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DESCRIPTIVE ANALYZES ON THE NURSIN SCHOLARS' KNOWLEDGE ABOUT ALCOHOLISM

ANÁLISE DESCRITIVA SOBRE O CONHECIMENTO DE ACADÊMICOS DE ENFERMAGEM SOBRE O ALCOOLISMO

ANÁLISIS DESCRIPTIVO DE LOS ESTUDIANTES DE ENFERMERÍA SOBRE SUS CONOCIMIENTO DE ALCOHOLISMO

Marcus Luciano de Oliveira Tavares¹, Amanda Márcia dos Santos Reinaldo², Adriano Marçal Pimenta³

ABSTRACT

Objective: to identify the knowledge acquired by nursing students during the graduation course about the alcoholism thematic. **Method:** a descriptive study, exploratory, with quantitative approach. The sample was composed by 117 students of the nursing graduation course at a public university in Minas Gerais/MG, Brazil. It was applied a survey containing 18 questions. It was created a data bank using the EpiInfo software (version 7.1.5.2). To data analyses, it was used the statistic software STATA (version 11.), through descriptive statistic and was used frequency and average values tables to the data presentation. **Results:** the results showed a biomedical approach with low content regarding the alcohol and its problematic. **Conclusion:** there is a gap on the work with the thematic involving the alcohol use and abuse on the studied sample, what can be harmful on the attendance to the alcohol users at the health services. **Descriptors:** Alcoholism; Students, Nursing; Health Knowledge, Attitudes, Practice; Nursing.

RESUMO

Objetivo: identificar o conhecimento adquirido por estudantes de enfermagem durante o curso de graduação sobre a temática do alcoolismo. **Método:** estudo descritivo, exploratório, de abordagem quantitativa. A amostra foi composta por 117 estudantes do Curso de Graduação em Enfermagem de uma universidade pública de Minas Gerais/MG, Brasil. Foi aplicado um questionário contendo 18 questões. Foi criado um banco de dados usando o programa EpiInfo (versão 7.1.5.2). Para a análise dos dados, foi utilizado o programa estatístico STATA (versão 11.1), por meio de estatísticas descritivas e se utilizaram tabelas de frequência e valores de mediana para a apresentação dos dados. **Resultados:** os resultados mostraram uma abordagem biomédica com baixo conteúdo a respeito do álcool e sua problemática. **Conclusão:** há uma lacuna no trabalho com a temática envolvendo o uso e abuso de álcool na amostra estudada, o que pode ser prejudicial no atendimento aos usuários de álcool nos serviços de saúde. **Descritores:** Alcoolismo; Estudantes de Enfermagem; Conhecimentos, Atitudes e Prática em Saúde; Enfermagem.

RESUMEN

Objetivo: identificar los conocimientos adquiridos por los estudiantes de enfermería durante el curso universitario sobre el tema del alcoholismo. **Método:** estudio descriptivo, exploratorio con enfoque cuantitativo. La muestra estuvo compuesta por 117 alumnos del curso de graduación en enfermería en una universidad pública de Minas Gerais/MG, Brasil. Se aplicó un cuestionario con 18 preguntas. Una base de datos se ha creado usando el software Epi Info (versión 7.1.5.2). Para el análisis de los datos, se utilizó el software estadístico STATA (versión 11.1), utilizando estadística descriptiva y tablas de frecuencia y los valores medios para la presentación de los datos. **Resultados:** los resultados mostraron un enfoque biomédico con bajo contenido en relación al alcohol y sus problemas. **Conclusión:** hay un hueco en el trabajo con el tema que implica el uso y el abuso de alcohol en la muestra, que puede ser perjudicial en el servicio a los usuarios de alcohol en los servicios de salud. **Descritores:** Alcoholismo; Estudiantes de Enfermería; Conocimientos, Actitudes y Práctica en Salud; Enfermería.

¹Nurse, Master degree, Nursing College, Minas Gerais Federal University, Belo Horizonte (MG), Brazil. E-mail: tavares_mlo@yahoo.com.br;

²Nurse, Nursing Doctor Professor, Applied Nursing Department, Nursing College, Minas Gerais Federal University. Belo Horizonte (MG), Brazil. E-mail: amandamsreinaldo@gmail.com.br;

³Nurse, Health and Nursing Doctor Professor, Maternal-infant and public health nursing department, Nursing College, Minas Gerais Federal University. Belo Horizonte (MG), Brazil. E-mail: adrianompimenta@gmail.com

INTRODUCTION

The nurses constitute one of the largest health professionals group who share the responsibility to the nursing assistance provided to the patient generally, including the psychoactive substances users in many sectors in a health system.¹

The understanding of the attitudes and beliefs in relation to the use and abuse of psychoactive substances and the user person reveals two study areas; the first involves the attitudes identification, the health professionals' point of view and perception regarding the problem, and the second, the exploration of the reasons that take to the lack of consciousness or understanding on the substance use by the professionals.¹⁻²

There are evidences of the health professionals' negative attitudes in relation to the psychoactive substances users. The recognition of the inadequate attitudes by the nurses and the reflection about their behavior constitute a beginning to change them.³⁻⁴

The limitation at the nursing educational formation in relation to the alcohol is a facilitator factor at the attitudes and beliefs of the nurses in relation to the patients users of drugs are significantly more negatives and impregnated with moral contents than the ones that have in relation to the others patients.³⁻⁶

The damage on individual, familiar and social health associated to the alcohol and drugs use, have generating reflections on the guideline of proposes to the educational questions on the theme at the nurse graduation, because this question has been few directed and emphasized on the nursing graduation curriculums.³

The formal teaching with this thematic has been few explored, being that they are considered indispensable at the nursing formation aiming to offer a qualified assistance to this population.

To explore the thematic related to the alcohol on the graduation curriculums could collaborate to those students' attitudes when entering to the work market.³⁻⁴

The demand of the population with problems related to the alcohol use requires the nurse's educational preparation to answer the population's health necessities that encourage and/or benefit changes to search new institutional and social approaches, replacing the nursing before the discussions of his assistance, educational and research practices.³⁻⁴

The nursing practice as well as the problems related to the alcohol use and abuse depends and/or is related to the social aspect in constant movement. The knowledge of the social reality influence its agents (in the case of the nurse and substance user), and it is influenced by them in a dialectic relation. The nurse action influences who uses alcohol as well as his action has interference at the nurse's approach.⁷

The nurse acting can be an essential resource at the assistance to individuals, familiars and communities with problems related to the psychoactive substance use; however the handling of the staff requires that this professional must be qualified with practical, cognitive and related abilities.⁸⁻⁹

Considering crucial the inclusion of contents that approach the alcohol and its thematic on the nursing graduation curriculums, we proposed, in this study, to identify the knowledge acquired by the nursing students during the graduation course on the alcoholism thematic.

METHOD

A descriptive and exploratory study, conducted with students from the two last semesters of the Nursing Graduation course at a public university in Minas Gerais (MG), Brazil, because in this part of the course, it is considerate that the student has already been contemplated with theoretical disciplines and has already been inserted on the internship areas, where it is supposed to occur the learnt content fixation through contact with the problem on the practice area.

The sample was composed by all the students registered on the obligatory disciplines of the 9th and 10th semesters of the nursing graduation course.

The 9th period is composed by the discipline "Curricular internship: primary attention to the health", it is about an obligatory internship with a 450 hours' workload in which the student is inserted in a health primary attention in the city or country, in the other hand, the 10th semester is composed by the disciplines "End of course paper" in which the student presents a research project developed during the course and the "curricular internship in health unities with medium and high complexity", obligatory internship with 450 hours' workload developed in hospitals and emergency care units in the capital.

In the first semester of 2013 there were 117 students enrolled on the nursing course. We considered as exclusion criteria, the refusal to participate of the study, but there

wasn't, thereby, we obtained a sample of 117 students.

The data were collected from March to July, 2013. The scheduling with the students was made by telephone and e-mail, where the researcher scheduled a place and time to apply the instrument. It was used a instrument containing two structured questioning: the first with identification data (age, gender, graduation semester) and the second with a structured questioning containing 18 questions related to the alcohol use and abuse thematic. Through closed answers, It was solicited to the student to mark "yes" or "no" the items according to the acquired knowledge during the graduation course. The 18 questions were divided in three groups, whose objective was the identification of content that approach the problems related to the alcohol use (physical, mental and social health problems), to the populations and specific or risk situations to the alcohol use (teenagers, elderly, pregnant, workers, accidents), and the nursing assistance or caring that can be offered to the alcoholic patients.

It was created a data bank using the EpiInfo software (version 7.1.5.2), whose data were inserted by double typing. To data analyses, was used the statistical software STATA (version 11.1), through descriptive statistic, and was used frequency and average values table to the presentation.

The research Project had approval by the Ethics committee in research with human beings from the Minas Gerais Federal University, opinion number nº 0107.0.203.000-11.

RESULTS

On table 1, are presented the data that characterize the studied sample. The students' distribution per age was considered heterogeneous, the majority of the students were aged from 20 to 25 years old, and the average was 24 years old, being the minimum age 22 years old and the maximum 36 years old. It is understood an expressive predominance of the female gender in relation to the male. As for the graduation semester, the students' percentage is well distributed.

Table 1. Frequency table for age, gender and graduation semester in a nurse college at a public university in Minas Gerais (MG), Brazil, 2013.

Variables		n	%
Age	20 - 25 years old	78	66.7
	26 - 30 years old	34	29.0
	31 or older	5	4.3
Gender	Female	103	88.0
	Male	14	12.0
Graduation semester	9 th semester	58	49.6
	10 th semester	59	50.4

The results on table 2 refer to the general contents approached during the nursing graduation course. It is understood an expressive amount of students who affirmed the approaching of organic problems caused by the alcohol during the course. In relation to the psychiatric problems caused by the

alcohol use and abuse, over three quarters informed this content approach. As for the familiar problems caused by the alcohol, a few more than the half of students referred the non-approach.

Table 2. Content involving the alcoholism approached during the nursing graduation course (n=117). Belo Horizonte (MG), Brazil, 2013.

Variable	No		Yes	
Organic problems	17	14.5%	100	85.5%
Psychiatric problems	26	22.2%	91	78.8%
Familiar problems	65	55.6%	52	44.4%

On table 3 are exposed the data referring to the content about the alcohol effects in specific populations and situations. Among the five researched contents, only two were considered approached during the graduation

by more than the half of the sample, among them, it calls the attention the expressive percentage of students who affirmed the approach of the alcohol effect in pregnant (91%).

Table 3. Content involving the alcohol effects on specific population and situations (n=117). Belo Horizonte (MG), Brazil, 2013.

Variable	No		Yes	
Relation to accidents	71	60.7%	46	39.3%
Effects in pregnant	10	8.5%	107	91.5%
Efficiency at work	87	74.4%	30	25.6%
Abuse by teenagers and/or elderly	58	49.6%	59	50.4%
Health professionals as risk group	97	82.9%	20	17.1%

The table 4 highlights the alcoholism approach at the nursing assistance during the graduation course. It is verified that to all the questions that the answer was negative to the content approach during the course it was above 50%. Among them, we can highlight the knowledge of treatments to alcohol

detoxification, evaluation of the options of treatments to the alcoholic patients and the development of the Nursing Assistance Systematization to the alcoholism problems like the three questions with percentage more elevated by negative answers.

Table 4. Content involving the alcoholism approach on the nursing assistance. (n=117). Belo Horizonte (MG), Brazil, 2013.

Variable	No		Yes	
Alcoholism signals and symptoms identification	60	51.3%	57	48.7%
Treatment options evaluation to the alcoholic patients	88	75.3%	29	24.3%
Make nursing diagnosis to alcoholic patients	81	69.2%	36	30.8%
Treatment to the alcohol detoxification	92	78.6%	25	21.4%
Ways to give up drinking	83	71.0%	34	29.0%
Patient's reason to the alcoholism treatment	65	55.6%	52	44.4%
Intervention techniques on the alcohol approach	86	73.5%	31	26.5%
Barriers on the diagnosis and treatment	78	66.8%	39	33.2%
Detailed obtainment of the patient story about the alcohol use	62	52.0%	55	47.0%
NAS* development to the alcoholism problems	87	74.4%	30	25.6%

*Nursing assistance Systematization

DISCUSSION

The nurses constitutes a human resource body indispensable to the alcohol and others drugs use and abuse treatment, from this affirmation, the attribution conferred to the Nursing College is to assume an engagement with the teaching of health promotion, grievance prevention and health recovering of psychoactive substances users. The work with drug users, specially the alcoholics, must be contemplated during the nursing graduation process through contents that approach the thematic, favoring better qualification to support the alcoholic patient who searches for the health service.⁹⁻¹⁰

We understand on the table 2, the persistent influence of the biomedical model on the student graduation when we visualize that the approach of organic and psychiatric problems related to the alcohol use and abuse was referred by 85.5% and 78.8% of the sample, respectively. In detriment of this model are placed the social aspect, information confirmed by the 55.6% of the students that affirmed to have never worked with problems reflected on the family. According to the literature, the biomedical model on the treatment way to the chemistry dependence is associated to the moralism, harming actions turned to the harmful drug consumption.¹¹

Surveying the nursing publications about alcohol and alcoholism in annals of the Brazilian Nursing Congress from 1998 to 2008, the authors showed a lack of publication by Brazilian nurses regarding the subject, among the publication referent to the researched thematic, only 6% approached the alcoholism theme and family. This corroborate with the results of this study, showing that, beside the few interest by the nurses for the subject, the familiar questions are few approached by the category since its formation.¹²

The table 3 data refers to the alcohol effect in specific populations and situations. It becomes concerning that we determined that the relation to the alcohol with traffic accidents was showed by 60.7% of students as never have being approached during the course. Many studies showed that among the traffic accidents with fatal victims, the alcohol has direct relation to the majority. As a professional committed with the health promotion, the nurse must turn his vision to the development of education strategies in health that are proposed to work the relation between the alcohol and the traffic accidents, to that, this content shall be approached since his formation.¹³⁻⁴

As for the content approach that contemplates the alcohol effects in pregnant, it can be said that the result showed by this study is positive, once 91.5% of the students

affirmed to have worked the content. Such result can be justified by the recent conquests in relation to the humanization of the childbirth assistance and nursing consolidation at the obstetrics. The knowledge of the students about this content can reflect on the quality of assistance provided and consequently on the mothers and newborns' lives, because it is known that the alcohol is related to serious congenital damages and prematurity, besides risks to the mother.¹⁵

Contents that approach the alcohol impact on the work hadn't been seen by 74.4%, what also calls attention, because it is known that the alcohol abuse impacts strongly at the professional activities. Low productivity, absenteeism and cost increasing to employees are some of the negative repercussions of the alcohol in this universe, what, indirectly, influence in questions of economical and social order.¹⁶ To reveal to the nursing students the importance of the development of education strategies in health with workers is an important step to act on the alcohol use and abuse prevention by this part of the population, what, certainly, would minimize the impacts caused on the work by the grievance cause by this substance.¹⁷

Still in relation to the alcohol use and abuse impact on the professional activities, but specifically among the health professionals, 82.9% answered not have seen, during the graduation, health professionals as long as group risk to the alcohol abuse. Such relation (alcohol- health professional) is related to the stress, considering risk factor to the alcohol abuse and notable characteristic found on the health professionals.¹⁷⁻⁸

The alcohol use and abuse by teenagers and/or elderly was content approached during the graduation according to what shows 50.4% of the interviewed students. This value can be considered low due to the problems relevance involving the alcohol in those populations. It is already known the theme complexity and the necessity of an attention turned to the teenager and elderly population, this last, given the senescence characteristics has a risk 2.44 times greater of cognitive decline due to the alcohol abuse¹⁹. Thereby, it is necessary the content approach involving the alcohol thematic on those life cycles.²⁰⁻¹

The data referent to the approach of the alcoholism on the nursing assistance is source of concerning in this scenario, because negative answers were found over 50% in all the conducted questions. This generates a deep reflection about the alcohol effective approach at the graduation curriculums. It is public that there are barriers on the

accommodation and handling of patients with problems involving alcohol and alcoholism, such barriers were showed by 66.8% of the students as never been seen during their graduation, therefore strategies shall be elaborated to modify this scenario since the professional formation.^{6,22}

The "detailed obtainment of the patient historic" and the "alcoholism signals and symptoms identification", referred as non approached during the graduation by 52% and 51.3% of the students, respectively, are characteristics of the assistance that are complement and fundamental to the taking of decision handling with the user.⁶

The nursing diagnosis elaboration, its development and implementation are directly related to questions already discussed as signal and symptoms identification and detailed historic surveying. In this study, 69.2% of the students referred to have not received prepare to elaborate the NAS and 74.4% showed to not have been approached their development and implementation in alcoholic patients during their graduation course. The existent "dominoes effect" is evidenced in those results, where a failure on the nursing process can fully compromise it.²³

The knowledge of techniques used on the alcohol use approach becomes important after identifying its abusive use, but at the present study, approximately three quarters of the sample showed that wasn't approach content related to intervention techniques on the alcohol approach. The brief intervention, for example, is an efficient technique to the drug users approach, mainly on the primary attention context.²⁴

The nursing is recognized for being the caring profession, this, in turn, needs fundamentally of soft technology to be executed, the principal of them is the creation of an affective bond with the user. The stigma in relation to the alcoholic is one of the main factors that can influence, in a negative way, the motivation to the treatment. It is already related on the literature that is present at the family, community and society.²⁵ When users understand this stigma on the professionals who attend them, barriers are constructed, becoming complicated the user handling. The affective bond between the binomial professional-user is express on the accommodation performed by the health professionals. The accommodation is considered an important motivational strategy that stands out to any negative stigma on the user. It is understood that on the sample, 55.6% of the students affirmed the non

approach of strategies to motivate the patient to the alcoholism treatment. It becomes interesting to link such strategies to the discussions about accommodation, such notable on the profession.²⁵

Contents related to the alcohol use and abuse treatment, like “treatment to the alcohol detoxification”, “evaluation of treatment options to alcoholic patients” and “Ways to give up drinking” were showed, respectively, by 78.6%, 75.3% and 71% of the sample as not being discussed during the graduation. As a professional acting on the front line the nurse is capable to recognize and understand the users’ expectative and necessities. This nurse’s ability becomes a help on the evaluation and take of decision for the necessary treatment. The interdisciplinary work becomes an allied in this moment, because the discussion of the user’s therapeutic plan with the vision of different professionals is capable of attend the singularities that, sometimes, go unnoticed when treated only by a professional. Working the many alcohol use and abuse treatment ways with the students during the graduation is important to awake the critical sense as for the eligibility of the best treatment and improvement of the way as it is performed.^{6,26}

CONCLUSION

It is understood with this study, an existent gap on the work with the thematic involving the alcohol use and abuse on the studied sample, what can be harmful on the attendance to users with this problem.

The nursing evolved through the time and with it the different ways of the population sickness, being this organic social or psychological, however, in this study, it is clear a biologist character teaching, justified by the high percentage of students who affirmed the content approach involving organic questions and low percentage of social questions, as the familiar.

The problems involving the alcohol use and abuse are multi factorial and have many conclusions as consequence in all the society. The inclusion of contents that contemplates the thematic in question on the nursing graduation curriculums is the principle to change on the attendance of those users, because the nurse, as integrant professional of the health teams in all the attention levels is responsible to approach, identify, support and route the alcoholic user to the different attention levels.

Promoting on the students the interest by the theme becomes important to minimize the

stigma and the prejudice that permeate the thematic, revering the knowledge regarding the theme in benefit to the alcohol users and all the society.

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Corresponding Address

Marcus Luciano de Oliveira Tavares
Escola de Enfermagem da UFMG
Avenida Professor Alfredo Balena, 190, sala 422
Bairro Santa Efigênia
CEP: 30130-100 – Belo Horizonte (MG), Brazil