

## ***Nursing Assistance to the Adolescent Public in Primary Care***

Assistência de Enfermagem ao Público Adolescente na Atenção Primária

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### **ABSTRACT**

This study aimed to analyze the nursing actions aimed at the adolescent public in basic care, through an integrative literature review. We analyzed 9 articles from the databases BDNF, LILACS and MEDLINE, published between the years 2012 and 2016, in the Portuguese language. It was verified that the actions directed to this public, in the majority of the times, are summarized in reception and listening of the patient, that when this looks for the service. It is necessary to create concrete actions that meet the specific needs of this group, as well as prepare the team to deal with this population providing linkage and integral attention to adolescent health.

**Keywords:** Primary Care; Comprehensive Adolescent Health; Health Promotion.

### **RESUMO**

Este estudo objetivou analisar as ações de enfermagem voltadas para o público adolescente na atenção básica, por meio de uma revisão integrativa de literatura. Foram analisados 9 artigos das bases de dados BDNF, LILACS e MEDLINE, publicados entre os anos 2012 e 2016, na língua portuguesa. Verificou-se que as ações voltadas para este público, na maioria das vezes, resumem-se em acolhimento e escuta do paciente, isso quando este, procura o serviço. É necessária a criação de ações concretas que atendam às necessidades específicas desse grupo, bem como preparo da equipe para lidar com esta população, propiciando vínculo e atenção integral à saúde do adolescente

**Palavras-chave:** Atenção Básica; Saúde Integral do Adolescente; Promoção da Saúde.

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## INTRODUCTION

Throughout history, the Brazilian health system has undergone several transformations coming from social, economic and political influences that occurred mainly during the twentieth century. Thus, the model of curative and hospital-centered care based on the concept of health as absence of disease, gave way to a new model subsidized from the implementation of the Unified Health System<sup>(1)</sup>.

In this scenario, a new concept of comprehensive and egalitarian social protection emerges with the prioritization of health care in the scope of basic care. This level of care is considered as the main gateway to the Unified Health System and a central point of communication with the whole network of care and should therefore be guided primarily by the principles of integrality, equity, universality, attachment and continuity of care. <sup>(2,1,3)</sup>.

Based on these principles and given that primary care plays a central role in ensuring the quality of health services access to the population in all life cycles, it is expected that it will have several actions and programs that all publics - women, men, the elderly, children and adolescents - as well as their needs<sup>(1)</sup>.

However, it can be seen that the actions developed in primary care directed at the adolescent public are unsatisfactory and inconsistent, especially with regard to risk prevention. Thus, the absence of the adolescent in primary care stems from limited demand for services, which is closely associated with a lack of linkage with health professionals<sup>(4)</sup>.

Therefore, it is fundamental that the actions of basic attention directed to this public are not transient and punctual, but that encompass the reality that they are inserted. In order to do this, it is necessary the intersectionality and articulation of networks, as well as the willingness of health professionals to search for and conserve adolescents in services, promoting linkage and continuity<sup>(5)</sup>.

Based on this assumption, the importance of the nurse professional for the care of these adolescents is highlighted, since it is an articulator of the various actions carried out in the basic care and main responsible for the attached population and for the care provided to them, even in other attention network<sup>(1)</sup>. Thus, based on the concerns about the theme, the present study aims to analyze in the scientific publications the nursing actions specifically aimed at the adolescent public in the scope of basic care.

## METODOLOGY

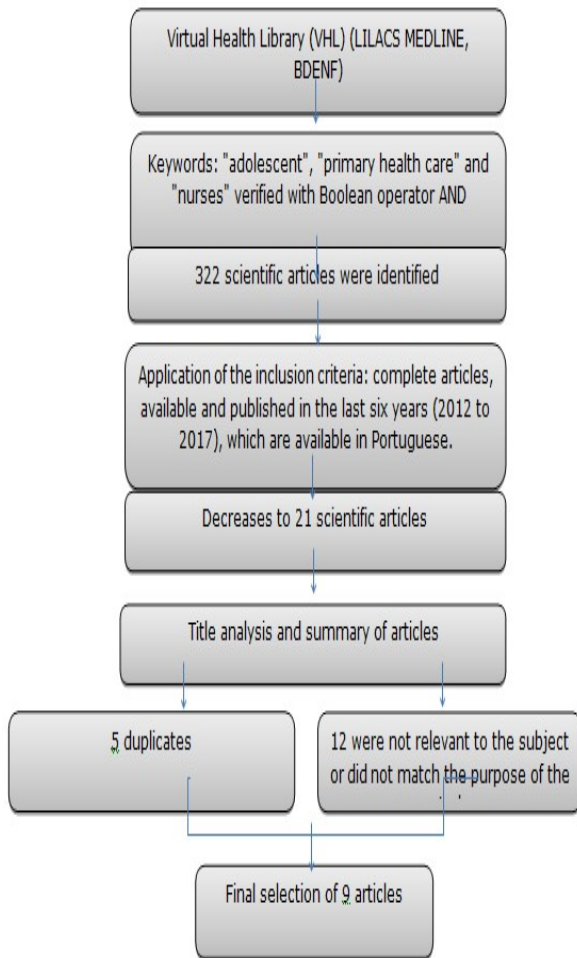
This study is an integrative review - according to Soares et al. (2014) is "a kind of literature review that gathers findings from studies developed through different methodologies, allowing reviewers to synthesize results without hurting the epistemological affiliation of included empirical studies" 6 - and aims to identify scientific publications about the actions of nursing for the adolescent public in primary care.

For the development of the study, the Virtual Health Library (VHL) was searched using the descriptors "adolescent", "primary health care" and "nurses" registered to the DeCS (Health Sciences Descriptors) and verified with the boolean operator AND. The inclusion criteria established were complete articles, available and published in the last six years (2012 to 2017), which are available in Portuguese in the following databases: Latin American and Caribbean Literature in Health Sciences (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE) and Nursing Database (BDENF).

With the association of the descriptors, 322 articles were found, which decreased to 21 after applying the aforementioned selection criteria, among which 5 were duplicates, the rest were read summaries, and those who did not conform to the subject were excluded. Figure 1 presents the main elements of the methodological course. In the end, all were read in full for the systematization and availability of the results

in a Synoptic Table (Table 1) filled with distinct information containing title, authors, objective and main results.

**Figure 1-** Diagram of the selection of articles as main elements of the methodological design for the integrative review. Guanambi - BA, 2017.



## RESULTS AND DISCUSSION

For the preparation of this study we analyzed 9 articles, read in full and that met the inclusion criteria and the previously established objective. Among the articles found, there was no difference in distribution in the databases BDEF and LILACS, with 4 studies available (44.4%) in each of them, and 1 study (11.1%) is available on the basis of MEDLINE data. In relation to the year, the highest number of publications occurred in 2012, with 4 (44.4%) publications followed by

2014 and 2016 with 2 (22.2%) each year and 2013 with 1 (11.1%).

The list of studies selected for the construction of this review regarding the title, authors, objective and main results is available in Table 1.

**Table 1** - List of selected studies regarding the title, authors, objective and main results published between 2012 and 2016. Guanambi BA 2017.

Title/Authors	Goal	Principais resultados
Difficulties faced by nurses to develop actions directed to adolescents in primary care ARAÚJO, M.S. et al.	To identify the difficulties faced by nurses in the development of actions aimed at the adolescent in primary care	Absence and inadequacy of physical structure and work overload.
Acceptance to the adolescent in the nursing consultation - qualitative study BRASIL, E.G.M. ; QUEIROZ, M.V.O. ; CUNHA, J.M.H.	Understanding the relationship between the nurse and the adolescent mother in the child care consultation under the reception approach	The reception for the subjects brings the meaning of listening, receptivity and includes the forms of organization of the service that involves the nurse.
The pregnant teenager in the perception of primary care physicians and nurses BUENDGENS, B.B.; ZAMPIERI, M.F.M.	To know the perception of doctors and nurses about the biopsychosocial changes of the pregnant adolescent and about the performance of the health team during pregnancy during adolescence	The professionals reinforce the importance of listening, personalized attention, integral and specific to this clientele, needing training for this.
Adolescent care: contributions to nursing	To analyze the organization of the	There is no planning for this population group, some activities are

COSTA, R.F.; QUEIROZ, M.V.O.; ZEITOUNE, R.C.G.	adolescent care line in the perception of primary care managers and nurses	individual initiatives and do not relate to the involvement of adolescents in these actions.
Care for adolescents in primary care: perspectives of integrality COSTA, R.F.; QUEIROZ, M.V.O.; ZEITOUNE, R.C.G.	Describe actions of managers and nurses with adolescents in primary care, based on the perspectives of integrality	The subjects emphasized the reception as an action of the team, with the need to establish links and motivate the reflection of the adolescents of their responsibility in the integrality of the care.
Challenges of nurses of the Family Health Strategy in the implementation of the Adolescent Health Program DUARTE, S.J.H.; FERREIRA, S.F.; SANTOS, N.C.	To know the perception of nurses who work in the teams in which the Project of Education for Work in the area of Family Health has been implemented, regarding the actions developed in the Adolescent Health Program	Seven central ideas were developed: health care actions; participation of adolescents; intersectionality; structural organization and adolescent care; multidisciplinary and interdisciplinarity; need for training on adolescence.
Coping with domestic violence against children and adolescents from the perspective of primary care nurses LEITE, T.J. et al.	To analyze the actions reported by primary care nurses in coping with domestic violence against children and adolescents	The nurses knew public policies but could not put them into practice; were unprepared to identify and confront violence; did not participate in training courses; feared to report the reported cases of violence.
Factors associated with notification of maltreatment in children and adolescents in basic care MOREIRA, G.A.R. et al.	To analyze the factors associated with notification of maltreatment in children and	The frequency of notification of maltreatment by basic care professionals was 17.0%. Participating in training on the subject, knowing

	adolescents in primary care	the notification form and knowing how to refer cases increased the chance of professionals reporting cases of maltreatment in children and adolescents.
Nurses' performance of Basic Health Units directed to overweight adolescents in schools VIEIRA, C.E.N.K. et al.	To identify the perception of the nurses of the Basic Health Units on their performance in the evaluation for overweight in adolescents in schools	Difficulty in the follow-up of adolescents in primary care in Health; causes of overweight in adolescence; health actions in schools; and prevention / identification / intervention in overweight adolescents in schools.

After analyzing the results, it was verified that within the selected studies, most of them bring general care actions of basic care that can be applied to adolescents, however, activities developed specifically for this population group were poorly described. Thus, in response to the proposed objective, two thematic categories emerged, namely: "Nursing actions directed to the adolescent in the primary care" and "Difficulties encountered by the nursing professionals in the integral attention to the adolescent in the primary attention".

#### **Nursing actions directed at adolescents in primary care**

Adolescent attendance in primary care is a necessity, since they are vulnerable because of their exposure to sexually transmitted infections, unplanned pregnancy, violence and alcohol and / or drug use, however, even after the launch of the "National Guidelines for the Comprehensive Health Care of Adolescents and Young People in the Promotion, Protection and Recovery of Health" by the Ministry of Health in 2010, it is known that this public is still the least

attracted to the health services offered to the population<sup>(7,4)</sup>.

It is essential that the professionals are articulated in the development of strategies appropriate to the complexities of the demands of the adolescent, since even if the guidelines for conducting the care directed to this group are recent, the assistance team must take the initiative to update knowledge and develop practices that coincide with the current policy, that is, seek ways to guarantee integral, resolute and participatory attention to the individual at this stage of life<sup>(8)</sup>.

Among the behaviors aimed at the adolescent public, it is presented as one of the nursing actions, the Health in School Program (PSE), which is a strategic program that aims to unite two spaces inherent to the development of the individual during this transition period, primary care and school<sup>(4)</sup>. The PSE also provides guidance on health promotion and protection, which has made it easier for young people to reach them, as well as providing a greater demand for health professionals<sup>(9)</sup>.

Another action strongly reported as a method of assistance to young people is the welcome that generally reflects the sensitive listening of the individual, in the quest to understand their need and intervene to assure a resolution, besides favoring an increase of autonomy and confidence. The author also discusses which host confers the inclusion of the young person to the health unit and should be cultivated still in reception from behaviors that show attention and respect, thus, in constructing a good impression of the environment and of the professionals involved in this reception, there is greater probability of forming a link with the service<sup>(1)</sup>.

On the other hand, other studies reveal the perspectives of integrality regarding the care of adolescents in basic care, that the actions of reception should not be considered as an action of attention to the adolescent health, since it is an activity that is not institutionalized and dispensed to the general public and not specifically to this category. This study also affirms the importance of actions that favor the autonomy of the user

and their co-responsibility in the care, however, it is known that concrete activities are necessary to attract the young person to the service and to awaken in him these attributions, as well as captivate the interest of to participate continuously in prevention, promotion and protection of health<sup>(10)</sup>.

The attention to the adolescent when this is inserted in other services, as for example, prenatal consultation. Assistance to the adolescent in pregnancy is a challenge for the professionals, since there is a confrontation of an unexpected transition of roles, from adolescent to woman, that accommodates biopsychosocial changes, resulting in crisis and suffering, the author suggests that the assistance should give a sensitive and personalized look that allows to understand the new experience experienced by this young woman, showing the reception as conduct<sup>(7)</sup>.

Another action cited in the attention to the young public was the promotion of the adolescents' easy access to health services and the strengthening of bonding, as well as the use of referral and referral services used in order to guarantee the integral attention to the user, in the However, these actions reveal themselves once again in the listening, not revealing measures thought according to the specifics of this group. 10, 7 Moreover, the referral and referral service must be interrelated to specific actions to provide greater resolve, as it is verified in a study on domestic violence against children and adolescents, the difficulty of professionals in identifying and to interact in cases of violence, as well as to monitor the outcome when it is notified and referenced to competent authorities<sup>(11,12)</sup>.

The Adolescent Health Program (PROSAD), which due to the satisfactory reach of its actions, in 1989 was made official by the Ministry of Health as a health policy in order to promote programmed actions aimed at the adolescent with the objective of promoting and integrating practices of health care through the early identification of diseases and risk groups, as well as the rehabilitation of health, thus considering the complexity of



activities that cover the integral care of an adolescent, this program is based on intersectoriality and inter-/multidisciplinarity to develop their activities<sup>(13)</sup>.

### **Difficulties faced by nursing professionals in the integral attention to adolescents in primary care**

Among the actions developed by nurses in basic care to attend the adolescent public, some difficulties are raised, presenting as obstacles that make it difficult to attend and follow up this group. In this perspective, most of the studies analyzed describe why many actions are not performed or performed as they should, in order to accommodate and serve these adolescents<sup>(4,13,8,11,12,9)</sup>.

One of the barriers encountered concerns the physical structure of the basic health unit, which is unattractive to adolescents, discouraging their demand. Or even the lack of space and places that make the development of educational activities unfeasible, and the structure of the unit is a significant element for the reception of adolescent users<sup>(4)</sup>.

The inappropriate physical space for the development of activities, the unavailability of time and full schedule of professionals, makes this group difficult to access to health services. It is also evidenced the need to organize the structure and dynamics of the unit that would benefit their access, schedule periods to develop assistance and educational activities, home visits, group workshops, create or modify environments so that they feel more comfortable and welcomed<sup>(13)</sup>.

The demand for nurses' work in primary health care is seen as an obstacle to developing actions aimed at the young public. This work overload weakens the promotion of health, since the nurse has many demands to be fulfilled leaving little time for actions with the population, especially adolescents<sup>(4)</sup>.

This finding corroborates with other studies which exposes the work overload described by nurses interviewed as an obstacle to the performance of activities for adolescents. This fact is explained by the fact

that it is not mandatory to attend adolescents and because there is no specific program for the care of the adolescents. even prioritizing the population with chronic diseases, such as the hyperdia program, preventive, childcare, home visits among others<sup>(14)</sup>.

The lack of interactivity in the collective work as well as the lack of interest of some professionals who make up the multidisciplinary team is another problem, as they lead to the fragility and fragmentation of the clinic attendance and assistance planning for adolescents, since some nurses perform actions in isolation rather than planned and executed as a team. The absence of these actions makes it impossible for the young to be fully cared for, since isolated actions are not solvable, so there is a need to work as a team, listing all of their demands for the elaboration of health planning<sup>(10)</sup>.

The nurses in their work process face difficulties to make notifications, because in addition to feeling helpless there is the prescription of legal involvement. Nursing is often aware of the occurrence of physical aggression, but they end up omitting the judicial process, fear of retaliation by the perpetrator of the aggression, the absence of a support and protection program<sup>(11)</sup>.

The study corroborates with the above, adding that nursing is not able to deal with domestic aggression effectively, due to lack of training, and also stresses the need for the Secretariat of Health to create actions involving nurses in activities for their empowerment, for when acts of aggression occur, they know the appropriate measures<sup>(12)</sup>.

The professionals' posture in front of a pregnant teenager, who report that the attention given to the pregnant girl is very close to that of any other pregnant woman, disregarding the need for a focus on mental and emotional health, clarification of doubts, fears and her rights<sup>(7)</sup>.

The lack of training of professionals with regard to approach and performance of activity together with young people, is built as a great barrier since the nurse for being unprepared, many times, may not know how

to deal with the situation. They recognize the importance of professional preparation, continuing education, as well as the availability of material and didactic resources that can attract the attention of adolescents<sup>(15)</sup>.

As a result of the difficulties presented, there is a need for some changes in order to provide efficient and effective nursing care to the adolescent in primary care. Leaving as a priority the reorganization of existing programs that do not include the adolescent public. The implementation of public policies to increase their access, would be the tip of change, because in the existence of a specific program, the adolescents would feel stimulated to attend the service. The professionals, in turn, with time reserved for the adolescents would elaborate and execute activities assists and educative, individual and in group in order to strengthen the bond and to meet their needs.

## CONCLUSION

In summary, nursing actions aimed at the adolescent public in primary care are basically based on orientations - linked to other sectors such as education through the Health in School Program - and in the search for a stronger bond and adequate reception, besides those that already treat the adolescent in an aggravated situation.

This reality is mainly due to the absence of the adolescent in the search for the service, due to the fragility of the bond between health professionals and the adolescent, which makes it difficult to maintain effective actions and comprehensive care in this area. Besides this, it is pointed out as difficulties still, the lack of adequate physical structure, the lack of preparation of the professionals and the demand of the services to other public that hinder the articulation of regular actions.

Thus, it is noticed that attention to this public is revealed inconsistent and unsatisfactory for their health needs regarding the concepts of prevention and promotion because it is based on punctual actions and

often do not provide continuity to the care provided.

The use of interactive review as a methodology for the present study proved to be useful for the achievement of the objective and to identify existing gaps that expose needs that need to be reviewed and worked on. It is also necessary that new studies be carried out to broaden the discussions on the subject, and to consolidate more solid strategies that benefit this public.

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