

# COMPLEXITY OF NURSING CARE OF THE ELDERLY PEOPLE: REFLECTIONS ON THE HEALTH OF THE ECOSYSTEM APPROACH<sup>1</sup>

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## ABSTRACT

This trial aimed to reflect on the complexity of nursing care to the elderly valuing ecosystem health approach. The complexity of the elderly care with ecosystemic perspective is supported by epistemological and understood as a process of construction of care, in which they reflect, in different times and interactively and recursively, humans, tools and environment in order to better understand dynamics and procedural changes. Alludes interactive relationship, dynamic, open and recursive, characterized by the construction of action strategies, adaptive to changes and that developed during care are exposed to the unexpected and the unexpected, requiring a plurality of actions. This new approach to nursing care of the elderly lacks recognition of the context of ethnic and cultural diversity, the environmental influences, besides the characteristics of each individual and personalized nurse/elderly, in the way the human skills and care evolve in different spaces of everyday life.

**Keywords:** Health of the Elderly. Nursing Care. Nursing. Thinking. Ecosystem.

## INTRODUCTION

Care leads the human being to the opening to the existential universe, making significant life and existence<sup>(1)</sup>. Care can be understood as art, contact between the beings in the transmission and exchange of feelings<sup>(2)</sup>. When addressing the elderly, it is understandable that the aging process is complex, usually associated with disabilities and some sort of dependence; however, can consolidate with respect to autonomy, ability to resolve, create own goals and develop attitudes toward them<sup>(3)</sup>.

Nursing care to the elderly can be regarded as activities/actions that collaborate to generate, organize or (re) establish hope, independence, autonomy, and meaning of life<sup>(4)</sup>. In this context the environment has multifaceted and fluid context, and may have different meanings, in the midst of uncertainty, cooperation and/or

Exchange<sup>(5)</sup>, affecting the health and illness. 'Environment and condition, condition factor, or variables that affect the individual, family or community, which exists outside the human or humanity. Such situations may include physical and non-physical factors<sup>(6)</sup>.

Regarding to this understanding, questions: the nurse, when performing care to the elderly, can be one of those responsible for the stimulus for action and transformation of health issues, locally and globally? Perhaps the specialization of self-organizing, content expressed in myriad ways, but with preservation of identity and unity<sup>(7)</sup> for the elderly, is the main ingredient of nursing care promoter of action and transformation. This can be woven in broad and multidimensional action environment, involving how to limit the space of relationships, whether in the family, community or hospital coverage, with intention to produce and reproduce favorable situations for the elderly.

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The nurse can encourage the promotion of thinking/integrative, innovative and making search for the essence with effective results for nursing care to the elderly. Which path leads to this proposal? It is believed that the ecosystem health approach contributes therefore works with events defined as settings that intertwined some dimensions of being-in-world: intimate, interactive, social and biophysical; in addition to the cognitive and affective processes; mutual support and group values; political, economic and cultural aspects; natural and built environments, beings and things<sup>(8)</sup>.

The complexity of the nursing care to the elderly is involved with the ecosystem health approach, in which the human reality is multi-dimensional, not being able to imprison her to a single moment. The unity of the human being is dialogical, assumes the multiplicity, continuity, connectivity, interconnection<sup>(9)</sup>; encompasses the complexity and the eco-systemic dimensions focused on health, suggesting set of concepts to better understand the complex interactions between the various components<sup>(10)</sup>.

Nursing care for the elderly/family, under ecosystem perspective, it is essential that nurses assume important theoretical principles as possibilities in action of caring: intersubjectivity, interaction, change and multidimensionality. By sticking to the principle of complexity and ecosystem perspective on nursing care to the elderly, acknowledged the dialogue between competing approaches, but wonders if this is perceived in contemporary nursing care? How can you realizing the nursing care to the elderly as complex action, enhancing the ecosystem health approach? What is the Foundation of this proposal for a care?

It is believed that the complexity of the nursing care to the elderly can be perceived when the nurse: contributes to maintaining autonomous life of the elderly; focus action to care for the needs of the elderly care and not its limitations or disease; understands that the care directed to the elderly needs to be multi-disciplinary/interdisciplinary action, seeking to share responsibilities; advocates for the elderly and their families; extends their knowledge beyond the nursing and gerontogeriatrics; considers that the changing attitudes and

personal practices; adopts the ethics of living sustainably<sup>(11)</sup>.

For this possibility of care to the elderly, it is important to the recognition of environmental influences, understanding it as a condition<sup>(6)</sup> and the field of nursing<sup>(12)</sup>. The attentive look at diverse perspectives that make up with a (re) look<sup>(13)</sup> about the condition of the elderly, possibly promote recursion nursing care ecosystem. In this context, this test aimed to: reflect on the complexity of the nursing care to elderly valuing ecosystem health approach.

## METHODOLOGY

This is reflective essay concerning the complexity of the nursing care to the elderly, emphasizing the ecosystem health approach, based on the complexity of Edgar Morin. This thesis originated reflection performed by the nursing Graduate program of the Universidade Federal do Rio Grande (FURG) (14). Theoretical review was held on the themes: 1) complexity, 2) care and 3) ecosystem approach. The construction of the test did not provide hard method, because the path outlined during the walk in the construction of thoughts, focusing on the complexity nursing care to the elderly under the gaze of ecosystem health.

## COMPLEXITY OF THE NURSING CARE TO THE ELDERLY UNDER THE GAZE OF ECOSYSTEM HEALTH

The complexity does not presents a methodology, but can have your method/path, entitled reminder, in which the concepts are designed without considering them completed<sup>(15)</sup>, aiming at breaking closed ball, restore joints between what was fragmented, in trying to understand the multidimensionality, think the uniqueness, location, temporality and integrative wholes<sup>(16)</sup>.

In this way, some epistemological principles can be considered in complexity nursing care to the elderly, under the ecosystem in different care environments (family, community, hospital or clinic). The manner in which the nurse asks the senior and his family, his words, attitudes and conducts, often related to clinical concerns, may be point of influence (positive or negative), for

nursing care. So, how articulate and dynamic associate, however, and approaches to drive the actions of the nurse consistent with the ecosystem health approach? Maybe relevant involve intersubjectivity, interaction, change and multidimensionality.

The *intersubjectivity* is the recognition of the impossibility of objective knowledge of the world and of reality. Stems from the interdependence that exists between worker/elderly/family, which constitute a system where the entire/intersubjectivity is present. This assumption reveals the ability of real perception involving the human biology, by revealing the lack of embodiedness, absolute reality, considering the existence of multiple truths and visions.

In this section, if questions whether, in the daily practice, the nurse considers the intersubjectivity? In the family environment, for example, intersubjectivity is inserted into objects that represent part of the life of the elderly, bring personal memories that do not constitute scientific technical knowledge of the nurse, but influence the actions of care. Responses, and expressions of the elderly can represent coping mechanisms on their condition; so the relevance highlighted on the recognition of yourself, with a condition for (re) development of care focused on the needs and desires of the elderly, becomes paramount.

The *interactivity* or interactive dependency between phenomena, objects, bodies, which influence each other, indicates that the behavior influences, and is influenced by the behavior of another. Thus, the interactions that occur during the care change the nature of the elements and no network link is isolable cycloalkane. In this way, one can say that the interactions imply mutual, reciprocal actions, but what emerges from them? A new system, complex or new behavior?

Possibly, the properties of a system any flow from their relations and are dynamic, ecosystemic and complex. Think of ecosystem and complex way, is to avoid the fragmentation of the reality, the Division of which is relational, is to understand the multidimensionality of processes, with regard to both human beings and the environment. Exemplifies the interactivity with the community care support groups; the

existing dynamic promotes the articulation, knowledge and mutual support, in which each elderly participant is part of the whole and the whole is in itself; the livings intends to drive the understanding of himself and the group. Thus, the consciousness of the existence of interactivity and nursing care complexity leads to the need to articulate, reconnect, relate, the context, discussing care when needed, considering the environment and the context of life.

The *change* is another concept generator that presents itself in the organizational structures and procedures; is part of the dynamic constitutive relation and the intrinsic dynamics of life. Is that all care implies change? Referred to this change? Understand the change in the context of nursing care to the elderly, such as the design of the elderly about his condition of health and disease, your knowledge, viewing needs and frailties of aging, with perspectives of realization of actions seeking the preservation or improvement of the independence and autonomy.

Change involves desire, pleasure, implies a new reading of reality; soon the nurse is inserted into the change of the elderly by their actions of care relating to communication and interaction with these. As examples, it mentions the hospital environment, in which the elderly generally is in the process of rehabilitation of health. Upon receiving the high of this care environment, when there is willingness to change their way of living, complemented by knowledge of the integration of the whole inside of the parties, develops the thought reform, to age and act with autonomy.

The *multidimensionality*, in turn, reveals that the action that emerges relates to care nurse/elderly and environment/context. It can be said that the caution is a product of interactions that take place between these beings/factors. However, is that all care involves the multidimensionality? To reflect on such questions, it is considered that the case arises from embodied actions that reflect global cooperation throughout the whole. The complexity, valuing ecosystem health approach, it shows how ready knowledge or point of arrival, but as possibility of departure<sup>(15)</sup>.

In this understanding, care settles from internal forces, i.e. by switching between the inner and outer world of caregiver and be careful, subjective way of moods and moments, and with different people, so genuine<sup>(17)</sup>. Take the nursing care to the elderly as ecosystem field displays loopholes for the understanding of complex human being vital relations/ecosystem environment, elderly/nurse. Is useful space for nursing in the health issues of humanity, in the production of knowledge and on the appropriateness of different practices, from comprehensive strategies to improve the quality of life of human beings and the natural biota and social sustainability<sup>(18)</sup>.

In this way, those involved in the care of the elderly open to the world with the closer relations, exchanges, exchanges and reciprocity; by competent participation assumes interrelation to the fitness, evolution and complexity of the current living environment for the elderly<sup>(19)</sup>.

The complex approach provokes new ways of thinking. Means working outside of traditional limits, taking into consideration the imponderable. The practice of Nursing is intrinsically complex, because there is no guarantee of results once the job object of nurses are human beings with intelligence and free will.

However, not all nurses can think complex; many professionals believe that everything can be disciplined and filed. This simplistic way of thinking has the epistemological support of a line that does not consider the human complexity, generating curricula of nursing courses in accordance with this section and offering patients services organized by protocols. Their specialties and their resumes are your scripts.

Other nurses, however, are ready to think "outside the box", because they do not find meaning in the standards and protocols. Think

"outside the box" is to highlight the possibility of changes in nursing education and health care and do not appreciate the extra protocols that plaster professional creativity, by removing the possibility of transformation. The recognition of complexity is a watershed from which there is no way back. The possible futures of nursing involves the incorporation of complexity in human thinking<sup>(20)</sup>.

The multidimensionality of the nursing care to the elderly, addressed under the ecosystem approach, allows creativity, learning, intuition, emergence and self-organization; phenomena that involve recursive and graduate, in which each end means the possibility of fresh start, indicating its procedural and systemic nature.

## FINAL CONSIDERATIONS

The complexity of the nursing care to elderly/family is, in itself, the formative process, because it is expected that seniors/families are involved and (re) to modify designs and daily care of their lives. All forms can become recursive and self-organized processes experienced in the actions of care.

Nursing care with ecosystem approach directs to the agreement with the principles of complexity, with understanding of the method/path as a strategy of action, ecologizada, from the mutual interactions between the different human beings involved, between human beings, between caregiver and be careful. Strategies open to creativity, intuition, imagination, which integrate the feel/look, recognize the different levels of reality and consolidating itself during the care, allowing you to rediscover the path and decide by new route or fork in the most appropriate and timely.

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## COMPLEXIDADE DO CUIDADO DE ENFERMAGEM AO IDOSO: REFLEXÕES SOBRE A ABORDAGEM ECOSISTÊMICA DA SAÚDE

### RESUMO

Esse ensaio teve por objetivo refletir sobre a complexidade do cuidado de enfermagem ao idoso valorizando a abordagem ecossistêmica da saúde. A complexidade do cuidado ao idoso com perspectiva ecossistêmica é suportada por princípios epistemológicos e compreendida como processo de construção do cuidado, no qual se retomam, em diferentes momentos e de maneira interativa e recursiva, os seres humanos, os instrumentos e o ambiente, visando melhor compreender a dinâmica processual e as mudanças. Alude relação interativa, dinâmica, aberta e recursiva, caracterizada pela construção de estratégias de ação, adaptáveis às mudanças e que desenvolvidas durante o cuidado estão expostas ao imprevisto e ao inesperado, requerendo pluralidade de

ações. Esta nova abordagem do cuidado de enfermagem ao idoso carece do reconhecimento do contexto, da diversidade ética e cultural, das influências do meio, além das características individuais e personalizadas de cada enfermeiro/idoso, na maneira como as competências humanas e o cuidado evoluem, em diferentes espaços do cotidiano.

**Palavras-chave:** Saúde do Idoso. Cuidados de Enfermagem. Enfermagem. Pensamento. Ecossistema.

## COMPLEJIDAD DE LOS CUIDADOS DE ENFERMERÍA DE LOS ANCIANOS: REFLEXIONES SOBRE LA SALUD DE LOS ECOSISTEMAS DEL ENFOQUE

### RESUMEN

Este ensayo tiene por objetivo reflexionar sobre la complejidad de los cuidados de enfermería a los ancianos enfoque de la valoración de la salud del ecosistema. La complejidad del cuidado de los ancianos con la perspectiva ecosistémica con el apoyo de epistemológica y entendida como un proceso de construcción de la atención, en el que se reflejan, en diferentes momentos y de forma interactiva y recursivamente, los seres humanos, las herramientas y el medio ambiente con el fin de comprender mejor la dinámica y cambios de procedimiento. Alude relación interactiva, dinámica, abierta y recurrente, que se caracteriza por la construcción de estrategias de acción, de adaptación a los cambios y que se desarrolló durante la atención están expuestos a lo inesperado y lo inesperado, lo que requiere una pluralidad de acciones. Este nuevo enfoque a la atención de enfermería al anciano carece de reconocimiento del contexto de la diversidad étnica y cultural, las influencias ambientales, además de las características de cada enfermera individual y personalizada/ancianos, en la forma en que las capacidades humanas y el cuidado evolucionar en diferentes espacios de la vida cotidiana.

**Palabras clave:** Salud del Anciano. Atención de Enfermería. Enfermería. Pensamiento. Ecosistema.

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