

USE OF NURSING THEORIES TO THE SYSTEMATIZATION OF THE PRACTICE OF THE NURSE: INTEGRATIVE LITERATURE REVIEW

UTILIZAÇÃO DE TEORIAS DE ENFERMAGEM NA SISTEMATIZAÇÃO DA PRÁTICA CLÍNICA DO ENFERMEIRO: REVISÃO INTEGRATIVA

USO DE TEORÍAS DE ENFERMERÍA PARA LA SISTEMATIZACIÓN DE LA PRÁCTICA DEL ENFERMERO: REVISIÓN INTEGRADORA

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ABSTRACT

Objective: to analyze how nurses use the nursing theories to the systematization of their clinical practice. **Methodology:** integrative review of literature. Searches were held in the databases BDENF, LILACS and SciELO. **Results:** 79% of the articles analyzed was emphasized the need to use a theoretical model for implementing the nursing process, being the most used the theory of adaptation of Callista Roy and Jean Watson, both used for the Nursing Process Performance implementation in 15.7% of the sample. One of the focus of its use, with 52%, the hospital primary care with 21% and 15% with home. **Conclusion:** although the brazilian nursing be considered one of the largest producers of scientific publications at present, includes a low utilization of nursing theories combined with the systematization of your do.

Keywords: Nursing; Nursing Theory; Nursing Process.

RESUMO

Objetivo: analisar como os enfermeiros utilizam teorias de enfermagem na sistematização de sua prática clínica. **Metodologia:** revisão integrativa da literatura, realizada nas bases de dados LILACS, BDENF e SciELO, de onde foram selecionados 19 artigos que compuseram a amostra. **Resultados:** em 79% dos artigos analisados foi enfatizada a necessidade de utilizar um modelo teórico para implementar o Processo de Enfermagem, sendo as mais utilizadas a Teoria da Adaptação de Callista Roy e a de Jean Watson, ambas utilizadas para a implementação da Sistematização da Assistência de Enfermagem em 15,7% da amostra. Dentre os ambientes foco de sua utilização, destaca-se o hospitalar com 52%, a atenção primária com 21% e o domiciliar com 15%. **Conclusão:** na enfermagem brasileira, que apesar de ser considerada uma das maiores produtoras de publicações científicas na atualidade, contempla-se ainda uma baixa utilização de teorias de enfermagem aliadas à sistematização do seu fazer específico.

Descritores: Enfermagem; Teoria de Enfermagem; Processo de Enfermagem.

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RESUMEN

Objetivo: analizar cómo los enfermeros utilizan teorías de enfermería en la sistematización de su práctica clínica. **Metodología:** revisión integrativa de la literatura, realizada en las bases de datos LILACS, BDNF y SciELO, de donde fueron seleccionados 19 artículos que compusieron la muestra. **Resultados:** en el 79% de los artículos analizados se enfatizó la necesidad de utilizar un modelo teórico para implementar el Proceso de Enfermería, siendo las más utilizadas la Teoría de la Adaptación de Callista Roy y la de Jean Watson, ambas utilizadas para la implementación de la Sistematización de la Atención en 15,7% de la muestra. Entre los ambientes focales de su utilización, se destaca el hospital con el 52%, la atención primaria con el 21% y el domicilio con el 15%. **Conclusión:** a pesar de que la enfermería brasileña es considerada una de las mayores productoras de publicaciones científicas en la actualidad, se contempla aún una baja utilización de teorías de enfermería aliadas a la sistematización de su hacer específico.

Descriptor: Enfermería; Teoría de Enfermería; Proceso de Enfermería.

INTRODUCTION

Nursing theories consist of a working framework that favors the development of scientific knowledge. As a result, the Nursing theories have been described in the literature as a possibility to provide scientific support to the care practice, in addition to providing safety and quality for nursing actions, as they make possible planned interventions that can be assessable in order to achieve better results, allowing visibility of the work in Nursing.¹

Since the advent of modern Nursing, through Florence Nightingale, one saw the need to combine research with care practices, paving the way for research aimed at the organization of the knowledge already produced. Knowledge theories² have subsidized the Systematization of Nursing Assistance (SAE), so that its application is made through the nursing

process. This is a working process model which organizes the assistance and directs care, allowing the development of activities that promote the safety of the user and professionals of the health system.³

Being and doing nursing need to be supported in bases that enable both the generation of new theories, such as the reformulation of the models they use, enhancing decision-making and execution of qualified nursing actions in different areas of professional insertion.⁴

When considering the combination of the skills acquired during the process of training and competence awakened from the awareness of the duty to provide a qualified care, one understands the need for nurses to incorporate the systematization of care to their daily tasks. For this, there are multiple factors that hinder the implementation of the SAE,

relating the untying of the action to any theoretical model, with all connected only to the application step of the conceptual model.⁵ It may even ask whether the other implementation efforts have sought to follow some conceptual model or are carried out empirically, with no theoretical model to subsidize the practice.

Assuming that combining the use of theories to the nursing process for the systematization of care enables the development of a qualified practice, one understands the importance of combining scientific knowledge with practical assistance, aiming at improvement of care, the quality of information, the organization of the service and the results obtained.

Considering this issue and the importance of the role of nurses in care, this study is guided by the following question: how nurses have used nursing theories to systematize their clinical practice? In order to answer this questioning, this study aims to: identify, in national and international literature, studies that depict the use of nursing theories in SAE.

METHODOLOGY

It is an integrative literature review. To develop the study the following steps were used: establishment of the guiding question; sampling or procedure to search in literature; categorization and assessment

of the studies included in the review; interpretation of results and synthesis of knowledge or presentation of review.⁶

The databases listed for identification of studies were: Latin American and Caribbean Health Sciences (LILACS), Nursing Databases (BDENF) and Scientific Electronic Library Online (SciELO).

Data collection was established in the period from December 2015 to February 2016. In the search strategy the descriptors used were: (1) - nursing process, (2) - nursing theory, according to the terminology of Descriptors in Health Sciences (DeCS), of the Virtual Health Library - (<http://decs.bvs.br>). The inclusion criteria used for the selection of the sample were: indexed articles resulting from primary research, available in full on the use of nursing theories to the systematization of clinical practice of the nurse, published from 2011 to 2015. Scientific articles that were not available in Portuguese, with no summary or unavailable in full and online and those that were not in accordance with the theme were excluded.

At the end of the search, forty-four articles (44) were identified in the databases LILACS, BDENF and SciELO. The summaries were read according to the relevance and property that they answered

the study objective. Scientific articles were pre-selected analyzed for the variables: year of publication; research subjects; objective of the research and the application of theory in practice.

Before those that corresponded to the objective proposed, 25 were excluded for not meeting the inclusion criteria. At the end, 19 papers were included in the sample of this review, which were filed electronically for analysis and are presented in Table 1, according to the year of publication, title, and their respective authors.

Data for each study were obtained using a tool designed for this purpose, the instrument for External and Internal Critical Analysis and subsequently analyzed by means of simple descriptive statistics.

The external analysis addressed the data on the following variables: indexing database, year of publication, language, origin and journal. The internal criticism has focused on the aspects related to

knowledge, considering these variables: results and conclusions. The information produced were organized with the support of tables and analyzed descriptively through simple and relative frequency of the variables under study, being grouped by issues relevant to the subject to facilitate the understanding of it.

RESULTS

From the search carried out, 44 publications were found in the following databases: 9.09% in LILACS; 15.9% in BDENF and 75% SciELO. It is important to point out that in SciELO no documents were found with the search strategies used for the other two bases, being necessary to adjust the search method. These studies were selected according to the criteria established, and 19 articles were shown to be contributing to the elucidation of the guiding question of this review, emphasizing that in BDENF database two publications were found, previously found in LILACS database.

Table 1 - Distribution of articles selected according to year, title and authors.

Ordem	Ano	Título	Autor(es)
1	2011	Sistematização da Assistência de Enfermagem: potencialidades reconhecidas pelos enfermeiros de um hospital público.	KRAUZER, Ivete Maroso; GELBCKE, Francine Lima
2	2011	Pessoas com úlceras venosas: estudo do modo psicossocial do Modelo Adaptativo de Roy.	COSTA, Isabelle Katherinne Fernandes et al .
3	2011	Da pesquisa à prática de enfermagem aplicando o modelo de adaptação de Roy.	COELHO, Sónia Margarida Santos; MENDES, Isabel Margarida Dias Monteiro.

4	2012	Sistematização da assistência de enfermagem na perspectiva dos enfermeiros: uma abordagem metodológica na teoria fundamentada.	MEDEIROS, Ana Lúcia de; SANTOS, Sérgio Ribeiro dos; CABRAL, Rômulo Wanderley de Lima.
5	2012	Competência para prestar cuidado de enfermagem transcultural à pessoa com deficiência: instrumento de autoavaliação.	PAGLIUCA, Lorita Marlena Freitag; MAIA, Evanira Rodrigues.
6	2012	Análise das respostas comportamentais ao câncer de mama utilizando o modelo adaptativo de Roy.	SANTOS, Letícia Rosa; TAVARES, Glaucia Batista; REIS, Paula Elaine Diniz dos.
7	2013	Assistência de enfermagem a uma puérpera utilizando a teoria de Horta e a CIPE	LEITE, Maria Clerya Alvino et al.
8	2013	Cuidado de enfermagem a pessoas com hipertensão fundamentado na teoria de Parse.	SILVA, Fabíola Vlândia Freire da et al.
9	2013	Teoria do cuidado transpessoal de Jean Watson no cuidado domiciliar de enfermagem a criança: uma reflexão.	GOMES, Ingrid Meireles et al.
10	2013	Demandas de cuidado domiciliar da criança nascida exposta ao HIV na ótica da teoria ambientalista.	LIMA, Ivana Cristina Vieira de et al.
11	2013	Modelo de atenção crônica: inserção de uma teoria de enfermagem.	FURTADO, Luciana Gomes; NOBREGA, Maria Miriam Lima da.
12	2013	Teoria de Tornar-se Humano na enfermagem ecológica: aplicando o método de avaliação de Meleis.	LINS, Glauce Araújo Ideião et al.
13	2014	Consulta coletiva de crescimento e desenvolvimento da criança à luz da teoria de Peplau	GURGEL, Polyanna Keitte Fernandes; TOURINHO, Francis Solange Vieira; MONTEIRO, Akemi Iwata.
14	2014	Implementação do processo de enfermagem em uma área da saúde: modelos e estruturas de avaliação utilizados.	HUITZI-EGILEGOR, Joseba Xabier et al
15	2014	A prática do cuidado do enfermeiro com famílias de criança à luz de Jean Watson.	SANTOS, Maiara Rodrigues dos, et al.
16	2015	Consulta de enfermagem a idosos: instrumentos da comunicação e papéis da enfermagem segundo Peplau.	SILVA, Juliana Paiva Góes da, et al.
17	2015	Construção e validação de conteúdo do histórico de enfermagem guiado pelo referencial de Orem.	DOMINGOS, Camila Santana, et al.
18	2015	Facilitadores do processo de transição para o autocuidado da pessoa com estoma: subsídios para Enfermagem.	MOTA, Marina Soares, et al.
19	2015	Teoria Ambientalista de Florence Nightingale: Uma Análise Crítica.	MEDEIROS, Ana Beatriz de Almeida; ENDERS, Bertha Cruz LIRA; Ana Luisa Brandão de Carvalho

Source: Authors, 2016.

The first variable analyzed was the year of release, in which 31.6% (06) of the articles were published in 2013 and the others divided between the years of 2011, 2012 and 2014, totaling respectively 15.7%

each one and 2015 with 21.5%. All the 19 studies reviewed were published in Portuguese, being important to note that despite the selected works have originated in Brazil, there is one from Spanish origin,

from Gipuzkoa, Basque Country province, located to the north of Spain. Moreover, no studies were found from other sources, probably because of the search criteria used and the characteristics of databases consulted.

Analyzing the vehicle of publication, 35.2% were published in the *Escola Anna Nery Revista de Enfermagem* (Anna Nery School Journal of Nursing); 15.7% of the *Revista Gaúcha de Enfermagem* (Gaúcha Journal of Nursing); 10.5% of the *Revista da Escola de Enfermagem da USP* (Journal of the USP School of Nursing); and other 10.5% of the *Rev. Texto & Contexto Enfermagem* (Rev. Text & Context Nursing). As for the other journals, it was found that they belonged to: *Revista de enfermagem da UFSM* (Journal of Nursing UFSM); *Revista Brasileira de Enfermagem – REBEn* (Journal of Nursing – REBEn); *Rev. RENE: Revista da Rede de Enfermagem do Nordeste* (Rev. RENE: Journal of the Northeastern Nursing Network); *Revista Latino-americana de Enfermagem* (Latin American Journal of Nursing), linked to Ribeirão Preto School of Nursing, University of São Paulo - USP; *Revista da Escola de Enfermagem da USP* (USP School of Nursing Journal) and *REME - Revista Mineira de Enfermagem*

Mineira Nursing Journal – REME), each one with 5.2% of representation, totaling 31.8%. In view of that, all the studies selected were published in national and international journals.

The internal criticism brings the aspects related to the content of the articles. As the results presented in the studies, we found that 79% emphasized the need to use a theoretical model to implement the nursing process (NP). The remaining 21% confirmed the effects of the construction and validation of data collection instruments for the nursing consultation, explaining that this practice provides grants to guide nurses to document the consultation under a theoretical framework. This bond generated between theory and instrument makes it significant for the nursing care, facilitating the provision of data to guide nurses' clinical decisions and collaborate to implement changes to nursing doing.

Still regarding the internal critique of the studies selected, we proceeded to the analysis of the conclusions contained in the documents, what made possible to identify the findings reached by these studies on the systematization of nursing care, which summarily, all studies were focused on the qualification of the nursing care.

In 100% of the studies, it was seen a consensus about the systematization of

nursing care constituting itself as a key tool in nursing work, since it allows, according to the authors, view the assistance practice of the professional and enables the valorization of his doing. Of the 19 articles analyzed, 52% had the hospital as the intervention environment for the application of a theoretical model or SAE, and its general public ranged from obstetric care in the pre/ post-natal periods, assistance to ostomates focusing on their basic needs and their process of adaptation, patients with chronic diseases, conducts to people with venous ulcers, and children.

As for the studies that focused on the Family Health Unit, 21% addressed the view of child care in his/her consultation on growth and development, and the practices when faced a person with Diabetes Mellitus (DM), patients with systemic arterial hypertension (SAH), in addition to the care provided to the elderly public seeking primary care.

Among the 15.7% that focused in the home environment, it was highlighted the article that featured the unfavorable environmental conditions for the health of the children born exposed to the human immunodeficiency virus (HIV). However, the others did not expose the exact location for intervention, covering any situation where it is necessary to intervene in the user's health.

As regards the theorists used in the argumentation of the articles, 11 theorists were identified, who are shown in Table 2. It was found that 15.7% discussed about the Adaptation Theory by Callista Roy; 15.7% on Jean Watson; 10.5% were debating about Florence Nightingale, with Theory of Manipulation of the Environment; besides 10.5% on Hildegard Peplau; 10.5% approached the references in Wanda Horta, discussing about the nursing process and the Theory of Basic Human Needs; 10.5% Afaf Ibrahim Meleis.

Table 2 - Distribution of items found according theorists.

Theorists	Qnt
Callista Roy	03
Jean Watson	03
Afaf Ibrahim Meleis	02
Wanda Horta	02
Florence Nightingale	02
Hildegard Peplau	02
Dorothea Elizabeth Orem	01
Madeleine Leininger	01
Rosemarie Rizzo Parse	01
Virginia Henderson	01

Barney Glaser and Anselm Strauss	01
Total	19

Source: Authors; 2016.

Furthermore, some articles were found, with the following theorists: Dorothea Elizabeth Orem; Madeleine Leininger; Rosemarie Rizzo Parse and Virginia Henderson, each one with 5.2% of representativeness. One article in particular stood out for its approach, although not directly addressing a Nursing theory, a Grounded Theory, or Classic Grounded Theory (Teoria Fundamentada nos Dados-TFD, translated into Portuguese). It is possible to be applied in nursing research and was used by the authors to operationalize the most appropriate theory to the moment.

DISCUSSION

The term theory refers to a systematic explanation of how the phenomena are interrelated. Its main objectives are: to give meaning to scientific results; summarize existing knowledge into coherent systems; stimulate further research; provide direction to study, as well as explain the nature of the relationships among the variables. Nursing theories are described as foundations to support the practice of good care, combined with the specific, structured and organized knowledge.⁷

Among the theorists most used by the authors, there is Callista Roy, who in her Adaptive model aims to contribute to the health, quality of life and death with dignity. She considers the primary objective of nursing, promoting the adaptation of individuals and groups in the four modes of adaptation: physiologic, self-concept, interdependence and role function.⁸

The person at Roy's Adaptive Model is a social, mental, spiritual and physical being, affected by environmental stimuli, with the human being meaning biopsychosocial system with the ability to adjust to the environment, as well as to modify it.⁹

In this sense, the nursing care viewed from the perspective of the Roy Adaptive Model, directs the nursing actions to cover the person receiving the care, considering him/her in totality, regarding his/her relations with internal and external environment.⁴ The goals aimed at restoring and/or maintaining the balance, being possible to relate them to the necessary interventions. Therefore, it is a holistic adaptive system, in continuous interaction with the changing environment.

The second most prominent theory was the Theory of Human Caring by Jean Watson, which is centered in the care concept and existential phenomenological assumptions, which brings the look beyond the physical body. The theory developed by Watson emphasizes nursing as the science of care¹⁰, provided it is based on metaphysical, philosophical and moral paradigms, respecting the human being in its unity and totality of mind-body-spirit providing a foundation for the profession and for caring.

There are disagreements between authors¹¹ about the proper use of the theoretical foundation of Watson by professional nurse. The concepts of the theory are little recognized in the practice of nursing. This directly reflects the implementation of assistance, and need a clear awareness of the importance of improving the knowledge and have the support of a theoretical framework for nursing, recognizing the relevance to articulate the elements of Jean Watson's theory in practice.

The environmental theory by Florence Nightingale, which was described in two (02) of the studies analyzed, comprises three main relations: the environment with the patient; Nurse with the environment and the nurse with the patient. She considers the environment as

the main factor acting on the individual generating a disease state. The precursor of nursing, with a view in the relations between human beings, the environment and nature, brought in her time, countless contributions to the improvement and development of health, keeping herself, to the present day, as a source of inspiration and target research for scholars around the world.^{12,13}

For Peplau the nurse should use the instruments of communication: listening, clarification and acceptance, and that nursing plays at least six key roles: strange, resource provider, teacher, leader, substitute and advisor.¹⁴

It is observed that theories often have common principles. As an example, not so far from reality proposed by Orem, is the Theory of Diversity and Universality of Cultural Care (TDUCC) by Madeleine Leininger, who seeks assistance, where the subject assisted has autonomy, freedom and power for decision making.¹⁵

Among the theorists described in the studies and that indicate the stimuli for the nurse to the protagonism of the subject in his/her treatment process, it is identified a study on Rosemarie Rizzo Parse, who considers the human being in an individual way and possessing free will. The nurse appears as mediator and collaborator in the

recovery or maintenance process of a treatment.¹⁶

It was noticed an increased use of nursing theories linked to the hospital environment. In order to the development and implementation of a care model in a hospital service, it is necessary to carry out a diagnosis of nursing team work¹⁷, highlighting the technical-scientific preparation of the nursing process as well as the existence of problems arising from a non-systematic care.

The nurses who are authors of the studies in analysis include the systematization of nursing care as a derivative work method of the scientific method. SAE develops through assistance that values nursing, improves the quality of care given and contributes to learning by relying on theoretical and philosophical frameworks that need to be studied and discussed among nurses.¹⁸

In the process of restructuring the process of nursing care, it is important the role of the nurse, who needs to reflect on the need to increase assistance with tools to guide the nursing practice in a safe, organized and competent way, standing out the nursing process, based on a theoretical model, appropriate through the systematization of nursing care.¹⁹

Despite the growing interest of the academic community to identify

improvements in the quality of care provided to the user, and the authors found referred the insertion of nursing theories in clinical practice, this study has limitations as few publications about the use of nursing theories in the systematization of nursing care in Brazil. Another identified limitation is related to the fact only the articles available in electronic databases, in Portuguese, were used, which may have contributed to other also relevant works have not been accessed and maybe not included in the research.

CONCLUSION

The study allowed understanding that, although the Brazilian nursing is considered one of the largest producers of scientific publications today, it still includes a low use of nursing theories, together with the systematization of their specific doing. It reflects the influence of the social and political context in which the profession is immersed, as well as their distance from reflections on their ontological aspects over which little has been addressed, in detriment of the epistemological ones.

There was concern of professionals who provide assistance with the use of nursing theories, clinging to it as an effort to value them, aiming the organization of the work, using their own profession

language and the production of new knowledge, which is a gradual maturation process that come from the academic training to his/her performance as a professional.

Considering nursing as a social practice and that most of the Nursing Area theorists situates the work of nurses linked to the attention of human needs, this study brings as a provocation to the reflection of the nurses themselves and other members of the nursing team the methodology used in the construction of systematization of assistance.

Let us be attentive to the implications with which our specific doing is linked and, above all, let us be engaged to a criticism of the profession itself addressing ourselves on the socio historical aspects, which are determinants for the current situation, and consequently in the struggle to enable the community user of the health system a dignified and quality nursing care, since we will only achieve a fairer system whether we get involved and committed to the necessary transformations.

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