

STRATEGIES PERFORMED BY NURSES FOR RISK FACTORS PREVENTION: A BIBLIOMETRIC STUDY

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ABSTRACT

The objective of this article is to identify and analyze health promotion strategies performed by nurses which can contribute to the prevention of cancer risk factors. It is a bibliometric study with a literature search performed between 2010 and 2015, which analyzed 31 publications and identified 4 major types of health promotion strategies used by nurses: strategies related to health care, technology, educational activities for the professional and for the patient. The most used strategies are the health care (56%), followed by patient's education (15.2%) and related to technology (9.1%). In health care strategies, the ones with the greatest impact were related to "Obtaining information about risk factors", "Orientation/direct approach" and "Nursing care". It is concluded that most of the strategies are easy to implement and have low cost, which helps the professional and the institution to join them and improve the quality of life of the population vulnerable to extrinsic risk factors for developing cancer.

Keywords: Cancer. Nursing. Prevention. Health Promotion.

INTRODUCTION

The world is in constant motion, and therefore, over the years, Brazil went through a change in its demographic profile due to urbanization and industrialization processes⁽¹⁾. To these current characteristics we can add new lifestyles and increased exposure to risk factors of the contemporary world. Therefore, the occurrence of infect-contagious diseases are decreasing while chronic degenerative diseases are increasing⁽²⁾.

In current times, the major causes of death are non-communicable chronic diseases (NCCD). In this group, we can highlight cardiovascular diseases, cancer, chronic respiratory diseases and diabetes, that correspond to 38 million deaths each year⁽³⁾. In Brazil, these diseases are responsible for 72% of the causes of deaths and cause a large-scale health problem⁽⁴⁾.

The more worrying is that these deaths, in large numbers, could be avoided by implementing measures to control the risk factors for this disease group⁽⁵⁾.

In this perspective, the cancer held a percentage of 8.2 million of deaths around the world, in 2012⁽⁵⁾. Among the known external-environmental factors related to cancer that can be minimized, we have smoking, alcoholism, excessive sunlight, overweight and obesity; the sedentary lifestyle, food rich in lipids and carbohydrates and low in fiber, dyslipidemias, and pollution. These factors are possible to be changed⁽⁶⁾.

Thus, for disease control it is necessary to take strategic actions involving health promotion and primary prevention, to prevent the occurrence of cancer. Primary prevention measures involve avoiding or reducing exposure to factors that increase the possibility a person has to develop several kinds of cancer, in which this study is focused⁽⁷⁾.

In this perspective, nurses and other professionals who work in the health care system, must have, in their work practice, a commitment to develop strategies to fight against cancer, since some risk factors can be prevented and controlled, and therefore, to promote health⁽⁸⁾.

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Thus, we delimited as object of study, the health promotion strategies carried out by nurses, in the control of cancer risk factors. The study general objective is to analyze the strategies of health promotion, performed by nurses, who can contribute to the prevention and control of cancer risk factors. Its objectives are: to identify the scientific productions about the strategies of health promotion practices that enable the prevention of cancer risk factors; and analyze the strategies carried out by nurses that can contribute to prevent cancer risk factors.

METHODOLOGY

It is a bibliometric study, of descriptive type. Bibliometrics can be defined as a research of quantitative and statistical technique that measures the levels of production and dissemination of scientific knowledge. This method is used to evaluate objectively the scientific production⁽⁹⁾.

The Bibliometric study is inserted in the area of information science, in which its indexes can portray the behavior and development of an area of knowledge, showing the relevance of the scientific production of a country, regardless of the subject area⁽¹⁰⁾.

Bibliometrics is described as a complex of laws and principles assigned to mathematical and statistical methods, which aims to mapping scientific productivity of journals, authors and information representation⁽¹⁰⁾.

Searches were carried out in virtual health databases by means of the Virtual Health Library – Bireme, in May 2016, using the following databases: nursing database (BDENF), Latin American and Caribbean literature on Health Sciences (LILACS) and Medical Literature Analysis and Retrieval System Online (MEDLINE). In this study, for the references search, we selected descriptors of DeHS system (Descriptors in health sciences). With the descriptors “cancer”, “nursing” and “health promotion”, we found 115 articles. The key descriptors “cancer”, “nursing” and “prevention”, were found in 535 articles. In both searches we used the Boolean “AND” marker.

Of the 650 articles found, 58 were duplicated and 29 were not available. Therefore, 563 were subject to inclusion criteria, and 31 were selected for this study(a-ee).

The inclusion criteria used were a) health articles covering health care and promotion and control of

cancer risk factors; b) study with individuals over 18 years old; c) available in full for free in online databases; d) Portuguese, Spanish and English papers; e) published between 2010 and 2015. Therefore, we excluded the articles related to the diagnosis of cancer and those related to the treatment of neoplasms.

To organize the information and analyze data extracted from the publications, we used the descriptive statistics in absolute and percentage frequency, through the Microsoft® Office Excel version 2013.

This review article is a part of the final paper of the degree course in nursing. The work in full was presented to Undergraduate program of the UERJ Faculty of Nursing, in 2016⁽¹¹⁾.

RESULTS AND DISCUSSION

At this stage, we gathered information from the selected publications.

In relation to the timeframe of the 31 articles published, an irregularity in the number of publications in the period analyzed is evident.

We observed the largest number of findings between 2011 to 2013, with a relatively stable behavior. In 2013 we found most of the publications in the literature.

About the thematic distribution among journals, we note that none of them has a predominance of the theme addressed. Among them we highlight the national magazines with the largest number of publications, considering time, on the subject: “Nursing Magazine UERJ”, with five published articles, 3 of them in 2013; the “Search Magazine: caution is critical Online” and “Magazine of the Northeast Nursing Network”, with three publications each.

The reason why such journals concentrate more publications on the subject can be related to these magazines publications profile preference, whose objective is to publish original and unpublished works of Brazilian and other countries authors with current and relevant issues, that may contribute to the knowledge and advancement of nursing, health and other sciences.

Considering the international journals, 4 articles were found relating the theme addressed in different journals from distinct regions. This shows that, although they presented temporal irregular publications, there was production on the subject in the last five years.

Analyzing the geographical origin of the journals, it is not possible to identify a concentration by region. The studies showed geographic range, being the Southeast

region, the one with the greatest number of items produced as shown in chart 1.

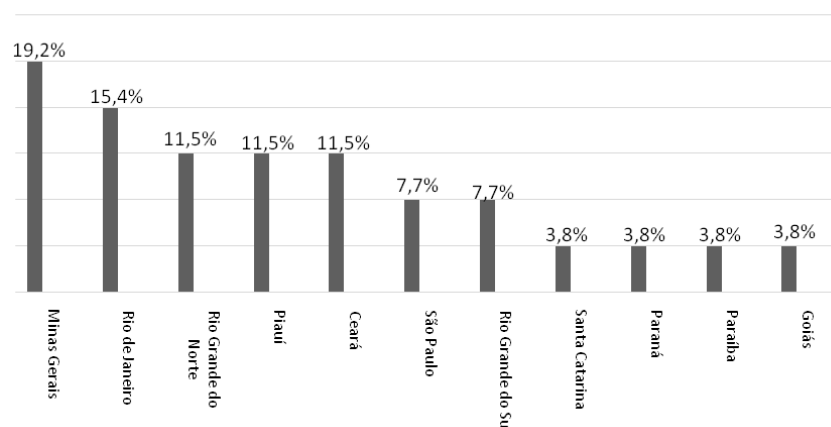


Chart 1. Geographical distribution of national journals in the states. (N=26)

Another Bibliometric study which deals with the theme of the nurse role as an educator in nursing health, also observed that the Southeast region concentrated the largest number of publications (37.5%), followed by the Northeast and South with 25%, which corroborates the findings of this study⁽¹²⁾.

With respect to the subject addressed in the articles

selected, we can point out that there is a predominance of studies related to the field of women's health (cervix and breast cancer), that represent 77% of the studies. This reflects the high concern and investments in health education with the most recurrent and high impact neoplasia, such as breast and cervix cancer, as shown in table 1.

Table 1. Investigated thematic distribution, 2010- 2015. (N=31)

Studied thematic	N	%
Cervix câncer	17	54,8
Breast câncer	4	12,9
Cervix and breast cancer	3	9,7
Skin câncer	2	6,5
Broad nursing practice	2	6,5
Prostate câncer	2	6,5
Oncogenetic advice	1	3,2
Total	31	100

About the Qualis index of the journals, we find a wide variety. Qualis A was the highest level and Qualis C had no publications⁽¹³⁾.

We highlight that all journals are between A and B in the quality system. Most of the journals used in this research are classified as intermediate, B2.

About the type of study, the selected journals were guided by different lines of study. The prevalent ones, were original articles (74.2%), which demonstrate the interest in field research related to gathering information that is relevant to nursing and health area, with direct feature between the researcher and the subject studied.

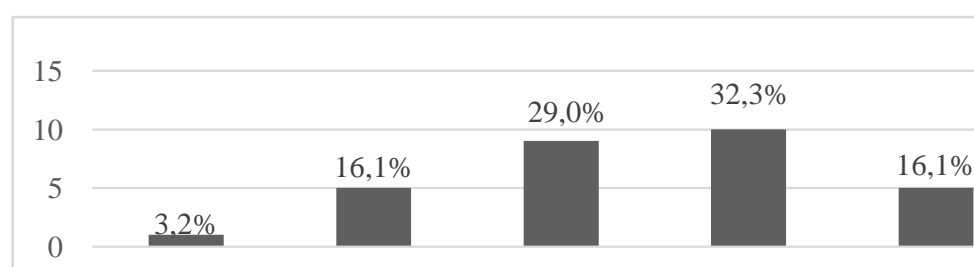


Chart 2. Distribution of Qualis capes classification of journals found (N=31)

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Studies indicate that the high number of publications distributed in higher levels of classification, indicates the importance the subject has in the academic and scientific field^(14,15).

About the researcher professionals, nurses presented a higher percentage of publications (68.9%), which shows the huge demand and interest in the subject nurses have. From this, we may infer that the nursing professional has a look back to the process of health education, and tries through several strategies, to improve the patients' quality of life⁽¹⁵⁾.

To meet the objectives proposed, we searched in the selected references, more specifically on the results and conclusions, health promotion strategies to analyze. Health promotion strategies for the control of cancer risk factors cited in the articles selected, were arranged according to their belonging defining characteristics, as shown in table 2.

Table 2. Distribution of articles by health promotion strategies for the prevention and control of cancer risk factors. BVS, 2010-2015

Classification	Strategies	Nº	%
Health care 56 (56,6%)	Obtaining information about risk factors	20	20,2
	Orientation/direct approach	17	17,2
	Nursing consultation	12	12,1
	Physical/clinical examination	6	6,1
	Oncogenetics	1	1,0
Education strategies with patients 15 (15,2%)	Educational groups/lectures	10	10,1
	Extension activities	3	3,0
	Joint efforts	1	1,0
	Ludic	1	1,0
Thecnology 9 (9,1%)	Leaflets/posters	5	5,1
	Video	1	1,0
	Radio	1	1,0
	Dummies/demonstrative pieces	2	2,0
Education strategies with professionals 6 (6,1%)	Projects creation	2	2,0
	Training and qualification	2	2,0
	Libraries for teaching and learning	1	1,0
	Web Sites	1	1,0
Other strategies 13 (13,1%)	Proposals	4	4,0
	Monitoring of regularity	3	3,0
	Medical records review	2	2,0
	Reminder	2	2,0
	Active search/visit	2	2,0
TOTAL		99	100,0

It is possible to observe that health care strategies were those of greater concentration, 56.6%, containing mainly three strategies of greater impact, "obtaining information about risk factors", "orientation/direct approach" and "nursing consultation".

In this perspective, several articles addressed that, to develop health education initiatives, first, it is necessary an advance knowledge of the target population; a survey of data about the subjects' quality

of life, their relationship with the social environment, research of the risk factors for the development of oncologic disease as well as those who can serve as health protection; and raising the understanding of the person on these aspects^(15,16).

Through this knowledge, preventive actions in the pre-pathogeneses period can be applied, but also precise interventions in the initial identification of the disease, enabling the intervention in the natural history

of the disease by drawing up strategies for controlling the exposure to risk factors and detecting the disease and/or precursor lesions in the initial stages, corresponding to the screening phase⁽¹⁷⁾.

Such data can be obtained through surveys, using forms, interviews, home visits, since it helps the nurse as a health educator to draw plans and develop convenient strategies according to each user and community. And so, achieve positive results^(16,17).

Studies confirm that the act of directly addressing the subject, informing and guiding them, also establishes an important strategy, with constructive dialogue perspective, in which the individual, through this practice, builds their knowledge^(7,8).

According to an author⁽¹⁸⁾, the dialogue is relational, in which no one has an absolute initiative. And, in this same perspective, the dialogue participants are in a common world, in which they can come to an agreement. For the health care educator, this means that this incessant communication proposes their situation as a problem. This gives them an awareness of the situation, that they hold and can transform.

Nursing consultation is also a valuable tool to identify modifiable cancer risk factors, still little used to direct approach of cancer risk factors and its intervention⁽¹⁹⁾. It is a propitious moment to draw a care plan or specific behaviors based on cancer risk control of each individual, to later assess the benefits achieved.

During nursing consultation, the nurse should do a survey of the problems associated with cancer risk factors, prioritize them, develop the nursing diagnosis, perform the planning of nursing actions, with specific conduct, contemplating the evaluation of expected results and the prescription⁽¹⁹⁾.

Nursing consultation becomes an impact measure that values the therapeutic power of listening and talking, bonds, health education and psychosocial support, and motivates individuals to participate in educational groups, in which they can find space to verbalize questions, myths, difficulties in relation to cancer risk factors⁽¹¹⁾.

In the group "educational strategies with patients", which has the second highest percentage of use by nurses (15.2%), the most mentioned strategy are educational groups/lectures. The focus is to cover the general population exposed to cancer risks. It's the moment in which everyone can express their opinions, questions, suggestions, exchanging experiences and strengthening knowledge exchanging experiences with the health educator in that place⁽⁷⁾.

Lectures are activities highly used by nurses for

educational action with the patients, establishing an excellent opportunity to build a more open educational dialogue with the participants, developing a space of thinking and learning. In this sense, the prevention of diseases through educational groups enables learning to change behavior and discuss self-care. It generates a listening space, problem identification and the collective construction for solving problems^(7,8).

The group with the third highest percentage of strategies was related to "technology" with 9.1%, in which the most mentioned strategy were the explanatory brochures/posters. Studies show that this kind of strategy produces a good initial impact, because it allows to spread information as a source of knowledge and a reminder of doubts at the moment the person doesn't have anyone to talk with^(7,15).

Printed materials are intended to raise awareness of the problem and call attention to the cancer forms of control and early detection. These materials are found in hospitals, basic health units, ER, in diverse ways. It is estimated that these materials could be further exploited to control risk factors, as a basis to begin the identification of the population risk factors.

With the technological evolution and the expansion of science, social interaction has become more intense⁽⁷⁾. This can be evidenced in the strategies for prevention and early detection of cancer used in the studies, indicating nurses' knowledge about the different forms of addressing, receiving and interacting with patients.

Therefore, to establish the best strategy to be used, the health professional needs to understand and support each other's knowledge, the causal relations determining risk processes experienced by them, the way of care and their socioeconomic background^(3,7).

FINAL CONSIDERATIONS

About health promotion strategies, it was found that the individual's information, their knowledge about risk factors and protection, was the strategy used by the nurses, involving the investigation of cancer risk factors, through forms or interviews.

The guidelines/information/direct approach to the subject and broad consultation of nursing were the most used strategies. These practices have easy implementation and low cost, requiring only that the nurse set their schedules to work closer to the patient.

As for professionals, the nurse was who most published and created tools for prevention and health promotion strategies.

The limitations of the study relate to publications not available in full that could add data to this study.

We can conclude that, although there are many health education researches, little of them address the strategies effects in the reduction of cancer risk factors in the individuals' life. It demonstrates that prevention strategies need to be further discussed.

We suggest future studies address this issue using other methodologies, able to evaluate nursing interventions with a focus on cancer risk factors. Thus, we believe that responses may be generated to fill these gaps.

ESTRATÉGIAS PARA A PREVENÇÃO DOS FATORES DE RISCO REALIZADAS POR ENFERMEIROS: UM ESTUDO BIBLIOMÉTRICO

RESUMO

Artigo com objetivo de identificar e analisar as estratégias de promoção da saúde realizadas por enfermeiros que possam contribuir para a prevenção dos fatores de risco oncológico. Trata-se de um estudo bibliométrico, com uma busca bibliográfica entre 2010 e 2015, que analisou 31 publicações, das quais foram identificados 4 principais tipos de estratégias de promoção da saúde utilizadas por enfermeiros: estratégias relacionadas à assistência, à tecnologia, a atividades educativas para o profissional e para o paciente. As estratégias mais utilizadas são as assistenciais (56%), seguidas das educativas com o paciente (15,2%) e as relacionadas à tecnologia (9,1%). Nas estratégias assistenciais, as de maior impacto foram relacionadas à "Obtenção de informação sobre fatores de risco", "Orientação/abordagem direta" e "Consulta de enfermagem". Conclui-se que a maior parte das estratégias é de fácil realização e baixo custo, o que auxilia o profissional e a instituição a aderirem e melhorar a qualidade de vida da população vulnerável aos fatores de risco extrínsecos de desenvolvimento do câncer.

Palavras-chave: Câncer. Enfermagem. Prevenção. Promoção da Saúde.

ESTRATEGIAS PARA LA PREVENCIÓN DE LOS FACTORES DE RIESGO REALIZADAS POR ENFERMEROS: UN ESTUDIO BIBLIOMÉTRICO

RESUMEN

Artículo con el objetivo de identificar y analizar las estrategias de promoción de la salud realizadas por enfermeros que puedan contribuir para la prevención de los factores de riesgo oncológico. Se trata de un estudio bibliométrico, con una busca bibliográfica entre 2010 y 2015, que analizó 31 publicaciones, de las cuales fueron identificados 4 principales tipos de estrategias de promoción de la salud utilizadas por enfermeros: estrategias relacionadas a la asistencia, tecnología, actividades educativas para el profesional y para el paciente. Las estrategias más utilizadas son las asistenciales (56%), seguidas de las educativas con el paciente (15,2%) y las relacionadas a la tecnología (9,1%). En las estrategias asistenciales, las de mayor impacto fueron relacionadas a la "Obtención de información sobre factores de riesgo", "Orientación/abordaje directo" y "Consulta de enfermería". Se concluye que la mayor parte de las estrategias es de fácil realización y bajo costo, lo que ayuda al profesional y la institución a adherir y mejorar la calidad de vida de la población vulnerable a los factores de riesgo extrínsecos de desarrollo del cáncer.

Palabras clave: Cáncer. Enfermería. Prevención. Promoción de la Salud.

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