

THE NURSE THROUGH THE ADOLESCENT WITH SUICIDAL IDEAS: A PERCEPTION OF PSYCHOLOGY IN NURSING

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Abstract: Suicidal thoughts have had a large increase in recent years and this was a consequence of several factors, such as the lack of a family structure, anxiety due to the immediacy imposed by society and problems related to social networks. The present work aims to analyze the importance of the nursing professional in approaching adolescents with suicidal ideation, with prior knowledge of techniques applied in psychology being important. Understanding the reasons that lead to suicidal ideation and the behavior of these adolescents makes it possible to choose the best method of solving the problem. It is essential that this professional knows how to identify the problems related to the social life of these patients and apply these techniques in the approach in the middle of nursing together with several other professionals, in addition to the school and family. The present work aims to approach a literature review research, of a qualitative type, based on studies by specialists in the health area, including nurses and psychologists, who seek to work on a more humanized approach to adolescent patients with suicidal ideation. It is noteworthy that the training of these professionals generates an attenuation in pre- and post-traumatic suffering, both for the patient and the family. This way, approach techniques made by these professionals will be presented, as well as methods used in the field of psychology and nursing that aim at the diagnosis and evaluation of the potentiation of suicidal thinking. Therefore, aspects related to the importance that this professional can present with continuous communication between school, family and society are discussed and present the ways that may be relevant for solving the problem presented mainly by adolescents.

Keywords: Nursing; Psychology; family, suicide.

INTRODUCTION

Adolescence is a phase of human life where psychological, biological and social discoveries take place. This period of development brings a diversity of feelings and behaviors that in the face of problems can lead to the emergence of self-destructive behaviors.

The alarming increase in cases of suicide among adolescents has become a worrying public health issue. According to the World Health Organization (WHO), in the last decade, deaths from suicide among adolescents and young people can reach 800,000 cases per year worldwide, in Brazil it is the 3rd leading cause of death among this public. Considering this aspect, suicidal ideation precedes the act and therefore requires an understanding of the factors that corroborate for a crisis to occur (ARAÚJO, VIEIRA E COUTINHO, 2010).

At first, there is no interpersonal relationship between this type of patient and the nurse, considering that the professional's objective is only to provide care standard. However, given the circumstance of being an increasingly common social problem and considering situations that require hospital care, the need for specialized preparation for an adequate and more humanized care is notorious, since the victim finds his mental health fragile.

Therefore, nurses are in a challenging situation for their professional practice, since humanized and therapeutic care is necessary for the prevention and/or intervention of suicidal behaviors. In this context, how does the nursing professional, through the perception of psychology, act with knowledge that provides, in the care of adolescents with suicidal ideation, the identification and understanding of emotional factors of the patient and their families in order to offer adequate care?

Therefore, specialized training for nursing professionals becomes an important tool for alleviating the mental problems faced by this type of patient. With the increase in the number of cases of adolescent suicides in recent years, the importance of a solid approach with humanized technical methods by the nursing professional in the care of this specific public is perceived.

Therefore, the present study aims to analyze characteristics that must be present in the performance of nursing professionals when approaching these individuals in their work environment. Thus, it is important to act correctly, because, in many cases, the adolescent arrives at the service totally upset, and the nurse's role is essential for carrying out the process of deconstructing suicidal thoughts (CARMONA; PICHARDO, 2012).

METHODOLOGY

The study is a literature review research, of a qualitative nature with the objective of deepening theoretical data on the research content. Through bibliographic surveys and an exploratory search on academic sites such as Google Scholar, Scielo and magazines, it was possible to acquire data for the development of the work.

Bibliographic research is "the first step in any type of scientific research, with the aim of reviewing the existing literature and not redounding the theme of study or experimentation" (MACEDO, 1994, p. 13), that is, from the research It is possible to organize existing data on the subject of study so that the research is enriching. This bibliographic survey provides a range of information on the subject of study, which from a specific investigation caused by the qualitative nature of the research Triviños (1987) argues that it is from this application of the research that the data is sought and its application in the contexts that are proposed

in the study.

Therefore, the research took place in the period between 2 to 3 months from the study of authors such as Carmona E Pichardo (2012), World Health Organization (WHO), Teixeira Et. Al. (2020), Simões; Saints; Martin (2020) Silva; Madeira (2015), Silva; Engstrom (2020), Carrascal; Castilho, (2012), Silva, Souza and Andrade (2015), Brasil (2019) that corroborate the theme in articles and scientific journals, academic works and current legislation on the subject.

The content analysis stage is essential for the literature review to provide knowledge that aims, beyond the elaboration of the article, to identify authors who contribute to future professional practice from the acquired learning. In this context, the authors in the study were selected considering, for the most part, a period of less than 10 years of publication, noting that in recent years the growing number of suicides among young people and adolescents has led to a larger study on this health issue.

Therefore, Brocke et al. (2009, p. 2) states that "the process of excluding and including sources must be as transparent as possible so that the review is of proven credibility". Therefore, objectives, planning, analysis and writing are fundamental processes for the discussion to be carried out properly and meeting the needs and purposes of the research. According to the inclusion methods, it was possible to delimit the research, as well as the keywords nursing psychology, family and suicide, through the characteristics of authors that made the study viable. And the exclusion method delimited the research field so that authors who did not meet the study criteria were removed from the review so that they did not cover the focus of the study taking as descriptors suicide, suicidal ideation, the contribution of psychology in the practice of nurse in Portuguese, English

and Spanish as it is a global public health issue.

Another moment of approach to the subject of study was a presentation to 8th and 9th grade students of regular education about the importance of the Yellow September campaign to combat suicide. At this point, it was possible to explain the importance of awareness of suicide prevention and dialogue through dynamics about feelings. The systematic review, with the contribution of this stage, provides, through practice, the analysis of study contents that according to “help to synthesize the evidence available in the literature on an intervention” (SAMPAIO E MANCINI, 2007, p.83).

DISCUSSION

Problems related to human mental health were not faced in the past. With the technological advance and the contemporary ideas that people need to fulfill their dreams and desires immediately, they brought the big problem of anxiety.

Currently, teenagers try to find themselves in the world, they go in search of the standards that society establishes. This way, parents and guardians of these adolescents and young people need to be aware of the maintenance of their mental health, so that they do not go to extremes, that is, they need to carefully observe their behaviors so that they do not reach the point of committing suicide. In addition to this situation experienced by parents and guardians, psychologists also frequently report family problems related to traumas faced in childhood, as a result, these adolescents have feelings of guilt and regret, giving them the idea that suicide is a way to alleviate the suffering faced by them (SILVA; MADEIRA, 2015).

The adolescence phase is usually very complex, full of conflicts, insecurities and uncertainties. Thus, adolescents have different

reactions to the problems they face. They often fail to determine sensible reflections in their decisions, so the nursing professional, during the approach, you must be aware that these adolescents undergo changes beyond the biological field, but also behavioral changes (SILVA; ENGSTROM, 2020).

To understand the reasons that lead adolescents to attempt suicide, it is necessary to know what leads to depression, as it is one of the main factors that lead to the act to be practiced. Anxiety, stress, everyday cases that lead to low self-esteem, lack of purpose in life and difficulty in solving personal problems are determining factors that lead a person to develop depressive characteristics. Thus, it is increasingly emphasized that family members, schools and health professionals know how to diagnose, correctly address and treat these factors (SIMÕES; SANTOS; MARTINHO, 2020).

Among the suicidal behaviors is suicidal ideation, which is the act of thinking about killing oneself, which is one of the most common variables of suicide. This behavior has clinical, genetic, demographic and social origins, among others. Suicidal ideation is an impacting factor in public health that addresses different problems related to the individual.

The suicidal procedure is a psychosocial problem that, if it does not reach its purpose (death), can leave physical and mental sequelae for the rest of the person's life (SOUZA, et. al., 2010). When analyzing the adolescent and young age group, this behavior is a pathology that requires clinical attention, because according to the World Health Organization (WHO) it is a health issue in alarming growth.

The individual in his moment of suicidal ideation caused by psychological pressure may take actions that lead to physical injuries that require medical attention. When entering the hospital environment, often, the first

professional support contact will be the nurse. The professional, at this moment, needs to be attentive to the situation so that his service is evaluative and diagnostic (CARMONA; PICHARDO, 2012).

The Psychosocial Care Center (CAPS), together with the school and the family, plays an important role in coping with adolescent suicidal thoughts. Health professionals must make a solid connection, from the detection of suicidal thoughts to the act performed by the victim, there must be a team focused on each step of the presented problem. The nurse can stand out in this situation as a facilitator during the process of socialization and construction of knowledge, through the motivational interview and showing the way to other health professionals (TEIXEIRA et al., 2020).

According to Kendal et. al (2017) it is important that the nursing professional has a deep understanding of the languages of the internet, since this online world presents a great factor of contribution of depressive aspects and suicidal thoughts. This feature is mainly due to judgments of the actions of what people do on social networks, such as a comment, a personal opinion or even a simple photo posted. This way, nurses must be aware of the notions of psychology to understand the seriousness of these situations.

The internet is an important and powerful means of communication and source of information, but its use has been questioned for several years. One of the great aggravating factors in the growth of suicide attempts is the need for socialization on social networks, we often see news of teenagers facing depression and even committing suicide and many of these cases are related to rejection on social networks. Thus, it is important that parents are aware of their children's behaviors and have control over what they do while using these networks (MELLO et al., 2017).

In this context, Silva, Silva, Cavalcante Neto (2017, p. 5) state that the nurse is “a facilitator of processes of socialization, communication, expression and construction of knowledge”. This issue of becoming a facilitator of the aforementioned processes occurs through the motivational interview, aiming at an integration of the adolescent with their needs and the treatment adopted by the nurse. The nursing professional has an important role in approaching these adolescents in situations in which they have direct contact with the family, thus providing an expansion in the understanding of their reality. This way, this professional is able to detect risks to the family's health and work on suicide prevention. It is important to mention in this situation that the nurse has the role of supporting family members, giving support not only within the family, but also in moments of disturbance, for example, in the emergency room of hospitals (CARRASCAL; CASTILHO, 2012).

In this first contact, the feeling of empathy and care in the care of this person are fundamental for the whole process to occur in a humanized way, because according to Carmona and Pichardo (2012, p. 3), “stigmatizing attitudes negatively influence attention and treatment received by patients”. Since the nurse is the one who cares for this teenager and young person, knowing how to identify the emotions that are touched in the patient and the emotions themselves in the face of a fragile situation is essential for the service to be effective.

For Residorfer (2015), considering the aversion to the problem-situation that the nurse finds in the first contact with this patient, the professional's emotional intelligence is the starting point for their care to be successfully carried out in their daily practice in situations with patients. from attempted suicide in primary health care.

The importance of understanding the nursing professional makes them feel more prepared to assist these victims, not only with approach techniques, but also with psychological preparation, as this professional can often have a tiring and stressful routine, and for to attend this type of patient, it is necessary to be emotionally strengthened. This way, the professional can adopt action plans when their action is necessary, having an effective and consistent decision-making (PESSOA, 2020).

Despite the difficulty in diagnosing adolescents with suicidal thoughts, some tools contribute to the detection and evaluation of each case:

- PLACE (Nursing Care Plan) has the objective of evaluating, diagnosing and intervening in order to identify essential and necessary care, thus giving correct decision-making.

- ASQ (Ask Suicide-screening Questions) is a type of screening through questionnaires.

- Beck's Suicidal Ideation Scale (BECK, KOVACS, AND WEISSMAN) another screening and risk assessment tool, it is able to detect the risk of suicide from attitudes and behaviors during the test.

- Modified Suicide Ideation Scale (MILLER et. al, 1986), which tracks individuals with potential for suicide attempts, with 18 questions ranging in weight from 0 to 3, with a total of up to 54 points. Results with higher values carry greater risks. Although it can be used by professionals or laymen, it is necessary to precisely analyze the result.

- Five-step assessment and screening of suicide assessment (JACOBS et al, 2009). There are 5 stages that comprise situations involving the adolescent's relationship with suicidal ideation. The steps are comprised in: Identification of risk factors, in this case, these factors are capable of being changed according to the situation presented. Valuing

situations based on positive points presented by the patient, pre-established questionnaires referring to suicidal situations. In view of this, analyzes are made and decisions are made that best suit each situation.

In addition to the methods presented, there are other important studies that contribute to the diagnosis and assessment of suicidal ideation. The important thing in this case is that the professional studies and applies the chosen method correctly. It is important to mention from these methods that investment in prevention is better than treatment after the act is performed. Prevention must be done from a humanized and respectful interaction. It is necessary that the professional who approaches these adolescents has empathy, knows how to listen and understand their questions, this way, the work to be carried out becomes more efficient with a positive result (MELGAR, 2018).

In this context, psychology becomes a fundamental ally for the practice of nurses, as it is the science that studies the human being's psyche through behavioral and emotional analysis. And, as nurses are professionals who work with other people who need their technical and emotional support, knowing how to meet the needs that arise in contact with the patient is essential for the progress and success of care. Therefore, psychology helps nurses to overcome the barrier of technical assistance and be able to welcome, understand and adopt measures aimed at improving the quality of life of their patients, in this case, young people and adolescents in situations of emotional vulnerability and their families (SILVA, SOUZA E ANDRADE, 2015).

Thus, for this contribution to be significant, it is essential that this vision of collaboration be worked from the academic training of nurses, since psychology is part of the area of knowledge along with other human sciences

“responsible for the ethical, political and social bases of work” in health” (LEFT AND PEGORARO, 2010, p. 256). According to this view, the interaction between professional and patient is essential for humanization in the care offered in hospital care.

This multiprofessional behavior attributed to nurses aims at improving care in the ethical dimension of daily practice so that their relationship with patients and family members is guided by greater attention to the different physical and psychological symptoms so that the diagnosis and intervention are guided by the understanding of that your patient is a human being with emotions so that he is not reduced to just his disease treatable with techniques.

Reaffirming by Esquerdo and Pegoraro (2010, p. 263) who says that “psychology in the hospital context contributes to the consideration and respect for the singularities of each human being – patient or professional – involved in the health-disease process”. Highlighting the young people and adolescents who are assisted by situations related to suicidal ideation, the interpersonal interaction between nurse and patient requires cognitive and communicative skills that do not trivialize the situation in which the patient finds himself, but that embrace him in a humanized and professional way. for quality service.

To this end, the action teams can relate to each other in order to determine action plans capable of strengthening the aspects of prevention of suicidal ideation. These plans are important, as the assessment is carried out jointly with the family, school, health professionals and the adolescent himself. Solutions to the problems faced by adolescents can be worked out from planning frequent physical activities, improvement in eating, constant dialogue with health professionals who accompany the planning, encouraging

interaction with family and friends.

These actions can be fundamental in preventing suicide and improving the quality of life of these people (SISLER; NAKAISHI; STEINBUCHER, 2020).

In addition to the constant work carried out by these professionals, the government needs to encourage society in general to contribute to the reflection on combating suicidal ideation. The Federal Government, through the Ministry of Health, annually holds, in September, the so-called Yellow September, and September 10 is the day chosen for the World Suicide Prevention Day, in which it carries out several awareness programs about the appreciation of life, emphasizing the importance that the subject must be discussed by the whole society (BRASIL, 2021).

In addition to incentives from the Federal Government, the World Health Organization (W.H.O.) created the document “Suicide Prevention Program” (SUPRE) in order to encourage suicide prevention. The objectives of the program are:

[...] to enable the expansion of awareness about the problems arising from suicidal behavior; identify valid and reliable variables for the determination of risk factors for fatal and non-fatal suicidal behavior, emphasizing mainly social factors, describe the behavioral patterns of suicide, identify the variables that determine the attendance to health services of individuals who have attempted suicide, identify treatments capable of minimizing suicide attempts; improve the effectiveness of health services through 26 specific interventions that reduce the number of suicide attempts (BOTEGA et al., 2005, p. 178).

Thus, this program can help nursing professionals to develop important methods for the prevention of suicidal ideation. In addition, the Federal Government instituted

in 2019 the Policy for the Prevention of Self-Mutilation and Suicide, through Law Number: 13,819 of April 26, 2019.

This Law establishes in Article 3:

Article 3º The objectives of the National Policy for the Prevention of Self-Mutilation and Suicide are:

I – to promote mental health;

II – to prevent self-inflicted violence;

III – to control the determining and conditioning factors of mental health;

IV – to guarantee access to psychosocial care for people in acute or chronic psychological distress, especially those with a history of suicidal ideation, self-mutilation and suicide attempt;

V – to adequately approach the relatives and people close to the victims of suicide and guarantee them psychosocial assistance;

VI – inform and sensitize society on the importance and relevance of self-harm as preventable public health problems;

VII – promote intersectoral articulation for suicide prevention, involving health, education, communication, press, police, among others;

VIII – to promote the notification of events, the development and improvement of methods of collecting and analyzing data on self-mutilation, suicide attempts and completed suicides, involving the Union, the States, the Federal District, the Municipalities and the health and of forensic medicine, to support the formulation of policies and decision-making;

IX – to promote the continuing education of managers and health professionals at all levels of care regarding psychological suffering and self-harm (BRASIL, 2019).

Therefore, in addition to public policies, there must be an incentive to combat suicidal ideation and awareness of the whole society

about the problems faced by these young people so that the data that are currently alarming are reduced and/or eradicated since prevention and adequate treatment are the main ways of coping with suicidal ideation and suicide.

CONCLUSION

In view of what was discussed in this work, it can be concluded that the participation of the nursing professional is essential for the prevention and treatment of suicidal ideation in adolescents. The main problems faced by these young people and their challenges facing a society as demanding and judgmental as the current one were exposed. This way, the preparation of nurses since their training must be solid for a better service to the public.

It is important to point out that in addition to the techniques presented, others can also be developed and improved through experiences acquired in previous events. There is no fixed system for approaching these patients, but it is worth mentioning that regular monitoring of all teams, be they health, family or school, must be maintained in order to obtain a satisfactory result. It is essential that society as a whole begins to debate and ask questions about the increase in adolescents with suicidal ideation and to establish goals for solving the problems of each case.

Furthermore, it is necessary for society to demand from government authorities that programs and campaigns are developed that relate to raising awareness and encouraging the fight and treatment of suicidal ideation. Responsibility cannot be restricted to family members or school, nor transferred to them. In order to have a satisfactory result, it is essential to integrate everyone, whether from the government supporting professionals and family members, or from health

professionals through frequent study and integration between them, between family members and the school through constant approximation and conversation. about the daily problems faced by these adolescents.

Therefore, if there is a union between all those responsible involved, it is possible that the rates of depression, suicidal ideation or even the final act will have a significant decrease.

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