

Basic human needs of the elderly with COVID-19: Scoping review

RESUMO | Objetivo: Descrever a atuação e o pensar da Enfermagem no enfrentamento da pandemia da COVID-19 relacionado às condições de saúde e segurança no trabalho. Método: Trata-se de um estudo de artigo de revisão sistemática de literatura, realizado através de um levantamento de dados a partir da Biblioteca Virtual em Saúde durante os meses de abril a julho de 2020. Resultados: Foram selecionados 9 artigos que afirmaram o desafio da Enfermagem no âmbito educação em saúde, trabalho com limitações existente e a sua importância na linha de frente. Conclusão: Essa pandemia permite uma reflexão sobre trabalhadores de enfermagem, suas condições de trabalho, cuidado aos pacientes com vulnerabilidades e características diversas. Pensar nos seus anseios, medos, incertezas e condições seguras de trabalho pode favorecer a implantação da política de saúde e segurança do trabalhador, implantar medidas de prevenção e controle de contaminação ocupacional, estrutura hospitalar adequada, rede integrada institucional de apoio psicológico.

Descritores: Cuidados de enfermagem; Vulnerabilidade social; Saúde do trabalhador; COVID-19.

ABSTRACT | Objective: To describe the performance and thinking of Nursing in the face of the COVID-19 pandemic related to health and safety conditions at work. Method: This is a study of a systematic literature review article, carried out through a data survey from the Virtual Health Library during the months of April to July 2020. Results: 9 articles were selected that stated the challenge of Nursing in the field of health education, work with existing limitations and its importance on the front line. Conclusion: This pandemic allows a reflection on nursing workers, their working conditions, care for patients with different vulnerabilities and characteristics. Thinking about their anxieties, fears, uncertainties and safe working conditions can favor the implementation of the worker's health and safety policy, implement measures to prevent and control occupational contamination, adequate hospital structure, integrated institutional network of psychological support.

Keywords: Nursing care; social vulnerability; Worker's health; COVID-19.

RESUMEN | Objetivo: Describir la actuación y el pensamiento de Enfermería frente a la pandemia de COVID-19 en relación a las condiciones de salud y seguridad en el trabajo. Método: Se trata de un estudio de artículo de revisión sistemática de la literatura, realizado mediante levantamiento de datos de la Biblioteca Virtual en Salud durante los meses de abril a julio de 2020. Resultados: Se seleccionaron 9 artículos que planteaban el desafío de la Enfermería en el campo de la salud la educación, el trabajo con las limitaciones existentes y su importancia en la primera línea. Conclusión: Esta pandemia permite una reflexión sobre los trabajadores de enfermería, sus condiciones de trabajo, atención a pacientes con diferentes vulnerabilidades y características. Pensar en sus angustias, miedos, incertidumbres y condiciones de trabajo seguras puede favorecer la implementación de la política de seguridad y salud del trabajador, implementar medidas de prevención y control de la contaminación ocupacional, estructura hospitalaria adecuada, red institucional integrada de apoyo psicológico.

Palabras claves: Atención de enfermería; vulnerabilidad social; salud del trabajador; COVID-19.

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Recebido em: 30/05/2022

Aprovado em: 12/07/2022

INTRODUCTION

The evolution of the COVID-19 pandemic revealed its clinical and epidemiological criteria. Individu-

als over 60 years of age are at greater risk of developing severe clinical forms and high mortality. Due to the physiological changes that occur with the human aging process and compromise the immune system. With the highest number of complications resulting from chronic diseases, the elderly population has been the most vulnerable to severe forms of COVID-19 and to death. 1 This leads to the belief that more comprehensive measures are needed to protect the elderly population. In this sense, studies are needed that support the care of nursing professionals to the elderly population with COVID-19 and that scientifically support the work of nurses, in order to provide qualified nursing care to the person.

In view of the above, this scoping review is considered a useful tool for the identification and synthesis of scientific knowledge, especially in the COVID-19 pandemic,

In this review, the Basic Human Needs (BHN) classification adopted by Wanda Horta de Aguiar was used as a structure for surveying the basic human needs of elderly people with COVID-19.

This theory was chosen because it is considered adequate for the care of the elderly, since it identifies them as a unique human being who needs to have their basic needs met, according to their expectations. It is not enough to satisfy the wishes of the elderly, it is necessary to respect their lifestyle, considering the family context or the surrounding community. 2 Thus, this study aimed to: identify, map textual productions related to basic human needs, according to Wanda Horta's Theory, presented by elderly people when affected by COVID-19, using recommendations from The Joanna Briggs Institute (JBI).

METHOD

This is Scoping Review to identify and map the basic human needs of elderly people with COVID-19 in textual productions. The scope review has been

highlighted worldwide in the area of health evidence synthesis. (3,4,5,6,7)

The methodological assumptions for this scoping review were followed following the methodology proposed by The Joanna Briggs Institute (JBI) (5,6,7,8) supported by the PRISMA-Scr checklist, the search strategy included studies published in English, Spanish and Portuguese, without time limitation in the electronic databases: VHL, WEB OF SCIENCE, SCOPUS and ENDNOTE, using the search strategy: ("Health Services Needs and Demand" OR "Needs and Demand, Health" OR "Necessidades e Demandas de Serviços de Saúde" OR "Necessidades Básicas") AND ("coronavírus" OR "novo coronavírus" OR "COVID-19") AND ("idoso" OR "pessoa idosa" OR "Elderly") .

To meet the needs of the general objective of this review, it was proposed to develop the review with the following guiding questions: 1) What are the psychobiological needs affected in elderly people with COVID-19? 2) What are the psychosocial needs affected in elderly people with COVID-19? 3) What are the psycho-spiritual needs affected in elderly

people with COVID-19?

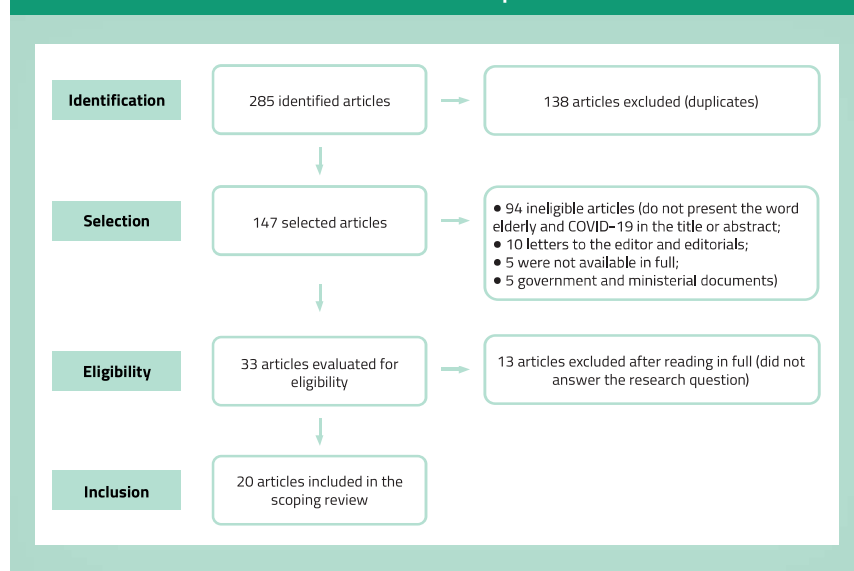
Data extraction was descriptive and through a flowchart of the PRISMA-Scr review process. End-Note was used as a reference manager and the results were presented in the form of flowcharts, explaining the exclusions after reading the publications in full and drawing up tables with the following information: author, year of publication, origin/country, objective, population and sample size, method, type of study, results and main findings related to the guiding question.

The PRISMA-Scr extension presupposes the existence of a review protocol, which is formally registered with the OSF. Eligibility criteria, information sources and search strategies will include studies published in English, Spanish and Portuguese, with no time limitation. The electronic databases will be consulted: PORTAL VHL, web of science, SCOPUS and CAPES journals Portal; with specific search strategy as shown below:

RESULTS

After the evaluation process, 282 articles were found, duplicate studies, edi-

Figure 01: Description of the search process and selection of articles according to the database and descriptors used.



Source: Authors, 2021

tutorials, opinion articles, event summaries, case reports and experiences, integrative reviews, 20 articles were included in this Scoping Review, as seen in (Figure 01).

It is noteworthy that the Exploratory Descriptive Study was the most frequent type of study among those included in this scope review and corresponds to 85.00% (n=17) of the total number of articles found, the predominance of the country of origin was the United States of America (USA) with 20.00% (n=4). The journal that stood out was International Psychogeriatrics in 6 articles (30.00%).

The studies included in this review addressed the main themes: 1) Psychobiological needs, with a frequency of 19 articles (95.00%); 2) Psychosocial needs, with appearances in 20 works (100.00%); and 3) Psycho-spiritual needs with a frequency of 3 (15.00%).

It is observed in table 1 the psychobiological needs, they appeared in 19 studies.

Regarding psychosocial needs, they appeared in twenty studies, as shown in Table 2.

In the category of psychospiritual needs, they appeared in the 3 studies, as shown in table 3.

DISCUSSION

The role of nursing in the care of patients with the new coronavirus needs to be supported by theories that solidify the assistance provided. In this context, the theory of Basic Human Needs, aligned with the Nursing Process, can contribute to a systematized care, which values the role of nurses, since it is up to them to continually assess the individual's response to the therapy applied. (9)

With regard to Basic Human Needs, of the complications associated with COVID-19, the psychobiological and psychosocial in this study proved to be the most affected.

Regarding Biological Needs, potential problems related to oxygenation

Table 1 – Distribution of appearances of psychobiological basic human needs in articles. Curitiba, Paraná, Brazil, 2021.	
Psychobiological needs (n=19)	Main results
Oxygenation (n=7)	Dyspnea Respiratory diseases (pneumonia/asthma/COPD) Need for ventilatory support Severe acute respiratory syndrome Apnea Hypoxia
Nutrition (n=4)	Reduced access to food source Nutritional support Changes in eating patterns Change or decrease in food intake
Elimination (n=1)	Urinary incontinence
Sleep and rest (n=1)	Sleep changes Insomnia
Exercise and physical activity (n=4)	Sedentary lifestyle Increase in sedentary lifestyle
Body mechanics (n=1)	Sarcopenia loss of muscle strength
Cutaneous-mucous integrity (n =1)	Pressure injury Immunosenescence Fever Insanity Cognitive decline altered memory Hypertension Diabetes Myocarditis Encephalitis Guillian-Barré syndrome Thromboembolism Cerebral vascular accident Decompensation of pre-existing chronic diseases Delirium
Thermal, hormonal, neurological, hydrosaline, electrolyte, immunological, cell growth, vascular regulation (n=16)	Falls Mobility difficulties Movement restriction Paralysis Risk of falling Visual impairment Hearing Loss Sensorial limitation
Locomotion (n=3)	
Olfactory, visual, auditory, tactile, gustatory, painful perception (n=2)	

were identified: dyspnea, respiratory diseases (pneumonia/asthma/COPD), need for ventilatory support, severe acute respiratory syndrome, apnea and hypoxia.⁽¹⁰⁻¹¹⁻¹²⁻¹³⁻¹⁴⁻¹⁵⁻¹⁶⁾

When evaluating the affected human need in the light of Wanda Horta's theory, the psycho-biological aspect is highlighted, with regard to immune regulation, the authors highlight immunosenescence, because in addition to COVID-19, they have a greater predisposition to acquire the infection, in addition to having many relapses⁽¹⁷⁾, due to the wear and tear of the immune system, both directly by the COVID-19 infection, and by the multiple invasive procedures, to which the patient when hospitalized in intensive care is exposed. Orotracheal intubation, for example, due to the procedure itself already presents the risk of pneumonia; indwelling bladder catheterization can develop urinary tract infection, venous and arterial accesses, among other invasive devices that predispose to sepsis.^(18, 19, 13, 14) In this sense, it is necessary to properly manage and use bundles to prevent infections related to invasive devices in order to reflect on the reduction of their incidence, as well as to promote quality and safety during the care process for the elderly.⁽²⁰⁾

Still on the psychobiological side, the rapid behavioral change required by the public health response to the pandemic is likely to lead to both short-term and long-term adverse health consequences. Older people faced restricted community mobility, loss of social support and reduced access to services and goods. 11 Community programs that support social, mental and physical well-being are closed or severely restricted. Daily sedentary behavior, which is associated with increased risk of cardiovascular and all-cause mortality, is likely to increase.⁽²⁰⁾ Exercising at home is more challenging for many people because there is

Atmosphere (n=7)	Isolation and worsening of chronic diseases Single rooms required for social distancing Smoking and alcoholism Substance abuse Adequate housing condition
Therapeutics (n=2)	Late transfer of the elderly to hospital Polypharmacy
Source: the authors, 2021	

Table 2 – Distribution of appearances of psychosocial basic human needs in the articles. Curitiba, Paraná, Brazil, 2021.

Psychosocial needs (n=20)	Main results
Safety(n=2)	Shortage of human resources due to underfunding Physical and psychological abuse by caregivers
Love (n=1)	Need for family closeness
Communication (n=8)	Difficulty in understanding and using non-verbal language Difficulty in attention level Decreased level of understanding Reduction in the level of understanding Difficulty interacting with people Limited and/or reduced and/or restricted and/or absent access to technology and/or media
Health learning (n=2)	Not having full understanding of the health problem Fear of contagion
Sociability and Gregariousness (n=10)	Social isolation Depression Anxiety Fear of death Mourning Stress / Post Traumatic Stress Loneliness
Recreation (n=1)	Does not use electronic means
Orientation in time and space (n=2)	Delirium Cognitive decline Changes in awareness of time and space
Acceptance (n=4)	Ageism Fear of death Acceptance of death Non-invasive measures
Self-esteem (n=4)	Lack of affection Loneliness Depression Anxiety

little social support, encouragement and accountability, which are essential enablers of physical activity. In addition, recommendations to reduce or avoid shopping may restrict access to healthy foods. Social isolation and loneliness, due to physical distancing, are strong predictors of morbidity and mortality in adulthood, although the paths are complex. As a result of COVID-19, modifiable lifestyle risk factors for chronic disease, functional disability and mortality are likely to increase. (10-16)

Considering the affected psychosocial needs, some already mentioned above, the fight against the disease is highlighted, since there is still no definitive treatment for COVID-19 and, as previously mentioned, the infected have different defense mechanisms of the immune system. Therefore, the need for safety can generate anxiety, fear and stress in patients and families during treatment; both in hospital and at home. (10-16-11-21-22-19-23)

There are unique psychological challenges that many seniors have and are experiencing amid COVID-19, including increased social isolation and the emergence or exacerbation of mental health issues such as stress, substance use (alcoholism and smoking), anxiety and depression, such as increased drug use. Although recent research concludes that seniors are less likely than younger adults to report worry or stress related to COVID-19. (10-12 -22-20-24-21)

Reactive or pre-existing mental disorders can be exacerbated among older adults by intense fear of COVID infection, and those with pre-existing physical conditions (e.g. COPD, obesity) may experience greater existential distress and worries about death and dying. (25-15-22-20-24-21)

Another problem is the exacerbation of stress in the elderly, as much home, community and dementia care support (eg daytime programming) is

Participation (n= 4)	Self isolation
	Loss of social support
	Reduced access to services
	Family support
Attention (n=11)	Limited access to mechanical ventilation
	Chronic underfunding of homes
	Multidimensional assessment and integration of health care sectors
	Training of specialists in the health of the elderly
	NCD follow-up service
	Difficulty in accessing health care, need to implement services online or via telephone
	Social inequalities lead to inequalities in access to health
	Loss of medical insurance after retirement
	Service with telepsychiatry
	Lack of adequate resources for rehabilitation
Use of telemedicin as a means of communication and care	
Source: the authors, 2021	

Table 3 – Distribution of appearances of psychospiritual basic human needs in the articles. Curitiba, Paraná, Brazil, 2021.

Psychospiritual needs (n=3)	Main results
Religious or theological (n=3)	Need
	Need for religious practices
	Presence of a religious leader
Source: the authors, 2021	

reduced, canceled or moved online. Growing reliance on virtual or Internet-based services can be a barrier, however. Despite evidence that seniors who use technology (chat, video calling) have lower rates of depression. (26-15-25-21-25-22)

Seniors are also more likely to be left without access to the Internet or the knowledge, skills and confidence needed to use emerging technologies effectively, especially if they are experiencing cognitive decline. This relative lack of technological effectiveness may also contribute to susceptibility to fraud and financial fraud, which has increased since the pandemic, further victimizing those who are alone and

socially isolated. Therefore, practical solutions are needed to improve mental health and alleviate the isolation and victimization of the elderly. (27)

Additionally, there are concerns about potential cognitive decline secondary to life-saving COVID-19 interventions. Many older and sicker people require ventilation assistance for considerable periods, which can lead to the consequences of cognitive and health impairments resulting from post-intensive care syndrome. (28) These include depression and impairments in memory, attention and other neuropsychological functions. These cognitive challenges will require training initiatives for those working in psychological

and rehabilitation capacities with post-COVID-19 elderly patients.

There is the issue of affected learning, also related to health education. Access to knowledge allows society to understand the reasons and respect the protocols currently adopted. The nurse, as a trained and active professional in several work fronts in the new coronavirus pandemic, has an important role in the systematization of care and in the management of patients with complications associated with COVID-19, as well as in health education to those who remain in quarantine in their homes and to their families in this very adverse environment.^(12, 26)

Finally, the psychospiritual needs were the ones with the fewest appearances, only in three articles, a study (29) states that there are barriers of opportunity in the social environment, which include limited awareness within the health system of the spiritual needs of the elderly.

In times of a pandemic, spirituality has a healing force that enhances actions such as love of life, forgiveness, fraternity, solidarity, mercy and justice. At the same time, it allows for the conviction that the reality captured is

greater than what the analyzes tell us. It allows us to believe that the invisible and the impossible are part of the visible and the predictable.^(14,20)

Considering the basic human needs of the elderly in the elaboration of the care plan, and employing nursing theory will imply for the nurse the attitude of moving him to the provision and guidance of care for the elderly person hospitalized with COVID-19.⁽³⁰⁾

This study had some limitations, since a pandemic is being experienced and scientific production on the subject has been encouraged. Therefore, new information is disseminated all the time and, in order to delimit this research, it was necessary to restrict it to a period, which limited it to the studies produced until the search deadline.

The results of this study showed the main basic human needs affected by the elderly hospitalized with COVID-19, it may provide elements of reflection to strengthen nursing practice, developing the values of interpersonal relationships, considered an important resource for the care of the elderly, the publicity of this study can serve as a research tool for other professionals and academics in the area.

CONCLUSION

This scoping review can offer subsidies for the knowledge of the basic human needs affected with a focus on providing qualified assistance to the elderly.

In this scoping review, no studies were identified that addressed nursing care aimed at the elderly affected by COVID-19 in the light of Wanda Horta's Theory of Basic Human Needs. The importance of tools such as the Theory of Basic Human Needs is highlighted for the feasibility of effective care for the elderly, which can meet the elderly in their bio-psycho-spiritual totality, through the identification of problems and effectiveness of care, making the Systematization of Nursing Care an indispensable mechanism for the profession.

Such theoretical bases need to be rescued to subsidize the performance of nursing professionals in the face of COVID-19. The pandemic moment of COVID-19 reinforces the need for nurses to provide qualified gerontological care. 🐦

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