

NURSING MANAGEMENT STRATEGIES IN CHRONIC DISEASE – INTEGRATIVE REVIEW

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Introduction: Chronic disease has an important impact in the life of people and their families in develop countries. With the management strategies of chronic disease, health providers want to know the real needs of the clients to plan and implement interventions to improve responsibility the clients for managing their care.

Objectives: To understand the strategies implemented by the nurses to management chronic diseases in adult clients.

Method: An integrative review was carried out in EBSCOhost database with the following words "Chronic illness' OR 'Chronic disease' AND 'Nursing' AND 'Management strategies". The research was limited to the timeline of 2012-2015, the full text must be written in English or Portuguese language. According to the objectives we defined for inclusion criteria: research studies in the context of chronic disease in adults (>18 years old) and full text available. The exclusion criteria were defined as: reviews, editorials; studies in which the population was not defined by the search criteria.

Results: 15 studies were identified and we included only 5 on this study. We excluded 10 articles because we don't obtained access to 3 articles and 7 were repeated. The participants of the studies have chronic diseases in general, HIV, COPD, metabolic syndrome and chronic heart failure. The studies show the areas to be included in management of chronic disease: self-care: medication, diet and exercise, self-management, adherence and the relationship with healthcare providers.

Conclusions: The nursing strategies aim to improve the capacity of client to self-care, implementing self-management strategies to improve adherence and quality of life. The relationship with client and healthcare providers has a significant impact in results and it is the primary level of care. In management of chronic disease, we can implement better interventions to better results if we include these areas in our intervention plan.

Keywords: Chronic disease, management, nursing, self care

Referências bibliográficas:

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