

Therapeutic Control of Arterial Hypertension, Performed by Nurse, in Primary Health Care¹

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Abstract:

Introduction: The Unified Health System (SUS) is a public policy, which was built and institutionalized based on a broad debate in Brazilian society, ranging from simple care for blood pressure assessment, through Primary Care, to the transplant of bodies, guaranteeing integral, universal and free access for the entire population of the country. **Objective:** to provide a greater understanding of the performance of the professional nurse in Primary Health Care, with a focus on the control of arterial hypertension. **Methodology:** This is a study of the type, Integrative Literature Review, Vosgerau and Romanowski (2014) reports that integrative research consists of organizing,

¹ Terapêuticas de Controle da Hipertensão Arterial, Realizadas pelo Enfermeiro, na Atenção Básica de Saúde
Control Terapéutico de la Hipertensión Arterial, Realizado por Enfermera, en Atención Primaria de Salud

clarifying and summarizing the main existing works, based on the citations that constitute an integral part of the review of literature covering specific themes of each approach. **Final Considerations:** From the present work, we realize that the interventions carried out by the nurse, in the basic health unit, having the responsibility to address issues related to preventive measures and blood pressure control, such as weight control, physical activity, importance of reducing salt and increasing potassium intake, the relationship between alcohol intake and hypertension, among others, significantly improves the lives of users, considering that nurses are seen as health educators, working the art of care in a preventive way and seen from the high perspective of their patients.

Keywords: Nurse; Basic Unit; Hypertension.

Resumo:

Introdução: O Sistema Único de Saúde (SUS) é uma política pública, onde foi construído e institucionalizado a partir de amplo debate na sociedade brasileira, abrangendo desde o simples atendimento para avaliação da pressão arterial, por meio da Atenção Primária, até o transplante de órgãos, garantindo acesso integral, universal e gratuito para toda a população do país. **Objetivo:** proporcionar uma maior compreensão sobre a atuação do profissional enfermeiro na Atenção Primária em Saúde, com o enfoque no controle da hipertensão arterial. **Metodologia:** Trata-se de um estudo do tipo, Revisão Integrativa da Literatura, Vosgerau e Romanowski (2014) relata que a pesquisa integrativa consiste em organizar, esclarecer e resumir as principais obras existentes, a partir das citações que constituem parte integrante da revisão de literatura que abrange temas específicos de cada abordagem. **Considerações Finais:** A partir do presente trabalho, percebemos que as intervenções realizadas pelo enfermeiro, na unidade básica de saúde, tendo como responsabilidade abordar temas relativos a medidas preventivas e de controle de pressão arterial, tais como controle do peso, realização de atividade física, importância da redução do sal e aumento da ingestão de potássio, relação da ingestão de álcool com a hipertensão entre outros, melhora de forma significativa a vida dos usuários, tendo em vista que o enfermeiro é visto como um educador em saúde, trabalhando a arte do cuidado de forma preventiva e visto sob alta perspectiva de seus pacientes.

Palavras-Chave: Enfermeiro; Unidade Básica; Hipertensão.

Resumen:

Introducción: El Sistema Único de Salud (SUS) es una política pública, que fue construida e institucionalizada a partir de un amplio debate en la sociedad brasileña, que va desde el simple servicio de medición de la presión arterial, pasando por la Atención Primaria, hasta el trasplante de órganos, garantizando la atención integral, universal y gratuita. acceso. para toda la población del país. **Objetivo:** proporcionar una mayor comprensión del trabajo del profesional de enfermería en la Atención Primaria de Salud, con enfoque en el control de la hipertensión arterial. **Metodología:** Este es un estudio del tipo, Integrative Literature Review, Vosgerau y Romanowski (2014) informa que la investigación integradora consiste en organizar, aclarar y resumir los principales trabajos existentes, a partir de citas que constituyen parte integral de la revisión de literatura que abarca temas específicos. de cada enfoque. **Consideraciones finales:** Del presente trabajo, percibimos que las intervenciones realizadas por el enfermero, en la unidad básica de salud, teniendo la responsabilidad de abordar temas relacionados con medidas preventivas y control de la presión arterial, como control de peso, actividad física, importancia de la reducción de sal y el aumento de la ingesta de potasio, la relación entre la ingesta de alcohol y la hipertensión arterial, entre otros, mejora significativamente la vida de los usuarios, considerando que el enfermero es visto como un educador en salud, trabajando el arte de cuidar de forma preventiva y visto desde la alta perspectiva de sus pacientes

Palabras clave: Enfermero; Unidad básica; Hipertensión.

1 INTRODUCTION

The Unified Health System (SUS) is a public policy, which was built and institutionalized based on a broad debate in Brazilian society, ranging from simple care for blood pressure assessment, through Primary Care, to organ transplantation, guaranteeing integral, universal and free access for the entire population of the country (BRASIL, 2020).

Actions to promote prevention and access to the system must be privileged within the scope of primary care, especially through the Family Health Strategy (ESF) with new models of working health, with the family as the center care through a humanized view in the care process (CRUZ; PIRES, 2017).

The follow-up of patients with Hypertension is carried out by nurses and the health team, especially at the primary level, accompanying the person with AH, guiding and offering information relevant to the new lifestyle that the pathology requires, integrating the entire holistic aspect of the individual responding to the needs of the population enrolled in the ESF (JOHANSEN; O'BRIEN, 2016).

Cardiovascular diseases account for 18 million deaths a year worldwide, with ischemic heart disease and cerebrovascular disease accounting for two-thirds of these deaths and approximately 22% of the 55 million deaths worldwide. (SBC 2006).

In Brazil, in 2003, 27.4% of deaths were caused by cardiovascular diseases, with a high percentage of 37%, when excluding deaths from undefined causes, car accidents and violence in general. Therefore, stroke is the main cause of death in all Brazilian regions. (BRASIL, 2004).

Based on this principle, the nursing consultation is seen as a methodology of the care process. the scientific method to identify health-disease situations, prescribe and implement Nursing measures that contribute to the protection, promotion, recovery and rehabilitation of the individual's health. And it involves the phases of data collection, nursing diagnosis, planning, implementation and evaluation of the care provided - these phases are continuous and interrelated (COFEN, 2021).

It is in consultation with the client with hypertension, the nurse should perform the measurement of blood pressure (BP); check height, weight, waist and hip circumference; in primary health care, it is the duty of this professional to calculate the body mass index; investigate risk factors and lifestyle habits; guidance on the disease, regular use of prescribed medications and on personal and family life habits; request minimum tests established in the rules of the unified health system.

2 OBJECTIVE

Provide a greater understanding of the work of the professional nurse in Primary Health Care, with a focus on the control of arterial hypertension. Evidencing how the nurse, as a member of the health team in primary care, plays a role in monitoring the person with hypertension.

3 METHODOLOGY

This is a study of the type, Integrative Literature Review, Vosgerau and Romanowski (2014) report that integrative research consists of organizing, clarifying and synthesizing the main existing works, based on citations that constitute an integral part of the bibliographic review that covers specific themes of each approach.

In this Article, scientific articles from the Virtual Libraries were used: Scientific Electronic Library Online (SCIELO), Ministry of Health of Brazil (MS), Virtual Health Library (BVS). Included, international and Brazilian journals and original articles, in English and Portuguese, that have been published in the period from 2014 to 2022.

The methodological procedures of this study adopted a bibliographic survey based on the content analysis of scientific articles on the role of nurses in controlling hypertension in Primary Health Care.

4 RESULTS AND DISCUSSION

The monitoring of the health of UBS's and UBSF's users by the nurse is extremely necessary, considering the patient's knowledge and self-care. Therefore, health education is a fundamental strategy in controlling blood pressure, in which this professional, an active member of the health team, acts directly in the prevention and promotion of health. This proposed interference assumes a decrease in morbidity and mortality from this pathology (ARAÚJO et al, 2015).

In this conjecture, for the control of blood pressure it is necessary to have a broad look at all the social difficulties that affect the patient (ARANTES, 2015).

Therefore, from the health guidelines offered by the nurse, what is expected is the change in the life of the user of the health unit, to seek quality of life, through a critical conscience that makes him change his harmful routine habits, becoming the protagonist of your health.

4.1 Terapêuticas de enfermagem ao paciente hipertenso

In consultation with hypertensive people, the professional nurse, as a member of the multidisciplinary group, has extremely important duties, such as educating and informing patients and family members about personal life habits. In addition, it is also the responsibility of the nurse: monitoring the treatment of these patients, referring them to the doctor when necessary, administering the service, controlling returns and scheduled appointments, as well as delegating and supervising the activities of the nursing technician or assistant. (SBC, 2007).

Therefore, care as a function inherent to nurses and, in this case, care for hypertensive individuals, is a function of great importance, which aims to contribute to the prevention, effective control and delay of complications of the disease (PIRES CGS, 2009).

5 FINAL CONSIDERATIONS

From the present work, we realized that the interventions carried out by the nurse, in the basic health unit, having the responsibility to address themes related to preventive measures and blood pressure control, such as weight control, physical activity, importance of reducing of salt and increased potassium intake, the relationship between alcohol intake and hypertension, among others, significantly improves the lives of users, considering that the nurse is seen as a health educator, working the art of care in a preventive and viewed from the high perspective of their patients.

And in the context of prevention, control and follow-up of hypertensive patients, it is no different, the nurse acts in the front line of primary care, therefore, resources must be invested in primary care, considering that it constitutes the line of front of SUS.

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