



Assistance in nursing to the patient with osteoporosis: a review bibliographic

Assistência de enfermagem ao paciente com osteoporose: uma revisão bibliográfica

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Abstract

The present work gave a qualitative basis to the study in a literature review format on Pharmaceutical Care to patients with osteoporosis. Board to define a pathology exam and patients, analyze a pharmaceutical role in the treatment process and investigate the prescription drugs for pathology treatment. The methodology was used in the literature review format. A sample was conducted through research in books available at the Library of the Faculty of Science and Education Sena Aires (FACESA), scientific articles and virtual library websites, Bireme, Brazilian Journal of Pharmacy, Lilacs and Scielo. In the results obtained, the use of articles or the publication of data from the year 2010, is available in the databases of virtual libraries, Bireme, Brazilian Journal of Pharmacy, Lilacs and Scielo. An analysis was performed, found 40 articles, of which 30 were excluded for not meeting the inclusion requests. Nestling terms, only 10 gave theoretical basis. It concluded that osteoporosis is a disease that has become public due to the number of cases of patients with this pathology. Pharmaceutical Care should be Received and valued to avoid cases of automatic application, interrupted treatment or incorrectly performed and causing serious consequences such as the death of the patient.

Keywords: Nursing Care. Osteoporosis. Drugs. Health promotion.

Resumo

O presente trabalho deu embasamento qualitativo a um estudo em formato de revisão bibliográfica acerca da assistência de enfermagem ao paciente com osteoporose. Deu-se embasamento para definir a patologia e perfis de pacientes, analisar o papel do enfermeiro no processo de tratamento e investigar os fármacos prescritos para tratamento da patologia. A metodologia foi em formato de revisão



bibliográfica. A amostra foi realizada por meio de pesquisas em livros disponibilizados na Biblioteca da Faculdade de Ciências e Educação Sena Aires (FACESA), artigos científicos e em sites de bibliotecas virtuais, Bireme, Revista Brasileira de Enfermagem, Lilacs e Scielo. Nos resultados fez uso de artigos ou teses com data de publicação a partir do ano de 2010, disponíveis nas bases das bibliotecas virtuais, Bireme, Revista Brasileira de Enfermagem, Lilacs e Scielo. A análise foi realizada, encontrou 63 artigos, destes, 22 foram excluídos por não atenderem aos critérios de inclusão. Nestes termos, somente 14 deram embasamento teórico. Conclui-se que a osteoporose é uma doença que se tornou preocupação pública, pela quantidade de casos de pacientes com essa patologia e os cuidados de enfermagem envolvem promoção da saúde, identificação de pessoas em risco de osteoporose, reconhecer problemas relacionados e orientar o paciente para suplementar cálcio e a vitamina D e prevenir os danos espontâneos causados pela osteoporose.

Palavras-chave: Assistência de Enfermagem. Osteoporose. Fármacos. Promoção da Saúde.

Introduction

refute with frequency about of that pathology what attacks principally The class old woman, The osteoporosis. There is rumors up until what The osteoporosis one of the biggest public health problems in the world, due to the fact that it is high the morbidity and mortality rate. The patient with osteoporosis is at great risk in fracture you bones, through the loss gives pasta bone and deterioration microarchitectural of fabric bone, being able will come death case aggravate O painting. ¹

it is in an pathology what affect The part skeletal of body human, by having how main feature The decrease gives pasta bone and microarchitectural deterioration of bone tissue. As an effect, the patient is susceptible to bone fracture, worsening when dealing with bones such as the pelvis or femur, what be injured, want care in absolute rest and care specific. ^{two}

One of the factors that aggravates the situation of the disease is that in many cases the diagnosis is made late, already in the final stages, due to the incidence of fractures in the patient, because osteoporosis is asymptomatic. And often, the prognosis it's without expectations favorable. O diagnosis it's accomplished through of exam of densitometry bone, associated The exams laboratory. ³

You bones have cells calls osteoblasts, osteoclasts and osteocytes. You osteoblasts are responsible through the formation of bone and Osteoclasts resorb bone, so when bone formation is mature this cell is called osteocyte. Among these cells there is a protein call in collagen what Checks The resistance of bone, being an



soft structure that uniting with the hydroxyapatite will form a resistance becoming flexible, avoiding fractures and small traumas. O bone It's consists of an external structure called cortical or compact bone and an structure internal call of bone spongy or trabecular. ⁴

Osteoporosis is the most common bone disease, it causes loss of BMD and with that, it noticeably reduces the mechanical force of the bone, causing the dreaded fractures. In view of this, the theme itself is justified due to the importance in to meet The pathology and to offer you care to the patient, why O professional of nursing it is a district Attorney of health. ⁵

Therefore, the present work will provide a qualitative basis for a study in a bibliographic review format about nursing care to the patient with osteoporosis. The pathology and patient profiles will be defined, analyzed the role of nurses in the treatment process and investigated the drugs prescribed for treatment gives pathology. THE methodology it will be in bibliographic review format.

Methodology

O lifting From Dice gives literature was accomplished per quite in research in books available at the Library of the Faculty of Sciences and Education Sena Aires (FACESA), scientific articles and on library websites virtual, Bireme, Brazilian Journal of Nursing, Lilacs and Scielo. For the refinement of the research, some descriptors were selected, namely, "Assistance in Nursing", "Osteoporosis", "Drugs" and "Promotion gives Cheers".

How criterion in inclusion he did use in articles or theses with date in publication from the year 2010, available in the databases of the libraries virtual, Bireme, Magazine Brazilian in Nursing, lilacs and Scielo. THE analyze wasperformed, found 63 articles, of which 22 were excluded for not meeting to the inclusion criteria. In these terms, only 14 provided a basis for theoretical.

Results

US results are presented Dice obtained with O start gives searchbibliographic, gives revision in literary. THE analyze was fulfilled, found 63 articles,of these, 22 were excluded because they did not meet the inclusion criteria. In these terms, only 14 gave foundation theoretical.

FIGURE 1- Representative flowchart of the search in the LILACS and SciELO databases of article scientific about The assistance in nursing front to the patients with osteoporosis

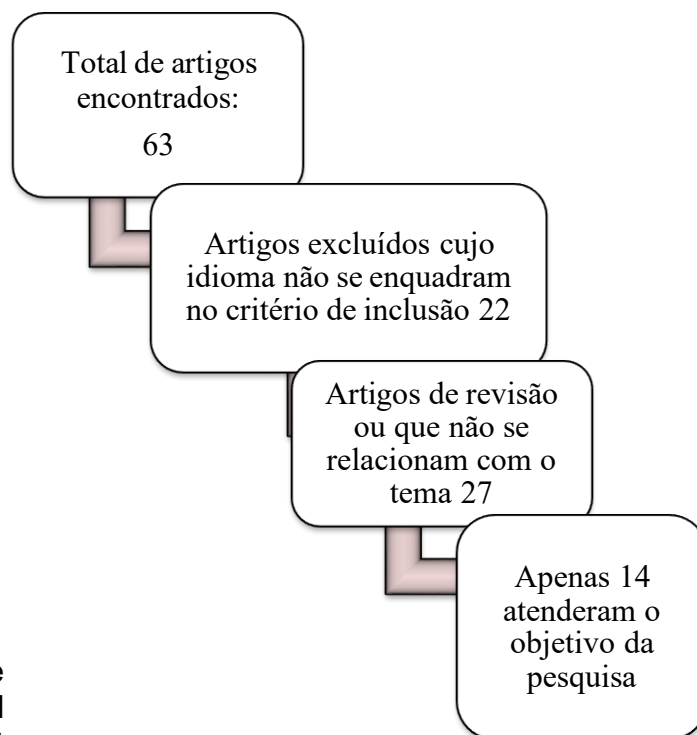


Figure 1 presents a representative flowchart of the search in the LILACS and SciELO in article scientific about you care of nurse in front of patients with osteoporosis.

During the measurement of surveys on the platforms, use was made of the criteria in inclusion and exclusion for select O document with larger ownership and focused on the project theme. That way, as a criterion of inclusion made use of articles or theses with publication date from the year of 2010, available in the databases of virtual libraries, Bireme, Revista Brasileira in Nursing, Lilacs and Scielo.

Discussion

Osteoporosis is defined as a systemic osteometabolic disease, characterized by a decrease in bone mass and deterioration of the microarchitecture of bone tissue, which results in increased fragility of bones and in a consequent greater susceptibility to fractures.^{6,7,8}



THE Osteoporosis is an osteometabolic disorder characterized by mass reduction and deterioration of bone tissue microarchitecture, with consequent increase gives your fragility and susceptibility The fractures.^{9,10,11}

IT'S an illness silent, evolving gives form asymptomatic up until The occurrence of a bone lesion. It is one of the main causes of morbidity and mortality in elderly. When The osteoporosis It's diagnosed and treated precociously, at fractures osteoporotic they can to be avoided.^{12,13,14}

The best way to combat osteoporosis is still prevention, a solution That dependent in incentives and campaigns for mobilization and awareness gives importance in ways of lives healthy.¹⁵ some of tools for the prevention of osteoporosis is health education aimed at for The adoption in habits healthy in life and food, how also O use rational in medicines what make possible the decrease gives pasta bone.¹⁶

Currently, most drugs marketed reduce the loss bone by inhibiting bone resorption, but newer therapies may increase directly The pasta bone, how It's O case of parathyroid hormone. At currentalternatives in treatment include bisphosphonates, calcitonin, modulators selective estrogen receptor inhibitors and RANK pathway inhibitors, and enough of calcium and vitamin D are needed.¹⁷

O treatment medicated includes drugs what act about The reabsorption bone and, therefore, must be used for a long time. The treatment medication includes drugs that act on bone resorption and, therefore, must be used for a long time. Despite bone mass gain variable in vertebral column and femur, the most important to be observed for any agent therapeutic It's your It is made about The decrease of risk in fractures.¹⁸

Among the drugs with antiresorptive action are bisphosphonates, calcitonin, you estrogens and you modulators selective From receivers in estrogen (SERMs). You fluorides, PTH and The teriparatide are examples in agentsanabolic.¹⁹ You care in nursing involve promotion gives health, identificationof people at risk for osteoporosis, recognize related problems and guide the patient to supplement calcium and vitamin D and prevent damage spontaneous caused through the osteoporosis.²⁰

THE pathophysiology gives osteoporosis allows what you professionals in nurses to act in a more integrated way in prevention, in the factors of risk and in the treatment multidisciplinary.²¹

In the PSF, nurses, for example, must provide guidance by quite in withdrawals epidemiological and dietary, turning for The education in health, encouraging O self Caution and routine in queries doctors,Working The prevention.²²

In these terms, the pathophysiology of osteoporosis allows professionals to of nursing an individual and team performance, that is, he works in a integrated way and there is remarkable training in individual treatment and in the multidisciplinary teams.²³

Conclusion

In fact, The osteoporosis It's an illness what has become worry public, by the number of cases of patients with this pathology. Assistance in Nursing he must to be



presented and valued, for what it is avoided cases in self-medication, treatment interrupted or performed incorrectly that would cause consequences serious how O death of patient. Deal with The osteoporosis by the public health system generates a lot of expenses for the SUS, and the Ministry of Health, should invest more in campaigns and means of alerting the population how much The this, emphasizing care how diagnosis precocious, follow-up doctor and food correct. guiding principally women who will enter the period of menopause, regarding the care with the health and physical exercise. For, in fact, osteoporosis is a case of public health. Bearing in mind that the importance of nurses to promote The health It's crucial for what there is knowledge and instruction for you patients. You care in nursing involve promotion gives health, identification in people in risk in osteoporosis, to recognize problems related and guide O patient for additional calcium AND The Vitamin D and to prevent you damage spontaneous caused through the osteoporosis.

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