

Nursing work in fall prevention perspective of elderly**Trabalho de enfermagem na perspectiva de prevenção de quedas de idosos**

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ABSTRACT

This research addresses how nurses can act to prevent the fall of the elderly. The study is justified by the fact that the population over 60 years to be the most vulnerable to suffer falls and this reality has increased over the past two decades in Brazil, and the elderly hospitalization increase due to this type of accident. This is a field research, quantitative and explanatory held at the Regional Hospital of the Wasteland Dr. Waldemiro Ferreira in Caruaru, Pernambuco. They interviewed ten nurses. The results indicate that nurses work in perspective to guide the elderly and their families to avoid falling, as they recognize the importance of nursing in prevention work; consider the Systematization of Nursing Assistance (SAE) as a facilitating tool of nursing,

Keywords: Fall elderly. Preventing falls. Nursing.

RESUMO

Esta pesquisa aborda como os enfermeiros podem agir para prevenir a queda de idosos. O estudo justifica-se pelo fato de a população acima de 60 anos ser a mais vulnerável a sofrer quedas e essa realidade ter aumentado nas últimas duas décadas no Brasil, e a hospitalização dos idosos aumentar por esse tipo de acidente. Trata-se de uma pesquisa de campo, quantitativa e explicativa, realizada no Hospital Regional da Terra Deserta Dr. Waldemiro Ferreira em Caruaru, Pernambuco. Eles entrevistaram dez enfermeiras. Os resultados indicam que os enfermeiros trabalham em perspectiva para orientar os idosos e seus familiares a evitar a queda, pois reconhecem a importância da enfermagem no trabalho de prevenção; considerar a Sistematização da Assistência de Enfermagem (SAE) como uma ferramenta facilitadora da enfermagem,

Palavras-chave: Idosos em queda. Prevenção de quedas. Enfermagem.

1 INTRODUCTION

The Brazilian population is aging in recent years, with the number of people over 65 increased by 26% between the years 2012 and 2018; while there was a decrease of 6% of Brazilian under 13 years 1. In the same period the population increased 5.1% being estimated at 207.8 million inhabitants in Brazil. Of this total, 15.4% are over 60 years old, or about 3,210,821 people¹.

To illustrate the increasing population of elderly people in the country, in 2000 this group accounted for 8.5% of the company, reaching 10.8% in 2010 reaching 15.4% in 2018².

The aging society brings impacts in all health care levels, as tertiary, depending hospitalization affected elderly patients of diseases such as chronic degenerative diseases, cardiovascular and câncer³.

The falls are already present as one of the main external causes of hospitalization in people over 60 years being touted as a public health problem in crescimento⁴⁻⁵ and can result in fractures, surgeries, rehabilitation and long death.⁵

From 1996 to 2012, only in the Brazilian capital, rose by 200% to elderly mortality rate due to falls⁶. In the same period, they were registered in Brazil, 941,923 hospitalizations of individuals over age 60 due to complications after crashes and 66,876 deaths from this type of acidente⁶. In the year 2013, the Unified Health System (SUS) accounted for 93,312 hospitalizations and 8,775 deaths of people older as a result of falls⁶.

The question of the elderly is of public health, since the lack of care aggravated by natural weakness with decreased strength, endurance and balance challenged with advancing age generate a financial and social cost to the trauma caused by falls. With long hospitalization is required more beds and passenger access, now provided by law, which means risk of infections, besides being the elderly, generally, a patient who brings other complications clínicas⁵

The possibility for a person to fall can occur at any stage of life, but for the elderly there are complications to be ressaltadas⁷. The falls are perceived as a threat to the health of the elderly as a factor that compromises its autonomy and not a common and inevitable consequence of age⁸. The nurse, as a health professional, it absorbs the preventive role to maintain the quality of life and independence for the elderly and, consequently, the best social life from the family unit.

In this sense, the study of the following issues: how nurses can act to prevent the fall of the elderly? Were listed as goals, discuss the knowledge of nurses on the management of hospitalized elderly patients after suffering a fall, pointing main intrinsic and extrinsic factors that cause this type of accident and address the importance of nursing in the prevention of elderly falls.

2 METHODS

This is a field research, quantitative and explanatory, held at the Regional Hospital of the Wasteland (HRA) Dr. Waldemiro Ferreira, located in Caruaru, in the arid zone of Pernambuco, which serves 87 municipalities in the health micro Caruaru, Garanhuns, Arcoverde, Afogados da Ingazeira and Sierra Talhada⁹.

HRA is a reference trauma (ortoperdia-trauma, general surgery and maxillo-facial) with 230 beds and receives about 1.3 million people in the month emergência⁹.

The sample consisted of ten nurses working in hospital wards in the orthopedic sector.

It was used as a research tool a questionnaire with ten closed questions, eight dichotomous and two multiple-choice questions, and you can choose more than one answer. The survey was conducted in November 2019 with nurses who signed the consent form and free clarification. The results were explained as a table.

3 RESULTS

All participants of the survey said nurses identify the physiological changes in the elderly increases the prevalence of falls. In addition to the first question, asked himself the same check whether the old reports difficulty with reduced muscle strength and 80% said yes, while the other 20% do not. It was found that 80% of respondents seek to identify key intrinsic and extrinsic factors that cause falls in elderly assisted and another 20% do not.

Eighty percent of respondents say nurses identify seniors who may need home care and modifications of environments such as adequate lighting, handrails, ramps, among others; and 20% to evaluate not. As for the role of nurses in relation to raise awareness of the elderly and family about problems that contribute to falls, 90% agreed and only 10% disagree.

How to perform diagnosis of the complications of falls in the treatment of the elderly, half of the respondents do while the other half do not. The Systematization of Nursing Assistance (SAE) organizes professional work making possible the implementation of the nursing process for 90% of nurses surveyed against 10% who do not agree. The survey sought to identify whether participants nurses make use of the Ministry of Health protocol to promote guidance and promoting the reduction of falls in the elderly and it was found that 70% did not do so while 30% yes. These results are shown in Table 1.

Table 1 - Respondents' answers nurses

| Question | Yes | No |
|---|------|-----|
| Identifies whether the physiological changes in the elderly increases the prevalence of falls | 100% | — |
| Verifies that the old reports difficulty with reduced muscle strength | 80% | 20% |
| Seek to identify key intrinsic and extrinsic factors that cause falls in elderly assisted | 80% | 20% |
| Identify home care needs and changes in the old environment | 80% | 20% |
| The nurse extends the awareness of elderly and family about problems that contribute to falls | 90% | 10% |

| | | |
|---|-----|-----|
| You realize diagnosis of complications of falls in treating the elderly | 50% | 50% |
| The Systematization of Nursing Assistance (SAE) organizes professional work making possible the implementation of the nursing process | 90% | 10% |
| It makes use of the Ministry of Health protocol to promote guidance and promoting the reduction of falls in elderly | 70% | 30% |

Source: Authors of the survey, 2019

When asked whether they were aware of the factors that lead to falls in elderly assisted by them, all answered yes. Agreements with these professionals, 70% of falls are linked to the absence of non-slip floors; followed by lack of handrail in the house (60%) and other factors as the elderly are carriers of diseases such as Parkinson's and Alzheimer's and, even when they make use of psychoactive drugs (20%, respectively) as shown in Table 2.

Table 2 - Factors that cause falls in elderly assisted in observing nurses survey participants

| intrinsic and extrinsic factors for fall | Percentage of service in relation to the quantity of respondents |
|---|---|
| Absence of non-slip floors | 70% |
| Lack of handrails | 60% |
| Parkinson's disease | 20% |
| Alzheimer's disease | 20% |
| Use of psychoactive drugs | 20% |

Source: Authors of the survey, 2019

Complementing the previous question, which was asked about practical steps each use to prevent falls and decrease sequelae. As shown in Table 3, the majority suggests physical activity and healthy food (50%), as well as the use of suitable shoes (50%).

Table 3 - Measures indicated by the participants nurses of research for preventing falls in elderly

| intrinsic and extrinsic factors for fall | Percentage of service in relation to the quantity of respondents |
|---|---|
| Physical activity and healthy eating | 50% |
| Use of appropriate footwear | 50% |
| Avoid smoking and physical inactivity | 10% |
| Improved body posture | 10% |

Source: Authors of the survey, 2019

4 DISCUSSION

Over the years, the body undergoes changes and the elderly these changes are more obvious, such as sensory and musculoskeletal system changes that may result in losses, for example, reducing

the level of functional independence and quality commitment life. Because of these changes, increases the risk of falls, especially in people over 80, who make up the segment of longevos¹⁰.

The lack of balance coupled with little muscle strength are fatal result in fractures, requiring, largely cirúrgica⁷ intervention. Depending on the clinical condition of the elderly, such as osteoporosis, diabetes, abnormal blood pressure, among other things, make it more complex case. Is the basic reason (lack of balance and poor muscle strength) or the sum of the other adverse clinical factors implies longevity of hospitalization and in the case of the Brazilian elderly, dependent on precarious public health policies, the days of hospitalization become larger, which generates greater cost to the state.

The reduced muscle strength is one of the most common factors related to falls in the elderly and it is common to identify reduced parameters of muscle mass in this segment of the population, this because posture, gait and balance are compromised, as with the reduced muscle strength, skeletal enfraquece⁷⁻⁸⁻¹¹ component.

Among the most common diseases among the elderly, referred to as risk for falls are: high blood pressure (hypertension); coronary heart disease; osteoporosis and reduction of visual acuity caused by the cataract. By presenting decrease of sensorimotor function, neuromuscular and musculoskeletal deficits and pharmacological complications diabetes mellitus also part of the group. Studies awaken to the resistance of the elderly to report what caused the queda¹¹. There is a discomfort by the elderly in admitting body limitations that are caused by reduction of physical activities, including the activities domésticas¹¹.

The Brazilian literature does not provide validated tools to assess extrinsic factors for idosos¹⁰ falls. Falls in the elderly are caused by intrinsic or extrinsic factors. The former are related to the individual, depending on your body, for example, side effects of medications that can cause dizziness, diseases that cause weakness or compromise the balance, psychological factors or even the physiological changes common idosos¹⁵.

On the other hand, extrinsic factors are all the events found in the physical space where the individual is and has contributed to the accident. Should consider the possibility of intrinsic factors such as age-related changes and disease, and extrinsic, as an inappropriate environment for the safe mobility of the elderly are associated with risk factors for queda¹³.

It is important that the nursing staff has the old interaction of references to the environment with a view to identify possible factors that could condition falls. "Knowledge of these factors is an important benefit for the health team to lay the foundations necessary for a system of care and, consequently, propose measures to prevent future falls." ¹⁰

With the objective of a significant improvement in the lives of the elderly, especially if it has a history of falls, nurses, especially those working in specialized health facilities in the care of the elderly or patient receives this age group, should favor lectures and educational events in order to guide how to proceed in risk of falls and other hazards that may arise with the complications presented by mesmas¹⁴.

Research shows factors extrinsic contributing to elderly fall: throw rugs without slip; objects on the floor in the room; lack of grab bars in the shower and support in health; steps; far door switch; unevenness in the floor and pets in the middle of caminho¹⁰.

In the survey conducted for this study, the intrinsic factors were mentioned six times and this reinforces the need for nurses to promote educational campaigns to prevent both falls as other accidents involving the elderly. They are also seen as intrinsic factors the following: dizziness or lightheadedness; polypharmacy and osteoporose¹⁰.

There are studies that also indicate fatigue as a factor that causes falls, including the occurrence of more than one a year characterized recorrentes¹⁰ falls.

The dynamics of the family and its relationship with the idoso¹ is a delicate discussion that it is for health professionals to identify ⁵. Not just the physical frailty in the elderly is something natural but also the social, psychological and emotional fragility often changed with changes occurred in the middle familiar⁶.

The need for multidisciplinary coordinated by nursing staff should be activated in order for alternatives to reduce the impact of those who had changed the social role the head of the family to be careful.

The improvement in body posture is also a decisive factor for the prevention of falls which may be a direct consequence of physical activity, which breaks with a sedentary lifestyle, such as a daily walk for half an hour long, for example, avoid smoking and sedentary lifestyle is essential to the health of the elderly.

The nurse can contribute to the prevention of falls of elderly in identifying the necessary changes in your home, because the nursing staff ranks as the professionals who deal directly in the rugged patient's treatment in a fall and therefore can make an approach on factors contributing to the phenomenon and thus support information to reduce this type of accident.

When it comes to nursing work on the guidelines in changing habits is this guidance in making the floor of the house in which the elderly free movement of obstacles and artifacts slip (cloth mats) to monitoring the side effects of medications to be consulted a doctor in the quest to reduce such effects.

With regard to external causes of morbidity and mortality due to falls, there is a need to invest in proven effective measures for their prevention, leaving this responsibility to managers, politicians, health professionals and society in order geral⁶.

The thematic adequacy of the environment in which the elderly is inserted, especially the domestic space is recurrent in the literature. This is justified because the handle on the functionality and cognition in the elderly and explore how the nursing professional can assist in the guidelines in reducing accidents with falls, prevention is considered the estratégia¹⁷ best, ie the preventive process is education there the importance of action plans guiding what the risks are found in the environment that can cause falls.

It is also necessary that health professionals understand about the preventive approach and show how changes in the domestic field and the change of some habits, such as exercise, can improve the performance of functions, including mobility such as walking with more security and avoid quedas¹⁸.

There are several consequences for the elderly due to a fall, ranging from minor injuries to fractures and death and also loss autonomia¹⁰. Also according to these authors, the most common bills are the legs and knees, followed by hip, shoulders and arms being in third position and wrists or hands in the room.

After recovering from a fall, the elderly feel fearful of a new accident and increasingly restricts movement and activities further aggravating the fragilidade¹¹ and may develop psychosocial consequences such as, for example, fear, weakness and lack of confidence, which can lead to complication of its frame geral⁵.

It is necessary to provide the elderly the ability to simply walk with reduced risk of quedas⁷. Another point that requires attention is how to lose the cognitive, a situation often compounded with neurodegenerative diseases like Alzheimer's and Parkinson's or even the natural loss of visual accuracy.

There are several ways to systematize nursing care, being "different ways to develop care, ie, several methods can be used to solve a real situation in a given time in order to achieve positive results for the health of patients "¹⁸. Examples of the care plans, protocols, standardization of procedures and nursing process may be used including more than one method simultaneously.

The SAE (systematization of nursing assistance) is one of the tools for nurses organize the care process to ensure the quality of care by allowing the use of indispensable tools in nursing work, including the interaction and coordination of management dimensions and assistance and communication, and is therefore a strategy for managing cuidado¹⁸.

THE organization of nursing work evolves from the SAE considering the method and the instruments used and the personnel involved, that because "the record is the primary feature of the systematization, coupled with the intellectual process developed by nurses, encompassing the enfermagem²⁰ plan.

SAE contributes to the quality of nursing care, as the planning and implementation of care in a context where are constant exchanges of information and health institutions is necessary to seek to maximize resources and reduce costs amid a demanda¹⁹ can.

On prevention and care of the elderly community, the professional nursing plays a key role in lending guidelines and information from the elderly in need of awakening the habit changes within the home environment. The planning of actions and guidelines are in accordance with the guidelines of SAE and should be in conjunction with the multidisciplinary team.

Tracking the nurse can assist in the acceptance of guidelines that can go from proposal to reduce the risk of falls in the circulation areas of the home to the social living with the family of the possible limitations imposed by age, the result of a life without basic care Cheers.

The Ministry of Health protocol to promote guidance and promoting the reduction of falls in the elderly is a facilitator for the management of the elderly victim of this type of accident. Drafted in 2013 by the Ministry of Health, Anvisa and Oswaldo Cruz Foundation, the 50-page document is available on the Internet and consists of three annexes: fall prevention protocol; patient identification protocol and security protocol in prescription, use and administration of medicamentos²¹. It was created from the Decree No. 529 of 1 April 2013²², the Ministry of Health established the Patient Safety National Program (PNSP) in order to support the qualification of care in health, and therefore a tool for nurses in senior care patient falling victim and their families.

5 CONCLUSION

The nurse is a professional responsible for patient care and this care involves also an educational process with regard to practices aimed at the welfare of the patient.

Nurses can get subsidies, experienced in practice to compose directions and even an intervention plan with a view to prevent falls in the elderly or even mitigate the consequences of this type of accident.

Agreements with nurses, the factors that cause falls in the elderly are the absence of adequate levels and lack of handrails in homes of this population.

As measures to prevent falls in the elderly nurses reported that physical activity and healthy eating are important valuable stock.

The research indicates that nurses from the Regional Hospital of the Wasteland in Caruaru seek to identify the causes of falls in the elderly even identify when the patient needs home care and even changes in the environment in which they reside. It was also noted that all nurses know their role in the orientation process of the elderly and their families to prevent falls.

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