



# Journal of Nursing

Revista de Enfermagem

UFPE On Line

ISSN: 1981-8963

## ORIGINAL ARTICLE

### EMPIRICAL INDICATORS FOR NURSING CONSULTATION OF HYPERTENSIVE PATIENTS IN FAMILY HEALTH UNITS

#### INDICADORES EMPÍRICOS PARA CONSULTA DE ENFERMAGEM DE PACIENTES HIPERTENSOS EM UNIDADES DE SAÚDE DA FAMÍLIA

#### INDICADORES EMPÍRICOS PARA LA CONSULTA DE ENFERMERÍA DE PACIENTES HIPERTENSOS EN UNIDADES DE SALUD DE LA FAMILIA

Jancelice Santos Santana<sup>1</sup>, Maria Júlia Guimarães Soares<sup>2</sup>, Maria Miriam Lima Nóbrega<sup>3</sup>

#### ABSTRACT

**Objective:** describing the development of the first phase of the construction of an instrument for nursing consultation of hypertensive patients. **Method:** a methodological study conducted with 18 nurses working in the Family Health Strategy and 36 hypertensive patients in the city of Cabedelo (Paraíba), after the project approval by the Research Ethics Committee, Protocol nº 097 /2010. The data were collected through literature and the records of hypertensive patients. The analysis was given specifying the quantitative indicators for need and how each indicator was identified in the literature and or on the charts. **Results:** an instrument was drawn up containing 287 empirical indicators, which were evaluated by nurses, and were obtained 204 indicators distributed in psychobiological, psychosocial and psychospiritual needs, showing a frequency of > 50%. **Conclusion:** it is expected that this instrument constitutes advancement in the implementation of the systematization of nursing under the family health units. **Descriptors:** Consultation; Nursing; Hypertension.

#### RESUMO

**Objetivo:** descrever o desenvolvimento das primeiras fases da construção de um instrumento para a consulta de enfermagem de pacientes hipertensos. **Método:** estudo metodológico desenvolvido com 18 enfermeiros que atuam na Estratégia de Saúde da Família e 36 usuários hipertensos no município de Cabedelo (PB), após a aprovação do projeto pelo Comitê de Ética em Pesquisa, Protocolo nº 097/2010. Os dados foram coletados por meio da literatura e nos prontuários dos hipertensos. A análise se deu especificando o quantitativo de indicadores por necessidade e como cada indicador foi identificado na literatura e/ou nos prontuários. **Resultados:** foi elaborado um instrumento contendo 287 indicadores empíricos, que foram avaliados pelos enfermeiros, e foram obtidos 204 indicadores distribuídos nas necessidades psicobiológicas, psicossociais e psicoespirituais, apresentando frequência > 50%. **Conclusão:** espera-se que esse instrumento constitua um avanço na implementação da sistematização de enfermagem no âmbito das unidades de saúde da família. **Descritores:** Consulta; Enfermagem; Hipertensão.

#### RESUMEN

**Objetivo:** describir el desarrollo de las primeras fases de la construcción de un instrumento para la consulta de enfermería de pacientes hipertensos. **Método:** un estudio metodológico llevado a cabo con 18 enfermeras que trabajan en la Estrategia de Salud de la Familia y 36 pacientes hipertensos en la ciudad de Cabedelo (Paraíba), después de el proyecto ser aprobado por el Comité de Ética de Investigación, Protocolo nº 097/2010. Los datos fueron recolectados a través de la literatura y las historias clínicas de pacientes hipertensos. El análisis se realizó especificando la necesidad de indicadores cuantitativos y cómo cada indicador se ha identificado en la literatura, o los registros. **Resultados:** se desarrolló un instrumento que contiene 287 indicadores empíricos, los cuales fueron evaluados por enfermeras y fueron obtenidos 204 indicadores distribuidos en las necesidades psicobiológicas, psicosociales y psico-espirituales, presentando frecuencia > 50 %. **Conclusión:** se espera que este instrumento constituya un avance en la implementación de la sistematización de la enfermería en las unidades de salud de la familia. **Descriptor:** Consulta; Enfermería; Hipertensión.

<sup>1</sup>Nurse, Doctoral Student of Nursing, Postgraduate Program in Nursing, Federal University of Paraíba / PPGENF / UFPB. João Pessoa (PB), Brazil. Email: [Janceli@ibest.com.br](mailto:Janceli@ibest.com.br); <sup>2</sup>Nurse, Professor of Nursing at the Medical-Surgical Department and Administration, Postgraduate Program in Nursing, Federal University of Paraíba / PPGENF / UFPB. João Pessoa (PB), Brazil. Email: [mmjulve@hotmail.com](mailto:mmjulve@hotmail.com); <sup>3</sup>Nurse, Professor of Nursing, Nursing Department of Public Health and Psychiatry, Postgraduate Program in Nursing, Federal University of Paraíba / PPGENF / UFPB. João Pessoa (PB), Brazil. CNPq. Email: [miriam@ccs.ufpb.br](mailto:miriam@ccs.ufpb.br)

## INTRODUCTION

Before the development of its theories, Nursing was a Medicine subject. This provided a structure and organization to the knowledge of nursing, a systematic means of collecting data describing, explaining and predicting the practice.<sup>1</sup>

Over the last decades, nursing has undergone an accelerated evolution process. This change takes place especially in winning recognition of its social role and an autonomous professional intervention. Nursing ceased to be empirical and practice came to be based on scientific knowledge that enable a systematic and qualified assistance in relation to the health needs of the individual, family and community. To this end, there were developed nursing theories, in order to organize and systematize all tasks related to professional activity, generating knowledge that will support and subsidize the nursing practice.

In Brazil, the first theory emerged in 1970, the Theory of Basic Human Needs, which is based on the general laws of universal phenomena, such as the law of balance (homeostasis), and in the adaptation of the principles of holism. Its author, Wanda de Aguiar Horta (1926-1981), is based on the following assumptions: 1) Nursing care services are services provided to humans, which is part of the dynamic universe, in constant interaction, which causes changes the lead to states of balance and imbalance in time and space; and 2) Nursing is an integral part of the healthcare team, which prevents and reverses the imbalance of the individual by meeting their basic needs, bringing it to the situation of dynamic equilibrium in time and space.<sup>2</sup>

Horta used the motivation theory of Maslow (a humanist psychologist) as a basis for the development of his theory and rated basic human needs according to the name of John Mohana, psychobiological, psychosocial and psychospiritual needs. The author classified as psychobiological needs involving: oxygenation; hydration; nutrition; disposal; sleep and rest; exercise and physical activity; sexuality; shelter; body mechanics; motility; body care; integrity mucocutaneous; physical integrity; thermoregulation, hormonal, neurological, salt and water, electrolyte and immune; cell growth; vascular; locomotion; perception; environment; and therapy. Are psychosocial needs involving: security; love; freedom; communication; creativity; learning; gregarious; recreation; leisure; space; orientation in time and space; acceptance;

self-fulfillment; self-esteem; participation; self-image; and attention. Finally, are psychospiritual needs involving: religion or theology; ethics; or philosophy of life.<sup>2</sup>

The nursing staff, to act efficiently and systematically, need to develop their work in accordance with the scientific method, ie, using the nursing process (PE), which can be defined as a flexible, organized and dynamic method used in clinical nursing practice to guide the work of nurses in research of patient data, identifying care needs, proposing interventions and evaluating outcomes of care implemented.<sup>3</sup>

Resolution No. 272/2002, of the Federal Council of Nursing (Cofen), which deals with the obligation of the systematization of nursing care (SAE) in health institutions where nursing actions are performed, regardless of the level of given attention<sup>4</sup> was revoked and entered into force Resolution No. 358/2009, the same body. This, in Articles 1 and 2, determines the implementation of PE in all health institutions, public and private, in which it is practiced the professional nursing care.

The PE, when performed in institutions providing health services in clinics, homes, schools, community associations, among others, is usually called nursing consultation (CE). The current resolution Cofen No. 358/2009 discusses the five stages of PE: data collection or history of nursing; nursing diagnosis; nursing planning; implementation; and nursing assessment. Articles 3 to 5 determine that the PE should be based on a framework document guiding the implementation of its five phases theoretical support, fitting to the nurse's leadership in the implementation and evaluation of PE in order to achieve the outcomes of nursing expected, fitting-him, privately, the nursing diagnosis and prescribing the actions or nursing interventions. The practical nurse and nursing assistant participate in the execution of the PE, what fits them, under the supervision and guidance of the nurse. Article 6 addresses how the implementation should be recorded PE.<sup>5</sup>

The PE enables the work of the nursing staff during patient care, facilitating the identification of problems and decisions to be taken; was established as an essential tool for the provision of nursing care due to being used in any context that requires care to health.<sup>6</sup> Is a tool that not only provides an improvement in quality of care, but it also gives greater professional autonomy in their actions, legal support and increase the bond between practitioner and patient.

In Brazil, the CE expands increasingly considering, in a current view, the response of nurses to their social commitment, strengthened and supported by Law No. 7.498/86, Article 8, I, and Decree No. 94.406/87, which claims to be her prerogative nurses. Nursing has sufficient scientific support for the task to educate and enlighten the individual, family and community, enhancing care to the population, in relation to the prevention and treatment of diseases. Such activity must be entered into the daily nurse. She is one of the tasks of great importance of nurses in the Family Health Strategy (FHS). Through it gives up solving the assistance provided to the user brings up a professional character and defines the competence of the nurse; however, it has not been fully implemented in public and private institutions, was not understood or valued as an important activity in the prevention, promotion and rehabilitation of population health.<sup>7</sup>

The work of nurses in the management of chronic disease programs is of paramount importance, for its global vision and practice of the proposed non-pharmacological and pharmacological approach, in addition to their participation in virtually all times of contact of patients with the health unit. It ensures quality of care, streamline compliance and ensuring greater intensity of actions for cases identified as higher risk.

When the patient is diagnosed as hypertensive, the result is physical and psychological changes in the individual, resulting from changes that may occur in lifestyle or even the risk of death itself. These changes will be reflected on the balance of their basic human needs, leading him to present specific characteristics arising of arterial hypertension and changes in your lifestyle. The signs and symptoms of the disease when they occur often prevent individuals carry out their routine activities satisfactorily.<sup>8</sup>

Given the above, this study aims to:

- describing the development of the first phase of construction of an instrument for CE of hypertensive patients;
- listing the empirical indicators found in the literature and the records of hypertensive patients, from the basic human needs of Horta;
- identifying the frequency of these empirical indicators in hypertensive patients during Nursing Consultation, aiming at building a tool for CE of hypertensive patients seen in Family Health Units (FHUs).

## METHOD

This is a methodological study, consisting of a survey referred to investigations of the methods of obtaining, organizing and analyzing data, discussing the development, validation and evaluation of tools and techniques of research and with the objective to build an instrument that is reliable, accurate and usable by other researchers.<sup>9</sup>

This research was conducted in the municipality of 18 FHUs, Cabedelo (PB). Each one operates with a multidisciplinary health care team, which consists of a nurse, a doctor, a dentist, one dental office assistant, nutritionist, speech therapist, physical therapist, nurse technician, a physical educator, community health, one receptionist and an auxiliary cleaning. These professionals develop prevention, promotion and restoration of health of the assisted families.

To develop the study of the ethical aspects of research involving human beings, guided by Resolution were considered No. 196/96, the National Health Council (CNS), respecting the autonomy, beneficence, non-maleficence, justice and equity, including fulfilling all obligations to maintain the privacy and dignity of persons involved<sup>10</sup>; soon after the study was approved by the Research Ethics Committee of the University Hospital Lauro Wanderley, under the Protocol No. 097/2010.

For the study two phases were adopted: 1) identification of empirical indicators, conducted through a literature review; and 2) structuring of the instrument from the identification of empirical indicators in the hypertensive patient.

## RESULTS AND DISCUSSION

Data collection is the initial phase of the PE, which consists of collecting information concerning the state of health of the patient, in order to identify the needs, problems, concerns and human reactions that patient attended. For the real needs are raised, it is necessary to use an instrument as a tool previously developed.

In the hierarchy of nursing knowledge, empirical indicators considered the criteria and / or the experimental conditions, which are used to observe or measure the concepts of a theory.<sup>11</sup> In this study, we consider empirical indicators demonstrations, observed or measured, basic human needs in the affected hypertensive patients. The indicators show changes in situations considered normal or expected, and it is through identification that can avoid installing problems.<sup>12</sup>

In the first phase was conducted a bibliographical survey of the Theory of Basic Human Needs, of Horta, and works that combine the hypertensive patient, and on related physical examination that indicate the basic human needs of this patient content. Was also carried out an analysis of 53 medical records of hypertensive patients followed during the research entitled "Profile of a Group of Hypertensive Patients: Knowledge of Factors that Interfere with Control of Hypertension", approved by the Science Center Research Ethics Committee health of the Federal University of Paraíba (CCS / UFPB) under the Protocol No. 328.

At the end of this survey, an instrument was constructed containing the definitions of each basic human need that by Horta and other authors, beyond empirical indicators found for every need.

The instrument built in this phase was composed by 287 empirical indicators, being 227 within the psychosocial needs, distributed as follows: neurological regulation (12); oxygenation (15); vascular regulation (18); nutrition (21); hydration regulating salt and water and electrolyte (14); removing (21); thermal regulation (12); visual perception, auditory, gustatory, olfactory, tactile and painful (25); physical and mucocutaneous (23); rest and sleep (13); body care (5);, physical (body mechanics, motility and locomotion) (28) activity Sexuality (3); hormonal regulation (6); physical safety, environment and under (8); and therapeutic (7). In the psychosocial needs were 54 indicators, divided into: Communication (6); gregarious (3); freedom (5); emotional security (9); love and acceptance (6); recreation/leisure (8); creativity (2); self-esteem, self-confidence and self-respect (5); attention (4); health education/learning (6); and the psycho-spiritual needs were 6 indicators: religiosity/spirituality.

The second phase is termed structure of the instrument; to construct an instrument of CE (nursing consultation, in Portuguese); one should try to structure it so as to facilitate its application. For this it is necessary to seek other models to get an idea on how to do it.

Thus, this phase began with the search for instruments. The research had as data sources the following productions: articles in periodicals, newspapers, and catalogs on adult health nursing, doctoral theses, dissertations, monographs and papers of completion. Selected articles were published between January 2005 and September 2009 and located through electronic search of the Virtual Health Library (VHL) and database Scientific Electronic Library Online (SciELO). The keywords used were "nursing consultation", "hypertension" and "family health". 82 articles were found. Of this total, were excluded and repeated those not presented in Portuguese. After a brief reading these articles, only 11 had the concept of CE. Of these 11, only 1 was about building tool for CE for leprosy patients; however, we cannot identify any articles on the CE to hypertensive patients. Therefore, the indicators found in the literature for hypertensive patients and the medical records in their psychobiological, psychosocial and psychospiritual dimensions were used.

After approval of the Research Ethics Committee of the University Hospital Lauro Wanderley, empirical verification of a higher frequency in hypertensive during CE in USFs indicators was initiated in order to build the first version of the instrument for CE directed to this clientele. Voluntary participation of nurses in FHUs, regarding the verification of empirical indicators identified in the literature and in the 53 medical records was requested. Initially, they signed a consent form. At that same moment, the nurses received the instrument identification of empirical indicators. Participants were asked to research to sign agreement (or not) that was stated in the indicator on the instrument and observe the indicator would be inserted in the appropriate need. A free space was available for suggestions<sup>18</sup> and assessment instruments were delivered. A total of 204 indicators, distributed in psychobiological, psychosocial and psycho-social needs, which showed > 50%, were obtained. For best viewing of these indicators are presented in Table 1.

**Table 1.** Distribution of empirical indicators identified in the literature and on the charts of hypertensive patients who have achieved > 50% according to the frequency nurses who work in FHUs. Cabedelo (PB), 2010.

| Needs                                                | Empirical indicators                           | %    |
|------------------------------------------------------|------------------------------------------------|------|
| <b>Psychobiological<br/>Neurological</b><br>(n = 11) | Level of awareness                             | 100  |
|                                                      | Temporo-spatial orientation                    | 100  |
|                                                      | Progressive loss of concentration              | 72,2 |
|                                                      | Mental confusion                               | 77,7 |
|                                                      | Headache                                       | 88,8 |
|                                                      | Coordination of movements                      | 83,3 |
|                                                      | Tremors of extremities                         | 72,2 |
|                                                      | Numbness or alteration of any part of the body | 77,7 |
|                                                      | Temporary loss of sensation                    | 72,2 |
|                                                      | Decreased reflexes                             | 66,6 |
|                                                      | Paresthesia                                    | 66,6 |
| <b>Oxygenation</b><br>(n = 14)                       | Dyspnoea                                       | 100  |
|                                                      | Tachypnea                                      | 83,3 |
|                                                      | Orthopnea                                      | 83,3 |
|                                                      | Cyanosis                                       | 100  |
|                                                      | Pulmonary auscultation                         | 83,3 |
|                                                      | Adventitious sounds                            | 72,2 |
|                                                      | Creptos                                        | 72,2 |
|                                                      | Snoring                                        | 77,7 |
|                                                      | Wheezing                                       | 83,3 |
|                                                      | Shortness of breath                            | 83,3 |
|                                                      | Respiratory rate                               | 94,4 |
|                                                      | Cough                                          | 94,4 |
| <b>Vascular regulation</b> (n = 18)                  | Secretion                                      | 83,3 |
|                                                      | Airway permeability                            | 88,8 |
|                                                      | Color of skin                                  | 88,8 |
|                                                      | Pallor                                         | 72,2 |
|                                                      | Peripheral perfusion                           | 88,8 |
|                                                      | Blood pressure                                 | 100  |
|                                                      | Heart frequency                                | 100  |
|                                                      | Heart rate                                     | 88,8 |
|                                                      | Palpitations                                   | 100  |
|                                                      | Pulse feature                                  | 94,4 |
|                                                      | Peripheral vascular network conditions         | 94,4 |
|                                                      | Peripheral pulse                               | 88,8 |
| <b>Thermal regulation</b> (n = 4)                    | Varix / Varicose                               | 88,8 |
|                                                      | Phlebitis                                      | 88,8 |
|                                                      | Edema                                          | 100  |
|                                                      | Epistaxis                                      | 83,3 |
|                                                      | Bleeding                                       | 77,7 |
|                                                      | Cardiovascular diseases                        | 94,4 |
|                                                      | Cerebrovascular diseases                       | 94,4 |
|                                                      | Vascular obstruction                           | 88,8 |
|                                                      | Body temperature                               | 66,6 |
|                                                      | Sweating                                       | 61,1 |
|                                                      | Hyperthermia                                   | 77,7 |
|                                                      | Hypothermia                                    | 77,7 |
| <b>Nutrition</b> (n = 12)                            | Anorexia                                       | 66,6 |
|                                                      | Use of prosthesis                              | 61,1 |
|                                                      | Incomplete dentition                           | 66,6 |
|                                                      | Epigastric pain                                | 61,1 |
|                                                      | Heartburn                                      | 61,1 |
|                                                      | Distended abdomen                              | 55,5 |
|                                                      | Painful abdomen                                | 55,5 |
|                                                      | Hard abdomen                                   | 55,5 |
|                                                      | Eating habits                                  | 83,3 |
|                                                      | Cachexia                                       | 77,7 |
|                                                      | Obesity                                        | 66,6 |
|                                                      | Weight                                         | 83,3 |
| <b>Hydration</b> (n = 8)                             | Decreased turgor and elasticity                | 72,2 |
|                                                      | Perspiration                                   | 66,6 |
|                                                      | Reduction of moisture of mucous membranes      | 66,6 |
|                                                      | Asthenia                                       | 61,1 |
|                                                      | Polidipsia                                     | 77,7 |
|                                                      | Water intake (frequency, volume)               | 94,4 |
|                                                      | Thirst                                         | 100  |
|                                                      | Loss or fluid retention                        | 94,4 |
|                                                      | Urinary retention                              | 77,7 |
| <b>Elimination</b> (n = 8)                           | Dysuria                                        | 83,3 |
|                                                      | Polyuria                                       | 77,7 |
|                                                      | Urinary incontinence                           | 83,3 |
|                                                      | Nausea                                         | 88,8 |
|                                                      | Vomiting                                       | 77,7 |
|                                                      | Diarrhea                                       | 72,2 |
|                                                      | Constipation                                   | 72,2 |
| <b>Hydrosaline regulation</b> (n = 6)                | Change in dosage of organic electrolytes       | 66,6 |
|                                                      | Change in organic water dosage                 | 66,6 |



|                                                                                                |                                                             |      |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------|------|
| Hormonal regulation (n = 4)                                                                    | Hidroeletrolítica substance replacement                     | 72,2 |
|                                                                                                | Risk of liquid and electrolytes loss                        | 72,2 |
|                                                                                                | Cramps                                                      | 88,8 |
|                                                                                                | Muscle weakness                                             | 88,8 |
| Perception of sense organs: visual, auditory, olfactory, tactile, gustatory, painful. (n = 18) | Presence of endocrine system diseases (diabetes mellitus)   | 100  |
|                                                                                                | Menopause                                                   | 77,7 |
|                                                                                                | Use of birth control                                        | 77,7 |
|                                                                                                | Blood glucose levels                                        | 88,8 |
| Cutaneous-mucosa and physical integrity (n = 14)                                               | Vision condition                                            | 88,8 |
|                                                                                                | Ability to focus on objects at small distance               | 55,5 |
|                                                                                                | Visual acuity decreased                                     | 77,7 |
|                                                                                                | Symptoms of eye irritation (itching, burning)               | 61,1 |
| Sleep and rest (n = 9)                                                                         | Hearing conditions                                          | 83,3 |
|                                                                                                | Decreased hearing acuity                                    | 77,7 |
|                                                                                                | Otalgia                                                     | 55,5 |
|                                                                                                | Tinnitus                                                    | 66,6 |
| Body care (n = 6)                                                                              | Hearing loss                                                | 77,7 |
|                                                                                                | Conditions of gustation                                     | 61,1 |
|                                                                                                | Drizzling                                                   | 55,5 |
|                                                                                                | Change in taste                                             | 55,5 |
| Physical activity, body mechanics (n = 10)                                                     | Halitosis                                                   | 55,5 |
|                                                                                                | Sense of smell diminished                                   | 55,5 |
|                                                                                                | Tactile sensitivity compromised                             | 77,7 |
|                                                                                                | Sensitivity to pain                                         | 55,5 |
| Motility (n = 5)                                                                               | Presence of pain (location, frequency, type)                | 94,4 |
|                                                                                                | Facial expression of pain                                   | 94,4 |
|                                                                                                | Skin conditions                                             | 94,4 |
|                                                                                                | Cold skin                                                   | 66,6 |
| Sexuality (n = 5)                                                                              | Moist skin                                                  | 66,6 |
|                                                                                                | Clammy skin                                                 | 66,6 |
|                                                                                                | Dry                                                         | 66,6 |
|                                                                                                | Pallor                                                      | 72,2 |
| Physical safety/environment/shelter (n = 6)                                                    | Jaundice                                                    | 72,2 |
|                                                                                                | Hyperemia                                                   | 66,6 |
|                                                                                                | Ecchymosis                                                  | 66,6 |
|                                                                                                | Hematoma                                                    | 72,2 |
|                                                                                                | Cyanosis                                                    | 72,2 |
|                                                                                                | Injury                                                      | 61,1 |
|                                                                                                | Skin pigmentation                                           | 55,5 |
|                                                                                                | Mucosal conditions                                          | 61,1 |
|                                                                                                | Interrupted sleep                                           | 83,3 |
|                                                                                                | Waking up several times at night                            | 77,7 |
|                                                                                                | Difficulty of falling asleep                                | 88,8 |
|                                                                                                | Sleeps during the day                                       | 72,2 |
|                                                                                                | Use of sedative medications                                 | 83,3 |
|                                                                                                | Excessive sleep                                             | 72,2 |
|                                                                                                | The presence of noise in the environment                    | 55,5 |
|                                                                                                | Sleep habits                                                | 77,7 |
|                                                                                                | Sedentary lifestyle                                         | 83,3 |
|                                                                                                | Inability to wash the body or body part                     | 55,5 |
|                                                                                                | Needing help to perform the care                            | 77,7 |
|                                                                                                | Able to bathe                                               | 61,1 |
|                                                                                                | Able to dress up                                            | 66,6 |
|                                                                                                | Inability to perform satisfactory oral hygiene              | 61,1 |
|                                                                                                | Inability to perform satisfactory body hygiene              | 72,2 |
|                                                                                                | Roams                                                       | 100  |
|                                                                                                | March with physical dependence of another person            | 77,7 |
|                                                                                                | Hemiplegia                                                  | 66,6 |
|                                                                                                | Paraplegia                                                  | 66,6 |
|                                                                                                | Loss of lower limbs                                         | 61,1 |
|                                                                                                | Physical inactivity                                         | 88,8 |
|                                                                                                | Pain on movement                                            | 77,7 |
|                                                                                                | Decreased motor activity                                    | 66,6 |
|                                                                                                | The absence of regular exercises                            | 61,1 |
|                                                                                                | Muscle strength                                             | 55,5 |
|                                                                                                | Need help to move                                           | 61,1 |
|                                                                                                | Restriction of movement by prescription or use of equipment | 77,7 |
|                                                                                                | Restriction of voluntary movements                          | 61,1 |
|                                                                                                | Muscle tone                                                 | 61,1 |
|                                                                                                | Movement of all parts of the body                           | 61,1 |
|                                                                                                | Sexual behaviors                                            | 77,7 |
|                                                                                                | Lack of libido                                              | 77,7 |
|                                                                                                | Impotence                                                   | 77,7 |
|                                                                                                | Use of antihypertensive                                     | 94,4 |
|                                                                                                | Homeownership                                               | 100  |
|                                                                                                | Home comfort                                                | 88,8 |
|                                                                                                | Trash destination                                           | 94,4 |
|                                                                                                | Adequate lighting                                           | 72,2 |

|                                   |                                                        |      |
|-----------------------------------|--------------------------------------------------------|------|
| Therapeutic (n = 4)               | Number of people living at home                        | 83,3 |
|                                   | Treated water                                          | 83,3 |
|                                   | Receives educational activities about health promotion | 100  |
|                                   | Smoking                                                | 100  |
| Psychossocial needs               | Makes use of alcoholic beverage                        | 100  |
|                                   | Take the medication daily                              | 100  |
|                                   | Empirical indicators                                   | %    |
|                                   | Aphasia                                                | 72,2 |
| Comunication(n = 6)               | Apraxia                                                | 83,3 |
|                                   | Speech disorder                                        | 77,7 |
|                                   | Doesn't speak or cannot speak                          | 77,7 |
|                                   | Communicates appropriately                             | 77,7 |
| Gregarious (n = 1)                | Use of non-verbal language                             | 66,6 |
|                                   | Avoids relatives                                       | 66,6 |
| Freedom (n = 5)                   | Dependent on family and friends                        | 72,2 |
|                                   | Nursing-dependent                                      | 72,2 |
|                                   | Participation in the therapeutic plan                  | 83,3 |
|                                   | Suggested alternatives to the therapeutic plan         | 88,8 |
| Self-esteem (n = 5)               | Decision to refuse treatment                           | 72,2 |
|                                   | Negative verbalization upon himself                    | 72,2 |
|                                   | Non-acceptance of your own condition                   | 72,2 |
|                                   | Isolation                                              | 55,5 |
| Self-realization (n = 2)          | Change in lifestyle                                    | 88,8 |
|                                   | Have confidence in your own ideas                      | 66,6 |
|                                   | Lack of confidence                                     | 66,6 |
|                                   | Manifestation of any amounts not being realisable      | 61,1 |
| Love and acception (n = 6)        | Agitation                                              | 72,2 |
|                                   | Irritability                                           | 77,7 |
|                                   | Loneliness                                             | 77,7 |
|                                   | Rejection                                              | 77,7 |
| Recreation/Leisure (n = 5)        | Dependency                                             | 77,7 |
|                                   | Indifference                                           | 72,2 |
|                                   | Desire to participate in recreation                    | 83,3 |
|                                   | Recreation and leisure habits                          | 77,7 |
| Emotional safety (n = 7)          | Monotony                                               | 72,2 |
|                                   | Walks                                                  | 77,7 |
|                                   | Visit relatives/friends                                | 66,6 |
|                                   | Anxiety                                                | 88,8 |
| Creativity (n = 2)                | Depression                                             | 83,3 |
|                                   | Insecurity                                             | 77,7 |
|                                   | Fear                                                   | 72,2 |
|                                   | Apprehension                                           | 66,6 |
| Health education/learning (n = 5) | Cry                                                    | 77,7 |
|                                   | Trembling voice                                        | 66,6 |
|                                   | Develops manual labor                                  | 77,7 |
|                                   | Participates in volunteer groups                       | 77,7 |
| Care (n = 1)                      | Lack of knowledge about his illness                    | 83,3 |
|                                   | Non-adherence to the treatment                         | 83,3 |
|                                   | Use of antihypertensive medication                     | 83,3 |
|                                   | Use of tranquilizers                                   | 83,3 |
| Psychospiritual needs             | Use of antidepressants                                 | 83,3 |
|                                   | Have friends and family                                | 83,3 |
|                                   | Empirical indicators                                   | %    |
|                                   | Religion                                               | 77,7 |
| Religiosity/spirituality (n = 5)  | Search for spiritual assistance                        | 77,7 |
|                                   | Need for a spiritual leader or religious activities    | 61,1 |
|                                   | Religious confrontation                                | 61,1 |
|                                   | Belief system disorder                                 | 55,5 |

After identifying the indicators considered significant for nursing consultations of FHUs in hypertensive patients, the first version of the instrument was obtained. This instrument was subjected to a validation process and the content of its operation test was performed with hypertensive patients; its results will be the subject of future study.

FINAL REMARKS

The Nursing Process is a method that guides the professional work of nurses, and the instrument of Nursing Consultation is the first step to enter this reality. Whereas hypertension presents specific features that

differentiate it from other types of patient, the instrument will enable CE family focus and essential hypertension information for planning of nursing actions appropriate and consistent with the needs of hypertensive patients. This article had the purpose of the development of the first phase of the construction of an instrument of CE to the hypertensive patient, with the objectives list the empirical indicators found in the literature and the records of hypertensive patients, from basic human needs indicated by Horta and identify the frequency of these empirical indicators in hypertensive patients.

To list the empirical indicators was used as

theoretical framework the Theory of Basic Human Needs, by Horta, in which the author classifies needs into three levels: psychobiological, psychosocial and psychospiritual. We conducted a literature review and could be set for every need and identify each empirical indicator. After this search, an instrument was developed containing 287 empirical indicators, distributed according to each level of need described by Horta. With this instrument, we found the frequency of these indicators in hypertensive patients, obtaining 204 empirical indicators that composed the first version of the instrument of CE for hypertensive patients.

The experience of preparing a questionnaire enabled a better understanding of the importance of the implementation of the CE process, since it will provide time savings and convenience to nurses, to draw up the plan of care in order to quality care. The instrument is the first step for the implementation of SAE and aims to identify and obtain important data about the health status of the individual, family and community.

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Submission: 2013/04/08  
Accepted: 2014/05/08  
Publishing: 2014/07/01

**Corresponding Address**

Jancelice dos Santos Santana  
Rua José Florentino Júnior, 320  
Bairro Tambauzinho  
CEP 58042040 — João Pessoa (PB), Brazil