SCIENTIFIC EVIDENCE REGARDING THE PRACTICE OF HOSPITALIZATION IN PATIENTS WITH COVID - 19

EVIDÊNCIAS CIENTÍFICAS FRENTE A PRÁTICA DO ACOLHIMENTO EM PACIENTE COM COVID – 19

EVIDENCIA CIENTÍFICA SOBRE LA PRÁCTICA DE ACOGIDA A LOS PACIENTES CON COVID - 19

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ABSTRACT:

Objective: To analyze the scientific evidence regarding the practice of welcoming patients with COVID-19. Method: Descriptive study carried out through an integrative literature review, publication scientific publications available in the LILACS, Medline and BDENF databases, which were searched through the Health Sciences Descriptors (DeCS) that were prevented in a paired way, some aspects as a methodology, and level of scientific evidence, as a final sample 13 articles. Results: After the analysis of 13 articles, there was a concern of health institutions regarding the mental health of patients with COVID-19, implementing actions: such as calling videos, cell phone application audios, such as photographsoffamilymoments, andfromchildhood, the making of murals that represent the moment the patient's evolution. Conclusion:Thus, it is clear that institutions are concerned with the mental health of professionals and clients, evidenced by the implementation of technologies that favor the reception.

Descriptors: Host; Mental Health; Nursing; COVID-19; Health Services.

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RESUMO:
Objetivo: Analisar as evidências científicas frente a prática do acolhimento ao paciente com COVID-19. Método: Estudo descritivo realizado por meio de revisão integrativa da literatura, utilizando publicações científicas disponibilizadas nas bases de dados LILACS, Medline e BDENF, que se buscou por meio dos Descritores em Ciências da Saúde (DeCS) que foram analisados de forma pareada, alguns aspectos como metodologia, e nível de evidência científica, como amostra final 13 artigos. Resultados: Após a análise de 13 artigos, observou-se uma preocupação das instituições de saúde frente a saúde mental dos pacientes com COVID-19, implementando ações: como os vídeos chamada, os áudios de aplicativo do celular, as fotografias de momentos de família, e da infância, a confecção de murais que representa o momento a evolução do paciente. Conclusão: percebe-se que as instituições se preocupam com a saúde mental dos profissionais e clientes, evidenciado pela implementação das tecnologias que favorecem o acolhimento.
Descritores: Acolhimento; Saúde Mental; Enfermagem; COVID-19; Serviços de Saúde.

INTRODUCTION
Acute respiratory tract infection was defined by the WHO as the Sars-Cov-2 virus, potentially discovered in Wuhan, China, causing a global outbreak. The most common symptoms associated with COVID-19 are: malaise, cough, fever, fatigue, sore throat, headache, body aches, nasal congestion, diarrhea and nausea. In addition to these signs and symptoms, the patient may present with anosmia (loss of smell), change in taste, persistent pressure in the chest and dyspnea, progressing to a severe drop in saturation, ≤90% or even death.

The spread of the virus occurs mainly via direct contact through respiratory droplets and through aerosol particles; indirect contagion through contaminated surfaces and objects is also possible. However, this whole transmissibility chain is being clarified, as well as the most promising therapy. It is known that
protective measures, such as the use of masks, social distancing and hand washing are essential at this time.\textsuperscript{2,3}

It is noticed that the evolution of the disease leads to physiological compromise, and that its durability depends on each case, since many patients can spend months in a hospitalization unit, and in this process, several needs emerge, and in this process several needs emerge, such as the promotion of contact with the closest human being, who are the health professionals.\textsuperscript{4}

It is a challenge to promote this contact, and thus carry out the reception, because forms of protection such as Personal Protective Equipment are one of the factors that promote this distancing; meanwhile, some actions are being implemented so that the reception can occur.\textsuperscript{4}

It is important to remember that welcoming is defined as the act of welcoming, identifying the client's needs, and respecting their deepest diversity. Moreover, in nursing care, this practice is essential, as it mediates integral care in which dialogue and the patient's complaints are valued, creating bonds, promoting responsible conduct and qualified listening, thus making care more humanized.\textsuperscript{5}

In view of this, it is emphasized that such a practice must be carried out so that the two axes, both professionals in the area and patients, promote actions in this spectrum to enhance health self-management. And in that sense, this study aimed to analyze the scientific evidence regarding the practice of welcoming patients with COVID-19.

**METHODOLOGY**

An integrative literature review was carried out, as it gathers and summarizes research results on a delimited topic, in a systematic and organized manner, contributing to the deepening of knowledge of the investigated topic.\textsuperscript{6}

To conduct this study, the following six steps of the integrative review development process were followed: development of the guiding question; establishment of review objectives and criteria for inclusion and exclusion of articles; definition of information to be extracted from the research; selection of articles from the literature; analysis of results; discussion of findings; and presentation of the review.\textsuperscript{6}

To conduct this review, the following guiding question was formulated: What is the importance of welcoming patients with COVID-19? For the selection of articles, online access to the Virtual Health Library (VHL) databases was used; Latin American and Caribbean Health Sciences Information System (LILACS); Nursing database
(BDENF) and Scientific Electronic Library Online (SciELO).

For the survey of publications, the descriptors registered in the Health Sciences Descriptors (DeCS) and Medical Subject Headings (MeSH) were used: “Welcoming”, “Covid-19” and “Mental Health” (in Portuguese), being combined, through the Boolean connector “AND” with the descriptor “Nursing”, inserted through the form for advanced search.

The survey was carried out from October to December 2020. The inclusion criteria used to select the analyzed articles were: available complete articles that discussed the importance of welcoming patients with Covid-19. The exclusion criteria applied were: articles in editorial format and letters to the editor. It is noteworthy that the time frame of the last year is a recommended strategy for qualifying the research.

To carry out the sample analysis, an adapted instrument was used (Chart 1), which included the following aspects: article title, journal, year, design and objective. The authors used in this study were properly referenced, respecting and identifying the research sources, observing ethical rigor regarding the intellectual property of the scientific texts that were analyzed, with regard to the use of content and citation of parts of the works consulted. In order to maintain quality studies in this investigation, the pre-selected articles (Chart 1) were evaluated as relevant and methodologically adequate, using a form for evaluating studies prepared by the Critical Appraisal Skills Programme (CASP). Studies that achieved a score of 7 out of the maximum possible 10 points were included in the sample.

After the electronic search procedure in the aforementioned databases, the articles were evaluated by four reviewers, and the results were subsequently compared, in order to certify that the articles met the inclusion criteria. Thus, the publications were pre-selected based on reading the title and abstract. Then, the previously selected articles were read in full, identifying the articles that made up the final sample of this integrative review.

The initial sample consisted of 75 articles; however, after applying the established criteria, a final sample of 13 studies was obtained, as explained in Figure 1.
Figure 1 - Methodological path of the integrative literature review, 2020.

RESULTS

Chart 1 summarizes the information provided by the articles that were included in the literature review.

Table 1 - List of articles that belong to the axis of the theme in question, according to criteria, São Paulo/SP, 2020

<table>
<thead>
<tr>
<th>Article title</th>
<th>Journal</th>
<th>Year</th>
<th>Design</th>
<th>Objective</th>
</tr>
</thead>
<tbody>
<tr>
<td>O Processo de morrer e morte de pacientes com COVID-19: uma reflexão à luz da Espiritualidade.</td>
<td>Revista Cogitare Enfermagem</td>
<td>2020</td>
<td>Exploratory Study</td>
<td>Analyze the context of death, for family members, patient, in the midst of this imminent state of loss.</td>
</tr>
<tr>
<td>Virtual visits to inpatients by their loved ones during COVID-19</td>
<td>Revista Clinics</td>
<td>2020</td>
<td>Field study</td>
<td>Analyze the context of psychic suffering, through loneliness, and how to solve this problem through virtual means of communication.</td>
</tr>
<tr>
<td>Study Title</td>
<td>Journal/Source</td>
<td>Year</td>
<td>Study Type</td>
<td>Abstract</td>
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<tr>
<td>The COVID-19 pandemic, social isolation, consequences on mental health and coping strategies: an integrative review</td>
<td>Research, Society and Development.</td>
<td>2020</td>
<td>Applied Study</td>
<td>Analyze the psychological and social impacts at different levels of intensity and severity in the scenario during the pandemic.</td>
</tr>
<tr>
<td>As relações familiares diante do COVID-19: recursos, riscos, e implicações para a prática da terapia de casal e família.</td>
<td>Periódicos Eletrónicos de Psicologia (PePSIC)</td>
<td>2020</td>
<td>Field research</td>
<td>Knowing expectations of work and remote teaching, leisure, visiting family and meeting with friends due to COVID-19.</td>
</tr>
<tr>
<td>Saúde mental, Experiência e cuidado: Implicações da pandemia de COVID-19</td>
<td>Periódicos Eletrônicos em Psicologia (PePSIC)</td>
<td>2020</td>
<td>Field research</td>
<td>Describe how much the pandemic has affected public health, causing emotional disorder, due to the denialist position.</td>
</tr>
<tr>
<td>Inatividade física, obesidade e COVID-19: perspectivas entre múltiplas pandemias</td>
<td>Revista Brasileira de Atividade Física. &amp; Saúde.</td>
<td>2020</td>
<td>Essay prepared from historical assumptions</td>
<td>Describe the importance of physical activity to minimize other factors where the pandemic has been affecting, (obesity and psychological).</td>
</tr>
<tr>
<td>COVID-19 e os impactos na saúde mental: uma amostra do Rio Grande do Sul, Brasil</td>
<td>Ciência &amp; Saúde Coletiva.</td>
<td>2020</td>
<td>Cross-sectional and quantitative study, exploratory in nature</td>
<td>Investigate factors related to the risk of mental disorders during the pandemic.</td>
</tr>
<tr>
<td>Impact of COVID-19 on mental health in a Low and MiddleIncome Country</td>
<td>Ciência &amp; Saúde Coletiva.</td>
<td>2020</td>
<td>Qualitative research</td>
<td>Discuss the effects of the COVID-19 pandemic on mental health in a low- and middle-income country.</td>
</tr>
<tr>
<td>Impact on Mental Health Due to COVID-19 Pandemic: Cross-Sectional Study in Portugal and Brazil</td>
<td>Int J Environ Res Public Health</td>
<td>2020</td>
<td>Cross-sectional quantitative study</td>
<td>To describe the mental health status of the general adult population in Portugal and Brazil during the COVID-19 pandemic and analyze the differences between the two countries.</td>
</tr>
<tr>
<td>Impact on mental health and perceptions of psychological care among medical and nursing staff in Wuhan during the 2019 novel coronavirus disease outbreak: A cross-sectional study</td>
<td>Brain, Behavior, and Immunity</td>
<td>2020</td>
<td>Cross-sectional quantitative study</td>
<td>Analysis of the mental health status of the multidisciplinary team and the effectiveness of linking psychological needs to receiving care.</td>
</tr>
</tbody>
</table>

Source: Latin American and Caribbean Health Sciences Information System (LILACS), Scientific Electronic Library Online (SciELO) and Nursing Database (BDENF), Medical Literature Analysis and Retrieval System Online (MEDLINE)
The bibliographic survey carried out in the SciELO electronic library and in the LILACS and BDENF databases, from October to December 2020, found a total of 13 publications that met the established inclusion criteria. Through the analysis of the selected articles, it was found that (46.66%) of the studies were found in SciELO.

It was observed that publications that occurred from the year 2020 prevailed. However, examining the process of structuring the analysis of the sources, the similarities of the descriptors between the journals were listed, as the findings denote that, of the 48 descriptors, five refer to Mental Health; eight, the Welcome; six, the Health Policy; nine, Health Services; four, mental health care and the other 14 refer to SARS-CoV-2.

Thus, in Figure 2, five types of therapeutic strategies used in studies as a practice of welcoming hospitalized patients with the diagnosis of COVID-19 are observed, as well as its objective and what it promotes.
Virtual visits via video call

Keep the patient close to loved ones, as it contributes to the improvement process and avoids emotional damage.

It promoted the humanization of the care provided, bringing comfort to the recovery of patients.

photographs

Allow the patient not to feel alone and always remember loved ones.

Bring comfort and positive benefits to the care of patients, promoting a comprehensive and assertive reception.

Religious articles

Maintaining a connection with religion, reducing the anxieties and uncertainties brought about by the moment of social distancing.

It promoted a decrease in anguish, high levels of uncertainty, which brought more emotional balance and comfort to patients.

Toys

Keep the distraction and mind busy in free moments, using classic toys, such as: word searches, board games, coloring books and modeling clay.

Greater connection with your inner self, mental health promotion and different ways to distract yourself through these less technological activities.

Clothes

Keeping patients in a state of connection with the family through pieces of clothing that remind one of a child, wife, etc., or through memories of moments.

The patient's loss of interaction and connection with the family was avoided and it promoted the maintenance of substantial memories for the embracement.

Figure 2- Therapeutic strategies for welcoming patients hospitalized with the diagnosis of COVID-19
DISCUSSION

Health in Brazil has, as a historically predominant care model, the practice focused on the disease, with a hospital focus, a commodified relationship between doctor and patient. Mental health, especially at this time of the pandemic, is one of the most complex situations that requires monitoring, attention and high professional responsibility.9-10

In this sense, the practice of welcoming in the context of patients with COVID-19 becomes an intervention tool in the qualification of listening, in addition to guaranteeing, in health services, the reorganization of work processes and access with accountability and resolution.11-12

The surveys of this study showed that this is one of the few moments in which humanity was faced with a virus that made it question the way society is organized. Some countries that have adopted quarantine and social isolation as protective measures against the spread of the new Coronavirus indicate possible psychological consequences of this mass confinement.13-15

At all levels of assistance, welcoming is certainly the first dimension of care. In view of the scientific evidence analyzed, the results showed a higher rate of anxiety, depression, harmful use of alcohol and lower mental well-being, compared to the usual population rates. In general, patients with confirmed or suspected COVID-19 may fear the potentially fatal consequences of the infection.16-17

Furthermore, the detailed analysis of these studies points out that social isolation increased the levels of boredom, loneliness, anger and influenced the emergence of sadness, since people were distant from affection, meetings with friends and good practices that corroborate for building good bonds.10-11

Studies show the need for both the patient and the family to have therapeutic strategies based on the recognition of the well-being of life, with sensitivity to make the patient have contact with the loved ones through technology, such as cell phones and other devices, in order to mitigate the trauma of distance and the lack of permission to say goodbye, prior to death.18

Therefore, it was confirmed that health professionals are capable of making a significant contribution to patients with COVID-19 by carrying out psychological interventions, seeking to promote their patients' mental health and minimizing the negative impacts caused to them as a result of this disease that is considered the greatest global public health emergency faced in recent decades.19

The professional, in addition to providing care, needs to work with family members and patients on the need for
isolation, providing the love and compassion of the loved ones in the midst of distancing. In this study, ways are worked to make the patient more welcoming, using religious objects, personal items brought by the families and video calls, which aim to make this process less painful and more welcoming.20

The nursing team plays a fundamental role in the practice of welcoming these patients hospitalized with COVID-19, as they establish prophylactic and restorative measures in the face of the pandemic scenario. Therefore, the technologies present in the evidence collected support a moment of isolation and allow contact between the patient and their family members.

To this end, the importance of producing and implementing these addressed strategies is highlighted, since these innovations in the health area help in the construction of care, in addition to allowing assistance in a holistic and humanized way.

FINAL CONSIDERATIONS

In this context, after analyzing the studies, it was noticed that health institutions have been concerned with the mental health of professionals and patients, implementing actions with the use of technology that can moderately allow welcoming, such as: video call, photos of family moments and family audios. In view of this, it is believed that such moments are fundamental for the emergence of coping strategies; however, it must be recognized that the intervention instruments are restricted, limited to listening and viewing through the screen, without the face-to-face meeting.

Meanwhile, some limitations guide the quantity of material that addressed the theme, as many doubts arise during this period, and it will certainly take time to understand the impact of the pandemic on reception strategies.

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