

THE NURSE AS AN EDUCATOR TO THE SENESCENCE PROCESS FOR A GOOD ACTIVE AGING

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Abstract: Aging is part of the life of all humanity and is nothing more than a process that occurs naturally and many of this population are affected by various diseases. Health education is an activity to be developed by health professionals, among which is the nurse, with the objective of improving the quality of life as people get older. This study aims to identify health education actions for the elderly carried out by nurses for good active aging. The methodology used was an Integrative Literature Review and the searches were based on: Virtual Health Library (VHL) of publications in Portuguese, published between 2012 and 2022. The role of nurses must be carried out efficiently with care, as it is a moment of great importance in the lives of the elderly and this professional must work in a humanized way, in order to facilitate this moment.

Keywords: Health Education. Elderly. Nursing. Senescence.

INTRODUCTION

Contrary to what many people think, aging is not a biological fatality or a psychological action, aging is part of the life of all humanity and is nothing more than a process that occurs naturally with the progressive reduction of functionalities. of people, which under normal conditions does not usually cause any problems (BIASUS., 2016).

According to the World Health Organization (WHO), people aged 60 and over are considered elderly in developing countries and in developed countries, aged 65 or over, however, this stage of life has no age. defined to begin with, as everything will depend on the disposition, attitude and interest of each one with regard to quality of life (SOUZA; SILVA, 2019).

Aging occurs gradually and individually, and it is different for each person due to the changes they are exposed to, pathological,

genetic, physiological, social standards and socioeconomic conditions. Thus, aging differs in two categories, the elderly aged between 60 and 80 years and those with longevity, those older than 80 years (PEREIRA et al., 2019).

Many of this population are affected by various diseases, requiring constant monitoring, where changes in the daily life of society have contributed to the lack of support for the elderly, as it was the family who contributed to this care, when an elderly person was temporarily incapacitated. or permanently, leading in some cases to institutionalization (BRASIL, 2006).

Currently living in Brazil, about 20 million people aged over 60 years, representing at least 10% of the Brazilian population, and WHO statistical projections point to the fact that in 2050, the world elderly population will be 1.9 billion people (SANTOS et al., 2020).

This increase is due to better living conditions, in addition to technological advances in the health area, which emerged in an attempt to promote quality of life for the elderly, through maintaining health and with the various activities carried out individually or in groups, providing a sense of freedom and autonomy (ANDRADE et al., 2017).

This way, public policies such as the Elderly Statute, the National Health Policy for the elderly and the National Policy for the Elderly emerged to regulate the rights of the elderly, encouraging their autonomy, integration and effective participation in society, including the right to life and to health, through the prevention of injuries, promotion, protection and recovery of health and aging in conditions of dignity, through measures for the adoption of the practice of Education (SOUZA et al., 2021).

Health education is an activity to be developed by health professionals, among which is the nurse, who is the main actor in care through it, which establishes a dialogical-

reflexive relationship between professional and client and aims at raising awareness of this their health and perception as an active participant in the transformation of life. Health education is one of the strategies that can be carried out to promote healthy aging, which provides the individual's participation in groups, favoring increased control of their lives, transforming social and political reality, empowering them. to decide about their health (MALLMANN et al., 2015).

In this line of thought and in the search for a better state of health, and considering the need for care for the elderly population, in 2005 the World Health Organization launched the perspective of active aging, defined as the process of optimizing opportunities for health, participation and safety, with the aim of improving quality of life as people get older (SOUZA et al., 2021).

Therefore, this study is justified by the need to make nursing professionals aware of the need to be a mediating educator for active aging in this vulnerable population.

OBJECTIVE

To identify health education actions for the elderly carried out by nurses for good active aging.

METHODOLOGY

The study is an Integrative Literature Review (IRL), with a Qualitative approach. This method aims to ensure the synthesis of scientific productions published in a given area of knowledge and aims to ensure quick access to research results, stimulating critical thinking reflective of the subject to be studied (DORNELLES et. al, 2022).

In qualitative research, according to Minayo (2013), the interpretation is the starting point (because it starts with the actors' own interpretations) and it is the arrival point (because it is the interpretation

of interpretations).

The study was elaborated according to the following steps: elaboration of the guiding question; definition of databases; data collect; critical analysis of the included studies; discussion of the results. The guiding question for the review will be: what health education actions for the elderly are carried out by nurses for good active aging?

For data collection, the inclusion criteria were: studies available in full, published in Portuguese, published between 2012 and 2022. As exclusion criteria: books, monographs, dissertations, technical manuals. Searches were carried out in the databases: Virtual Health Library (VHL), using Health Sciences Descriptors (DeCs/MeSH): Health Education; Elderly; Nursing, Senescence, all combined with AND and OR operators.

Duplicate articles in the search were considered only once. Articles that did not answer the guiding question, as well as the objectives, were excluded. After the exclusions, the articles were read in full and from this evaluation, the articles were selected for the elaboration of this Review. A qualitative analysis of the articles was carried out based on the method called thematic analysis, which defines that the data are presented by themes; that is, in thematic groupings (POP; MAYS, 2009).

RESULTS

To conclude the results of this study, a search was carried out in the MEDLINE, LILACS and BDNF databases, using the following selected descriptors: Health Education; Elderly; Nursing.

From these crossings, 4,246 articles were found, after applying the inclusion and exclusion criteria, a number of 587 articles were obtained. After reading the title and abstract, 261 were selected, of which, after full reading, 248 articles were excluded, with 13

articles being included in this study, as shown in Figure 2 below.

In order to organize the publications studied, they were arranged in a table, informing the authors and year, title, journal, objective and results. The information was organized in descending order by year, as shown below.

DISCUSSION

According to Patrocínio et al (2015) nurses' actions for active aging involve aspects ranging from meticulously assessing the entire context of elderly people's lives, such as the physical and social environments, as it is necessary to promote actions aimed at this population in an integral way, through health education.

Tavares and Oliveira (2020) mention that nurses are essential for the proper monitoring of elderly people with health problems, having the duty to promote healthy behaviors in this population, through guidelines such as for the prevention of injuries on mortality and life expectancy, which can be considered a fundamental determinant of quality of life, thus, these professionals are essential to promote health.

According to Mallmann et al. (2015) health education, promoted by nurses, enables the elderly to prevent and control various pathologies, with the help of social activities carried out in groups, which change harmful behavior to their health, coming to adapt to a healthy and active life.

For Ilha et al (2016) nurses must use a strategy to promote changes in habits in the elderly population and consequently active aging, through meetings with the multidisciplinary team, so that they are encouraged to practice physical activity, healthy eating and maintain relationships for socialization to take place.

Silva et al (2019) comment that the work of nurses is important for the elderly to

experience active aging, with the aim of improving their autonomy and quality of life and thus increasing their life expectancy, through promotion and education in health.

Rosas and Nascimento (2020) comment that health education enables Health Promotion and tends to contribute through educational workshops through the work of nurses, where ballroom dancing can and must be used to help with social interaction and thus facilitate the teaching-learning process, reinforcing concepts used in the educational moment to dance, generating reflection and dynamism.

Cavalcanti et al. (2016) report that leisure activities provide happiness, satisfaction with life and well-being in psychological health, variables that strengthen freedom of choice and initiatives such as the practice of physical activities, contributing to active aging.

For Mira et al. (2019) activities when carried out in a group with guidance on smoking and alcohol, enabling the abandonment of addictions, in addition to the conscious use of medications, always with medical guidance, increasing longevity and quality of life.

Derhun et al (2022) explain that participation in activities contributed to strengthening the pillars that support the policy of active aging, as it has contributed positively to the well-being of the elderly, strengthening their capacities for autonomy and satisfaction with life, through various strategies.

Costa et al. (2016) comment that one of the strategies is "storytelling", an educational resource, carried out in laser activities, proposed in group activities, which contributes positively so that they can debate with each other and express themselves so that there is communication effective.

According to Santos et al (2021) encouraging the practice of physical exercises is important, as it provides quality of life, and

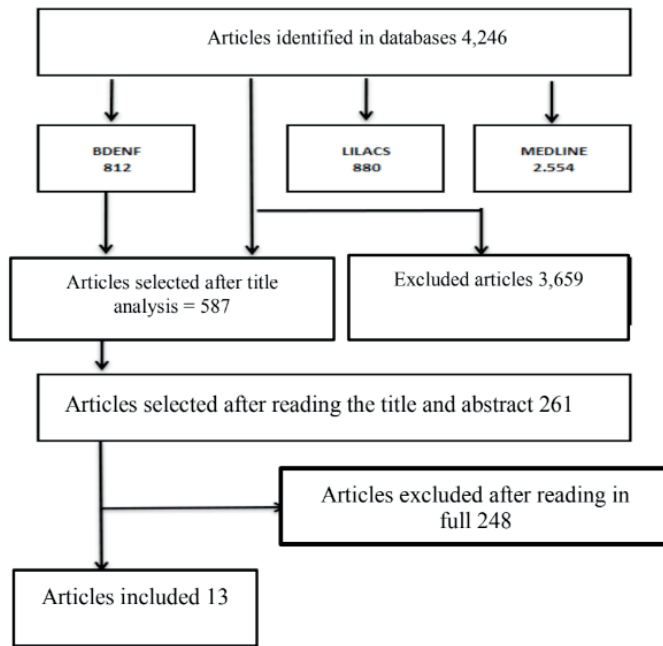


Figure 1: Demonstrative flowchart of the article selection and exclusion process.

Source: Elaborated by the authors

Authors/Year	Article Title	Magazine	General objective	Results
DERHUN et al (2022)	Contributions of university activities to active aging: theory grounded in data	Rev Esc Enferm USP	Understanding the contributions of university activities for the active aging of elderly people linked to UNATI	Participation in activities contributed to strengthening the pillars that support the active aging policy.
SANTOS et al (2021)	The practice and knowledge of elderly women for active aging.	Rev Enferm Atual In Derme	To analyze and describe the knowledge of elderly women on how to maintain active and healthy aging	Active aging is seen as a process of optimizing opportunities for health, participation and security.
OLIVEIRA et al (2020)	The practice of recreational activities to promote health for the elderly: an experience with educational workshops	Rev. APS,	To describe experiences of educational workshops carried out by nursing students with elderly women in a Living Center in Fortaleza	The development of activities made it possible to perceive how much these elderly women acquired knowledge and improved their self-care.
SCIAMA et al (2020)	Active aging: social representations of health professionals from the Elderly Health Reference Units	Rev Esc Enferm USP	Identify the social representations of health professionals in promoting active aging	The results point towards the construction of a multidisciplinary care, with practices that are based on the expanded clinic.
TAVARES et al (2020)	Active aging among community-dwelling elderly: structural equation modeling analysis	Rev Bras Enferm	Propose a structural model of active aging among community-dwelling elderly, based on the theoretical framework of the World Health Organization.	Satisfaction with access to health services and positive self-assessment of health status were the factors that contributed to active aging.
ROSAS et al (2020)	Ballroom dancing for the elderly: health education strategy	Rev enferm UFPE	to report the experience of developing the ballroom dancing workshop associated with health education and healthy aging actions.	The union of ballroom dancing and education values the participation of the elderly and can become a powerful strategy to promote active aging.

SILVA et al (2019)	Active and Healthy Aging: pilot result of the intervention program “VintAGEING+Felizes”.	Kairos-Gerontology Magazine	Validate the development and application of the Intergenerational Multidisciplinary Intervention social program, VintAGEING+Felizes, to promote healthy lifestyle habits	The results were able to drive the elderly community towards a life with healthy habits, with the aim of improving functionality and independence, but with quality of life.
MIRA et al (2019)	Socioeconomic and behavioral determinants that permeate the active aging of the elderly in a community center	J. res.: fundam. care	To describe the socioeconomic and behavioral determinants that permeate the active aging of the participants of the coexistence group of a University of the Third Age	The determinants point to satisfaction in group interaction, knowledge, quality of life and the promotion of active aging.
COSTA et al (2016)	Storytelling: caring technology in continuing education for active aging	Rev Bras Enferm	Evaluate the pertinence and effectiveness of the care-educational technology “storytelling” as a strategy for cultivating active aging.	“Storytelling” proved to be an innovative technology, a relevant and effective resource for health education, especially for active aging.
ILHA et al (2016)	Active aging: necessary reflection for nursing/ health professionals.	J. res.: fundam. care	Reflect on the possible factors that contribute to active aging, as well as on strategies that can be used by nurses.	Modify the current configuration that favors curative and rehabilitation actions instead of promoting health for healthy aging.
CAVALCANTI et al (2016)	Active aging and lifestyle: a systematic review of the literature	Study interdisciplinary grow old	Conduct a systematic review of articles on active aging and social determinants related to lifestyle	Healthy practices, even if adopted only in old age, proved to be effective in achieving well-being.
MALLMANN et al (2015)	Health education as the main alternative to promote the health of the elderly.	Science & Collective Health	Identify the scientific evidence on health education actions aimed at promoting the health of the elderly	Health education actions for the elderly need methodologies that consider the complexity of the aging process and relate the factors that surround the individual, such as beliefs, values, norms and ways of life
PATROCINIO (2015)	Practical activities for Active Aging	Kairos Gerontology Magazine	Present a series of practical activities aimed at healthy aging, based on the perspective of Paulo Freire and the Active Aging Policy (WHO)	The activities carried out in a multidisciplinary way, with adequate content, aim at changing individual behaviors.

Table 1: Sources used in the study.

Source: Elaborated by the authors

this activity is fundamental for active aging, due to the benefits provided for maintaining health and interaction with the social environment.

For Oliveira et al (2020), the guidance on eating that, when carried out in a healthy way every 3 hours, contributes positively to active aging, always giving preference to fruits, in addition to carrying out activities and having good relationships.

Sciama et al (2020) report that the bond with family members and the care provided by the multidisciplinary team help, because through them, this population feels welcomed, when their relatives are concerned and monitor the treatment of this very peculiar period of life.

CONCLUSION

This study aimed to identify health education actions for the elderly carried out by nurses for a good active aging, in which the results were achieved.

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