



THE QUALITY OF LIFE OF NURSING PROFESSIONAL TECHNICIAN RETIREES FROM A PUBLIC UNIVERSITY

QUALIDADE DE VIDA DE PROFISSIONAIS DA ENFERMAGEM DE NÍVEL MÉDIO APOSENTADOS POR UMA UNIVERSIDADE PÚBLICA

CALIDAD DE VIDA DE PROFESIONALES DE ENFERMERÍA DE NIVEL TÉCNICO JUBILADOS POR UNA UNIVERSIDAD PÚBLICA

Elaine Cristina Tanferri¹, Julia Trevisan Martins², Renata Perfeito Ribeiro³

ABSTRACT

Objective: to analyze the quality of life of nursing technician retirees from a public university according to the *Short-Form Health Survey-SF-36* questionnaire. **Method:** this was a descriptive, exploratory, and with a quantitative approach study. Participants will be retirees who worked as nursing assistants and technicians in a university hospital from a public university. The data will be collected with the use of two instruments and analyzed through statistical procedures. The research project was approved by the Research Ethics Committee under protocol number CAAE 0344.0.268.000-12. **Expected results:** to learn about the condition and quality of life of retirees from a public institution, identifying the reality of their lives in their various aspects; this is information can become the basis for promotion and prevention plans to reduce health issues in these retirees. **Descriptors:** Workers' Health; Quality of Life; Retirement; Nursing.

RESUMO

Objetivo: analisar a qualidade de vida de aposentados de enfermagem em nível médio de uma universidade pública segundo o questionário *Short-Form Health Survey-SF-36*. **Método:** estudo descritivo, exploratório com abordagem quantitativa. Os participantes serão aposentados que exerceram atividades de auxiliar e técnico de enfermagem em um hospital universitário de uma universidade pública. Os dados serão coletados com a aplicação de dois instrumentos. Para analisar os dados serão realizados procedimentos estatísticos. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa sob CAAE nº 0344.0.268.000-12. **Resultados esperados:** conhecer sobre a condição de qualidade de vida de aposentados por uma instituição pública identificando a realidade da vida destas pessoas em seus diversos aspectos são dados que podem se constituir como base para planejar ações de promoção de saúde, além da prevenção e diminuição dos agravos à saúde desses aposentados. **Descritores:** Saúde do Trabalhador; Qualidade de Vida; Aposentadoria; Enfermagem.

RESUMEN

Objetivo: analizar la calidad de vida de jubilados de enfermería de una universidad pública según el cuestionario *Short-Form Health Survey-SF 36*. **Metodología:** estudio descriptivo, exploratorio, con abordaje cuantitativo. Contestará al cuestionario jubilados que trabajaron como auxiliar y técnico de enfermería en un hospital universitario de una universidad pública. Los datos serán colectados con el uso de dos instrumentos. Para analizar los datos serán realizados procedimientos estadísticos. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación CAAE n nº 0344.0.268.000-12. **Resultados esperados:** conocer la condición de calidad de vida de jubilados de una institución pública, identificando la realidad de sus vidas con los diversos aspectos; estos datos pueden proporcionar una base de planificación de acciones de promoción de salud, además de la prevención y disminución de los problemas de salud de los jubilados. **Descriptores:** Salud del Trabajador; Calidad de Vida; Jubilación; Enfermería.

¹RN, Master degree student, Graduate School of Nursing, Londrina State University/Uel. Londrina (PR), Brazil. E-mail: elaine.tanferri@hotmail.com; ² RN, PhD Professor, Undergraduate and Graduate School of Nursing, Londrina State University /UEL. Londrina (PR), Brazil. E-mail: jtmartins@uel.br; ³RN, PhD Professor, Undergraduate and Graduate School of Nursing, Londrina State University /UEL. Londrina (PR), Brazil. E-mail: perfeito@sercomtel.com.br

INTRODUCTION

Aging is a natural phenomenon and an individual process. It is the sum of processes that occur over the years in the human body, without the possibility of reversal, it is universal and non-pathological or damaging to the mature organism, and pertinent to all members of a species, in a way that time makes the individual less able to cope with environmental stress by increasing his chances of death.

Issues related to the aging process have increasingly provoked the interest of societies in terms of the accelerated growth of the aging population that has taken place in the world and in Brazil. This fact is related to reduced birth rates and increased life expectancy provided by technological advances in various scientific fields.²

Thus, aging with quality of life has been configured as a challenge to humanity because it is a complex and subjective indicator in which various aspects are involved.³

It is observed that the revision of stereotypes associated with aging is the idea that has been replaced for the understanding of a stage of life when moments that are conducive to new achievements are experienced in the pursuit of pleasure and personal satisfaction in which accumulated experiences and knowledge offer opportunities to rescue projects left behind; however, because all these pursuits are subjective and individual, they can generate unhappiness.⁴ Thus, old age can be seen as something positive (wisdom, growth, and opportunities) or negative (solitude, sickness, and death), i.e. it depends on the conception of each individual in which he is built on the personal experience of each human being.⁵

The technological advances in the area of health bring a significant increase in the quality of life of the elderly population; in contrast, with an increased life expectancy, an increase in the incidence of certain diseases generating a dependency condition and low self-esteem is observed.

The Elderly Statute prescribes guidelines for their care with objectives on prevention and maintenance of health. In turn, the National Health Policy for the Elderly has the promotion of healthy ageing, maintenance and improvement of functional capacity, prevention of diseases, and health recovery as its primary purpose.⁷ Therefore, to understand the world of the elderly and retirees is imperative because the identification of their real needs will contribute to develop actions

to maintain or promote the quality of life of this aging population.

The term Quality of Life (QL) was employed for the first time by the President of the United States, Lyndon Johnson, in 1964, however, the terms health condition and social functioning are often used as synonyms of QL.⁸ The interest in the definition of QL resulted in the emergence of the journal *Quality of Life Research*, edited since early 1990, by the *International Society for Quality of Life Research*, gathering research on QL in numerous areas of knowledge.⁹

The improvement in QL has constituted a goal to be achieved by assistance practices and by public policies in the field of health promotion, chronic disease prevention, and injury reduction.⁹ Although QL has been studied in different social groups, these studies are incipient in the retiree population, especially in Brazil. These investigations are of unparalleled importance in order to implement health actions for this populations.¹⁰

A research conducted in Europe with retirees and non-retirees over fifty years of age identified that aging is a dynamic and not a static process, and that due to this dynamism, the performance of constant investigations is needed for the understanding the aspects related with the retired individual.¹¹

Therefore, we propose the following questions: Are workers from the Londrina State University (UEL) experiencing QL after their retirement? What factors contribute or not for them to experience QL?

This research is believed to be important as a way to contribute to managers of public or private institutions in planning actions that seek to prepare workers to understand the changes that come with retirement and their relation with QL, and consequently have retirees better prepared to cope with these changes. This research can be the basis for the implementation of strategies for health promotion and prevention of diseases targeting retirees. Studies on the QL of retirees are essential because they can identify several factors that permeate this process, from subjective to concrete factors, that can assist managers to set goals to promote a retirement process with QL.¹² Therefore, this study presents as objective:

- To analyze the quality life of nursing technician retirees from a public university according to the questionnaire *Short-Form Health Survey-SF-36*.

METHOD

This is a quantitative, descriptive, and exploratory research. It is being developed with a population composed of 87 retirees who worked in nursing auxiliary and technical activities in a university hospital from a public university in the State of Paraná.

The inclusion criteria were: participants must be retirees between 2001 and 2010 and reside in the city or metropolitan area of the study. Those without physical and/or psychological conditions for answering the instruments and retirees who are still working will be excluded from the study.

A survey at the Office of Human Resources in the studied university was executed to select the study participants. These preliminary participants were contacted via telephone and formally invited to participate in the research.

The data collection was performed from December of 2013 to April of 2014, by the researcher and at the residence of each retiree. Two instruments have been used: the first one, to characterize the population regarding demographic, anthropometric, and socioeconomic aspects, and the second one through the application of the *Short-Form Health Survey* (SF-36) questionnaire. The Canadian group, who is responsible for the international implementation of the SF-36 instrument, approved our request to use it under protocol number QM021618 from 11/1/2013.

The SF-36 is a generic QL assessment instrument of easy application and understanding. It is a multidimensional questionnaire consisting of 36 items, presents a scoring system from 0 to 100, where 0 is the worst state of health and 100 is the best state of health. It was translated and validated for Brazil in 1997.¹²

The data will be analyzed following statistical procedures; the SF-36 scores will be calculated following the guidelines of the instrument itself.

The development of this study complied with the national and international standards of ethics in research involving humans. The research project was approved by the Committee of Ethics in Research Involving Humans Subjects from the Londrina State University under protocol number 002/2012 and CAAE: 0344.0.268.000-12. All research participants must sign a Volunteer Informed Consent (VIC) drawn up for this purpose and will be identified by means of codes to preserve their anonymity.

EXPECTED RESULTS

This research will show how the QL is presented in the life of the studied retirees, offering reflections about retirement and its relationship with the QL of nursing technician professionals in a number of areas: functional capacity, physical aspects limitations, pain, general health, vitality, social aspects, emotional limitations, and mental health.

It is believed that the results will contribute to learning about the conditions involved in being retired by a public institution, to identify the reality of these retirees' lives in their various aspects, and to plan actions of promotion, prevention, and reduction of injuries to the retirees' health.

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Corresponding Address

Elaine Cristina Tanferri
Rua Francisco Arias, 654
Conjunto Semiramis Barros Braga
CEP 86088-050 – Londrina (PR), Brazil