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RESEARCH

Nursing practice towards crack and other drugs from the perspective of nursing students¹

Atuação dos enfermeiros diante do crack e outras drogas na perspectiva dos graduandos de enfermagem

Práctica profesional y crack y otras drogas desde la perspectiva de los estudiantes de enfermería

Fernanda Matos Fernandes Castelo Branco², Claudete Ferreira de Souza Monteiro³

ABSTRACT

Objective: The objective was to discuss how to act in front of the crack and other drugs from the perspective of nursing students. **Methods:** We applied the methodology of action research with fourteen nursing students in a University Center in the city of Teresina-PI, held in the month from March to November 2012. **Results:** The lines show a professional performance with an empirical basis, the majority of scientific information without imprint and information from media and information systems. **Conclusion:** reflecting the need for more knowledge about the issue as they will be future nurses who will work with this theme. **Descriptors:** Training of human resources in health, Illicit drugs, Nursing students.

RESUMO

Objetivos: Objetivou-se discutir a forma de atuar diante do crack e outras drogas na perspectiva dos graduandos de enfermagem. **Método:** Aplicou-se a metodologia da pesquisa-ação com quatorze graduandos de enfermagem em um Centro Universitário localizado no município de Teresina- PI, realizada no mês de março a novembro de 2012. **Resultados:** As falas evidenciam uma atuação profissional com bases empíricas, sendo a maioria das informações sem cunho científico e informações oriundas de mídias e sistemas de informações. **Conclusão:** Reflete-se a necessidade de maior conhecimento sobre a problemática uma vez que serão futuros enfermeiros que atuarão junto a esta temática. **Descritores:** Formação de recursos humanos em saúde, Drogas ilícitas, Estudantes de enfermagem.

RESUMEN

Objetivo: El objetivo fue discutir cómo actuar frente al crack y otras drogas desde la perspectiva de los estudiantes de enfermería. **Metodos:** Se aplicó la metodología de investigación-acción con catorce estudiantes de enfermería en un centro universitario en la ciudad de Teresina-PI, que tuvo lugar en el mes de marzo a noviembre de 2012. **Resultados:** Las líneas muestran un rendimiento profesional con una base empírica, la mayoría de la información científica sin impresión y la información de los medios de comunicación y sistemas de información. **Conclusión:** reflejan la necesidad de un mayor conocimiento sobre el tema, ya que serán las futuras enfermeras que trabajarán con este tema. **Descriptor:** Formación de recursos humanos en salud, Las drogas ilícitas, Estudiantes de enfermería.

¹This study comes from the Master's completion work entitled: Knowledge of undergraduate nursing students on drugs: a contribution to professional training. Presented to the University Center UNINOVAFAPI in February 2013.

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INTRODUCTION

The Family Health Strategy (FHS) is a strategic priority in accordance with the precepts of the Unified Health System (SUS) to absorb the chemical substance user clientele in accordance with the Policy for Comprehensive Care to the users, for the promotion, rehabilitation and reintegration of chemical dependents.

According to the Health Ministry, collective activities with group work must be developed, considering the characteristics of the population and monitoring according to their territory. It must be guided by the principles of universality, accessibility, from the bond and continuity of, comprehensiveness, of accountability, humanization, fairness and social participation. Primary Care tends to consider the subject in their particularity in the quest for the promotion of their health, in the prevention and treatment of diseases and in the reduction of damage or suffering that may compromise their possibilities of living healthily.¹

In this context, scholars cite in their study that the second most frequent cause for care in these services are the complaints and mental, in epidemiological data that 6 to 8% of the population require some caution due to the harmful use of alcohol and other drugs.²

Therefore, this healthcare model allows greater social, political and economic inclusion. However, to achieve a more effective response in caring for individuals, with a focus on drug users, it should not be limited to primary healthcare. In the case the FHS, because the work must be expanded and sometimes should be extended to other services, such as the Psychosocial Care Centers (CAPS) that are currently strategic devices to the organization of the network of mental

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health, the work must be grounded in intersectionality.

In this position articulation and construction of the Mental Health Network, CAPS should fulfill its direct care and regulation of the health service network, with working together with teams of family health and community workers as well as work to promote community life and autonomy of users, articulating existing resources in other networks.³

However, to achieve a care model toward the promotion of health and prevention of diseases, the professionals involved must be prepared and able to recognize the problems related to drug use and develop care actions. This knowledge must be started in academic life with a dynamic learning between theory and practice, which is essential in the pedagogical project. It must rely on the active participation of students in making joint decisions.

Given this context, it outlined as purpose of this study to discuss the ways to act while facing crack and other drugs among users, families and community in the perspective of the nursing students.

METHODOLOGY

It is a descriptive study with a qualitative approach. It has applied the methodology of action research, with the aim of producing new knowledge and information that would be difficult by means of other procedures. Through action research, it can lead to knowledge, gain experience, and contribute to the discussion and extend the debate on addressed issues.⁴

The study was conducted in a University Center located in the city of Teresina, in the State of Piauí, with fourteen nursing undergraduate students. They are in the last period of the course

and developed the practical activities in primary health care and that they have voluntarily agreed to participate through the reading and signing of the Free and Informed Consent.

The students were divided into three groups, two groups composed of five students and a group composed of four students. To preserve the identity of the participants, was used the letter G referring to group formed spontaneously by participants, followed by a numbering sequenced to ensure anonymity, confidentiality and ethical precepts as the National Health Council no. 196 of the year 1996.

The study was approved by the Research Ethics Committee of the Faculty of Health Sciences, Human and Technological of Piauí with Protocol - CAAE No. 0445.0.043.000-11.

The data were analyzed by Content Analysis Technique⁵ that, is based on three steps, being the pre-analysis, exploration of the material and categorization according to common characteristics.

RESULTS AND DISCUSSION

The concern with the use of drugs is increasingly frequent and primary healthcare is the port of entry to other health services, remodeling the traditional model. Therefore, the FHS is the main tool in this new care model, however, the work must be developed in such a way that the interdisciplinary principles dictated by SUS can be achieved and ensure individuals in solving their problem situations.

However, it is necessary to train qualified professionals to work in these, services that has as main goal the shared work in the territory and linked to other services of a public nature and the entities belonging to the community in general.

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The nursing undergraduate students cite in their speech forms of action to make it happen this shared work, however a fragmented knowledge of generalist and without a scientific deepening is evident in the following two categories: Holistic Approach: focusing on the culture and family approach and receptivity.

Holistic approach: focusing on the culture

The nomenclature holism has been employed in the area of health, because it configures, as an approach that involves the individual in a comprehensive manner under all aspects, be it physical, mental, social or cultural. In addition, with the changes that have been occurring in the new model of care, which incorporates the health-disease-care process, it is necessary to evaluate the individual in a complete and contextualized manner.

Thus, the citizen has the right to integral care. Being that the health professional is responsible for providing care focused on emotional, economic and cultural aspects, assisting them entirely, considering not only the disease, but prevention of diseases in which they are inserted, respecting their economic, social and cultural conditions In this sense, nursing students mention cultural approach as acting on the drug problem.

Cultural activities such as music therapy with the community, the churches [...] sports incentive (G1)

With regard to occupational therapy, music therapy [...] reading, sports, dancing, so we put them in church (G2)

The students cite the actions of generalist manner, without any scientific nature, not

pointing any of the services that are essential to the completeness of the assistance and intersectionality and for a good functioning according to the Single Health System, such as the Psychosocial Care Centers. They deal with the schools and churches as the axis of this process of actions against drugs.

With respect to sports practices, with respect to music and dance, everyone could come in contact with the schools, get in contact with the churches to which it can support by giving space that can develop these activities (G1)

Stimulus having a spiritual support, look for a religion [...] in relation to sports; it is a way of seeking satisfaction (G2)

This is due to a fragmented education and a thematic focused on the area of scarce mental health, especially when it comes to drugs. Beyond the educational way, teaching is called bank because the student only receives information based on the experience of the teacher, which keeps student files and receives the sent deposits. Meanwhile, also mentions that, in spite of this prevailing model, in nursing there is an innovative spirit in the quest to transform and educate nurses with technical competence, but also inserted in the environment in which they live.⁶

In academic nursing education, they seek various ways of conceiving the world, society, man, health as well as the educational methods and processes, resulting in different ways of acting professionally.

The new model of education in nursing is facing a competent social action: allowing the student to develop a set of skills and personal attributes based on their knowledge, attitudes, values and dispositions so that they can fully

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perform their functions and professional tasks. Aims to provoke the student's thinking, offer questions and doubts, that this search for answers and solutions, i.e., the student is skilled and competent in the tasks that have been proposed in education.

However, in relation to mental health, this still happens in a subtle way and the theme of drugs is replaced by psychiatric diseases, having as a result a knowledge based on what is exposed in the media and in public venues.

Scholars affirm the importance of adopting an education model that fosters the development of the human being in the social environment. Thus, aiming at the exercise of citizenship and establishing contacts with the society, recognizing the structure and forms of social organization, such as skills and specific Nursing skills in line with the new Curriculum Guidelines for Undergraduate Nursing Courses throughout the national territory.⁷

Thus, they are based on parameters that articulate the theory with practice, approach the students of reality experienced by patients for the acquisition, recreation and creation of new knowledge. Also seeks a teaching based on interdisciplinarity, in that the disciplines are integrated and discussed with all involved in the learning process. Thus, enables correcting errors and distortions, linking dynamically to the surrounding reality.

In this economic climate, it is clear that the way to prepare and train the professionals are of extreme relevance and the formation of the same reflects on society by ways of acting and working. The area of health, therefore, is considered strategic to trigger new economic development.⁸

Therefore, it is necessary to prepare competent professionals and skilled to act in the

labor market and to promote changes in the social context.

Family approach and reception

The health area has been expanding its care context, not limited to outsourced services, but valuing spaces where individuals live the daily life with the purpose of an improvement of quality of life, health promotion, disease prevention and not only the recovery of biological issues.

In this context, the importance of health professionals is seen, in particular of the Family Health Strategy, addressing the individual in a holistic way, with the application of the principles of the Unified Health System (SUS), which advocate the integrality of the human being, whereas life style, environment in which they live, emphasizing the family in caring for its members.

Family gatherings [...] Collective gathering for families to show their difficulties, their fears, to reflect (G1)

Stimulate the family and emotional support that it is quite important to this user who are usually isolated, are abandoned by family [...] dialog with the family (G2)

It is known that the family is fundamental part in prevention, treatment and rehabilitation of drug users. However, for a better result, it is necessary for the performance of skilled professionals for dealing with users, relatives and the community in general, being the host a technology belonging to the care process, this tool is cited by some subjects of this study.

Also address so without prejudice, accepting the user regardless of color, race, sexuality (G1)

Emotional support [...] that we are warm professionals [...] professional health cheerful, smiling, that the first approach is at the same welcoming [...] encourage self-care (G2)

Regarding the welcoming these people who use drugs, thereby need a hug, by someone in the family [...] maintaining a relationship of trust as a professional, so that they can be opened following the advice, following the treatments (G3)

The reception is a technological arrangement that seeks to ensure access to users with the objective of listening to all patients, solve the simpler problems and / or reference them if necessary.⁹ The reception consists in opening the demand for services and accountability for all health problems of a region.

When we agree to the moment of the history of how did the reception in health care services, we realize that this is not a single moment, but rather a set of actions resulting from events. Despite a new proposal, that was from the 1990s that the debate about the importance of welcoming in the health sector had its beginning. The topic "welcoming" in the health service has been gaining increasing importance in the field of Family Health Strategy by being the port of entry of health services. From there, it opens a discussion about the problem of access and receipt of users to primary healthcare services. For the issue of the welcoming in Primary Care, the practical solutions tend to conceive it as an exclusive activity focused and associated with some traditional organizational devices such as

mode of approved users, screening for the service and access to the service itself.¹⁰

However, the welcoming is the "mainspring" logic of technical care and is considered an indispensable item to the unfolding of the care. From the welcoming begins a network of interconnected services for professionals seeking the full and effective patient care.¹¹

In this regard, it is important above all, share information about this light technology in health services, mainly in the FHS and the various approaches that foster a better professional practice in search of a more humane care, welcoming and influential. Within this welcoming context, the undergraduates mention nutritional counseling to drug users in the search for an effective and holistic approach.

Encouraging healthy eating (...) that people who use drugs do not like to eat (G1)

Inducing the patient to a healthy nutrition (G3)

Many Scholars say that the holistic vision of healthcare came to undo the practice of care fragmented developed once by some professionals, making the specific and individualized care, because the human being cannot be seen as separate parts, but in all the biopsychosocial dimensions.¹² The health professional holding a holistic view has more elements for decision making in a more secure manner regarding the patient's health.

The students cite the nutritional guidance, which can characterize a holistic approach, however it is evident that the undergraduates mentioned in a simplistic way without scientific nature. They do not point the main services that should come to the articulated primary health J. res.: fundam. care. online 2013. dec. 5(6):1-8

care as CAPS, thus look for this holism, mentioning only forms of action already known by the people a generalized manner.

The psychiatry care resources should be redirected to a substitutive model, based in community services. Encourage the creation of services and "territorialization". In addition, meet the need for a care centered on Community basis is that emerge and are structured devices substitutive, within which cites the Psychosocial Care Centers (CAPS), Therapeutic Residential Services (TRS), Beds for Comprehensive Care in General Hospitals, among others. These Services utilize the resources of the community for the social inclusion of the user, as well as improve the quality of life.¹³

The Ministry of Health cites that this new treatment model should be guided based on consumer recognition, the characteristics and needs as well as the routes used, seeking new strategies for links between work and family so that preventive measures, education, treatment and promotion may be consistent with the diversity and needs of each user. This Policy is aimed to not only abstinence, but also, above all, the reduction of damage and the overcoming of the consumption.¹⁴

However, due to the violence situation and great impact with harm caused to society by exaggerated consumption of drugs and by trafficking, became necessary to launch in May 2010, an integrated plan with several Ministries, the Integrated Plan for Coping with the Crack and other drugs (2010-2014), which aims at use prevention actions, treatment and social integration of chemical dependents. This plan was established by Decree 7.179/10.

For the effective implementation of actions, it is necessary to link between social networks and the participation of family

members, as well as the training of managers, Community participation.¹⁵

Thus, in 2011 there was a reorganization of the Unified Health System Network with the deployment of other services for a network of care more effective that aimed at 523 and care of users as well as family rooms, being that among these services it highlights the Basic Health Unit.

Unfortunately, these facts are not mentioned in the speech of the subjects as well as are clashing of reality experienced in practice, being these results, fruit of our education that is still centered on hegemonic model of education, focusing on content organized so compartmentalized and isolated, fragmented in individuals and in specialties. The classical healthcare training approach in education is technician and concerned with the satisfaction of procedures and knowledge of ancillary equipment of the diagnosis, treatment and care, planned according to the theoretical scientific-technical accumulated by teachers in their area of specialty or professional dedication.¹⁶

The traditional perspective is unaware didactic-pedagogical strategies or ways to teach destructors, constructivists or with the active role of students, ignoring the existing accumulation in education in relation to the construction of the learning and about the production and circulation of knowledge in contemporary society. This hegemonic project has been accumulating over the years and organized movements in search and production of best paths and strategies for innovation and transformation in the orientation and organization of courses that are emerging. A comprehensive educational concept in which the "contents" are not conditioned only to subjects or matters known traditionally been seeking new ways and trying to break through barriers.

In addition, the topic of drugs, although J. res.: fundam. care. online 2013. dec. 5(6):1-8

there since the emergence of humankind and currently be a public health problem, yet it is addressed in the traditional way and diminutive form in syllabuses that relate to healthcare professionals, especially nurses.

CONCLUSION

The approach of nursing students for professional practice facing crack and other drugs in the Family Health Strategy is limited and permeated by general knowledge and without scientific nature. Even citing some services and entities such as churches, schools, families and the acceptance as essential elements in the approach to a professional performance, however do not mention the essential services for an integral assistance with holistic approach and the search for intersectorality.

It is therefore considered, that the initial approaches undertaken by health professionals, particularly the Family Health Strategy nurses, are paramount for a qualified and effective users of drugs and family. In addition a necessary competent training with content aggregates the topic of drugs, signaling as well with this study the need to include specific content about the phenomenon of drugs as well as ways to approach and act in professional practice.

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