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NOTE PREVIEW ARTICLE

ROLE OF THE NURSE IN MULTIDISCIPLINARY TEAM IN SERVING THE OBESE LEVEL III: A PROPOSAL FOR A PROTOCOL

ATUAÇÃO DO ENFERMEIRO EM EQUIPE MULTIDISCIPLINAR NO ATENDIMENTO A OBESOS GRAU III: UMA PROPOSTA DE PROTOCOLO

PAPEL DE LA ENFERMERA EN EQUIPO MULTIDISCIPLINARIO EN SERVICIO A OBESOS GRADO III: UNA PROPUESTA DE PROTOCOLO

Ian Rigon Nicolau¹, Fátima Helena do Espírito Santo²

ABSTRACT

Objective: developing a protocol directed to outpatient nursing care to adult patients with morbid obesity. **Method:** a qualitative research, case study, which will be developed in the Reference Center on Obesity/CRO, of Rio de Janeiro/RJ, in four steps: 1. Integrative literature review; 2. Documentary analysis of data; 3. Semi-structured Interviews with class III obesity patients and the multidisciplinary team of professionals; 4. Development and implementation of nursing care protocol to class III obese patients. The research project was approved by the Research Ethics Committee, CAAE No 31288214.6.0000.5243. **Expected results:** this study aims at uniformity of interventions and improving the quality of nursing care provided to this population, articulated to the actions of the multidisciplinary team focused on changing lifestyle, aimed at promoting health and quality of life. **Descriptors:** Class III Obesity; Nursing; Nursing Assessment; Health Promotion.

RESUMO

Objetivo: elaborar um protocolo direcionado ao atendimento ambulatorial de enfermagem a pacientes adultos com obesidade grau III. **Método:** pesquisa qualitativa, do tipo estudo de caso, que será desenvolvida no Centro de Referência em Obesidade/CRO, do Rio de Janeiro/RJ, em quatro etapas: 1. Revisão integrativa da literatura; 2. Análise documental dos prontuários; 3. Entrevistas semiestruturadas com pacientes obesos grau III e profissionais da equipe multiprofissional; 4. Elaboração e aplicação do protocolo de atendimento de enfermagem a obesos grau III. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAAE nº 31288214.6.0000.5243. **Resultados esperados:** esse estudo visa uniformidade nas intervenções e melhora da qualidade do atendimento de enfermagem prestado a esse público, articulado às ações da equipe multidisciplinar com foco na mudança de estilo de vida, visando à promoção da saúde e melhor qualidade de vida. **Descritores:** Obesidade Grau III; Enfermagem; Avaliação em Enfermagem; Promoção da Saúde.

RESUMEN

Objetivo: desarrollar un protocolo dirigido a la atención ambulatoria de enfermería a pacientes adultos con obesidad mórbida. **Método:** investigación cualitativa, estudio de caso, que se desarrollará en el Centro de Referencia sobre Obesidad/CRO, Río de Janeiro/RJ, en cuatro pasos: 1. Revisión integradora de la literatura; 2. Análisis documental de los datos; 3. Las entrevistas semi-estructuradas a pacientes con obesidad grado III y equipo multidisciplinario de profesionales; 4. Desarrollo e implementación del protocolo de atención de enfermería a pacientes obesos con grado III. El proyecto de investigación fue aprobado por el Comité de Ética de Investigación, CAAE No 31288214.6.0000.5243. **Resultados esperados:** este estudio tiene como objetivo la uniformidad de las intervenciones y la mejora de la calidad de los cuidados de enfermería a esta población, articulan las acciones del equipo multidisciplinar, orientada a modificar el estilo de vida, orientado a la promoción de la salud y calidad de vida. **Descritores:** Obesidad de Grado III; Enfermería; Evaluación en Enfermería; Promoción de la Salud.

¹Nurse, Master's student, Professional master's program in Nursing Care, Nursing School Aurora de Afonso Costa/MPEA/EAAAC/UFF. Niterói (RJ), Brazil. Email: ian.nicolau@hotmail.com; ²Nurse, Professor of Nursing, Department of Medical-Surgical Nursing, Nursing School Aurora de Afonso Costa, Fluminense Federal University/MEM/EAAAC/UFF. Niterói (RJ) E-mail: fatahelen@hotmail.com



INTRODUCTION

Obesity is inserted into the group of Chronic Noncommunicable Diseases (NCDS) and has become a serious public health problem in developed and developing countries. It also can be understood as a worsening of a multifactorial character, involving biological, environmental, economic, social, cultural and political issues.^{1,2}

The most commonly used criterion for the definition of obesity is the Body Mass Index (BMI), currently adopted by the World Health Organization (WHO), with the following rating: individuals with a BMI above 30 kg/m² - obesity; values between 30 and 34,9 kg/m² - class I obesity; between 35 and 39,9 kg/m²; obesity class II and above 40 kg/m² - obesity class III or morbid obesity.³

In Brazil, it lives in the emergency epidemic of overweight and particularly obesity as an event of major epidemiological visibility related to the behavior of morbidity and death.⁴ Índices related to obesity become alarming, data from the Ministry of Health show increasing levels of overweight and obesity, respectively, totaling 48,5% and 15,8% of the population. In men the occurrence of obesity is still lower than in women, respectively 15,6% and 16%, and the frequency of obesity in males was higher among those with more education and higher maximum in the stratum of less education for women.⁵

Questions directed to prevention and obesity control are on the agenda of public policy, being identified as a priority control event. According to the National Food and Nutrition⁶, misinformation and practice poor eating habits as well as the occurrence of diseases and endemic or epidemic diseases allows the existence of problems that affect the health of the population and whose resolution is for the Health Sector In order to reverse this process, health services are encouraged to innovate and implement strategies for obesity prevention and health promotion, as well as the organization of new specialized services that contribute to control and rehabilitation in these cases in primary assistance.⁷

The health care of patients with obesity requires a comprehensive approach, taking into account the different levels of the determinants of obesity that express the complex web of factors that determine it. Primary care as the main port of the user's entry in the health system is the privileged place of work in health promotion and coping

with excess weight that affects individuals, families and the population.

Given the current context of increasing obesity, the Municipal Health Secretariat of Rio de Janeiro/SMS/RJ in a pioneering initiative, implemented in July 2011 the Reference Center on Obesity/CRO articulated the Family Health Strategy/ESF that through the multidisciplinary team (endocrinologist, nutritionist, psychologist, nurse and physical educator) offers outpatient treatment for users with obesity class 3.

OBJECTIVES

- To draw up a protocol directed to ambulatory nursing to adult patients with obesity class III.
- To characterize the profile of the clientele with obesity class III met at the Center of Reference in Obesity.
- To apply the Protocol directed to ambulatory nursing to adult patients with obesity class III.
- To identify in the scientific literature how an outpatient multidisciplinary treatment is conducted the obese class III.
- To discuss the role of the nurse in a multidisciplinary team for the outpatient treatment of obesity class III.

METHOD

This is a qualitative approach, to be held at a referral center for obesity located in the city of Rio de Janeiro, where it will be developed in four stages: 1. Integrative review of the literature on the Virtual Health Library on the subject (Obesity morbid, nursing, nursing assessment).

To determine the studies to be analyzed, were established as inclusion criteria: Productions Full text available in Spanish, English and Portuguese in the electronic databases of the Virtual Library online and free Health, published in the time frame from 2009 to 2014, which discusses on the subject:

1. Multidisciplinary treatment of obese adults class III, with the limits: Humans, female, male, Adult, average age;
2. Documental analysis of the medical records of the customers with obesity class III met at the CRO, in order to characterize the profile of same;
3. Research along to patients and professionals from multidisciplinary team in the Centre of reference in Obesity is situated within a family Clinic of the city of Rio de Janeiro and this bound to SMSDC of that city, in order to identify the worker process of nurses in that Centre;



4. Development and implementation of a nursing care protocol to obese class III.

The process of development of this study will be followed relating the data shown in integrative review of the scientific literature to the data shown in research with patients and professional CRO, integrating theory and practice, within the principles of Evidence-Based Practice, intending to obtain data scientific support to enable the construction of Protocol outpatient care to obese class III.

Pursuant to Resolution No. 466 of the 2012 National Health Council/CNS, this project was submitted to the Research Ethics Committee (CEP) of the Antonio Pedro University Hospital for approval as the ethical implications of research under CAAE: 05730012.0. 0000.5243 and approved with the number 691 926 opinion.

EXPECTED RESULTS

Despite all the advances and the search for a qualified class III obesity care, there is a protocol and Nursing own instruments to meet this public, so it is necessary to the proposed development of a protocol directed to ambulatory nursing care to these patients, which can be a starting point for further studies on this subject, and serve as the basis for an systemized care that audience, seeking uniformity of interventions and improving the quality of nursing care provided to obese, articulate team actions multidisciplinary focused on changing lifestyle, aimed at promoting health and quality of life.

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Corresponding Address

Ian Rigon Nicolau
Rua Barão do Amazonas, 401 / Ap. 504
CEP 24030111– Niterói(RJ), Brazil