

## Produções sobre álcool e drogas nos anais do Congresso Brasileiro de Enfermagem\*

Production of alcohol and drugs in the annals of the Brazilian Nursing Congress

Producciones sobre alcohol y drogas en los anales del Congreso Brasileño de Enfermería

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### ABSTRACT

**Objective:** To identify and to characterize the bibliographic production of nurses on alcohol and other drugs, published in the Annals of the Brazilian Nursing Congress. **Method:** It is an exploratory, descriptive study through literature in the period of 2009 to 2013. We analyzed the five Annals summaries of Brazilian Nursing Congress. The data were analyzed and grouped into categories according to the premises of Bardin. **Results:** The sample is composed of 88 abstracts that were directly related to the subject of the research, which were grouped into five categories of analysis. **Conclusion:** The production of alcohol and other drugs is still underrepresented. However, there was a slight increase in the number of abstracts related to the previous survey, and there was little variation among the themes explored by nurses in their research. It was pointed contemporary areas of nursing additions that need more attention.

**Descriptors:** Nursing; Alcoholism; Disorders Related to Substance Use.

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## RESUMO

**Objetivo:** Identificar e caracterizar a produção bibliográfica de enfermeiros sobre álcool e outras drogas, publicada nos Anais do Congresso Brasileiro de Enfermagem. **Método:** Estudo exploratório, descritivo, realizado por meio de levantamento bibliográfico no período compreendido entre 2009 a 2013. Foram analisados os cinco Anais de resumos do Congresso Brasileiro de Enfermagem. Os dados foram analisados e agrupados em categorias segundo os pressupostos de Bardin. **Resultados:** A amostra se constituiu de 88 resumos que estavam diretamente relacionados ao tema da pesquisa, os quais foram agrupados em cinco categorias de análise.

**Conclusão:** A produção sobre álcool e outras drogas continua pouco representada. Entretanto, observou-se um discreto aumento do número de resumos quando relacionados a levantamento prévio, e houve pouca variação entre os temas explorados pelos enfermeiros em suas pesquisas. Apontam-se áreas contemporâneas da enfermagem em adições que necessitam de maior atenção.

**Descritores:** Enfermagem; Alcoolismo; Transtornos Relacionados ao Uso de Substâncias.

## RESUMEN

**Objetivo:** Identificar y caracterizar la producción bibliográfica de enfermeros sobre alcohol y otras drogas, publicada en los anales del Congreso Brasileño de Enfermería. **Método:** Estudio exploratorio, descriptivo, realizado por medio de levantamiento bibliográfico en el período comprendido entre 2009 a 2013. Se analizaron los cinco anales de resúmenes del Congreso Brasileño de Enfermería. Los datos fueron analizados y agrupados en categorías según los presupuestos de Bardin.

**Resultados:** La muestra se constituyó de 88 resúmenes que estaban directamente relacionados al tema de la investigación, los cuales fueron agrupados en cinco categorías de análisis. **Conclusión:** La producción sobre alcohol y otras drogas sigue siendo poco representada. Sin embargo, se observó un discreto aumento del número de resúmenes cuando se relacionaron con el levantamiento previo, y hubo poca variación entre los temas explotados por los enfermeros en sus investigaciones. Se señalan áreas contemporáneas de la enfermería en adiciones que necesitan de mayor atención.

**Descriptor:** Enfermería; Alcoholismo; Trastornos Relacionados con el Uso de Sustancias.

## INTRODUCTION

The consumption of psychoactive substances is one of the most significant risks to the health of the general population. The World Drug Report (2013) notes the balance in the use of traditional drugs and points out the frightening growth of new psychoactive substances. Globally, the production and use of improper substances that are not under international control increased.<sup>1</sup>

Among the legal drugs, alcohol is the most consumed, followed by tobacco; among the illegal ones, marijuana stands out.<sup>2</sup> According to the World Report on Alcohol and Health (2014), the protection of health should be based on the prevention and reduction of harmful effects of alcohol use; this is a public health priority. One of the goals of the World Health Organization (WHO) is to reduce the social burden caused by harmful use of alcohol, which

considerably decrease the morbidity and mortality. This same report emphasizes that alcohol-related problems vary according to each country, from death, disease and social and economic consequences.<sup>3</sup>

The last national survey on the Use of Psychotropic Drugs in Brazil showed that 22.8% of the surveyed population has used some of them, except for alcohol and tobacco. The estimate of alcoholics was 12.3% and tobacco, 10.1%. Among the most commonly consumed illicit drugs marijuana appears first (8.8%), then solvent (6.1%), orexigenic (4.1%), cocaine (2.9%), crack (0.7 %) and merla (0.2%). The use of benzodiazepines without prescription reached a rate of 0.5%. It pointed that the consumption occurs increasingly early, and substance use reported in the age group between 12 and 17 years was evidenced.<sup>2</sup>

Despite the consequences of the use of psychoactive substances on the health of the general population, which implies involvement of nurses and nursing to face this problem, the productions on the theme is still incipient among these professionals.<sup>4</sup>

A systematic review that aimed to analyze the inclusion of nurses in the practice attention of the alcohol and other drugs user concluded that there was increased production of research in the area, but there is still need for qualified professionals to assist and care for people who suffer problems related to psychoactive substances. The analyzed studies also showed that there is gap in alcohol other drugs theme approach and during the process of training of nurses<sup>4</sup>, and still are few studies that deal with investigating psychosocial aspects of nursing care in this subspecialty.<sup>5</sup>

The first survey of the bibliographic production of nurses about alcohol and alcoholism, published in the Annals of the Brazilian Congress summaries of Nursing (CBEn) within a decade (1998-2008)<sup>6</sup>, showed that although little expressiveness, there was a considerable increase in publications in the second half of the reporting period, which coincides with the beginning of this century.

This study is characterized as a sequence of a previous one<sup>6</sup>, which suggests the need for monitoring the production of nurses in this vehicle, Strategy is an important means of compilation. While it is identified how is the production of nurses, it allows to recognize advances, limitations and research possibilities in this area in order to support the practice of nursing in addictions. Mainly because the production of this subfield of psychiatric nursing in the first half of the 2000s - until then - published in CBEn increased, and that would be need to monitor if it has remained.

## OBJECTIVES

To identify and characterize the bibliographic production of nurses on alcohol and other drugs, published in the Annals of the Brazilian Congress of Nursing (CBEn) in the period 2009-2013.

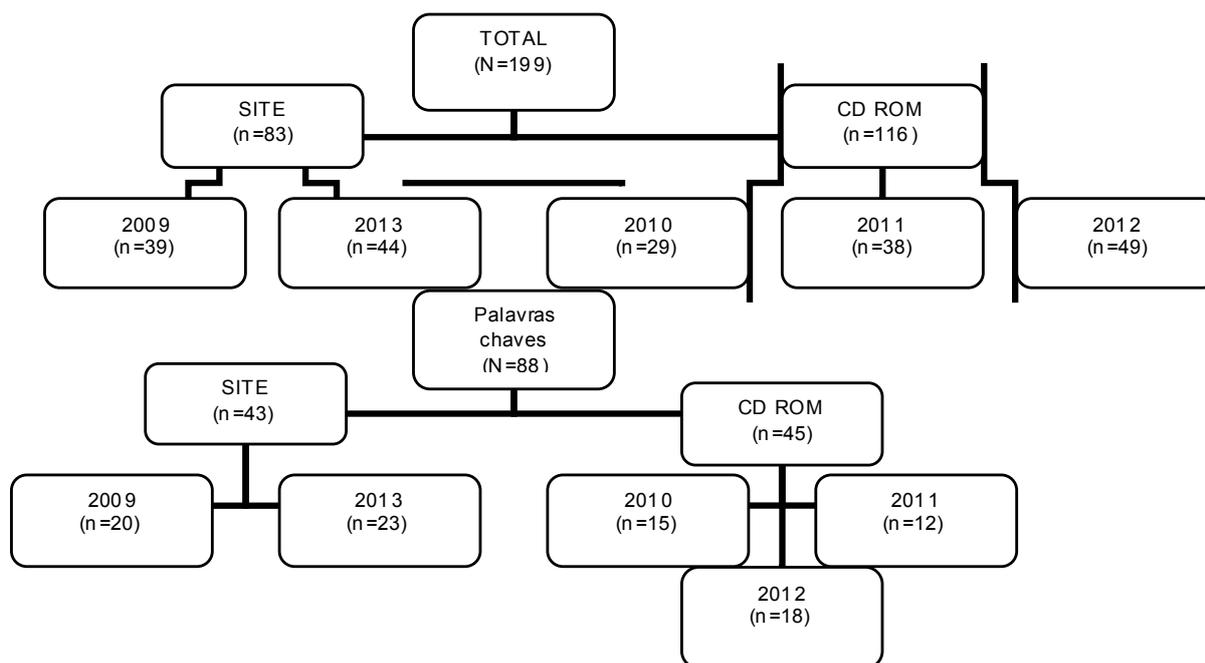
## METHOD

### Type of Study

It was a descriptive exploratory study, conducted through literature in the Annals of the Brazilian Congress of Nursing in the period 2009 to 2013. Five abstracts of Annals were analyzed; of these, three were available on CD-ROM in the years 2010, 2011 and 2012, and two were on the event website, in 2009 and 2013.

### Sampling

For the survey data, at first, an active search was made for abstracts related to alcohol and drugs. From these, in the sequence, the abstracts related to this subject were searched using the keywords: 1. Alcohol; 2. Alcoholism; 3. Psychoactive Substances; and 4. Drugs. The inclusion criteria in the study sample were to contain any of the keywords and be about the topic of interest. Figure 1 illustrates the measurement process and selection of studies for inclusion in the study.



### Categorization of studies

Following the same steps of the first study<sup>6</sup>, the data were organized according to the year of publication, the frequency of categories and subcategories, as well as geographical origin. Secondly, the abstracts were subjected to qualitative analysis performed by simple data categorization, according to the assumptions of Bardin<sup>7</sup>, which refers to the grouping of elements with common features related to each other, that is, the categorization process represents the grouping ideas or expressions around a common concept can cover the entire dataset.<sup>7</sup>

## RESULTS

The quantification of data for the year of publication, the main themes investigated by nurses and submitted for presentation at CBEn involving categories and subcategories in addition to the geographical origin show that among the topics most studied by nurses and published in the CBEn Annals of the period 2009-2013, category III - Vulnerable Groups - is the one that has aroused greater interest of nurses to research, 39% of all resumes, followed by Nursing Care, which adds 25% of the total published abstracts (Table 1).

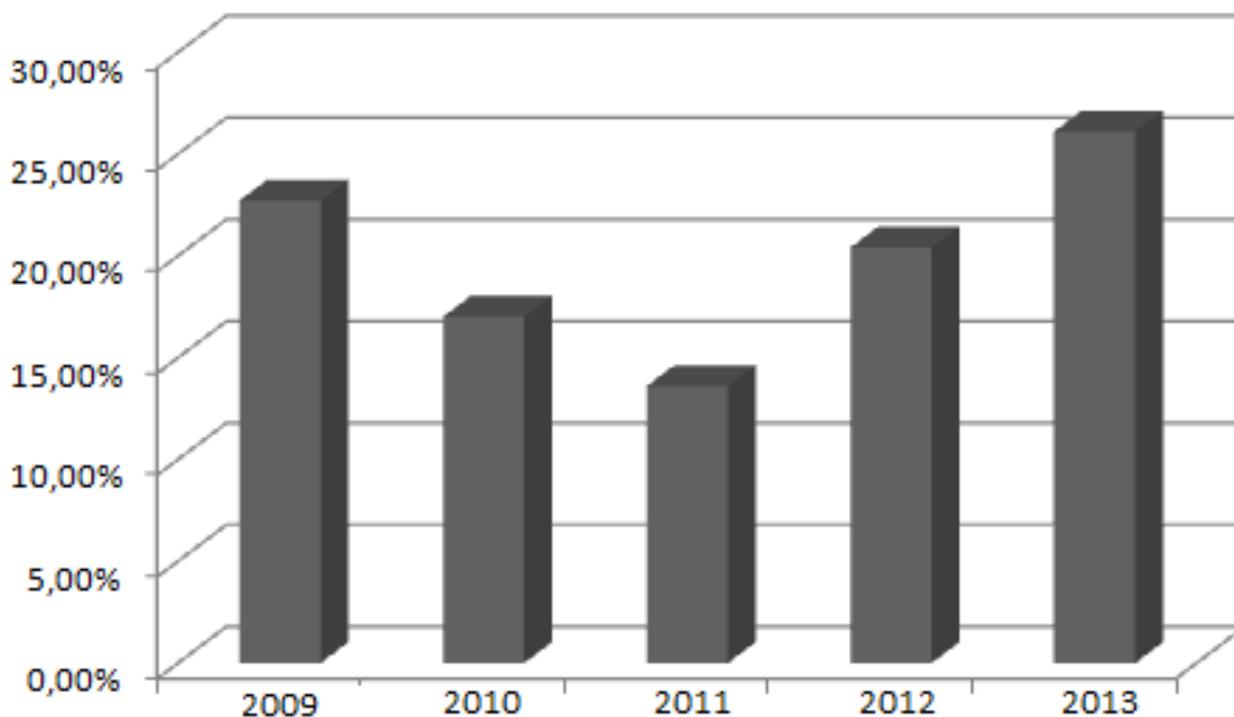
It was observed overlap of abstracts in subcategories, leading to an increase of 22 abstracts because they were already categorized, but were part of more than one subcategory. Therefore, we emphasize the Teenagers subcategory (III - Vulnerable Groups) and subcategory Mapping/Survey consumption (II - Population Survey), which added a significant increase of 12.73% and 11.81%, respectively.

**Table 1** - Distribution of abstracts about alcohol and other drugs published in the Annals of CBEEn between 2009 and 2013 according to the frequency of categories and subcategories identified, São Paulo, SP, 2015

| Categories                              | Nº        | %           | Subcategories  | Nº         | %           |
|---|-----------|-------------|--|------------|-------------|
| Nursing Care                            | 22        | 25          | Acting mode with the patient                             | 8          | 7.27        |
|   |           |             | Diagnosis of use/consumption of alcohol and drugs        | 8          | 7.27        |
|   |           |             | Adherence to treatment                                   | 1          | 0.9         |
|   |           |             | Health Strategy  | 7          | 6.36        |
| Population Survey                       | 13        | 15          | Mapping/Survey consumption                               | 13         | 11.81       |
|   |           |             | Prevalence of alcohol and drug use                       | 5          | 4.54        |
| Vulnerable Groups                       | 35        | 39          | Adolescents  | 14         | 12.73       |
|   |           |             | University Students                                      | 14         | 12.73       |
|   |           |             | Women  | 11         | 10          |
|   |           |             | Specific Populations                                     | 6          | 5.54        |
| Education about alcohol and other drugs | 15        | 17          | Prevention of alcohol and other drugs                    | 5          | 4.54        |
|   |           |             | Knowledge about the use of alcohol and other drugs       | 11         | 10          |
|   |           |             | Awareness about the use of alcohol and other drugs       | 4          | 3.63        |
| Alcohol and family                      | 3         | 3           | Overuse of alcohol                                       | 1          | 0.9         |
|   |           |             | Rehabilitation and its effect on the individual's family | 2          | 1.81        |
| <b>TOTAL</b>                            | <b>88</b> | <b>100%</b> |  | <b>110</b> | <b>100%</b> |

The Northeast and Southeast regions of Brazil were those that originated most of the papers published on the subject, with the percentage of 44.4% and 34.7%, respectively, among all raised production. Considering the distribution of abstracts according to the year of submission, 26.1% of the work on alcohol and other drugs published in CBEEn summaries Annals were presented in 2013, followed by 22.7% in 2009 - Chart 1.

**Chart 1** - Distribution of studies published in the Annals of CBEEn, according to the year of publication, between the years 2009-2013, São Paulo, SP, 2015



## Categories of analysis according to the qualitative exploration of abstracts

The simple categorical analysis yielded five categories for analysis, which consisted of a frequency synthesis of the topics researched and published by nurses in CBen Proceedings in the years 2009 to 2013. Which are: I – Nursing Care, II – Survey Population, III – Vulnerable Groups, IV - Education about Alcohol and Other Drugs, V – Alcohol and Family. Each of these categories was divided into subcategories, in response.

### I – Nursing Care

This category accumulates 22 abstracts (25%) divided into four subcategories: acting mode with the patient, diagnosis of use/consumption of alcohol and drugs, the patient's adherence to treatment and health strategy for dealing with problems related to alcohol and other drugs.

### II- Population Survey

Category II – Population Survey composed a total of 13 abstracts (15%) and is divided into two subcategories: Mapping/Surveying the consumption of alcohol and other drugs and Prevalence, with 11.81% and 4.54% of summaries grouped this category, respectively.

### III- Vulnerable groups

The third category – Vulnerable Groups – consists of 35 abstracts (39%) and distributed in the following subcategories: adolescents (n = 14 corresponding to 12.7%), university students (12.7%), women (10%) and specific populations (patients with visual disabilities, indigenous populations, truck drivers and residents of hostels), corresponding to 5.5% of the abstracts published in the category.

When we analyze the goals of the research in each of the subgroups of vulnerable populations, it is observed that most of these studies were held to identify the concepts, stories and knowledge of the different populations on the use of psychoactive substances. Among adolescents stand out studies investigating the motivation for the use of psychoactive substances, while studies of samples of university students mainly investigate the patterns of use of alcohol and other drugs among nursing students.

In the subcategory women, most of the study seeks to identify the effects of substances in the woman's body as well as the consequences of the use in the pregnancy cycle and its effects on the fetus.

### IV- Education about alcohol and other drugs

The category IV – Teaching about the Use of Alcohol and Other Drugs – groups 15 abstracts (17%) of the total, which are divided into three subcategories: prevention of alcohol and other drugs (4.5%), knowledge of the use of alcohol and other drugs and their effects on the body (10%) and awareness about the harm related to alcohol and other drugs (3.6%).

## V- Alcohol and Family

Category V - Alcohol and Family was the lowest observed and is composed of three abstracts, which represent 3% of the total raised summaries; these studies address the family environment and the user of alcohol, the consequences of the abuse of alcohol and other drugs in the family group and the issues related to the rehabilitation of users involving the family.

## DISCUSSION

The analysis from the results found in the survey of nurses publications on the subject of alcohol and other drugs in the Annals of abstracts of the Brazilian Nursing Congress from 2009 to 2013 made it possible to see that this theme remains underexplored when compared to other of the area of nursing knowledge; however, there is a slight increase in production compared to that found in the first survey that included studies published in this vehicle by 2008.<sup>6</sup>

However, the period estimated in the previous study was larger and the thematic focus was narrower, the summaries are related only to the alcohol and alcoholism<sup>6</sup>, which may influence on the increase observed in this study. This assumption can only be confirmed with greater security from the knowledge of the data in the next five years, when it can be done a comparative considering the same period of time.

The increase in scientific production on this issue among nurses may still be reflecting the changes in the historical process of drug policy. In 2006, the rules in force in the country were replaced by Law No 11.434/06<sup>8</sup>; In an associated way, the Policy of Integral Attention to the User of Alcohol and Drugs was instituted<sup>9</sup>, and in 2010, the Integrated Plan to Combat Crack and Other Drugs, established by Decree 7.179/10<sup>10</sup>, among other milestones in order to coordinate, integrate, organize and coordinate the activities of prevention, treatment and user rehabilitation.<sup>8</sup>

This reorganization arises by attempting to face the social reality and reduce the suffering caused by such consumption demonstrably harmful. Therefore, there is the assumption that these coping policy measures at issue may have contributed to the drugs to be recognized as a social problem and discussed among all members of the population; and health professionals fall into this aspect, the nurses.

The highest concentration of bibliographic production of nurses on the topic in the Northeast, South and Southeast may have given the influence of the events of the headquarters location: the 2009 CBen was held in the city of Fortaleza; 2010 in Florianópolis; 2011 in Maceió; 2012 in Porto Alegre; and 2013, in Rio de Janeiro. Certainly, the proximity to the event promotes the participation of professionals, mainly from neighboring regions of the venue, and expected, then, that the production of nurses coming from the Northeast region is more abundant, since two of the five analyzed events occurred in northeastern capitals.

On the other hand, while the other two conferences have taken place in Southern Brazil and the region occupy the third place, it may be due to the fact that the Southeast, which ranks second in terms of production published in the investigated Annals, still concentrates the largest number of the country's research groups, a situation which is not significantly different between the groups related to the topic of alcohol and other drugs, based in schools and nursing colleges and coordinated by professional nurses. In addition, graduate programs in this region also include specific lines of research on alcohol and other drugs, which is reflected in the greater production of studies on the subject.

Analyzing the themes arising in this study, the investigations concerning nursing care are geared to the acting mode with the patient, diagnosis, patient adherence to treatment and health strategy; therefore, in the same vein of the previous survey, so that they continue the same deficiencies already found.

This care is centered mostly in traditional practices, which corroborates the study already conducted.<sup>4</sup> Thus, studies end up reflecting the practice of nurses and nursing, which remains tied to traditional models of care to the detriment of new technologies available for care in this specialty, among them, the wide range of psychosocial approaches that are available and can be used by nurses in the current model of care, which enable even the individual be understood with their meanings in a world built on revealing social exchange.<sup>11</sup>

Just as motivational interviewing, counseling and Brief Intervention (BI), which can be incorporated into nursing<sup>12</sup> care routine, seem to be still being used timidly, undervalued or unrecognized as a wilderness to be explored by Brazilian nursing including as regards research fronts these lines.

Regarding the population survey, summaries brought mapping data and prevalence studies, these data were very similar to research already carried out in this information vehicle. This type of research is as important as national surveys, because from it is expected to build knowledge on the subject and strengthen actions to reduce losses from the use of alcohol and other drugs.

With regard to vulnerable groups, work on the university students, adolescents and women stands out, which is corroborating to the research that originated this study.<sup>6</sup> In the case of adolescents, summaries show that most are public school students who cannot socially rise or use drugs to escape from reality, and alcohol is the most widely used drug. For women, studies still continue focusing on the pregnancy period, consumption and the consequences to the woman and the fetus. The work related to truck drivers turned to prevalence mapping, and study aimed at visually impaired was marked by a protection technology to prevent the use of psychoactive drugs. A new data found in this survey, although a small number of papers, was the groups of indigenous people and residents of hostels, glimpsing to the consequences and context of alcohol and drugs, as well

as allowing for reflection on the importance of nursing care to these specific populations.

These themes represent a breakthrough in research when compared to the last survey<sup>6</sup>, which shows that nursing - although still with gaps in their research on the topic - has been interested in investigating the issue of new groups, which, ultimately, leads to observe an increase in its research spectrum.

Investigations regarding teaching about alcohol and other drugs have focused on the prevention and awareness of school spaces as a pedagogical practice to support children and adolescents with knowledge of the subject and to encourage projects aimed at health education. In undergraduate courses we analyzed the perceptions and experiences of nursing students and nursing practice adopted for preventive action and search for healthy habits. Data found in the previous survey<sup>6</sup> that matches this study was to seek to develop skills in nursing students so they can make an adequate screening and meet customer user of alcohol and drugs in different health contexts. Therefore, to be an adequate staff training, should include the subject in the curricula, besides research and extension. As for any other area, attention, caution to the user of alcohol and other drugs require training for efficient and quality service as well as the professional must get rid of prejudices and judgments erroneously created about this clientele.<sup>4</sup>

Thus, the teaching on the subject of drugs should be based on parameters that link theory with practice, bringing together students from the reality experienced by patients to acquire, re-creation and creation of new knowledge. Still aimed at teaching based on interdisciplinarity, in which the subjects are integrated and discussed with all involved in the learning process. So it becomes possible to correct errors and distortions and link dynamically to the surrounding reality. At this juncture, how to prepare and train professionals is extremely important, and this training is reflected in society by their way of acting and working.<sup>13</sup>

The category of alcohol and family focused on the rehabilitation of the patient and what it brings to the family environment, in which there is wear and despondency in the face of the problem, which confirms previous study in the same segment.<sup>6</sup> By presenting only three summaries about it, it shows a low interest of nursing professionals on this part, in relation to other categories, even if the subject is conveyed by the media and lay populations.

Even if it presents limitations - a single source of research, the Annals of Nursing Brazilians, the sample size involved and the lack of studies on the subject, despite the slight increase in work already produced in this same event - this study brings forward for dissemination of knowledge about the publications of nurses on alcohol and drugs. It is expected to serve as a subsidy for studies of the same nature in order to monitor the progress of the production of alcohol and drugs associated with CBEN, every five years, as proposed by the beginning study<sup>(6)</sup>. And also, this survey could have presented

a larger sample, if there was no definition of keywords, as found in the first search, shown in Figure 1.

At this juncture, there was little variation among the themes explored by nurses and professionals in their research, pointing to contemporary areas of nursing additions that need more attention. On what was found, the data collected to date are relevant when it shows the small number of summaries that were engaged to identify and characterize the production of nurses on alcohol and other drugs, as well as enabling the monitoring of production on the theme in the biggest event of the Brazilian nursing. Thus, due to the scarcity of the results, you might think to build a knowledge even during graduation that deal with the issue in question, with its inclusion in curriculum so that future nurses have adequate professional training, because, like any other area of nursing, this requires training, and Trainees must disrobe prejudice and arouse interest for promotion of welfare and humane care to drug users in various sectors of activity, as glimpsed this area as a field in expansion.

In light of this context, this study may bring contributions to professional practice to raise reflections about what has been studied. It seeks to mark out a more holistic assistance and guided the biopsychosocial model, so that innovates the service to individuals and professionals are encouraged to seek new knowledge about this theme extremely relevant surrounding the healthcare practice in various fields of nursing care.

## CONCLUSION

From the presented results it can be concluded that the bibliographic production on alcohol and other drugs remains underrepresented when compared to other subjects and specialties, observing, however, a slight increase compared to the last survey in that vehicle and the time proportionality and expansion of keywords.

The Annals of CBEEn are important sources of the works produced by nurses. However, not all abstracts that are presented at the event are published in indexed journals, which hinder access to researchers in the field; often lose short articles importance, performed, but not shared with the academic area.

Thus, it is evidenced studies that seek to make mapping and population surveys, nursing care buoyed a traditional practice, research with vulnerable groups, teaching about alcohol and drugs that focus on preventive and awareness measures, in small ways, the relationship of use alcohol and drugs with family members. From these, we reflect on the need for further concerned with a holistic care with psychosocial approach and guided by new technologies. Despite the emergence of new population groups in this study, there is need for further deepening this aspect. Research with more force in human resource training line are important for a change that can be reflected in professional practice.

Finally, to develop studies with family, as these are sources of social support and need for greater coordination with the health services.

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