

THE IMPORTANCE OF THE NURSING PROCESS FOR THE PREVENTION AND TREATMENT OF PRESSURE INJURY IN AN INTENSIVE CARE UNIT

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ABSTRACT

The Nursing Process (NP) is a dynamic tool that seeks to systematize and organize nursing care across various practice scenarios. Thus, the general objective of this research was to evaluate the nursing team's knowledge about the nursing process as a tool for the prevention and treatment of pressure injury in the Intensive Care Unit. A cross-sectional, descriptive, exploratory study method was used, directed at the nursing team. A field survey was conducted, approaching technicians and nurses working in an intensive care unit in their work environment who agreed to participate in the study. A total of 83 (100.0%) nursing professionals from two hospitals in Goiás participated, comprising 68 (82.0%) technicians and 15 (18.0%) nurses. The majority were women, 66 (81.5%). A high adherence to the Nursing Process was observed, with 68 (81.9%) using it regularly, and 79 (95.2%) believing in its effectiveness. Despite this, only 40 (48.2%) used all stages of the NP. The study highlighted the importance of continuous training and the integration between teaching and practice to improve the application of the NP, aiming to ensure quality and safety in patient care, especially in the prevention and treatment of pressure injuries. The nursing teams in the Intensive Care Units consider the Nursing Process an important tool to support decisions and multidisciplinary activities. However, complete adherence to all stages of the NP is limited. Most professionals know the signs of pressure injury, but the lack of complete knowledge about the NP hinders the effective implementation of preventive and therapeutic care. The study emphasizes the need to promote the NP as an essential and legally supported tool, exclusive to the nurse, to ensure safe care in Intensive Care Units, highlighting the importance of continuous in-service education..

Keywords: Nursing Process; Pressure Injury; Nursing Care Systematization; Intensive Care Unit.

INTRODUCTION

O The Nursing Process (NP) is a dynamic tool that seeks to systematize and organize nursing care across various scenarios (COFEN, 2024). This tool was proposed by the nurse and professor Wanda de Aguiar Horta, who organized nursing activities based on the theory of Basic Human Needs (BHN), seeking to address the patient's needs while establishing the priorities to be met (Horta, 1979).

Following the publication of COFEN Resolution 736 on January 17, 2024, it was established that the stages of the NP are organized into assessment, nursing diagnosis, planning, implementation, and nursing evolution. These five stages place the patient at the center of care, forming a cycle that guides the nursing team's actions to meet individual needs. Each case requires personalized actions, allowing for the identification and approach of various deficits in conjunction (Da Silva et al. 2020).

The nurse is legally supported by the Federal Nursing Council (COFEN), thereby regulating nursing care through the use of the NP as a fully operational tool intended for healthcare, which consists of the planning and organization of nursing care, with the application of a scientific method (COFEN, 2024).

Pressure injuries (PI) are wounds, injuries, or ulcers that arise from the prolonged contact of bony prominences with rigid surfaces, resulting in ischemia at the pressure site, leading to tissue necrosis. Other factors also favor the emergence of PIs, such as malnutrition, poor tissue perfusion, impaired mobility, and loss of consciousness (Pereira et al. 2016).

Therefore, the objective of the research was to evaluate the nursing team's knowledge about the nursing process as a tool in the prevention and treatment of pressure injury in the Intensive Care Unit.

METHODOLOGY

This is a cross-sectional, descriptive, exploratory study, conducted from February to May 2024, with nurses and nursing technicians working in an Intensive Care Unit. As the topic is the "Nursing Process," the research was directed only to this population, considering that the NP is a nursing work tool, supported by resolution 736/2024 (COFEN, 2024).

The research was conducted in two hospitals located in the Central West region of Goiás. The study included nursing technicians and nurses from the Intensive Care Unit (ICU), who worked day and night shifts, with non-random sampling. Those professionals who were on leave or on vacation during the data collection period were excluded. Out of 104 nursing employees, considering the ICUs of both institutions, 83 agreed to participate in the study and answered the questionnaire.

The project was presented to the research directors of the hospitals, who authorized the study. For data collection, a printed questionnaire containing 29 objective questions was developed. It was evaluated by three specialists, who were in favor of its application for the research.

After signing the Informed Consent Form (ICF), participants received the questionnaire, and the researcher remained on-site to clarify any doubts about the topic. Those who did not accept were informed that non-participation implied no harm. The time to complete the questionnaire was approximately 10 minutes.

The data were organized into a spreadsheet using MS Excel Office XP Software. The results were presented in tables and discussed in light of the theoretical framework on Nursing Care Systematization (SAE) and the Nursing Process.

The dependent variables considered were: "knowledge regarding the nursing process" and "knowledge regarding the applicability of the nursing process for the prevention and treatment of pressure injury." The independent

variables were: "sociodemographic data," "academic background," and "work experience."

The study was approved by the Research Ethics Committee of UniEVANGÉLICA under number CAAE 74172123.8.0000.5076 and followed all the ethical principles and precepts of Resolution 466/2012. The risks and benefits were presented to the participants, who could withdraw at any time, and confidentiality and ethics in the research were guaranteed.

RESULTS

A total of 83 nursing professionals from Intensive Care Units in two hospitals in Goiás participated in the study. Among the participants, 70 (84.3%) were women, with an average age of 36 years. The majority of professionals, 39 (47.0%), have been working in the units for a period of 1 to 5 years.

Regarding academic training on the Nursing Process, 73 (88%) professionals confirmed its coverage. Furthermore, 39 (47.0%) recognize that the NP is a clinical and administrative aid instrument for the multidisciplinary team, as well as a dynamic tool for the nursing team's decision-making.

Furthermore, regarding knowledge of the stages of the NP, 44 (53.0%) responded that they are "investigation, diagnosis, planning, implementation, and evaluation"; 22 (26.5%) responded "data collection, physical examination, planning, and implementation"; 15 (18.1%) responded "Physical examination and assistance to the patient's needs"; and 2 (2.4%) did not know.

Regarding the use of the NP, 40 (48.2%) responded that they use all stages, 33 (39.8%) use only some stages, 6 (7.2%) did not respond, 3 (3.6%) do not use it, and 1 (1.2%) uses only one stage.

Regarding the management of pressure injuries (PI), 75 (90.4%) know the options for dressings, and 81 (97.6%) state that their units provide guidelines and protocols for the prevention and treatment of Pressure Injury.

The majority, 78 (94%), responded that they perform repositioning every two hours.

CONCLUSION

The nursing teams in the Intensive Care Units recognize the Nursing Process as an essential support tool for the decisions and activities of the multidisciplinary team; however, adherence to the completion of all stages of the NP is still insufficient. Although most professionals demonstrate knowledge about the signs of pressure injury, the lack of complete mastery of the NP may hinder the effective planning and implementation of preventive and treatment care for these injuries. The study indicates the need for in-service education to strengthen the use of the NP in the care of pressure injuries.

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