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Nursing care for alzheimer's patients: an integrative review

ABSTRACT | Alzheimer's is characterized as a neurodegenerative, fatal and incurable dementia, affecting mainly the elderly. Objective: To highlight the state of the art about nursing care for Alzheimer's patients. Method: This is an integrative review of the literature on Nursing Care for Alzheimer's patients, in the years 2016 to 2020, within the following databases: SciELO and LILACS, using as search strategy the descriptors combined with Boolean operators "nursing "And" Alzheimer ". Results: The study sample consisted of seven articles, evidencing the role of the nurse, with the caregiver and with the Alzheimer's Disease patient, in addition to showing necessary actions for health promotion and disease prevention. Conclusion: Alzheimer's disease is a challenge for contemporary society, with Nursing playing a fundamental role in caring for patients and caregivers.

Keywords: Alzheimer Disease; Nursing; Nursing Care; Frail Elderly.

RESUMEN | El Alzheimer se caracteriza por ser una demencia neurodegenerativa, fatal e incurable, que afecta principalmente a los ancianos. Objetivo: Destacar el estado del arte en la atención de enfermería a los pacientes con Alzheimer. Método: Se trata de una revisión integradora de la literatura sobre Atención de Enfermería para pacientes con Alzheimer, en los años 2016 a 2020, dentro de las siguientes bases de datos: SciELO y LILACS, utilizando como estrategia de búsqueda los descriptores combinados con operadores booleanos "enfermería "Y" Alzheimer ". Resultados: La muestra de estudio estuvo conformada por siete artículos, evidenciando el rol de la enfermera, con el cuidador y con el paciente con Enfermedad de Alzheimer, además de mostrar las acciones necesarias para la promoción de la salud y prevención de la enfermedad. Conclusión: la enfermedad de Alzheimer es un desafío para la sociedad contemporánea, siendo la Enfermería un papel fundamental en el cuidado de pacientes y cuidadores.

Palabras claves: Enfermedad de Alzheimer; Enfermería; Atención de Enfermería; Anciano Frágil.

RESUMO | O Alzheimer se caracteriza como uma demência neurodegenerativa, fatal e incurável, acometendo, principalmente os idosos. Objetivo: Evidenciar o estado da arte acerca da assistência de enfermagem ao portador de Alzheimer. Método: Trata-se de uma revisão integrativa da literatura acerca da Assistência de Enfermagem ao portador de Alzheimer, nos anos de 2016 a 2020, dentro das seguintes bases de dados: SciELO e LILACS, utilizando como estratégia de busca os descritores combinados com operadores booleanos "enfermagem" and "Alzheimer". Resultados: A amostra do estudo foi composta por sete artigos, evidenciando o papel do enfermeiro, junto ao cuidador e com o portador da Doença de Alzheimer, além de mostrar necessárias ações de promoção da saúde e prevenção de agravos. Conclusão: A doença de Alzheimer se configura como um desafio para a sociedade contemporânea, sendo que a Enfermagem tem papel fundamental no cuidado ao portador e ao cuidador.

Palavras-chaves: Doença de Alzheimer; Enfermagem; Cuidados de Enfermagem; Idoso Fragilizado.

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INTRODUCTION

Aging is an inevitable process, with physiological, psychological and morphological changes taking place.⁽¹⁾ Epidemiological data show an increase in the elderly justified, among other reasons, by the drop in birth rates.

Estimates project that in 2025, there will be 1.2 billion elderly people in

the world, and in Brazil, there will be 32 million, leaving Brazil in sixth place in the world ranking of elderly people (over 60 years). In this context, chronic-degenerative diseases, as well as dementias, which are very prevalent in the elderly, are a concern for the health area.⁽²⁾

Alzheimer's Disease⁽³⁾ it is characterized as a neurodegenerative, fatal and incurable dementia. The disease is caused by the intoxication and death of neurons, and is manifested through the loss of cognitive functions (memory, orientation, attention and language). Alzheimer's disease is a disease that is treatable, and the faster its diagnosis, the more its progress is delayed, generating a better quality of life for the person with the disease, and for the family. There is a worldwide estimate that there are about 35,6 million people with AD. In Brazil, there are about

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1,2 million carriers, the majority of which are undiagnosed. ⁽⁴⁾ It is known that Alzheimer's Disease affects most people in old age, generally this client does not have quality of life, this being a time when health problems appear more frequently, with this, it is perceived the importance of performance of caregivers, as the carriers of the disease, constantly need help to perform routine activities. ⁽³⁾

In the initial phase, Alzheimer's patients may have an old age profile, which is a major problem, as most are ignored, making the disease not detected at this stage, in the late phase the patient has a profile of total dependence, the disturbances in this phase are serious, and the physical signs and symptoms are evident, presenting loss of cognitive functions, loss of intellectual capacity, in this phase the client may even lose the skills he had before becoming ill, and may have difficulty walking and having an aggressive profile. ⁽⁵⁾

As it is a neurodegenerative disease, the problems appear gradually, and more frequently, with this increasing the work not only of the caregiver, but of the nursing staff, family members, and among other professionals for the full time, even outside the office. reference center environment; hospitals and clinics, can take care of details related to food, environment and other aspects that can increase patients' quality of life. ⁽³⁾

Thus, the role of the nurse in providing nursing care, whether through guidance, family support, execution of techniques, contributed to improving the patient's quality of life. ⁽⁶⁾

In view of the above, the present study aims to highlight the state of the art regarding nursing care for Alzheimer patients.

METHOD

This is an integrative review ⁽⁷⁾, with the following question: How is nursing care provided to elderly people with Alzheimer's?

The sample was selected by acces-

sing the databases: Latin American and Caribbean Literature in Health Sciences (LILACS) and SciELO, without determining a specific search field (article title; abstract; keywords...), but opting for all fields. Controlled descriptors combined with Boolean operators "nursing" and "Alzheimer" were used as a search strategy.

The inclusion criteria were: complete articles with abstracts and related to the research object, with language restrictions (Portuguese), indexed in the databases referred to, in the period from 2016 to 2020. Data collection occurred between the months of August and September 2020.

Six articles from SciELO and 1 article from LILACS were selected, resulting in a final sample of seven articles (Figure 1).

After selecting the articles, the title and abstract were carefully read; then, those who did not answer the guiding question and who were repeated between databases were excluded. For the analysis and subsequent synthesis of the articles that met the inclusion criteria, an instrument for data collection was elaborated that included data related to the

publication, the database, the objectives and the main conclusions.

RESULTS

The final sample of this review consisted of seven articles, selected by the inclusion criteria previously established. Of these, twelve were found in the SciELO database and one in LILACS, as can be seen in Table 1.

DISCUSSION

When talking about nursing care, we talk about Nursing Care Systematization (Considering the population aging and the significance of Alzheimer's disease among them, as well as its repercussions on health, it is configured as a challenge for contemporary society. Within this scenario, the present study identified the relevance of nursing performance in caring for patients, as well as, for the caregiver facing Alzheimer's Disease, knowledge about the management of the disease is essential. - SAE). The NANDA taxonomy makes it possible

Figure 1 - Flowchart of sample constitution, 2020.

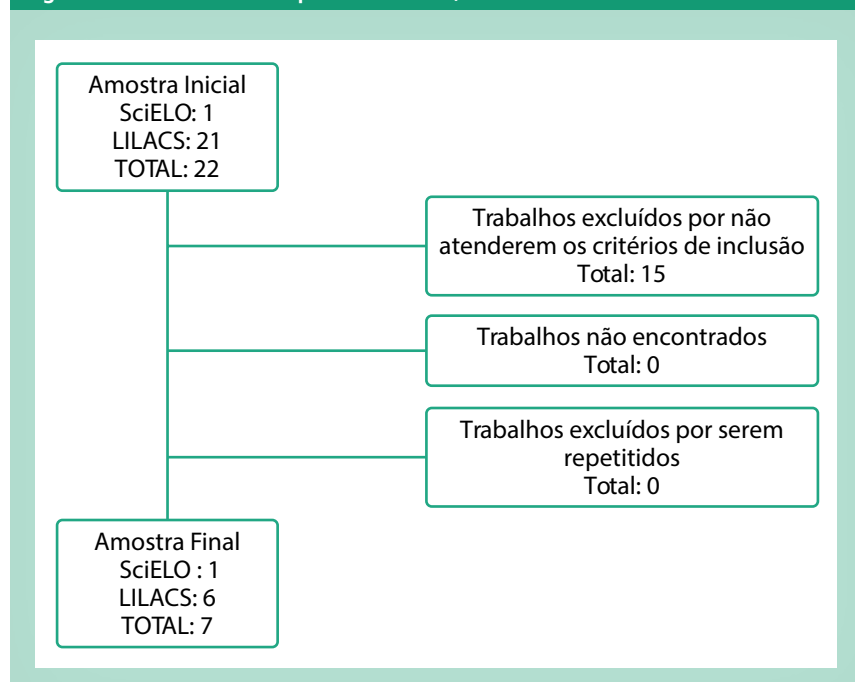


Chart 1 - Characterization of the corpus of articles that adopted Alzheimer's disease as the object of study, according to the database, year, journal, authors, article title and main results - Lins, 2020.

Base de dados/ano	Periódico/ Autores	Título do artigo	Principais resultados
LILACS/ 2019	Rev Rene (Online)/ Barbosa, Maria Emília Marcondes; Bertelli, Ellen Vanuza Martins; Scolari, Giovana Aparecida de Souza; Bortolanza, Marciane Conti Zornita; Higarashi, Ieda Harumi; Carreira, Lígia.	Vulnerabilidade clínica e funcional de idosos cuidadores de idosos com doença de Alzheimer	Identificou-se maior risco de vulnerabilidade relacionada à autopercepção de saúde, cognição e humor. Funcionalidade preservada nas funções executivas, comunicação, mobilidade e comorbidades múltiplas. Conclusão a maioria dos idosos cuidadores apresentou risco de fragilização, porém realizam o cuidado ao familiar com Alzheimer. Profissionais e instituições devem atuar na prevenção do declínio funcional desses cuidadores idosos.
LILACS/ 2017	Texto & contexto enferm/ Ilha, Silomar; Santos, Silvana Sidney Costa; Backes, Dirce Stein; Barros, Edaiane Joana Lima; Pelzer, Marlene Teda; Gautério-Abreu, Daiane Porto.	Gerontotecnologias utilizadas pelos familiares/cuidadores de idosos com Alzheimer: contribuição ao cuidado complexo	Os familiares/cuidadores de pessoas idosas com doença de Alzheimer vivenciam dificuldades nos aspectos físico, mental e social, para as quais desenvolvem/empregam gerontotecnologias na forma de produto e de processo/conhecimento/estratégias, para auxiliá-los no cuidado/convivência com a pessoa idosa com a doença de Alzheimer.
LILACS/ 2017	Rev. Pesqui. (Univ. Fed. Estado Rio J, Online)/ Souza, Ítala Paris de; Araújo, Laura Filomena Santos de; Bellato, Rosenev.	A dádiva e o cuidado no tempo vivido em família / La dádiva y el cuidado en el tiempo del vivido en familia	Mostrou a importância da atuação dos profissionais de saúde na produção de boas práticas, como forma de apoio à família.
LILACS/ 2017	Rev Rene (Online)/ Sales, Marta Gabriele Santos; Menezes, Tânia Maria de Oliva	Significado da sexualidade para o cônjuge cuidador de pessoa idosa com doença de Alzheimer	Revelou-se falta de conhecimento acerca do termo "sexualidade", bem como a vergonha de falar sobre a temática. A sexualidade esteve presente na vida de alguns e foi abolida da vida de outros. Identificou que a presença da doença repercute na vida e sexualidade do portador e sua relação conjugal.
LILACS/ 2017	Ciênc. cuid. Saúde/ Faria, Érica Beatriz Alves; Scardoelli, Marcia Glaciela da Cruz; Castro, Vivian Carla de; Nishida, Fernanda Shizue.	Vivências de Cuidadores Familiares de Pessoas Idosas com Doença de Alzheimer	Foi constatado que a vivência do processo de adoecimento gera sofrimento, tristeza e insegurança, trazendo grandes mudanças no contexto familiar. O enfermeiro, além da assistência ao idoso com DA, pode oportunizar diálogos e definição conjunta de estratégias de cuidados para a convivência com a doença.
LILACS/ 2015	Espaç. saúde (Online)/ Pizolotto, Ana Laura Zuchetto; Leite, Marinês Tambara Leite; Hildebrandt, Leila Mariza; Costa, Marta Cocco da; Resta, Darielli Gindri	Organização da família no cuidado ao idoso com doença de Alzheimer	Observa-se a importância do vínculo entre os familiares e o idoso com doença de Alzheimer. É relevante a atenção da equipe de enfermagem prestando assistência necessária.
LILACS/ 2015	Rev. bras. Enferm/ Cruz, Thiara Joanna Peçanha da; Sá, Selma Petra Chaves; Lindolpho, Mirian da Costa; Caldas, Célia Pereira.	Estimulação cognitiva para idoso com Doença de Alzheimer realizada pelo cuidador	A realização da estimulação cognitiva leve, realizada pelo cuidador, após orientação do enfermeiro tornou-o menos ansioso e promoveu maior compreensão da doença.

Fonte: Elaborado pelo autor.

for nurses to identify the main diagnoses of patients with AD, standing out among them: nutrition, physical mobility, self-care, impaired memory and communication, chronic confusion, low chronic self-esteem, anxiety, among others.⁽⁸⁾

The interventions, on the other hand, may include: assistance in feeding and designating schedules for the elderly, assistance in walking, offering precise commands, assisting in personal hygiene, dialoguing encouraging the person to remember their

life, assisting in games that help memory stay active, help with self-esteem by stimulating the person to dress and dress according to taste, remind them that they are always beautiful, help and communicate the family about the patient's condition,

help in the improvement and in the conversations between patients and people that are around them.⁽⁸⁾

They point to the Transcultural Theory of Madeleine Leininger, as a model for nursing care for Alzheimer's patients. In this theory, the nurse acts by assisting the carrier, the caregiver, the family, and the community, in addition to supporting the carrier, whatever the culture they are inserted in, considering their context, values, beliefs, lifestyle and practices individual and family, always guiding to avoid changes.⁽⁹⁾

Correia et al.⁽¹⁰⁾ classifies nursing care in nine items: "Essential Activities of Daily Lives", such as assistance with bathing and general care, taking care that there are no falls. "Food", since the carriers do not have good acceptance, where the nurse encourages the preparation of their own meal. "Sleep improvement", since the elderly person has difficulties sleeping, and the nurse acts by applying music therapy and physical activity in their daily lives. "Art therapy", which helps to cure psychological anxieties, creates moments of self-reflection, understanding and empathy, and improves physiological parameters.

"Music therapy", which with the help of the nurse, helps to stimulate memory, cognitive functions, and positively influen-

ces aspects of life. "Increased socialization", which helps the elderly to participate in family and social activities. "Medication administration", where the nurse has the duty to advise on the administration of drugs in an assertive manner, and without delays. "Cognitive Stimulation" where music therapy strategies, memory stimulation and workshops to stimulate cognitive functions were adopted. "Pain control", where music therapy was again adopted.⁽¹⁰⁾

The nurse has an important role, together with the caregiver and with the elderly person who has AD. It is necessary to develop health promotion and disease prevention actions for both the caregiver and the person being cared for, with the objective of having a healthier and quality life. In addition, it can work with the health team linked to the basic health units, guiding and qualifying them, so that they can offer support to the family and the patient.⁽¹¹⁾

It is important that nurses skillfully master assessment techniques and verify that specific changes in behavior of the person with Alzheimer's Disease are bringing pain and suffering to the caregiver, with subsequent work to identify, classify and evaluate strategies in use. Next comes the demand to learn, personalize and teach alternative techniques of intervention and manage-

ment based on the needs of care in the binomial, brought by the caregiver.⁽¹²⁾

In Long-Term Institutions, it was found that care care related to hygiene, diet, leisure, rest, among others, is satisfactory. In addition, the limits of each elderly person must be considered, with effective assistance being promoted, with benefits that not only serve the body, but also the mind. It was also observed the respect on the part of the professionals when the elderly refuses assistance, and their will is respected.⁽¹³⁾

For an adequate assistance that meets the needs and preserves the integrity of the elderly, acceptance, information and flexibility on the part of caregivers are necessary, so that there is a satisfactory adaptation to the new condition of the inmate.⁽¹³⁾

CONCLUSION

Considering the population aging and the significance of Alzheimer's disease among them, as well as its repercussions on health, it is configured as a challenge for contemporary society. Within this scenario, the present study identified the relevance of nursing performance in caring for patients, as well as, for the caregiver facing Alzheimer's Disease, knowledge about the management of the disease is essential. 🍃

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