



FAMILY HEALTH AND FAMILY HEALTH CARE GROUPS: INTEGRATIVE LITERATURE REVIEW

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ABSTRACT

The care for the elderly person has the challenge of providing a more active lifestyle, trying to minimize progressive limitations that may occur during the aging process, and so make an improvement in their life quality. The Unidade de Saúde da Família (USF), similar to Family Plan, of João Pessoa's city/Brazil, do health promotion and prevention work through thematic groups, among which we can highlight the elderly groups. The objectives of this research are: to characterize the scientific productions that approach the theme, published in online periodicals from 2010 to 2015; and identify the topics covered in these studies. This study resulted in several contributions in the health care of the elderly in the USFs units. However, due to the difficulty in finding articles with this theme, and having none in the last two years, it is suggested that further research be done to show the importance of the theme to all society.

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INTRODUCTION

The care for the elderly person has the challenge of providing a more active lifestyle, trying to minimize progressive limitations that may occur during the aging process, and so make an improvement in their life quality. For this, the family and social context is fundamental, insofar as it recognizes the value of the elderly person (BRASIL, 2006).

As stated by the World Health Organization (WHO), the elderly is a person with 60 years old or more in underdeveloped countries. In developed countries, this age increases to 65 years. Aging can occur in a heterogeneous way due to health, social interaction and safety opportunities that this individual has had throughout life and public health policies should contemplate this aged group according to their rights and needs (FARIAS; SANTOS, 2012).

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The elderly population has been constantly growing and can reach 2 billion in 2050, 80% of them in developing countries, in which Brazil is a part (BRASIL, 2005). Considering the grow of the aging population, discussing and disseminating the rights of this population and studying the changes and adaptations that they need during the aging process, it is vital to help this population to enjoy a healthy old age.

The law nº 10.741, dated October 1, 2003, which provides for the rights of the elderly, guarantees it to people aged 60 or older. Among some fundamental rights, we can mention right to life, right to freedom, respect and dignity and right to health. These rights are guaranteed to the elderly by the Sistema Único de Saúde – SUS (similar to Free Care, but 100% free) in accordance with Law nº 8.080 of September 19, 1990, which refers to universal and equal access to health services to prevent, promote and recover health, with especial focus to diseases that primarily affect the elderly.

The growth of the elderly population will require specific health services and new strategies to deal with the demands of this public.

Some limitations appear with the aging process, both organic and functional, that may go unnoticed according to the lifestyle of each individual. Healthy aging is related to a good quality of life and expanded access to services that take care of the aging process (MARTINS; SCHNEIDER; ALBUQUERQUE; ERDMANN; GAMA, 2008).

Considering the growth of longevity, health services in basic care, which is based on health promotion and prevention, works with thematic groups in some units, among which are the elderly groups. These groups aim to offer users orientations, educational activities, exercises that stimulate the cognitive and functional aspects, always seeking to give greater autonomy to the elderly and increase their self-esteem. The Estratégia de Saúde da Família (ESF), a project of SUS, which comprises the Atenção Primária à Saúde (APS), a primary health care that comprises a reorientation strategy of care model, and has the characteristic of being the gateway of the health system with the implantation of teams in basic health units. Its action aims at the promotion, prevention, recovery and rehabilitation of diseases and injuries. The NASF (Núcleo de Apoio à Saúde da Família), a family health support center, was created in order to support ESFs, increasing the resilience and actions of APS (BRASIL, 2009).

The Unidades de Saúde da Família (USFs), or family health units, of João Pessoa's city carry out health promotion and prevention through thematic groups, among which we can highlight the elderly groups. In the groups of coexistence of the elderly within the USFs, health education themes are seeking to prevent injuries, giving a better quality of life for this population, besides stimulating a greater social interaction. Among the professionals involved in the elderly groups are the family health team and the NASF, this one offer support to the care teams and increases the resolution of basic care, according to each core of knowledge. At NASF we can find physiotherapists, speech therapists, psychologists, nutritionists, social workers, physical educators among others (BRASIL, 2014).

In the family health units we find these coexistence groups, whose main objective is to work with the promotion and prevention of health, based on the National policy and the rights of the elderly, thus improving the life's quality of this individual.

Therefore, the groups of elderly people living in the USF's area seek not only prevention and health promotion, but also a better quality of life. In this context, an integrative review of the literature will be carried out, focusing on the issues of elderly coexistence groups and USFs.

The chosen methodology of the research was to identify the studies that approach the subject of interest, providing a panoramic view about the matter.

The present study intends to find answers to the following questions: which scientific productions approach the theme? What are the themes used in these scientific productions? They are, therefore, the objectives of this research: to characterize the scientific productions that approach the subject, disseminated in online periodicals from the period of 2010 to 2015; and identify the topics covered in these studies.

It is hoped that the results of this research will stimulate a reflection on the aforementioned theme, making possible the practical dissemination and groups of the elderly. In addition, it is hoped to contribute to the bibliographic enrichment on the subject, from the scientific dissemination of the theme.

MATERIALS AND METHODS

This study was carried out from an integrative review of the literature on the production of knowledge about the theme "Elderly Living Groups" and USF (Family Health Units). According to Ercole et al. 2014, the integrative literature review is a method that aims to synthesize results obtained in research on a topic or issue, in a systematic, orderly and comprehensive manner. The study ground was constituted by periodicals related to the proposed theme, researched in the database of the Virtual Health Library. The data collect was made in the months of November 2014 to January 2016. To determine the study sample, the following inclusion criteria were adopted: contemplate the proposed theme; be available in full version and in portuguese language; be published as an article in a periodical from 2010 to 2015.

After the definition of the criteria, the search and selection of articles for sample composition was started, using the following descriptors: Elderly coexistence groups or Elderly Groups and USF. Were found 59 articles, however, some were excluded from the sample because they didn't have the inclusion criteria (50 because they didn't contemplate the proposed theme). The final sample resulted in 9 articles.

RESULTS AND DISCUSSIONS

Initially, when searching the descriptors presented in the methodology, 59 articles were found. However, after analyzing them according to the inclusion criteria, some were excluded from the sample because they were out of the proposed research focus. We, therefore, had a sample of 9 articles. Thus, we can affirm that the aging theme has been researched in recent years, which is important for promoting the health of the elderly. However, specific research on elderly groups and USFs is not as explored, as can be seen from the sample of this research.

The table below shows the data of the study:

Table 1 Distribution of articles according to year of publication

ANO DE PUBLICAÇÃO	N	%
2010	04	44,4%
2011	02	22,2%
2012	03	33,3%
2013	00	00%
2014	00	00%
TOTAL	09	100%

Source: research data, 2015

Table 2 Distribution of articles according to publication periodical

Name of the Periodical	N	%
Magazine APS – Atenção Primária da Saúde	01	11,1%
REME – Revista Mineira de Enfermagem	01	11,1%
Psicologia & Sociedade	01	11,1%
Revista Saúde e Sociedade	01	11,1%
Caderno de Saúde Pública	01	11,1%
Ciência & Saúde Coletiva	02	22,2%
Magazine CEFAC	01	11,1%
Interface - Comunicação, Saúde, Educação	01	11,1%
TOTAL	09	100%

Source: research data, 2015

Table 3 Distribution of articles according to number of authors per article

Number of authors by article	Frequency	Total
Article with 01 author	00	00
Article with 02 author	01	02
Article with 03 author	03	09
Article with 04 author	01	04
Article with 05 author	02	10
Article with 06 author	00	00
Article with 07 author	01	07
TOTAL	09	32

Source: research data, 2015

Table 4 Distribution of articles according to authors' graduation

Authors' Graduation	N	%
Nursing	04	36,36%
Occupational therapy	01	9,09%
Medicine	02	18,18%
Speech Therapy	01	9,09%
Psychology	01	9,09%
Nutrition	01	9,09%
Unidentified graduation area	01	9,09%
Total	11	100%

Source: research data, 2015

Table 5 Distribution of articles according to the theme

APROACHED THEME	N	%
Perception of the elderly as to the quality of life when being part of a coexistence group.	02	22,2%
Reports of university's extension projects in USF with elderly groups.	02	22,2%
Attention to the elderly in basic care	02	22,2%
Nursing work with the elderly at ESF	01	11,1%
Language of non-participating elderly and participants of groups in Primary Health Care.	01	11,1%
Health education in the context of Family Health from the perspective of the user.	01	11,1%
TOTAL	09	100%

From the review, we concluded the predominance of publications in 2010, and a shortage of articles with this theme in the last two years. The journal that most presented publications was Science & Collective Health, with two articles, however we can see that there is a diversification of publications that involves several areas of health. Regarding the number of authors, we verified that all of them were carried out in partnership, ranging from two to seven authors. In relation to the academic formation, we found professionals from several areas of health such as nursing, medicine, nutrition, psychology, speech therapy and occupational therapy.

According to the theme that was focused on the elderly groups in USFs (Family Health Units), few articles were found, and of the nine found four are not so specific, they approach the themes separately. On the other hand, five articles do a good job on showing the work with elderly groups in USFs, these were subdivided into three themes: SUBJECT I - Elderly people's quality of life while being in the coexistence group, emphasizing in the importance of the groups to maintain a good life's quality for the elderly; SUBJECT II - Reports of university's extension projects in USFs with groups of elderly, which shows a greater universities' interest on transforming theory into practice since the beginning of academic's life,

always in partnership with the care teams; SUBJECT III - Functional capacity and language of elderly non-participating and participants of the groups in AtençãoBásica à Saúde (Primary Health Care), which shows the importance of the functional capacity and language evaluation of the elderly in the groups, verifying their efficiency and always improving the elderly's life quality.

CONCLUSION

From the review, we concluded that there is a predominance of publications in 2010, and a shortage of articles with this theme in the last two years. The journal that most presented publications was Science & Collective Health, with two articles. However, we can see that there is a diversification of publications involving several health' areas. Regarding the number of authors, we verified that all of them were done in partnership, varying from two to seven authors. Regarding to the academic graduation, we found professionals from several areas of health such as nursing, medicine, nutrition, psychology, speech therapy and occupational therapy.

This study resulted in several contributions in the health care of the elderly, and the groups living in the USFs. However, due to the difficulty in finding articles with this theme, and having none in the last two years, it is suggested that further research be done to show the importance of the theme to all society.

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