

ACTIONS AND ACTIVITIES DEVELOPED BY NURSING AT THE PSYCHOSOCIAL CARE CENTER: INTEGRATIVE LITERATURE REVIEW

AÇÕES E ATIVIDADES DESENVOLVIDAS PELA ENFERMAGEM NO CENTRO DE ATENÇÃO PSICOSSOCIAL: REVISÃO INTEGRATIVA

ACCIONES Y ACTIVIDADES DESARROLLADAS POR LA ENFERMERÍA EN EL CENTRO DE ATENCIÓN PSICOSSOCIAL: REVISIÓN INTEGRADORA

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ABSTRACT

Objective: to describe what has been produced scientifically about the actions and activities developed by the nursing professionals in the Psychosocial Care Centers **Methodology:** It is an integrative review of the literature, carried out in the databases SciELO, LILACS and BDENF, in the months of April and May, where the sample was of 11 studies. Results: Some of the actions and activities are: reception, home visits, workshops and therapeutic groups, family consultation, CAPS organization, team meeting, external activities, income generation, PTS; in addition to: nursing consultation, medication administration, health education, therapeutic communication, verification of vital and curative signs. **Conclusion:** The actions and activities are quite diverse, depending on the public of users who attend the CAPS, and who, in the majority, are exercised by the nursing team or in a collective way with other professionals of other categories. Some positive and negative characteristics are also presented, which are factors that may even potentialize or weaken work in services.

Descriptors: Nursing; Mental Health; Mental Health Services.

RESUMO

Objetivo: descrever o que se tem produzido cientificamente sobre as ações e atividades desenvolvidas pelos profissionais de enfermagem nos Centros De Atenção Psicossocial. **Metodologia:** Trata-se de uma revisão integrativa da literatura, realizada nas bases de dados SciELO, LILACS e BDENF, nos meses de abril e maio, onde a amostra foi de 11 estudos. **Resultados:** Algumas das ações e atividades são: acolhimento, visitas domiciliares, oficinas e grupos terapêuticos, consulta familiar, organização do CAPS, reunião de equipe, atividades externas, geração de renda, PTS; além de: consulta de enfermagem, administração de medicamentos, educação em saúde, comunicação terapêutica, verificação de sinais vitais e curativos. **Conclusão:** As ações e atividades são bastante diversificadas, a depender do público de usuários que frequentam os CAPS, e que, na maioria, são exercidas pela equipe de enfermagem ou de forma coletiva com os demais profissionais de outras categorias. Apresentam-se, também, algumas características positivas e negativas que são fatores que podem até potencializar ou fragilizar o trabalho nos serviços.

Descritores: Enfermagem; Saúde Mental; Serviços de Saúde Mental.

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RESUMEN

Objetivo: describir lo que se ha producido científicamente sobre las acciones y actividades desarrolladas por los profesionales de enfermería en los Centros de Atención Psicosocial.

Metodología: Se trata de una revisión integrativa de la literatura, realizada en las bases de datos SciELO, LILACS y BDNF, en los meses de abril y mayo, donde la muestra fue de 11 estudios.

Resultados: Algunas de las acciones y actividades son: acogida, visitas domiciliarias, talleres y grupos terapéuticos, consulta familiar, organización del CAPS, reunión de equipo, actividades externas, generación de ingresos, PTS; además de: consulta de enfermería, administración de medicamentos, educación en salud, comunicación terapéutica, verificación de signos vitales y curativos.

Conclusión: Las acciones y actividades bastante diversificadas, a depender del público de usuarios que frecuentan los CAPS, y que, en su mayoría, son ejercidas por el equipo de enfermería o de forma colectiva con los demás profesionales de otras categorías. Se presentan también algunas características positivas y negativas que son factores que pueden incluso potenciar o debilitar el trabajo en los servicios.

Descriptor: Enfermería; Salud Mental; Servicios de Salud Mental.

INTRODUCTION

Nursing is present in assistance to people in mental distress even before the psychiatric reform movement, with its activities initially performed in psychiatric hospitals, where the main responsibilities were surveillance, maintain order, control of individuals through violent and coercive measures in addition to maintenance of drug therapy and aid in the psychiatric medical procedures performed. These functions characterized the model of care provided at the time centered on asilar.¹ control

With the advent of the Psychiatric Reform in the late 70s, started with the Movement of Workers of Mental Health (MTSM), and counted on the participation of nursing professionals working in

psychiatric hospitals, began the discussion in society about changing the treatment and mental health care, questioning the asylum current model and rather promoted and funded by the government and private institutions in época.¹

In the face of all these changes of a social nature on mental health, began to emerge new services community characteristics, where subjects can be assisted in society, in the community and not isolated in hospitals. And with the approval of Law 10,216 in 2001, which redirects the care of mental patients, the idea took force majeure and national support, legitimizing the changes in the mental health field. It was from 2002 that were created the Centers for Psychosocial Care (CAPS), which are the main mental

health services under the Unified Health System (SUS) of land, open and community character to assist people with mental disorders .2

In the organization and establishment of CAPS, regulated by the publication of the decree No. 336 of the Ministry of Health, we can see that the nursing professional is also part of human resources to assist in this new model of care and attention, within the terms and specifics of CAPS as CAPS I, II or III, directed to the young and adult care; CAPS_{ad} for people who need mental health care for the abuse of alcohol and other drugs; and CAPS_i, directed to the care of children and adolescents with disorders mentais.3

After years of achievements and changes in the scope of mental health care, with the publication of decree No. 3088 of the Ministry of Health, Psychosocial Care Network that was created in order to coordinate and expand the points of mental health care was instituted people who have mental disorders within the SUS, ensuring the care of integrity for these individuals, through various services, in addition to CAPS, such as therapeutic Residences, mental health beds in General Hospitals, Social Centers, Collection Units between others.4

Although the emergence of diverse mental health services, the CAPS still remains the main strategy used by many municipalities in assistance to people with mental disorders. Nursing professionals, mid-level and above, makes up the CAPS team just professional qualifications and are responsible for providing care and assistance necessary for psychosocial rehabilitation of individuals through various strategic terapêuticas.5

Knowing that nursing plays an important role in the care with the person with mental disorders, we need to know the most developed actions and activities in public mental health services, in order to understand how organized the rehabilitation process and what potential or vulnerability the performance of these actions can cause in the work and assistance of the users CAPS.6

Thus, this paper aims to describe what has been produced scientifically about the actions and activities of the nursing professionals in Psychosocial Care Centers. To achieve this goal have been established working strategies presented below.

METHODS

It is an integrative review of the literature from performed copilado results

taken from trials produced. This methodology provides the creation of a work containing the summary of scientific literature on a given subject, and this technique an instrument of research from the Based Practice Evidências.⁷

This work was done the following steps: 1) preparation of the research question; 2) determination of sample (inclusion and exclusion criteria); 3) data collection; 4) Data analysis; 5) a discussion of the data produced; and 6) the presentation revisão.⁷

The question that guided the development of the research was: "What you have produced scientifically about the actions and activities of the nurses working in mental health services?". The search for

the selected articles was conducted in April and May 2018.

a search was conducted in the databases Scientific Electronic Library Online (SciELO) Latin American and Caribbean Health Sciences (LILACS) and the Nursing Database (BDENF) separately through the following strategy: "Nursing" AND "Psychosocial Care Center". They were found to total 604 that were submitted to the inclusion criteria for articles published in the last five years, complete file available in Portuguese, English and Spanish. There remained 179 articles were analyzed by reading the title and abstract. Exclusion criteria were: review papers, monographs, dissertations or theses. The process of selection of items can be seen in the table below:

Table 1 - Description of the selection process of articles, Maceió, Alagoas, Brazil, in 2018.

Treatment Articles	SciELO	LILACS	BDENF	TOTAL
Search for descriptors	114	266	224	604
Applying the inclusion and exclusion criteria	47	74	58	179
After internal analysis of articles	5	4	2	11

Source: Research data, in 2018.

After the whole process of selecting articles, the same were analyzed according to the research question and issue. Because it is a work that aims to portray the actions and activities developed by patients in mental health services, one of the

substitutes devices Psychosocial the Brazil⁸ Care Network, could not be included works which reflect the reality of other services or other countries.

The authors used the instrument validated by Ursi⁹ for internal and external

analysis of the articles and extraction of information related to their content. The internal analysis was the withdrawal from the results of studies all actions and activities developed by patients in mental health services. The internal analysis consisted of extracting information such as the title of the article; database where they were found, periodicals and year of publication; languages; Qualis; methods, such studies and approaches chosen for its development.

After internal analysis of the studies, the developed actions and activities that emerged were grouped into two categories: 1) activities developed exclusively for nursing and 2) activities

with other professionals of CAPS. The data is immediately presented me again.

RESULTS

From the eleven selected articles for review, information regarding the studies were extracted. The first was the database, where 45% is indexed in SciELO, 36% and 18% in LILACS in BDENF. Regarding the journals in which the articles were published, it was quite diverse journals, with repetition of the journal Text & Nursing context twice and the Journal of the Northeastern Nursing Network three times, as shown in the table below.

Table 2 - Distribution of articles selected and analyzed, according to title, year, authors, magazine, completion of the articles. Maceió, Alagoas, Brazil, in 2018.

STUDY	AUTHORS	TITLE	YEAR	MAGAZINE	DATA BASE
1	Santos NS; Spyridon E; Heifer, ALQ; Cavalcante, ACG; Souza ACS; Silva KKC.	Nurses' perception of advantages and constraints of their practices in health services mental ¹⁰	2013	Journal of Nursing	LILACS
2	Kantorski LP; Guedes AC; Feijo AM; Hisse CN.	Medication agreed as a therapeutic resource in the work process of a CAPS: contributions to enfermagem ¹¹	2013	Text & Context Nursing	SCIELO
3	Lopes mp; Garcia APRF; Toledo VP.	Nursing process in nursing daily in Psicossocial ¹² Care Centers	2014	Journal of Northeastern Nursing Network	BDENF
4	Almeida ANS; NMR feitosa; Boesmans EF; Silveira LC.	Clinical Nursing Care in Mental Health: Reflection on the practice of Enfermeiro ¹³	2014	Journal of Research: Care is Fundamental	LILACS

5	Maynard WHC; Albuquerque MCS; Brêda MZ; Jorge JS.	The qualified listening and welcoming the attention Psicossocial14	2014	Acta Paulista Nursing	SCIELO
6	Moll MF JF Alves, DC Silva, Faria TDS, Ventura CAA, Silva LD.	Therapeutic interventions for people with schizophrenia accompanied by a Care Center Psicossocial15	2015	Portuguese Journal of Mental Health Nursing	SCIELO
7	Franzoi MAH; Santos JLG; Backes VMS; FRS branches.	musical intervention and care strategy in nursing children with Spectrum Disorder Autimo in a Care Center Psicossocial16	2016	Text & Context Nursing	SCIELO
8	Salimena LOVE; Ferrugini RRB; Melo MCSA; Amorim TV.	spirituality of understanding for patients with mental disorders: contributions to the care of enfermagem17	2016	Nursing Journal of Rio Grande do Sul	SCIELO
9	Brandao TM; Brêda MZ; YCML birth; Albuquerque MCS; Albuquerque RS.	The practice of nurses in psychosocial care: vulnerabilities and potential presentes18	2016	Nursing Journal of UFPE	BDENF
10	Biffi D; Nasi C.	user expectations about the practice of nurses at a care center Psicossocial19	2016	Journal of Northeastern Nursing Network	LILACS
11	FLS strong, Peres MAA, TCF Santos, Martins GCS, Montenegro HRA, Almeida Filho AJ.	Nurse in mental health: conceptions of professional qualification in a Care Center Psicossocial20	2017	Journal of Northeastern Nursing Network	LILACS

Source: Research data, 2018

O ano de publicação dos artigos também foi bastante variado, onde pôde-se constatar que 36% dos artigos foram publicados no ano de 2016, 27% em 2014, 18% em 2013, 9% em 2015, e 9% em 2017. Todos os artigos foram publicados no Brasil, levando em consideração o objeto de estudo relacionado às características da enfermagem nos Centros De Atenção Psicossocial, um serviço do

Brasil⁸, tornando inviável a inclusão de artigos que retratassem a realidade dos serviços de atenção em saúde mental de outros países. Referente ao idioma de publicação, 55% foi publicado em português e inglês, 36% apenas em português e 9% apenas em inglês.

Foi possível também verificar o Qualis para a área de Enfermagem das revistas onde os artigos foram publicados,

sendo 45% com Qualis B1, 36% com Qualis A2 e 18% com Qualis B2. Isso pode demonstrar que os estudos seguem um rigor metodológico e com certa qualidade nas publicações, tendo em vista a concentração das publicações em revista de alto Qualis.

A respeito dos métodos empregados nos artigos, foi analisado que 100% das pesquisas utilizaram a abordagem qualitativa, e apenas 82% desses deixaram claro o método adotado. Sobre o tipo de estudo, observou-se que 73% dos artigos deixaram o tipo de estudo claro, onde a maioria utilizou o estudo descritivo e o exploratório, associado a outros tipos de estudos, como o

fenomenológico, histórico-social e relato de experiência.

Quanto ao conteúdo dos artigos, 74% dos artigos analisados tratavam-se das práticas e o processo de trabalho da enfermagem nos serviços de saúde mental e os outros 26% tratavam-se das condições de trabalho, formação dos profissionais e o impacto na vida de no trabalho dos profissionais de enfermagem. Desta forma, as ações e atividades desenvolvidas pelos profissionais de enfermagem encontrados nos estudos estão descritas no quadro 3. Algumas dessas atividades são compartilhadas com os demais profissionais, outras são de exclusividade dos profissionais de enfermagem.

Quadro 3 – Ações e Atividades desenvolvidas pela Enfermagem nos CAPS, Maceió, Alagoas, Brasil, 2018.

Enfermagem e demais categorias profissionais	Equipe de Enfermagem
Acolhimento ^{5,8}	Supervisão da Equipe de Enfermagem ^{1,11}
Visitas Domiciliares ^{3,4,10}	Sistematização da Assistência de Enfermagem ^{1,11}
Oficinas e Grupos Terapêuticos ^{6,7}	Consulta de Enfermagem ^{5,10}
Consulta Familiar ^{4,3}	Administração de Medicamentos ^{2,3}
Organização do CAPS ^{1,3}	Educação em Saúde ^{4,9}
Reunião de Equipe ^{1,11}	Comunicação Terapêutica ^{5,8}
Atividades externas com os Usuários ^{1,9}	Verificação dos Sinais Vitais ^{3,9}
Projeto Terapêutico Singular ^{8,9}	Realização de Pequenos Curativos ^{3,9}

Fonte: Dados da pesquisa, 2018.

Além dessas ações e atividades desenvolvidas, foi possível também encontrar algumas características positivas e negativas sobre a enfermagem nos

estudos e que podem ser fatores de potencialidades ou vulnerabilidades do trabalho desses profissionais nos CAPS, como mostra o quadro abaixo:

Quadro 4 – Características Positivas e Negativas da Enfermagem nos CAPS, Maceió, Alagoas, Brasil, 2018.

Características Positivas	Características Negativas
Profissionais que mais criam vínculos com os usuários dos serviços ^{12, 17, 19, 20}	Falta de preparo dos Profissionais da Enfermagem ^{11, 15, 19, 20}
Facilidade no trabalho multiprofissional ^{13, 17}	Sobrecarga no Trabalho ^{10, 16, 18}
Participa ativamente do processo de reabilitação Psicossocial ^{12, 14}	Trabalham com pouco recurso e em estruturas desfavoráveis ^{10, 16}

Fonte: Dados da pesquisa, 2018

DISCUSSÃO

O profissional de enfermagem, além de uma exigência da política de saúde mental, é um profissional necessário para desempenhar atividades relacionadas à assistência à pessoa em sofrimento mental. O profissional de enfermagem, seja ele de nível superior ou médio, contribui de forma significativa para o trabalho nos CAPS.⁶

Assim, entre algumas das atribuições específicas da enfermagem estão: utilização da Sistematização da Assistência de Enfermagem (SAE) e o Processo de Trabalho da Enfermagem (PTE) que direciona e organiza o cuidado de Enfermagem para os indivíduos e familiares. Ações relacionadas ao fazer da enfermagem, como administração de medicamentos, verificação de sinais vitais, realização de consulta de enfermagem aos usuários e familiares. Os profissionais de enfermagem acabam por ser responsáveis, muitas vezes, pelas medicações dos usuários. Eles orientam sobre o uso da

medicação, sobre os efeitos colaterais, a importância da terapêutica medicamentosa, algumas vezes administrando no próprio CAPS os medicamentos.²¹

Os profissionais de enfermagem participam constantemente das ações de educação em saúde nos CAPS. Trabalhar a promoção da saúde e prevenção dos agravos é algo intrínseco do fazer da enfermagem, pois está diretamente ligada a sua formação para a qualidade de vida e assistência em saúde dos sujeitos. Desta forma, quando necessário, a equipe de enfermagem realiza a verificação dos sinais vitais dos usuários, além de realizar procedimentos como pequenos curativos. Esses procedimentos dependem dos materiais disponíveis nos serviços.²²

Outra atividade muito desempenhada pela enfermagem nos CAPS são as visitas Domiciliares, que é onde esses profissionais realizam a busca ativa pelos usuários e seus familiares quando os mesmos desistem do tratamento, prezando pela sua. Isso é uma preocupação

constante desses profissionais. As visitas domiciliares, algumas vezes, são comprometidas pela falta de transporte, mas os profissionais fazem o possível para manter a assistência sem prejuízos.⁶

The nurses also perform outside activities with users, all this is within the Therapeutic Project Singles, which are built between professionals and users, in order to prioritize psychosocial rehabilitation of these subjects favoring autonomy. Nursing actively participates in this building, through the nurse who's who of the team is training for this trabalho.⁶

A very interesting feature of nursing professionals is that they end up being professional users to create more link within the service. Nursing promotes the host within the service, which does not mean it is an exclusivity of these professionals, but we found that they are the ones who keep in touch with users. This characteristic of nursing is always present is inherent in the profession, as in most health care nursing professionals are the ones who are more in touch with users, which enables the creation of bonding and trust. This will also depend on the professional be open to such acontecimento.²²

Of nursing practices in care through psychosocial rehabilitation with the person

in mental distress, we can identify the use of therapeutic communication, qualified listening, participation in the creation of the Therapeutic Project Single, participation of therapeutic workshops, participation in income-generating activities , among others. Nursing can contribute to the psychosocial rehabilitation process user, like any professional service, though often these activities remain limited only to psychologists, occupational therapists, workshop instructors, among others.⁶

Nursing also plays its activities in an interdisciplinary manner, with the participation of other professionals in the same way that it contributes participating in the activities of other professionals. It was found that nursing has no problem desempenhas their group activities with other professionals, strengthening the psychosocial rehabilitation process where the work is carried out jointly, not just individual. Teamwork is paramount in CAPS and depends on the professional perspective on their role and the role of the team too. The way the professional sees the team can directly interfere with the activities serviço.⁵

A matter of concern identified in the study is the lack of education and training of nurses to work in mental health

services. Few get to do a specialization course or training. The mental health training for nurses is an issue that permeates the graduation, but often the contents are fragmented and superficial, limited, which can not adequately prepare professionals to work in assisting the person in distress mental²³. It was also noticed that most professionals do not receive training to work by the bodies that manage the service, which can directly impact on direct assistance to the service user, since these professionals can not understand what their role in assisting . Thus,

It is clear, too, that nursing often works in services where the structure is poor and with few resources and materials to develop therapeutic activities, which can cause physical and psychological strain of the professionals, the exerted effort to provide assistance complete, even in difficult situations, which is a picture of most mental health services in Brasil²⁵.

CONCLUSION

The study shows that the nurse who works in the mental health services plays very diverse actions and activities, depending on the audience of users who frequent CAPS, and mostly are performed by the nursing staff or collectively with

others professionals from other categories. They present also some positive and negative features which are factors that can enhance or weaken to work in services.

It is noticed that the activities performed by nurses are more related to the exercise of the profession itself and that are important to the operation of CAPS. Most of the studies show that these professionals have a significant part to the effectiveness of assistance in these services, working directly with users of CAPS.

Although the activities performed by nurses are more related to the profession process, the nursing professional can contribute significantly in the psychosocial rehabilitation process collectively.

The limitation of this study is the small number of studied articles, which can not fully portray the actions and activities carried out by these professionals in Brazil's services. We suggest are conducted new research to meet the nursing work process that works and works in the mental health services.

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RECEIVED: 07/08/2018

OK: 11/12/2018

PUBLISHED: 12/2018