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Academic productions on assistance for people with problems related to alcohol abuse. A review study

Producciones académicas sobre asistencia a personas con problemas relacionados con el abuso de alcohol. Un estudio de revisión

Produções acadêmicas sobre a assistência destinada às pessoas com problemas relacionados ao abuso de álcool. Um estudo de revisão

ABSTRACT

Harmful use of alcohol is a serious public health problem worldwide, affecting different cultures and social classes. Remote consumption since antiquity, alcoholism has been marked throughout by various forms of exclusion. Objective: to describe the state of the art of nursing practice with people with alcohol abuse problems, expressed in the national scientific literature. Method: this is an integrative literature review study, which respected the six steps proposed. Result: 25 studies developed by nurses were found, these were grouped into two major categories, comprised by primary care and its relationship with mental health, and hospital care in mental health, these were subdivided for a better understanding of the results. Conclusion: Through this study it was possible to draw an overview of academic nursing productions, which highlighted the role of the professional nurse.

DESCRIPTORS: Primary Health Care; Mental Health; Alcohol.

RESUMEN

El consumo nocivo de alcohol es un grave problema de salud pública en todo el mundo, que afecta a diferentes culturas y clases sociales. El consumo remoto desde la antigüedad, el alcoholismo se ha caracterizado por diversas formas de exclusión. Objetivo: describir el estado del arte de la práctica de enfermería con personas con problemas de abuso de alcohol, expresado en la literatura científica nacional. Método: se trata de un estudio de revisión integradora de la literatura, que respetó los seis pasos propuestos. Resultado: se encontraron 25 estudios desarrollados por enfermeros, estos se agruparon en dos grandes categorías, comprendidas por la atención primaria y su relación con la salud mental, y la atención hospitalaria en salud mental, estos fueron subdivididos para una mejor comprensión de los resultados. Conclusión: A través de este estudio fue posible trazar un panorama de las producciones académicas de enfermería, que destacó el rol del profesional de enfermería.

DESCRIPTORES: Atención Primaria a la Salud; Salud mental; Alcohol.

RESUMO

O uso nocivo do álcool é um sério problema de saúde pública mundial, afeta diferentes culturas e classes sociais. O consumo remoto desde a antiguidade, alcoolismo foi ao longo da marcado por diversas formas de exclusão. Objetivo: descrever o estado da arte da atuação de enfermagem junto a pessoas com problemas de uso abusivo de álcool, expresso na literatura científica nacional. Método: trata-se de um estudo de revisão integrativa de literatura, o qual respeitou as seis etapas propostas. Resultado: foram encontrados 25 estudos desenvolvidos por enfermeiros, estes foram agrupados em duas grandes categorias, compreendidas por Atenção básica e sua relação com a saúde mental, e Atenção hospitalar em saúde mental, estas foram subdivididas para uma melhor compreensão dos resultados. Conclusão: Através deste estudo foi possível traçar um panorama das produções acadêmicas de enfermagem, as quais destacassem a atuação do profissional enfermeiro.

DESCRITORES: Atenção Primária à Saúde; Saúde Mental; Álcool.

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Iolanda de Souza Francisco Barbosa

Nurse. Specialist in Family Health Strategy from Castelo Branco University.
ORCID: 0000-0001-8940-7138

Conceição de Fátima de Sousa Mendonça

Nurse. Specialist in public health with an emphasis on FHS from Faculdade FAVENI: Venda Nova do Imigrante.
ORCID: 0000-0002-8728-2252

Leandro Andrade da Silva

Nurse. Post-Doctorate by the Postgraduate Program in Nursing at the State University of Rio de Janeiro (PPGenf/National School of Public Health Sérgio Arouca/ENSP of the Oswaldo Cruz Foundation (FIOCRUZ). Professor of the Undergraduate Nursing Course at Veiga de Almeida University (UVA).
ORCID: 0000-0003-3213-5527

Milena Preissler das Neves

Administrator. MBA in Marketing from Centro Universitário Ritter dos Reis (UniRitter). Academic Nursing at Universidade Veiga de Almeida, member and founder of the Academic League of Collective Health at Universidade Veiga de Almeida (LASC - UVA) and member of the Academic League of Nursing in Intensive and Emergency Therapy (LAETIE - UNIRIO).
ORCID: 0000-0002-3890-924X

Roni Robson da Silva

Nursing student at Veiga de Almeida University (UVA).
ORCID: 0000-0001-6010-6438

Ícaro Ferracini de Alencar

Medical Student at the Iguaçú University.
ORCID: 0000-0003-3852-7767

Michael da Silva de Araújo

Production Engineer and Administrator. Specialist from the Federal University of Itajubá. Professor at FAETEC / RJ.
ORCID: 0000-0002-5389-5712

INTRODUCTION

The use of alcohol marks the relationship between human beings, being present in different contexts, with different objectives and motivations and forms. Alcohol consumption has been going on since antiquity, and so-called alcoholism has been treated according to history by various forms of exclusion, becoming the target of research and numerous explanations and characterizations manifested in the most diverse ways. History has shown that people with problems with the abuse of alcohol and other substances receive looks focused more on punishment than on treatment and reinsertion. The abusive use of these substances generates conflicts and disrupts the individual in the family, social and professional life, causing emotional, physical and social problems.⁽¹⁾

The World Report on Drugs 2020, published by the United Nations Office on Drugs and Crime (UNODC) revealed that about 269 million people used drugs

worldwide in 2018, compared to 2009, there was an increase of 30%. The study revealed that people in a vulnerable situation with the COVID-19 pandemic increased the consumption of narcotics, making them more vulnerable to drug use, trafficking and cultivation to earn a living.⁽²⁾

That report highlighted that cannabis use is the most widely used drug in the world. As for alcohol, the 2018 Global Report on Health and Alcohol, prepared by the World Health Organization (WHO), highlighted that it would be associated with about 18% of cases of domestic violence. With the isolation imposed by COVID-19, especially the measures of social distance, which imply a longer stay at home, have favored the abusive use of alcohol and facilitated violent acts.⁽³⁾

Historically, the use of psychoactive substances, mainly alcohol, has been a constant in human life. In the literature, its use is described for several purposes, such as: rituals, commemorative events, meetings, sacred and profane cults, for pain relief, search for pleasure and as a me-

ans to reach previously unreachable states, also denoting deregulation, contestation, threat, power, disqualification.⁽⁴⁾

According to the WHO, harmful use of alcohol is related to 3 million deaths, representing 5,3% of all deaths. In addition, this harmful use is a causative factor for more than 200 diseases and injuries. Alcohol consumption causes early deaths and disabilities. In the 20 to 39 age group, approximately 13,5% of the total deaths are attributable to alcohol. In addition to the incidence of infectious diseases, such as tuberculosis and HIV/AIDS.⁽³⁾

Among the effects caused by the consumption of alcoholic beverages, the increased risk for social, work, family, physical and legal problems stands out, which configures it as a public health problem. There is an increase in alcohol consumption in parallel with the increase in social problems, associated with the stigma and prejudice suffered by alcoholics, who are seen, in most cases, as undesirable, inconvenient, demoralized and undisciplined people.⁽⁵⁾

In the health area, nurses are the ones who maintain greater contact with users of health services, thus having a great potential to recognize problems related to alcohol use and to develop care actions. The role of nurses in the area of addictions is very important. For this reason, it is important that professionals have knowledge about the consumption of legal drugs such as alcohol, and its prevalence, so that they can work efficiently with people in situations of chemical dependency.⁽⁶⁾

Epidemiological studies at the international and national levels have pointed to the growth in the number of women who consume alcohol. According to them, this amount has tripled in recent years. Alcohol abuse is considered to be the intake of four or more doses for women, and five or more for men on the same occasion. It is estimated that two out of every five people in the world population consume alcohol, of which 20% do harm. Consumption can bring various psychological, spiritual, physical or social damages to the individual and the community, it is a phenomenon that constitutes one of the biggest and most costly public health problems around the world.⁽⁷⁾

In addition to the damage to health, the consequences of alcohol consumption affect family members, neighbors, colleagues and other people in their social life, possible victims of someone else's consumption and not their own.⁽⁸⁾ However, the WHO points out some advances in the world achieved by the Reduction of Alcohol Abuse policies adopted in 194 countries.⁽³⁾

Another problem related in some situations to alcohol abuse is related to the reduction of anxiety, as well as to disinhibition, is associated with the belief that consumption would increase sexual pleasure, makes alcoholic beverages easily consumed before or during sexual acts. Constituting a risk factor for sexually transmitted infections, since people who consume alcoholic beverages in contexts in which they have sex may tend not to use condoms during

sexual acts, to change partners more frequently, to have casual partners and even practice group sex.⁽⁹⁾

The survey called *vigitel* conducted through telephone contacts by the Ministry of Health revealed that in the 27 Brazilian capitals surveyed, the frequency of alcohol abuse in the 30 days prior to the survey was 18,8%. Among women, the frequency of abusive consumption increased from 11% in 2018 to 13,3% in 2019. In both sexes, the frequency of consumption tended to decrease with age and to increase with educational levels. Regarding

drinking and driving, 5,6% of respondents reported this behavior.⁽¹⁰⁾

It is essential to consider the role of nurses in addition to addictions, especially with regard to the actions they develop with people with problems related to alcohol abuse. Thus, this study aims to describe the state of the art of nursing practice with people with alcohol abuse problems, expressed in the national scientific literature.

METHOD

It is an integrative literature review, which analyzed and synthesized the findings of publications, produced by nurses, that address the care of people with problems due to alcohol abuse.

In the integrative review, the six stages that comprise it were developed, with the following guiding question: "What is the perception of nurses to identify the user of legal drugs, such as alcohol expressed in the scientific literature"? Through the PRISMA flowchart, divided into four stages (Figure 1).

The 6 phases of the IRL were respected, namely: the first comprised the elaboration of the guiding question "What did Brazilian nurses publish about alcohol abuse?" In the second phase, literature sampling was sought, through articles in the Latin American and Caribbean Literature in Health Sciences (LILACS), Nursing Database (BDENF) and Scientific Electronic Library Online (SciELO) databases. In the third phase, data collection was understood using the following combined descriptors: Nursing and Alcoholism, and the expression "alcohol abuse" in nursing journals. The inclusion criteria defined for the selection of articles were: articles published in Portuguese; in full; with time frame from 2012 to 2020. After exhaustive reading of the articles, those who were not related to the studied topic and/or who did not meet the inclusion criteria previously described were excluded. The fourth phase included the critical analysis of the selected studies, in search of scientific evidence and classifica-

In addition to the damage to health, the consequences of alcohol consumption affect family members, neighbors, colleagues and other people in their social life, possible victims of someone else's consumption and not their own.

tion systems, adopting those suggested by Oxford Center for Evidence-Based Medicine. Just like the Melnyk and Fineout-Overholt method.⁽¹¹⁾

In the fifth phase, the results were discussed, comprising the interpretation and synthesis of the results, as well as the evidenced comparison, for better understand-

ing of the data, thematic categories were created. And the last and sixth phase was the presentation of the integrative review.

RESULTS

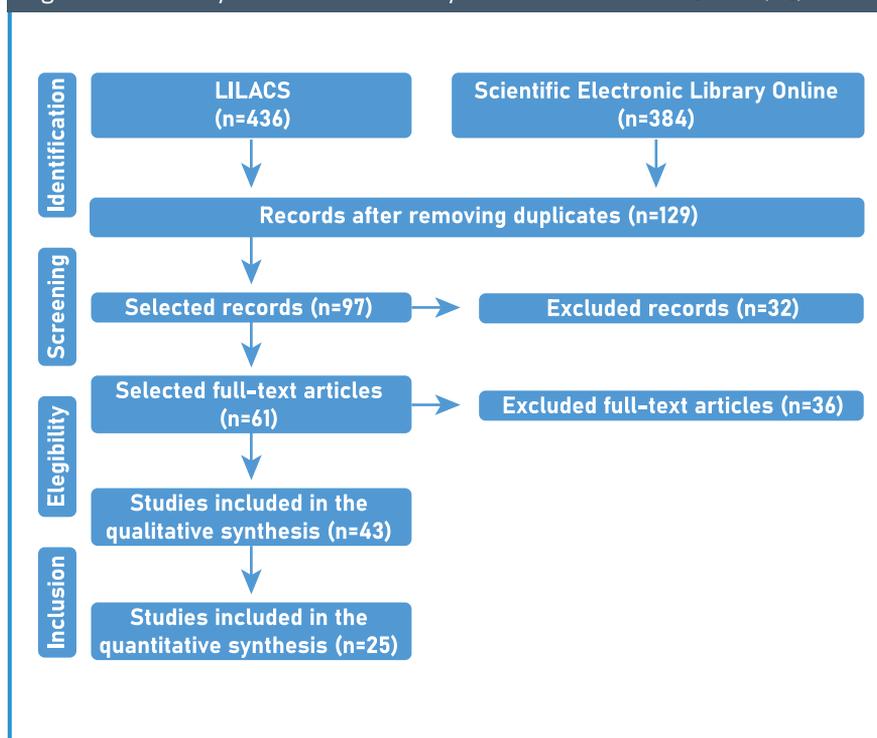
The results showed the profile of academic productions produced by nurses on

alcohol abuse. They highlighted aspects related to the care of this clientele, as well as impasses in assistance. For a better understanding of the data, it was decided to build 2 thematic categories, called Primary Care and its relationship with mental health; and Hospital attention in mental health, both have subcategories that are explained in table 1 below. Even using the Melnyk and Fineout-Overholt method, which aims to assess the level of evidence.

In the category "Primary mental health care", eleven articles were produced by nurses, which in turn were divided into subcategories. The so-called Psychosocial Care Centers, four articles were identified. Two articles report on CAPSad's work in assisting people with chemical dependency. The findings revealed that these professionals are considered fundamental in the process of social transformation, participating in the implementation of health promotion programs and projects, prevention of the use and abuse of alcohol and other drugs, in addition to social interaction.

In the Family Health Strategy subcategory, seven studies were identified. Of these three, they had a different approach in relation to the assistance of the Health Network to alcohol users. In two others, it was described the difficulty that nurses have in providing care to the health network, the lack of training and motivation

Figure 1 - Summary of the results of the systematic review. Rio de Janeiro, RJ, 2021.



Source: Prepared by the authors, 2021.

Table 1 - Summary of studies published by nurses, Rio de Janeiro, RJ, 2021.

CATEGORY	SUBCATEGORY	NUMBER OF STUDIES	LEVEL OF EVIDENCE	SYNTHESIS
Primary care and its relationship with mental health.	Psychosocial care centers	04	V	The studies highlighted the role of nurses in CAPS ad to promote health and re-signify behaviors.
	Family Health Strategy	07	V	The surveys highlighted the role of nurses with people with problems related to alcohol abuse in primary care.
Hospital attention in mental health	General hospitals	08	V	The perception of nursing professionals in cases of psychiatric emergencies involving alcohol abuse was addressed.
	Psychiatric hospitals	06	V	The studies highlighted the deleterious effects of psychiatric hospitalization and the stigma generated in people with problems with alcohol abuse.

Source: The authors, 2021.

of the health team is one of the challenges found to assist these users. It is noteworthy that the teams revealed to have difficulties in dealing with this clientele, as well as feeling discouraged at times with the relapses that this type of user presents.

As for the category Hospital care in mental health, the subcategories General hospitals emerged; and Psychiatric hospitals. In the first, a study addressed patient safety in emergency services, specifically for users of alcoholic beverages, and a proposal for minimum standards of nursing care necessary for safe care in the initial care for users was proposed. Regarding patient safety, the results showed that quality in health care is a concern of the Unified Health System (SUS).

Still in this subcategory, a study identified two themes related to the perception of Nursing professionals about the care for people with problems related to alcohol abuse: the perception of Nursing care for this clientele and the chronicity that can be generated with the misuse.

Regarding the subcategory Psychiatric hospital, the studies addressed the profile of hospitalized patients, highlighting that despite the advent of psychiatric reform, they were still hospitalized in these institutions with asylum characteristics. The studies that highlighted a prevalence of women hospitalized for issues associated with alcohol abuse stood out. Predominating adults, single and with low level of education. As well as highlighting clients who, after hospital discharge, were accompanied by specialized services, and yet still had relapses.

DISCUSSION

Regarding the category Primary care and its relationship with mental health, the subcategories analyzed presented a clear view on specialized care, aimed at people with chemical dependency. All articles in this category analyzed demonstrate the need to update nursing professionals, as well as the requirement for skills in the care provided to this clientele.

Over the past few decades, there have

been several changes in the mental health care model, which prioritize actions aimed at social inclusion, citizenship and autonomy for people with mental disorders. Regarding people who abuse alcohol, care is taken not to stigmatize or institutionalize these subjects. Even because this drug is socially accepted because it is lawful, thus contributing to an increase in its consumption.⁽¹²⁾ It is noteworthy that continuity of care is a central element of effective primary care; and when there is an ongoing relationship between health professionals and patients, the quality of mental health services in primary care tends to increase.⁽¹³⁾

In this sense, psychosocial care centers have a fundamental role, including Global Mental Health (GMH) is a field of studies and practices that aim to reduce inequities in access and care to mental health on a global scale. However, substance abuse has increased by 38% and represents 7,4% of the total global burden of health problems.⁽¹³⁾

The Family Health Strategy subcategory found that the care offered to people with an abusive problem with alcohol in the context of the community, at times is full of stigma and prejudice. It is important to identify the pattern of consumption, as well as raise the community's awareness of the perceived health damage that abusive use can cause. Primary health actions should be focused on early detection, including instruments for screening, as well as using brief interventions, treatment techniques based on cognitive behavioral aspects.⁽¹⁴⁾

In the category Hospital care in mental health, in the reading of the subcategory emergency hospital, patient safety, regarding the care to be received in an emergency room, must have a minimum proposal for nursing care necessary for safe care in the initial care for users of alcoholic beverage.⁽¹¹⁾

Little is written about this topic in mental health, it is necessary to consider different management, given that the public served may predispose to the occurrence of some unwanted events, harmful

to the patient, such as self-harm, violence and suicide.⁽¹⁵⁾

Regarding the nurse's perception, they found that care is limited only to technical procedures, and failure to follow the institution's rules hinders the provision of this care; while alcoholism is perceived as a chronic disease, involving biopsychosocial factors, with no cure, but with treatment. Most nursing team professionals recognize alcoholism as a chronic disease.⁽²⁾

As for the subcategory, psychiatric hospitals, the constant studies revealed that the profile of assisted patients showed a certain prevalence of women who used alcohol abuse, the predominance of adult addicts with a mean age was 41,4 years. It was also observed, low level of education of the participants, indicating that so many men and women have a similar profile in this sense. The studies pointed out that the study subjects recognize social damage, as well as a drop in job performance due to alcohol abuse.⁽¹²⁾

It is noteworthy that thanks to the advent of psychiatric reform and legislation aimed at clients suffering from psychological distress, over the years there has been a progressive decline in hospitalizations, as well as a reduction in beds and institutions for this purpose. In addition, there is an increase in the empowerment of clients, making them protagonists in the care process and not mere subjects as in the past.⁽¹⁶⁾

CONCLUSION

In addition to possible conclusions, alcohol is a serious public health problem worldwide, since it is permissible to historically permeate different moments and rites of the passage of human life. Associated with other psychoactive substances it can be enhanced, placing the subject in a situation of greater vulnerability. In different contexts, nursing professionals contribute to the treatment and care process of these subjects.

Through this study it was possible to draw an overview of academic nursing productions, which highlighted the

performance of the professional nurse. However, this study had limitations. The main one refers to the scarcity of research that addressed this topic. It is therefore suggested that new and more complex

studies be carried out that can mainly describe possible impacts that alcohol abuse may have brought about during the COVID-19 pandemic.

As it is a controversial theme at times

due to the legality of this substance, studies like this will always be relevant for a better understanding of this phenomenon, as well as for the instrumentalization of nursing care. ■

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