

Rodrigo Marques da Silva

Wanderlan Cabral Neves

(Organizadores)

Resilience, Health and Human Aging



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PREFÁCIO

Esta obra foi desenvolvida junto a um grupo de alunos de Iniciação Científica de diferentes fases de formação dos cursos de saúde (Enfermagem, Farmácia e Fisioterapia) da Faculdade de Ciências e Educação Sena Aires, sendo, portanto, uma obra coletiva construída no Grupo de Pesquisa Trabalho, gestão e empreendedorismo em saúde, linha de pesquisa Stress, Coping e Saúde.

Além disso, pesquisadores colaboradores de outras instituições com domínio na área de envelhecimento humano foram convidados a fim de contribuir com a construção desse e- book, dando um olhar amplo, objetivo e atualizado sobre os conteúdos abordados.

Portanto, destaca-se que a obra está organizada em 5 capítulos construídos de forma cuidadosa, atualizada e detalhada, com informações sobre o assunto e com uso de uma linguagem clara e objetiva.


Desejamos uma ótima leitura a todos!

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RESUMO: Objetivo: Analisar as produções científicas sobre Síndrome de Burnout em Idosos.

Método: Realizou-se uma revisão bibliográfica utilizando-se a base de dados da MedLine, Scielo, American Psychiatry Association, EvidenceBased Mental Health, American College of Physicians, Agency for Healthcare Research and Quality, National Guideline Clearinghouse e da Organização

Mundial da Saúde no período compreendido entre 1985 e 2006. **Resultados:** Foi apresentado é desenvolvidos os estudos ao longo dos anos, as principais definições e a descrição do contexto e dos comportamentos relacionados à Síndrome de Burnout em Idosos. O presente trabalho buscou contribuir para a compreensão da Síndrome de Burnout em Idosos é auxiliar no embasamento de futuras investigações e elaboração de estratégias de intervenção efetivas, analisando artigos científicos. **Conclusão:** Apesar de ser uma síndrome frequente em diferentes grupos sociais, há pouca literatura sobre a prevalência e os fatores de risco para Burnout entre idosos. Assim, pesquisas primárias neste campo ainda são necessárias para entender melhor a ocorrência e os fatores que contribuem para o Burnout em idosos, bem como as estratégias de manejo da Síndrome.

PALAVRAS-CHAVE: Burnout; Estresse Psicológico; Idosos

ABSTRACT: Objective: To analyze the scientific productions on Burnout Syndrome in the Elderly. **Method:** A literature review was carried out using the MedLine, Scielo, American Psychiatry Association, EvidenceBased Mental Health, American College of Physicians, Agency for Healthcare Research and Quality, National Guideline Clearinghouse and World Health Organization databases. period between 1985 and 2006. **Results:** Studies developed over the years, the main definitions and description of the context and behaviors related to Burnout Syndrome in the Elderly were presented. The present work sought to contribute to the understanding of

Burnout Syndrome in the Elderly and to assist in the foundation of future investigations and the elaboration of effective intervention strategies, analyzing scientific articles. **Conclusion:** Despite being a frequent syndrome in different social groups, there is little literature on the prevalence and risk factors for Burnout among the elderly. Thus, primary research in this field is still needed to better understand the occurrence and factors that contribute to Burnout in the elderly, as well as the Syndrome management strategies.

KEYWORDS: Burnout; Psychological stress; Seniors

INTRODUCTION

The themes chosen for this study were based on the importance of the high complexity factors associated with aging burnout syndrome impacted by stress and disease as the elderly with dementia increase, to identify issues in the clinical analysis of patients, either to maintain their quality of life and reduce psychological and physical stress, it is important to give voice to the elderly who need help with some physical activity to understand how they see themselves in this health practice, when the process is fraught with difficulties is a greater focus during the study period so that exhaustion does not occur, according to Codo and Vasques-Menezes (1999, p. 237) defined as “a chronic state of discouragement”, complications are anxiety, irritability, aggressiveness and difficulty concentrating.

Specialized care for chronic stress, lack of whole-hearted investment to accommodate extended family members practicing activities with help due to initial problem mainly human resources capable of developing qualified care according to the needs of the service and the specific needs of each elderly, in learning and developing geriatric syndrome invigorating healthy practice in adjuvant therapy. It studies the level of syndromes through treatment recommendations, creating confidence in the elderly during care enough to consider that patients not only seek solutions to health problems, but also relief and personal comfort, avoiding interventions for low-level syndromes such as dispersonality is disintegration. In the presence of a caregiver, the patient loses the mental or physical capacity to even have direct contact with family members and close people, even temporarily, is deprived of contact with society, its activities and daily life, and has to communicate with society new changes is style, The term Burnout was used by Freudenberger (1974) to define a feeling of failure and exhaustion caused by excessive energy exhaustion, strength or resources of some professionals.

In different treatment scenarios, most family members state that the elderly suffer some kind of overload, facing other patients, sometimes worse than their own, in addition to other factors that end up creating a syndrome with the so-called risk, which exposes them to becoming more vulnerable and their emotional state becomes weaker. Some needs and rights of patients need to be respected and cared for, such as personality, privacy,

the presence of family members and professionals who welcome them and make them as comfortable as possible, respect their beliefs, culture and treatment about them, and clarify their doubts. In view of the above, Freudenberger (1974) defined the syndrome as a state is not as a process with the objective of analyzing scientific productions on Burnout Syndrome in the Elderly.

METHOD

The methodology used to elaborate this work was the literature review. This comprises a survey of all bibliography already published in the form of publications of articles.

The search was conducted in the following databases: SciELO (Scientific Electronic Library Online) and Web of Science. The descriptors were obtained from the DeCS (Descriptors in Health Science) and MeSH (Medical Subject Headings) and were: stress, exhaustion, age and dementia.

Articles published in Portuguese (Brazil) were included, available online and in full. Those published in English and irrelevant with the theme were excluded.

Initially, an exploratory reading of titles and abstracts was performed to recognize the articles that met the eligibility criteria. Then, the articles were previously selected to be read in full, and these were resubmitted to the inclusion and exclusion criteria.

We included articles that focused, we selected the studies that dealt with descriptions of burnout syndrome in the elderly, which addressed data collection on populations affected by it were excluded. Then, the authors were chosen and the most commonly mentioned studies in the bibliographic survey, it is performed the description of the elements addressed about burnout syndrome in the elderly. Articles or literature reviews, essays, dissertations and monographs on the elderly in the asylum Initially, an exploratory reading of the titles and abstracts was performed to recognize the articles that met the eligibility criteria.

After the selection of the final sample, the following variables were extracted from the publications and composed the sinoptic table in order to inform the symptoms with review: publication, articles, journal, language, objective, method, results and conclusions.

After data extraction, these were typed into a spreadsheet in the Microsoft power point program, and the variables year of publication, journal webqualis, journal, publication journal, language analyzed through absolute and relative frequencies. The objective, method, results and conclusions of each study were evaluated by analyzing articles.

RESULTS AND DISCUSSION

We found 36 publications related to the theme, which dealt with descriptions of burnout syndrome in the elderly, and 6 were eliminated by the initial reading of the titles because it addressed the survey of data on the population, in the reading of the abstracts of the remaining articles according to inclusion/exclusion criteria, 5 articles were eliminated because it was not related to resilience in higher education, 2 because it has no direct relationship with the theme and 1 because it has no relation to the health area. The remaining 22 articles were read and used in the final sample of the text.

Definition and history Burnout syndrome

Burnout syndrome can be described as a condition of emotional and mental exhaustion, where lack of preparation is feelings of anguish can impair the performance of the elderly in activities. Burnout syndrome can have physical effects in the elderly due to long working hours, such as headaches, muscle ado, sleep disorders and loss of appetite. Older adults have prominent symptoms of moderate to severe depression, anxiety and stress disorders. A possible solution to this situation is to reduce day-time work activities and provide a safe environment, Dejours (1994) argues that work can be freely chosen or organized, would become a means of relaxation, joy and pleasure.

In the 1970s, burnout syndrome had a primary definition in terms of identifying physical and emotional exhaustion and resulting from the mismatch between the nature of work and the person who performs it is defined by Maslach and Leiter (1999), according to researchers, developed most often from a series of chronic stressful phenomena, becoming an increasingly common condition nowadays, by the Ministry of Health was considered as a mental and behavior disorder, related to the work environment.

Most patients do not seek to understand the current process, and most of the time the problem is not solved, which begins with the experience of chronic stress and reaches exhaustion, depersonalization is not treated adequately because the man discusses the statement that “work means man”, as a notion that it would be a preponderant condition for the realization of the individual Weber (1967).

The future planning of the professional who initiates the treatment is planned for future failures. By using the definition of Sartre’s existential item, we try to emphasize theoretically elucidating the relevance of the definition of the existential item for development processes in order to advance the understanding of this complex phenomenon, transformations such as cultural, social and political that have occurred in history, generated technological advances enabling the globalization of the economy, the acceleration of the work rhythm is

the focus on productivity (Assis, 2006).

Burnout Measures Instrument

Considered a response to chronic stress, this syndrome had Maslach (1979) as a pioneer who characterized the syndrome by exhaustion, physical or psychological attitudes, apathetic and depersonalized with demotivating feelings were developed instruments with the task should be understood with participatory democratic change, identifying and solving problems and consolidating group dynamics to increase the worker's confidence psychological demands of work. For all these reasons, we believe diversification of professional tasks, precise definition of work, rotation of tasks, promotion possibilities.

Burnout syndrome is believed to be a possible reason for the current lack of motivation among the elderly to address pressure, stress at work and burnout syndrome, explaining the characteristics of the latter that define it, variables that influence its appearance, symptoms and preventive measures. Actions can be performed on a personal level, strive to improve resources protect or resist a high pressure situation. Cognitive and Behavioral Technologies, Restructuring cognition, self-regulation or control, time management, Better social skills, supervision, "only from 1976 the studies acquired a scientific character, period in which theoretical models and instruments were constructed capable of recording and understanding this chronic feeling of discouragement, apathy and depersonalization" (Carlotto & Câmara, 2008, p. 153).

Adapt the organization to the needs of the Working Organization. At the level of the support group, insist on not discussing work, but with its professional relationship with factor, to face burnout, social ties between workers at the institutional level, care support procedures must be implemented for the team itself. It consists of a team of experts trained to maintain confidentiality, efficiency and disciplinary action. In turn, say Services provided by the Elderly Occurrence team in Brazil with the objective of organizing, avoiding frustration and monotonous work Cherniss, (1980)

Occurrence of Burnout in the Elderly in Brazil

Benevides-Pereira (2002) indicates that information on the causes is consequences of Burnout Syndrome, the needs of the elderly have arisen not only on the high cost for the country, but only if health, quality of life, autonomy and independence of this part of the population have emerged. Aging requires policies consistent serious questions about the aging process, we find some loss of autonomy and independence, facilitates the occurrence of falls in the elderly, the elderly population in the world is increasing, the incidence of cases of Burnout Syndrome is also increasing, as the disease progresses, special care is needed

by the nursing team, a group is very vulnerable to stress, working with the elderly, tired, repeated is consecutive.

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Factors related to Burnout in the Elderly

Given the vulnerability of this age group, identifying events is factors associated in the elderly can help prevent these events from occurring the burnout syndrome factor has been defined as one of the most pronounced consequences of occupational stress, characterized by emotional exhaustion, especially in occupations with a high level of interpersonal interaction. Therefore, there is a need to study burnout syndrome in formal caregivers of institutionalized elderly, who are considered a risk group.

The most reported factors were dealing with the vulnerability of the other, the impact of death, interpersonal conflict, insufficient social support, overinvestment at work and not meeting expectations. The increase in competitiveness that is accompanied by *combrança* has this rhythm ended up generating changes in human behavior in relation to work-related conditions (Carlotto & Gobbi, 2000).

Interventions for burnout management in the elderly

The aim of this study is to present the development is the impact assessment Brief interventions to prevent burnout syndrome of the elderly. On the other hand, there are some stress factors in organizational environments, such as conflict of roles and ambiguity at work, eventually generating an interversion during treatment so we must seek the best possible of the causes for the onset of the disease, Schaufeli, & Leiter, (2001).

The syndrome causes the onset of symptoms, as a feeling of physical exhaustion is emotional, focusing on individual evaluation of each elderly person. Participated in the intervention of elderly with advanced syndrome with the studies of mppi hospitalized Intervention, 15 people did not participate. The result shows the brief intervention had a positive impact, as it reduced the level of laziness and Guilt, in addition to helping to reduce perceptions of role conflict, Saranson (1983), who emphasized as a determinant of burnout

the impact of society, overlapping individual and organizational issues.

CONCLUSION

The themes chosen for this study were based on the importance of these factors with high complexity associated with burnout syndrome of the elderly affected by stress causing the disease. Complications are anxiety, irritability, aggressiveness and difficulty concentrating.

During the study, symptoms associated with the disease have to be studied some diseases associated with Syndrome that helps the patient's condition worsens such as the increase of patients with Alzheimer's, the clinical analysis of patients to identify problems, either to maintain their quality of life and decrease psychological and physical stress, it is important to give voice to the elderly who need help with some physical activity to understand how essential the good treatment in this case. When the process is fraught with difficulties, activities that leave stress aside a little during this treatment is essential to avoid burnout.

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SOBRE OS ORGANIZADORES

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