics of the study, a search was done in LILACS (Latin American Literature in Health Sciences), MEDLINE (International Literature in Health Sciences), BDNF (Bibliographic Database Specialized in the Area of Nursing in Brazil) and in the virtual library SciELO (Scientific Electronic Library Online).

For the survey of articles, the descriptors in all databases were used according to the DeCS - Health Sciences Descriptors of the Virtual Health Library (VHL), “oncologic nursing”, “nursing”, “breast cancer”, “self-care” and “nursing theory”. Also, as a keyword the following terms were used in the search “breast”, “care of the self”, “self-care”, “nursing” and “theory”. The selected articles for the evaluation followed the aforementioned inclusion criteria. The exclusion criteria were international scientific papers, published before to January 2001, and

repeated studies in the databases consulted and not available online for consultation.

The initial search resulted in 235 articles in the LILACS database, 50 publications were found, of which 47 were excluded: 5 By repetition in other databases; 10 because they are theses; 13 did not present the descriptor “nursing theories”; 5 for being on the date preceding the determined in the inclusion criteria; 1 for not being available online and 13 by being presented in a foreign language, leaving only 3 articles for analysis.

In the SciELO virtual library descriptors were inserted in the subject field, and 8 articles were found. There were 6 excluded for repetition and 2 for being in a foreign language. Not leaving any articles for analysis.

In the MEDLINE database, 115 articles emerged in search, being only 2 in the Portuguese language, but these are not completely suited for the inclusion criteria.

In the virtual library BDNF, totaled 63 articles, being excluded 61 articles: 30 Articles were in a foreign language; 4 publications were theses; 5 publications repeated; 20 did not have the descriptors “nursing theories” and 2 because they were monographs. Thus, from this search, remained 2 articles for analysis. By applying the exclusion criteria, five articles were selected for the final sample.

The data collection was carried out in April 2011, and to catalog and allow further analysis concerning the fourth step proposal in the integrative review¹⁴, after a complete reading of scientific articles, we used an instrument in table format, elaborated by the authors, with a subsequent analysis and discussion. The selected information in articles, composing the analysis were title, author, year of publication, theories used, a region in which the study occurred, objective, sample, periodical published, results and outcomes, contributions to the professional nursing practice.

RESULTS

It was found that the majority of studies are authored by nurses. The total number of authors was 22, being 20 nurses, a physiotherapist and an anthropologist.

In relation to the year of publication, the articles varied between the years of 2003 to 2010. Regarding the theories used, emerged five theories: Theories of Social Representations, Roy's Theory, Orem's Self-care Theory, Leininger's Theory and Imogene King's Theory.

On the region in which the study was conducted, four occurred in the region north-east of Brazil, being one in the State of Para, three in the State of Ceara and one in the Southern region, in the State of Rio Grande do Sul.

As For the sample used for the study, three studies were carried out with women with breast cancer, a study carried out with women in the community and a study carried out with professionals in the area of health, in this case Community health agents (CHAs).

Of the articles evaluated in relation to their placement, it was identified that the journals were published in nursing journals in general.

DISCUSSION

In the findings five articles emerged, each with a specific theory. When using the Orem's Self-care theory, the authors found the need for self-care by health professionals. The relationship between the physical body (breast) and the social representations, which at this moment are tied to health care, is revealed in self-care actions.¹⁵ However, for this care to become real, the Orem Theory provides the nursing phenomenon vision, allowing for the actions taken by the professionals for their next patient to be self-care actions implemented and adapted according to their needs, so that this relationship will help express themselves in an open dialogue, promoting the exercising of self-care.¹⁶

In addition to the requirements for self-care that seek both social, psychological, physiological issues, this theory identifies some help methods that assist in self-care deficit, and acting or doing for another, guiding the other, support each other, providing an appropriate environment for personal development, meeting current or future demands and teaching each other.¹⁶ Thus, it can be seen that the development of nursing theories started with humane care in an orderly and organized manner through the involvement of professionals with a concern for patient care.¹²

The Social Representations Theory perceives the individual as a psychosocial being that acquires determined knowledge, applies their personal touch and share it with the group to which they belong.¹⁷ In the article that relates to this theory, the sociocultural context in which subjects are inserted become relevant so that a better understanding of social representations.¹⁸ These arise through individual behavior as a

result of communication and interpersonal relationships.¹⁷

When you understand from nursing staff, the need to imply that these representations care, and assistance can become integral in prevention and health promotion, in which the confrontation of the disease process is a care strategy taken by the professional.

The construction and use of a consistent theoretical framework by professionals that work in the practice, can contribute to the developments in the individual and collective fields or the scientific community, as for the science, discipline and profession, nursing seeks the truth.¹⁹

By *Conceptual Model of by Imogene King*, the structure for the Theory of Goal Attainment is developed, composed by the personal, interpersonal and social systems and that calls for the establishment of common goals between nurse-patient, determining the means to achieve this range.²⁰

The item developed based on the theoretical concepts of the Theory of Goal Attainment, had the basic element the human being and every individual is considered a system, divided into personal, interpersonal and social, concluding that each patient reacts differently to the questions, anxieties, expectations, but as a whole the majority are anxious to relive personal experiences, anchoring themselves in the family, as their safe haven. It is also evident, the importance of body image for women, with regard to their breasts, as this is a symbol of femininity and sexuality, and when they about to "lose them," the woman experiences a situation of intense stress, causing an imbalance in herself.²¹

In the interaction / integration among women who experienced the same situation, there is a perception of similarities, including anguish, fears and anxieties. The family can be an emotional support for this condition of coping with cancer and the environment is a fundamental requirement for there to be integration and transaction in care, making the link between patient/nurse.²¹ therefore, when it is planned to intervene in reality, the quality of this operation depends on the conceptual or theoretical domains. Thus, it is essential to formation of the subject in the molds of theoretical thinking, because "theories are developed in order to explain reality, but reality in its movement, poses challenges to the theory, pointing to demands that she still can not necessarily contemplate i.e., the relationship between theory and practice implies tensions and continuous

movements”.²²

The study that used the Leninger Theory as its basis, which understands that the person is fit and sufficiently capable of administering self-care in healthcare, since stimuli and conditions are offered to make this happen, it is considered important to the investigated community's context, allowing a cultural description of the people and phenomena involved.²³

The *Leninger* Theory defends the importance of the association of knowledge derived from cultural anthropology with the knowledge of nursing, determining the influences existing between the mode of acting/thinking of people and their expectations in relation to the care provided by nurses, because we believe that care is the essence of nursing and has its meaning within the cultural context.²⁴ Therefore the importance of stimulating cooperation between the nurses for the development of their knowledge, in search of “processing of multidimensional context to which they belong”, making the environment constructive for this practice.²⁰

The fifth and final Article analyzed uses the adaptation model from *Roy's Theory*, which covers self-image, body image and spiritual integrity, because conceptualizes the person as being holistic, in which the parties work together to form a unified being.²³ In this context, the study that relates this theory, is located the nursing professional front to several challenges, because it puts that the person's relationship with himself, i.e. with the body itself, it is a constituent element and essential to individuality. When treating the body image of women, the experiences can significantly affect their self-concept as a woman.²⁵

By addressing common feelings from the onset of the disease, nursing should be sensitized to counsel women and willing to help her to maintain her quality of life in all its aspects. The contributions of the use of Nursing Theories in the exercise of their profession, based on articles discussed are listed in table 1.

Table 1. Contributions from the use of Nursing Theories in the professional practice.

Theory used	Outcome (Contributions to Nursing)
Social Representations Theory. ¹⁸	Holistic nursing care, contributing to health prevention and promotion. The educative actions should focus on self-care the through the completion of a self-examination, thus, permitting early detection.
Leinigner Theory. ²³	Elaboration of educational actions focused on meanings exposed by women, specifically due to the conditions of urban poverty.
Imogene King Theory. ²¹	Facilitate the communication and expression of anxieties, doubts, expectations, during the disease process, rethinking their practice to take care of the woman with cancer.
Roy's Theory. ²⁵	Provides for addressing common feelings with the presence of the disease. The nursing staff must be sensitized to welcome and willing to assist in maintaining the quality of life.
Orem's Self-care Theory. ¹⁵	The practice of AEM should be stimulated as health actions aimed at promotion through campaigns, lectures and training.

CONCLUSION

The Nursing Theories have contributed to the construction of knowledge in nursing. In practice, from the theoretical reflections, one can expand their understanding of the nursing phenomenon, providing new perspectives for care.

By performing this study, it was found that the theories are very specific and able to be make use of them in practice; one needs a close look, because every theory is organized according to different worldviews.

Breast cancer, which unfortunately continues with high rates, deserves great attention on the part of health professionals, especially nurses in primary care; they have the opportunity to develop actions that will strengthen the nurse-patient bond, collaborating for the early detection of the disease. In this respect, the nursing theories become a useful tool for decision-making, critical thinking, providing subsidies for a

practice of excellence and recognized, in addition to providing the prestige in nursing as an autonomous profession.

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