

DOI: <https://doi.org/10.36489/nursing.2020v23i269p4711-4722>

Contribution of nursing academics in improving the quality of life of institutionalized elderly: review

ABSTRACT | Objective: To identify actions that, when nursing students perform, provide an improvement in the quality of life of institutionalized elderly. Method: This is an integrative review constructed from the issue of guidance "What are the contributions of nursing students to improve the quality of life of institutionalized elderly?" after the literature search process, 9 (100%) 2016 as the most frequent number of publications with 3 (33.33%) found items. Results: In view of reading and studying the literature, it was found that the activities developed by the students together with the elderly had positive effects, which can contribute to the maintenance of health and social interaction. Conclusion: With the results obtained it is believed that, putting these methods into practice, a healthy and active form of aging is offered. This raises the debate about the factors that influence the quality of life of institutionalized elderly. **Keywords:** Homes for the Aged; quality of life; Students.

RESUMEN | Objetivo: Identificar las acciones que, al realizar los estudiantes de enfermería, proporcionen una mejora en la calidad de vida de los ancianos institucionalizados. Método: Se trata de una revisión integradora construida a partir de la cuestión de la orientación "¿Cuáles son las contribuciones de los estudiantes de enfermería para mejorar la calidad de vida de los ancianos institucionalizados?", después del proceso de búsqueda de literatura, 9 (100%) 2016 como el número más frecuente de publicaciones con 3 (33,33%) artículos encontrados. Resultados: En vista de la lectura y el estudio de la literatura, se encontró que las actividades desarrolladas por los estudiantes junto con los ancianos tuvieron efectos positivos, que pueden contribuir al mantenimiento de la salud y la interacción social. Conclusión: Con los resultados obtenidos se cree que, poniendo en práctica estos métodos, se ofrece una forma saludable y activa de envejecimiento. Esto plantea el debate sobre los factores que influyen en la calidad de vida de los ancianos institucionalizados. **Palabras claves:** Hogares para Ancianos; calidad de vida; Estudiantes de Enfermería.

RESUMO | Objetivo: Visou realizar a identificação das ações que quando executadas por acadêmicos de enfermagem propiciam uma melhoria da qualidade de vida de idosos institucionalizados. Método: Trata-se de uma revisão integrativa construída a partir da questão norteadora "Quais as contribuições dos acadêmicos de enfermagem para melhoria da qualidade de vida dos idosos institucionalizados?" Após o processo de busca na literatura foram selecionados 9(100%) artigos, sendo o ano de 2016 o de maior frequência de publicações com 3(33,33%) artigos encontrados. Resultados: Diante da leitura e estudo da literatura constatou-se que as atividades desenvolvidas pelos discentes juntamente com os idosos, surtiram efeitos positivos, os quais podem colaborar para a manutenção da saúde e interação social. Conclusão: Com os resultados obtidos acredita-se que, ao pôr em prática esses métodos, oferta-se uma forma de envelhecimento saudável e ativo. Isso traz em tona a discussão sobre os fatores que influenciam na qualidade de vida dos idosos institucionalizados. **Palavras-chaves:** Instituição de Longa Permanência para Idosos; Qualidade de vida; Estudantes de enfermagem.

Thays Cristina Pereira Barbosa

Graduated in Nursing, Minas Gerais State University, Minas Gerais, Brazil.
ORCID: 0000-0002-9352-0907

Allan de Moraes Bessa

Graduating in Nursing, Minas Gerais State University, Minas Gerais, Brazil.
ORCID: 0000-0001-6969-7537

Fernanda Oliveira de Assis

Graduated in Nursing, Minas Gerais State University, Minas Gerais, Brazil.
ORCID: 0000-0002-4339-6274

Fernanda Marcelino de Rezende e Silva

Master in Nursing from UFMG, Professor of the Nursing Graduation Course at the State University of Minas Gerais (UEMG), Divinópolis Unit.
ORCID: 0000-0003-2236-7009

Regina Consolação dos Santos

Nurse. Master Science from the Federal University of São João Del Rei, Campus Centro Oeste Dona Lindu UFSJ - (CCO). Professor of the Nursing Graduation Course at the State University of Minas Gerais (UEMG), Divinópolis Unit.
ORCID: 0000-0002-7393-3210

Silmara Nunes Andrade

Nurse. PhD in Health Sciences at the Federal University of São João Del Rei, Campus Centro Oeste Dona Lindu UFSJ - (CCO). Professor of the Nursing Graduation Course at the State University of Minas Gerais (UEMG), Divinópolis Unit.
ORCID: 0000-0002-1975-0827

INTRODUCTION

Population aging is one of the greatest challenges of contemporary public health, where the increase in the elderly population in the world has represented a major change in society.¹ The aging process is characterized as a progressive and irreversible process, linked to biological, social and psychological factors.² However, this process is individual, not just because of the genetic condition, but because of the habits we have throughout life. Aging is a natural process that becomes evident over time, however, this process will depend on the life history combined with genetic potential.³

According to the United Nations - UN⁴, in 1950, only 8% of the world

Received on: 07/17/2020

Approved on: 08/24/2020

population was aged 60 or over. In 2013, this proportion rose to 12% and is expected to reach 21%, from 841 million in 2013 to more than 2 billion elderly people in 2050. Since 2012, there has been a significant increase in this population group, surpassing the mark of 30,2 million elderly people in 2017.⁵ People aged 65 and over are considered elderly, however, in developing countries, however, due to the low life expectancy, the age limit is 60 years.⁶

Among the factors related to population aging, some changes in health indicators can be highlighted, such as: the decrease in fertility and especially mortality, taking into account the then increase in life expectancy.⁷ Technological advancement in the health area is one of the mechanisms that explains the then increase in life time, because with the reduction in the lethality of some diseases, there was an increase in morbidity and mortality, thus, people living with chronic diseases.^{8,9}

As the aging process progresses, the individual's quality of life (QOL) is strongly determined by the ability to maintain independence and autonomy.¹⁰ Given this, it is necessary to conduct a scientific survey on the aging process and quality of life.¹¹ The definition of QOL is understood as the individual's perception of his position in life, being contextualized by culture and taking into account the system of values lived, and in relation to objectives, expectations, standards and concerns.¹¹

In view of this, it is possible to observe that when it comes to the aging process, QOL is generally related to the maintenance of autonomy, which can be seen in daily activities performed by elderly people with functional capacity.¹² Autonomy and functional capacity are directly linked to obtaining QOL and healthy aging. Thus, the multiprofessional team should promote activities aimed at maintaining the functionality of the elderly, in order to prevent

or delay the disability, limitations and dependence of the elderly person.¹⁰

The Long Term Care Institutions for the Elderly (Instituições de Longa Per-



As the aging process progresses, the individual's quality of life (QOL) is strongly determined by the ability to maintain independence and autonomy.



manência para Idosos - ILPI's) aim to ensure comprehensive care for people over 60, defending their dignity and their rights. They are institutions that seek to prevent the reduction of risks to which elderly people who do not have a home are exposed.¹³ Although the ILPIs meet the needs of the elderly, such as housing, food, good hygiene and medical care, there is a kind of isolation from their family and social activities, which due to certain limitations, the ILPIs are not always able to meet all the biopsychosocial needs of their residents, directly affecting the QOL of this population.¹⁰

Care for institutionalized elderly people has been a concern for society due to the growing increase in the elderly population in Brazil. In general, the profile of the institutionalized elderly is characterized by an increase in sedentary lifestyle, loss of autonomy and self-esteem, the absence of family members, in addition to the influences of biological factors, diseases and other external causes common to this aging phase, highlighting the falls as one of the most important health problems.¹⁴

In this context, University Extension stands out, for setting up a new strategy that favors the teaching-learning process, which articulates knowledge that involves the academic, scientific and community, collaborating for the formation of citizens with new ways of thinking and act on health. In addition, it provides the opportunity for mutual knowledge, with an emphasis on dialogical communication, favoring to know the needs and potential of individuals, families, inducing the effective participation of those involved.^{15,16}

With regard to academics from different areas of health, they should act favoring dialogue, respecting the individuality of each person, leading the educational process in such a way that individuals are not just passive listeners, but critical and reflective.¹⁷

It is worth noting that, in the sphere of health, the role of university extension aims to promote, through any resource, an improvement in the quality of life of a target community, inserted in a population at risk. Furthermore, in relation to the academic aspect, there is an opportunity for Nursing students to relate the theoretical content to the reality of the practice, contributing to the development of extracurricular works that complement the learning and improve the social skills necessary for the profession, in addition to enable academics to have a practical learning experience, while providing services to the community served.^{18,19}

Thus, this study aimed to identify the actions of nursing students to improve the quality of life of institutionalized elderly.

METHOD

The integrative review consists of completing the steps: identification of the theme and selection of the research question; establishment of eligibili-

ty criteria; identification of studies on scientific bases; evaluation of selected studies and critical analysis; categorization of studies; evaluation and interpretation of results and presentation of data in the framework of the integrative review.²⁰ Thus, the guiding question chosen for the construction of the work was: "What are the contributions of nursing students to improve the quality of life of institutionalized elderly people?".

Regarding the bibliographic survey, the following databases were consulted: Scientific Electronic Library Online (SciELO), Medical Literature Analysis and Retrieval System Online (MEDLINE), Virtual Health Library (VHL) and Ministry of Health. The following descriptors were used: Students of nursing; Quality of life; Comprehensive Health Care for the Elderly; and Institution of Long-Term Care for the Elderly. At the crossing of the descriptors, the Boolean operators "AND" and "OR" were adopted.

The search plan included the following word links: Nurses Students OR Nursing Students OR Nurses Stu-

dents AND Quality of life AND Comprehensive Health Care for the Elderly OR Comprehensive Care to the Health of the Elderly AND Long Term Care Institution for the Elderly OR Nursing Home for the Elderly OR Nursing Homes OR Nursing Homes for the Elderly OR Long Term Geriatric Institutions OR Nursing Home OR ILPI.

The following inclusion criteria were defined: articles published in full, available electronically, in Portuguese, English and / or Spanish, whose results addressed aspects directly related to the influence and benefits of the actions of nursing students that effectively contribute to the QOL of the elderly in ILPI's. Editorials, letters to the editor, dissertations, theses, bibliographic reviews, and articles with a year of publication prior to 2013 were excluded. Therefore, at the end of the research, an interpretative reading of the theorists was carried out, seeking to analyze the knowledge more broadly.

All articles found were analyzed and selected by two researchers in the nursing field. Each observer verified and supplemented the information obtained individually and, finally, all divergences were reassessed to improve the study.

RESULTS

The data collection consisted of an advanced search in the databases. After the selection and identification process of articles that met the established inclusion criteria: prior reading of all titles and abstracts. The reading was proceeded, excluding articles that were not available in their entirety free of charge, which did not contemplate the proposed objective and their year of publication was less than 2013. Finally, to carry out the bibliographic survey, nine articles that address QoL in the context of health were identified of the elderly person.

The activities carried out by the aca-

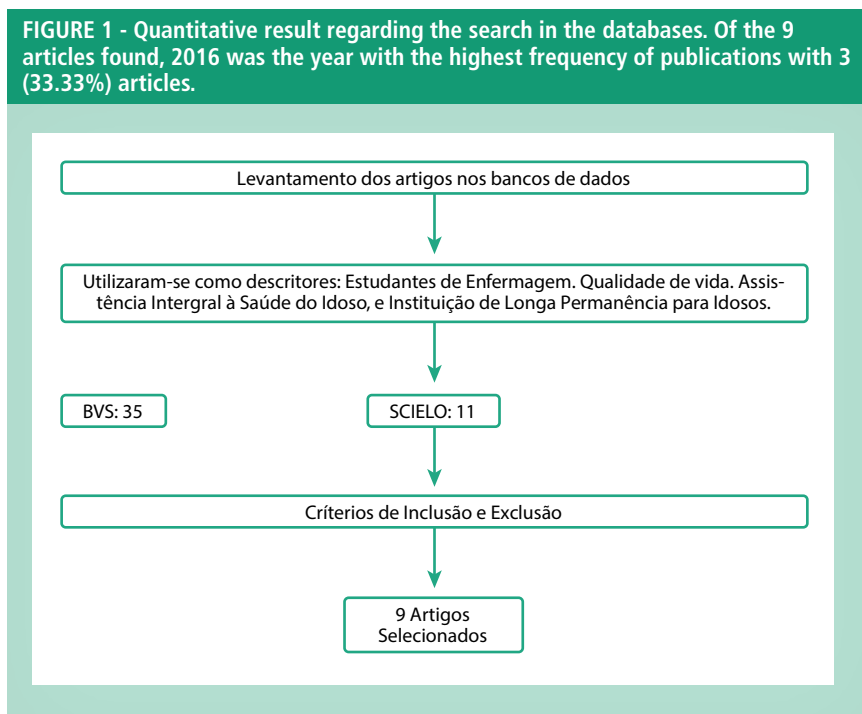


TABLE 1 - Distribution of articles used according to quantitative details, authors / magazine, title, objective, year, 2013 - 2017.

Nº	Autores / Revista	Título	Objetivo	Ano
01	Lucena et al. Rev. Pesqui. Cuid. Fundam.	Ensinando e aprendendo com idosos: relato de experiência.	Descrever um relato de práticas de educação em saúde de um projeto de extensão universitária, incentivando a adoção de medidas preventivas de autocuidado em relação à saúde do idoso.	2016
02	BALLA; SCORTE-GAGNA. Rev. Estudo interdisciplinar envelhecimento, Porto Alegre.	Uso do tempo livre através de recursos expressivos: Contribuição para um grupo de idosos institucionalizados.	Avaliar a contribuição do uso de recursos expressivos no tempo livre para mudanças no modo de ser e estar dos idosos residentes de uma ILP.	2014
03	BEZERRA et al. Rev. Enferm. UFPE online.	Idosos institucionalizados: proposta educativa na perspectiva freireana.	Refletir sobre as potencialidades e limitações das práticas de educação em saúde voltadas para os idosos residentes em instituições de longa permanência e apresentar uma proposta educativa que considere e respeite seus saberes e valores culturais.	2017
04	FELIX et al. Rev. Enferm. UFPE online.	Cuidados de enfermagem ao idoso na instituição de longa permanência: relato de experiência.	Relatar a experiência de estudantes de enfermagem durante o período de estágio, observando a assistência de enfermagem aos idosos institucionalizados.	2014
05	SILVA et al. Revista de ciências da saúde.	Ações educativas vivenciadas com idosos: um relato de experiência.	Relatar a experiência de acadêmicos da área de saúde, acerca das ações educativas mediante vivência com idosos no ano de 2016.	2017
06	CYRINO et al. Revista ciência em Extensão.	Atividades lúdicas como estratégia de educação em saúde com idosos.	Relatar a experiência do Grupo do Programa de Educação Tutorial Enfermagem da Universidade Federal de Goiás – Regional Jataí, na utilização de atividades lúdicas como estratégia de educação em saúde e integração social com idosos.	2016
07	FLEURÍ et al. Rev. Enfermagem Revista.	Atividades lúdicas com idosos institucionalizados	O intuito da proposta é proporcionar uma interação entre os institucionalizados, contribuindo de forma direta para uma melhor qualidade de vida.	2013
08	MUNHOZ et al. REME – Ver. Min. Enferm	Oficina bingo da saúde: uma experiência de educação em saúde com Grupos de idosos.	Este estudo tem como objetivo relatar a experiência de integrantes do Programa de Educação Tutorial do curso de Enfermagem no projeto de extensão "Acampavida", realizado anualmente com idosos, por meio de atividades	2016
09	CABRAL et al. Rev. Enfermagem Digital Cuidado e Promoção da Saúde.	Oficinas de educação em saúde com idosos: uma estratégia de Promoção da qualidade de vida	Realizar ações de Educação em Saúde voltadas para a Promoção da Saúde do idoso no Núcleo de Atenção ao Idoso da Universidade Federal de Pernambuco.	2015

TABLE 2 - Thematic axes and number of activities carried out in the period 2013-2018.

Eixos Temáticos	Nº de atividades
Lazer	12
Educação em Saúde	06
Oficina Terapêutica	05
Atividades Neuromotoras	04
Cuidados de Enfermagem	02

demics were classified and ordered in 05 guiding axes that allowed the discussion of the theme, being respectively: "Leisure"; "Health education"; "Therapeutic

workshop"; "Neuromotor activities"; and "Nursing care".

Table 2 shows the thematic axes and the number of activities carried out by

nursing students to improve the quality of life of institutionalized elderly. Of the articles surveyed, the theme "health education" was the most frequent with 5 (55.55%) publications.

DISCUSSION

Playful activities and the encouragement of moments of leisure and recreation are effective ways to improve self-esteem, quality of life, the recovery of memory and stimulate the cognitive functions of the elderly. Seeking the best in the

quality of life of the elderly, the activities seek a better adaptation of patients to this new lifestyle. They are simple and little used activities, which are enabling new and continuous learning, in addition to social relationships with maintenance of functional capacity.²¹

Therefore, recreation and leisure need to be enhanced throughout the course of life, specifically in the elderly, when individuals are more withdrawn, away from family and friends, which impairs the performance of their activities of daily living and hinders their coexistence in the family and social context.^{21,22}

Regarding educational actions, these aim to promote health, preventive actions, social interaction and self-care. They also aim at the promotion, protection and, mainly, the prevention of injuries. In addition, it encourages people to reflect on their condition of life, health and actions taken in relation to self-care, as well as their interaction between health conditions, the environment in which they live and the family context.²³

These educational activities collaborate to maintain the health of the elderly, build changes in daily life, encourage reflection between popular and scientific knowledge, provide new knowledge that influence attitudes and practices, motivating the development of daily health care, in addition to stimulating social interaction, a condition that enhances independence, self-esteem and self-confidence, favoring the rescue of personal, family and social values, thus enhancing the adoption of healthy behaviors.²⁴

As for therapeutic workshops (TW), these represent an important tool in the process of re-socialization, individual and collective insertion, as it enables work, action and collective thinking.²⁵ These actions enable the elderly to increase their self-esteem, strengthen their social interaction, and improve their response to psychic, cognitive and motor stimulation.⁷

Among the identified TWs, we highlight the “interactive games”, “me-

memory game” and “painting and drawings” known in the literature as “Oficina de Arterapia”, which were aimed at stimulating the logical reasoning, memory and interaction of the elderly resident at the ILPIs. In addition to bringing with it the idea that behind each work done, there is a process that will be built over time and



Nursing care is integrated into the use of the set of actions that, when developed, allow the identification of the health needs of the elderly, as well as the implementation of educational activities.



this will bring a rescue of the individual, of each person's personality.^{26,27} Thus, these workshops assist in the recovery of the individual being, acting through the stimulation of psychomotricity, even improving their social integration.²⁸

With regard to the practices of neuromotor activities performed at the ILPIs, bowling, shuttlecock, bilboque and body stretching stood out. These exercises require greater concentration, expand the possibilities of movement and when performed in a playful manner, favor relaxation and socialization, helping the elderly to overcome the daily motor and cognitive challenges.²⁹ Based on the aforementioned facts, we find the importance of the presence of activities in the daily lives of the elderly. Familiar activities obtained greater adherence among the elderly, in addition to providing neuromotor stimulus, the rescue of memory through memories.

Nursing care is integrated into the use of the set of actions that, when developed, allow the identification of the health needs of the elderly, as well as the implementation of educational activities. In this sense, the actions found in the ILPIs were: anamnesis, physical examination and dressings. Both nursing care performed with institutionalized elderly people obtained a positive result, contributing significantly to improving quality of life.

The National Health Policy for the Elderly, established by Ordinance No. 2.528, of October 2006, establishes that care practices directed to the elderly require a global, interdisciplinary and multidimensional approach, taking into account the interaction between physical, psychological and social factors that influence your health. Therefore, interventions need to be carried out and oriented, aiming at promoting the autonomy and independence of the elderly person, encouraging them to self-care.⁷

As a result, nursing plays a decisive role in the implementation and enforcement of laws directed at the elderly, promoting the indiscriminate social inclusion of the elderly, respecting their abilities and limitations. However, there is still much to be achieved in this area of knowledge. When the nurse works with the elderly resident in an ILPI, this worker is able to make this care more

humanized, welcoming, evaluative, comprehensive, and can contribute to improving the quality of life of the institutionalized elderly.³⁰

CONCLUSION

With the present study, it was identified that nursing students contribute to the quality of life of elderly people insti-

tutionalized in ILPIs. The actions carried out collaborated to maintain the health of the elderly, in order to provide positive changes in daily life. The results obtained lead us to reflect on issues related to aging correlating the elderly and quality of life, and factors that directly influence the new adaptation process of the elderly that is or will be institutionalized, because institutionalization directly reflects in

the daily lives of the elderly and his way of being and acting in his new world.

Thus, the performance of therapeutic activities with the elderly, had positive effects on the quality of life of institutionalized elderly, which can collaborate for the maintenance of health and social interaction. And that, when applying these methods, a healthy and active form of aging is offered. 🌱

References

1. Miranda GMD, Mendes ACG, Silva ALA. O envelhecimento populacional brasileiro: desafios e consequências sociais atuais e futuras. *Revista Brasileira de Geriatria e Gerontologia*. 2019; 19(3); 507-519.
2. Brito FC, Litvoc CJ. Envelhecimento: prevenção e promoção de saúde. 1º ed. São Paulo: Atheneu; 2004.
3. Fechine BRA, Trompieri N. O processo de envelhecimento: as principais alterações que acontecem com o idoso com o passar dos anos. *Revista Científica Internacional*. 2012; 1(20).
4. UNITED NATIONS, Department of Economic and Social Affairs, Population Division [página na internet]. *World Population Prospects: The 2012 Revision, Highlights and Advance Tables*. [acesso em 16 de março de 2018]. Disponível em: https://population.un.org/wpp/Publications/Files/WPP2012_HIGHLIGHTS.pdf
5. INSTITUTO BRASILEIRO DE GEOGRAFIA E ESTATÍSTICA [página na internet]. Número de idosos cresce 18% em 5 anos e ultrapassa 30 milhões em 2017 [acesso em 18 de março de 2020]. Disponível em: <https://agenciadenoticias.ibge.gov.br/agencia-noticias/2012-agencia-de-noticias/noticias/20980-numero-de-idosos-cresce-18-em-5-anos-e-ultrapassa-30-milhoes-em-2017>
6. WORLD HEALTH ORGANIZATION [página na internet]. Envelhecimento ativo: uma política de saúde / World Health Organization; tradução Suzana Gontijo. – Brasília: Organização Pan-Americana da Saúde de [acesso em 18 de março de 2020]. Disponível em: http://bvsms.saude.gov.br/bvs/publicacoes/envelhecimento_ativo.pdf.
7. BRASIL. Ministério da Saúde. Envelhecimento e saúde da pessoa idosa: Cadernos de Atenção Básica 19 [internet]. Brasília; 2006. [Acesso em: 11 de junho de 2020]. Disponível em: http://bvsms.saude.gov.br/bvs/publicacoes/evlhecimento_saude_pessoa_idosa.pdf.
8. Camargos MCS, Gonzaga MR, Costa JV, Bomfim WC. Estimativas de expectativa de vida livre de incapacidade funcional para Brasil e Grandes Regiões, 1998 e 2013. *Ciência & saúde coletiva*. 2019; 24(3); 737-747.
9. Camargos MCS, Gonzaga MR. Viver mais e melhor? Estimativas de expectativa de vida saudável para a população brasileira. *Caderno Saúde Pública*. 2015; 31(7); 1460-1472.
10. Lima APM, Gomes KVL, Frota NM, Pereira FGF. Qualidade de vida sob a óptica da pessoa idosa institucionalizada. *Revista Brasileira em Promoção da Saúde*. 2016; 29(1); 14-19.
11. Dawali NW, Anacleto GMC, Witter C, Goulart RMM, Aquin RC. Envelhecimento e qualidade de vida: análise da produção científica da SciELO. *Estudos de Psicologia*. 2013; 30(3); 393-403.
12. Toldrá RC, Cordone RG, Arruda BA, Souto ACF. Promoção da saúde e da qualidade de vida com idosos por meio de práticas corporais. *O Mundo da Saúde*. 2014; 38(2); 159-168.
13. Born T, Abreu CMG. O cuidado ao idoso em instituição de longa permanência. *Revista Gerontologia*. 2008; 4; 7-14.
14. Gonçalves AL. A psicomotricidade aplicada à terceira idade. Rio de Janeiro: UCAM Universidade Cândido Mendes, 2011. Monografia de Pós-Graduação em Psicomotricidade.
15. Silva AFL, Ribeiro CDM, Silva JAG. Thinking of university extension as a health education field: an experience at the Fluminense Federal University, Brazil. *Interface-comunicação [revista em Internet]*. 2013; acesso 13 de junho de 2020; 17. Disponível em: <http://www.redalyc.org/html/1801/180127931010/>
16. Silva W, Lucena ALR, Araújo MJA, Januário DC, Viera KFLI, Costa VRRAB. Ações educativas vivenciadas com idosos: um relato de experiência. *Revista de Ciências da Saúde Nova Esperança*. 2017; 15(3):31-36.
17. Freire P. *Extensão ou Comunicação*. 13ª ed. São Paulo: Paz e Terra; 2006.
18. Lucena ALR, Freitas FFQ, Vieira KFL, Matos SDO. Ensinando e aprendendo com idosos: relato de experiência. *Journal of Research Fundamental Care*. 2016; 8(2):4131-4141.
19. Ferreira OGL, Maciel SC, Costa SMG, Silva AO, Moreira MASP. Envelhecimento ativo e sua relação com a independência funcional. *Texto & contexto Enfermagem*. 2012; 21(3):513-518.
20. Botelho L, Cunha C, Macedo M. O método da revisão integrativa nos estudos organizacionais. *Revista Gestão e Sociedade*. 2013; 5(11):121-136.
21. Leite MT, Hildebrandt LM, Kirchner RM, Winck MT, Silva LAA, Franco GP. Estado cognitivo e condições de saúde de idosos que participam de grupos de convivência. *Revista Gaúcha de Enfermagem*. 2012; 33(4):64-71.
22. Santana JO, Tavares ML, Pereira ET. Lazer e saúde: Programa de atividade física e de lazer melhora capacidade funcional de idosos institucionalizados. *Motricidade*. 2012; 8:725-733.
23. Mallmann DG, Galindo Neto NM, Sousa JC, Vasconcelos EMR. Educação em saúde como principal alternativa para promover a saúde do idoso. *Ciência & Saúde Coletiva*. 2015; 20(6): 1763-1772.
24. Souza AMV, Abreu AM, Souza AG, Pereira KG, Souza LPS, Figueiredo MFS et al. Grupos educativos para idosos na Estratégia Saúde da Família: uma nova perspectiva. *Revista Norte Mineira de Enfermagem*. 2014; 3(2):162-169
25. Ibiapina ARS, Monteiro CFS, Alencar DC, Fernandes MA, Costa Filho AAI. Oficinas Terapêuticas e as mudanças sociais em portadores de transtorno mental. *Escola Anna Nery*. 2017; 21(3).
26. Parola V, Coelho A, Neves H, Almeida M, Gil I, Mouro A. et al. Efectos de un programa de estimulación cognitiva en ancianos institucionalizados. *Revista de Enfermagem de Referência*. 2019; 1(20): 47-56.
27. Aguiar AP, Marci R. Promovendo a Qualidade de Vida dos Idosos Através da Arteterapia. *Revista de Pesquisa: Cuidado é fundamental*. 2010; 1(2): 710-7813.
28. Carvalho NC. *Dinâmicas para Idosos*. Petrópolis-RJ: Ed. Vozes; 2009.
29. Souza, CH. Exercícios para o desenvolvimento das capacidades neuro-motoras para idosos. Londrina: Centro de Pesquisa em Ciências da Saúde. Universidade Norte do Paraná, 2015. Relatório técnico de mestrado profissional em exercício físico na promoção da saúde.
30. Rodrigues RAP, Kusumota L, Marques S, Fabrício SCC, Cruz IR, Lange C. Política Nacional de Atenção ao Idoso e a Contribuição da Enfermagem. *Texto Contexto Enfermagem*. 2007; 16(3): 536-545.