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Nursing care in heart surgery: perspectives of current literature

Atención de enfermería en cirugía cardíaca: perspectivas de la literatura actual

Cuidados de enfermagem na cirurgia cardíaca: perspectivas da literatura atual

ABSTRACT

Objective: to analyze scientific publications about nursing care for cardiac surgery patients. **Method:** This is an integrative literature review, of the exploratory, descriptive modality, with a qualitative approach. It was carried out from August to October 2020, in the following databases, indexed to the Virtual Health Library: SciELO, LILACS and MEDLINE. Seven publications were selected, and these were analyzed, and organized in two tables, containing: title, authors, year of publication, periodical and nursing care in cardiac surgery. **Results:** The nurse, along with his team, accompanies the patient in all stages of cardiac surgery, and performs care in feeding, guidance and welcoming the family, clarifications for the procedure, physical examination and systematization of nursing care. **Conclusion:** nursing care is essential in cardiac surgery, and further research is needed to strengthen and highlight this care.

DESCRIPTORS: Nursing; Cardiac surgery; Watch out; Nursing.

RESUMEN

Objetivo: analizar publicaciones científicas sobre cuidados de enfermería al paciente de cirugía cardíaca. **Método:** Se trata de una revisión bibliográfica integradora, de modalidad exploratoria, descriptiva, con enfoque cualitativo. Se realizó de agosto a octubre de 2020, en las siguientes bases de datos, indexadas a la Biblioteca Virtual en Salud: SciELO, LILACS y MEDLINE. Se seleccionaron siete publicaciones, que fueron analizadas y organizadas en dos tablas, conteniendo: título, autores, año de publicación, asistencia periódica y de enfermería en cirugía cardíaca. **Resultados:** La enfermera, junto con su equipo, acompaña al paciente en todas las etapas de la cirugía cardíaca, y realiza cuidados en la alimentación, orientación y acogida de la familia, aclaraciones para el procedimiento, exploración física y sistematización de los cuidados de enfermería. **Conclusión:** el cuidado de enfermería es fundamental en la cirugía cardíaca, y se necesita más investigación para fortalecer y resaltar este cuidado.

DESCRIPTORES: Enfermería; Cirugía cardíaca; Cuidado; Enfermería.

RESUMO

Objetivo: analisar as publicações científicas acerca dos cuidados de enfermagem ao paciente de cirurgia cardíaca. **Método:** Trata-se de uma revisão integrativa da literatura, da modalidade exploratória, descritiva, com abordagem qualitativa. Foi realizada no período de agosto a outubro de 2020, nas seguintes bases de dados, indexadas a Biblioteca Virtual de Saúde: SciELO, LILACS e MEDLINE. Foram selecionadas 07 publicações, e estas foram analisadas, e organizadas em dois quadros, contendo: título, autores, ano de publicação, e os cuidados de enfermagem na cirurgia cardíaca. **Resultados:** O enfermeiro, junto com sua equipe, acompanha o paciente em todas as etapas da cirurgia cardíaca, e realiza cuidados na alimentação, orientação e acolhimento da família, esclarecimentos para o procedimento, exame físico e sistematização da assistência de enfermagem. **Conclusão:** os cuidados de enfermagem são essenciais na cirurgia cardíaca, e que ainda é necessário novas pesquisas que fortaleçam e evidenciem esse cuidado.

DESCRIPTORES: Enfermagem; Cirurgia cardíaca; Cuidado; Enfermagem.

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INTRODUCTION

Among chronic non-communicable diseases, there are cardiovascular diseases, which are one of the main causes of death in Brazil and worldwide, creating a serious situation in health systems. The vast majority of these diseases are associated with behavioral risk factors, such as smoking, physical inactivity, alcohol abuse, inadequate diet and obesity, being an alert for measures to prevent and treat this major global health problem. ⁽¹⁾

In some cases of people with cardiovascular diseases, the change in lifestyle and the use of medications are not enough for the heart to play its role correctly, requiring surgical intervention. Cardiac surgery aims to restore heart function, improving the quality of life of patients, decreasing symptoms and increasing survival. ⁽²⁾

Cardiac surgery is a complex procedure performed by a multidisciplinary team. This intervention causes changes in several physiological mechanisms imposing constant physical, social and psychological changes, comprising a difficult time for the cardiac patient, being of fundamental importance that the nurse and the multidisciplinary team are prepared to support, guide

and evaluate their needs, allowing a less stressful experience of the health-disease process. ⁽³⁾

With the advancement of cardiac surgery, there was a need to expand and develop the nursing care provided to patients undergoing this type of surgery. Nursing care is fundamental in cardiac surgery, aiming at a comprehensive and individualized care, meeting all the physical and psychological needs of the patient, ensuring the quality of the operative process. ⁽⁴⁾

The Systematization of Perioperative Nursing Care (SAEP - Sistematização da Assistência de Enfermagem Perioperatória) directs nurses' performance in the performance of their professional activities, simplifying the development of care in a safe, integral, individualized and continuous manner, establishing a quality service, in addition to preventing and reducing the incidence inadequate events related to the assistance provided. It is a process consisting of the following stages: preoperative visit, planning of perioperative assistance, implementation of assistance, evaluation of assistance (postoperative nursing visit) and reformulation of the assistance to be provided. These steps guide the nurse's performance in the preopera-

tive, transoperative and postoperative periods. ⁽⁵⁾

Based on the exposed data, the following research question was raised: what scientific evidence is available in the current literature on nursing care for patients undergoing cardiac surgery? Thus, in order to contribute and add efforts to improve nursing care, this study aims to analyze scientific publications about nursing care for cardiac surgery patients.

METHOD

The present study is an integrative literature review, which enables the synthesis and analysis of scientific knowledge already elaborated on the investigated theme. To conduct the research, the following steps were taken: identification of the problem and elaboration of the research question; definition of inclusion and exclusion criteria for searching the literature; data evaluation; interpretation of results and conclusions; presentation of the integrative review. ⁽⁶⁾

To elaborate the research question of the integrative review, the methodological strategy PICO (acronym for patient, intervention, comparison, outcomes) was used. In this research, P- consists of cardiac surgery patient, I- refers to

nursing care for this group, C- analyzes, compares and characterizes scientific publications on nursing care in cardiac surgery and O- expects patients to submitted to cardiac surgery have effectively received nursing care, and that this care is essential.

The literature search for publications referring to nursing care in cardiac surgery was carried out from August to October 2020, in the following databases, frequently used in the health field and indexed to the Virtual Health Library: SciELO- Scientific Electronic Library Online, LILACS- Latin American bibliographic information on health sciences and MEDLINE-Online System for Medical Literature Search and Analysis.

The descriptors used for data collection were extracted from the Health Sciences Descriptors (DECs), which are: Nursing; Cardiac surgery; Nursing and Care, crossed by the Boolean operator AND. It is noteworthy that the term "cardiac surgery" is described in the Health Sciences Descriptors (DECs) as a synonym for "thoracic surgery", but that allows the use of the term "Cardiac surgery" or "Heart surgery" as alternatives to search.

The defined inclusion criteria consisted of articles published in the period 2015 to 2020, in Portuguese, available in full, free of charge, original articles that answered the research question and that were consistent with the research objective. And as exclusion criteria: articles outside the established timeline; articles in another language; articles from other databases; articles outside the context of the theme (objective and research question) and duplicate articles when searching the databases.

Thus, 606 publications were found that involved nursing care in cardiac surgery, of these, 147 publications had titles corresponding to the theme and 138 publications were in the period from 2015 to 2020, but only 43 publications answered the objective and research question. These 43 publications had their abstracts read and analyzed, and only 20 publications were selected for full reading, the others were excluded, as they did not address the topic directly, covering the objective of the study. These 20 publications were read in full, and 07 publications were within the established inclusion criteria, answered the objectives, the research

question and the theme addressed. In total, 599 publications were excluded, and 7 scientific publications were part of the analysis of the results of this research. The publications were analyzed and organized in tables for better appreciation.

RESULTS AND DISCUSSION

The publications were organized in two tables, which addressed the following variables: title of publication, author, year, and nursing care in cardiac surgery found in the publications. The publications were coded from the letter "P", following the numbering from 1 to 7, P1; P2 ... and so on.

In front of Board 1, the titles are organized, where it is possible to perceive, in an initial way, some care already described, which point from the use of nursing theories to assist in care, to the use of religion and spirituality as a source of coping for the patient and resource in nursing care.

Regarding the year of publication, the years 2018, 2017 and 2015, obtained two publications, being in ascendancy over the other periods. The year 2020 had a publication, and the years

CHART 1: Presentation of titles, authors and corresponding year of publications on nursing care in cardiac surgery:

CODIFICATION	TITLE OF PUBLICATION	AUTHORS	YEAR
P1	Contribution of transpersonal care to cardiac patients in the postoperative period of cardiac surgery	RABELO, A.C.S; SOUZA, F.V.F.S, SILVA, L.F ⁽⁷⁾ .	2017.
P2	Temporality of women after cardiac surgery: contributions to nursing care.	AMORIM, T.V.et al ⁽⁸⁾ .	2015.
P3	Considerations of patients in the preoperative period of cardiac surgery regarding the guidelines received from the nurse.	COPPETTI, L.C.de; STUMM, E.M.F; BENETTI, E.R.R ⁽⁹⁾ .	2015.
P4	Path taken to cardiac surgery: needs and expectations in the preoperative period.	KNIHS, N.S.da. et al ⁽¹⁰⁾ .	2017.
P5	Nursing protocol for transcatheter aortic valve implantation: a direction for care	SILVA, G.S.da ⁽¹¹⁾ .	2018.
P6	Caregivers' perception of the humanization of care in the immediate postoperative period of cardiac surgery	MILANI, P; LANFERDINI, I.Z; ALVES, V.B. et al ⁽¹²⁾ .	2018.
P7	Religiosity, spiritual well-being and transpersonal care in the preoperative period of cardiac surgery.	GOMES, E.T; BEZERRA, S.M.M.S. da ⁽¹³⁾ .	2020.

Source: survey data, 2020.

2016 and 2019 did not obtain publications related to the theme within the inclusion criteria.

It is noticeable that the nurse needs to go beyond his technical, and sometimes mechanical look for care, and look at the patient in an integral way, considering his complete well-being, including spiritual. ⁽⁷⁾ The nurse, along with his team, accompanies the patient and all stages of the surgery, and performs care in feeding, guidance and welcoming the family, clarifications for the patient about his procedure, physical examination,

systematization of nursing care, and other procedures that are essential to consolidate cardiac surgery. ⁽¹⁰⁾

Thus, nursing care, in the entire cardiac surgical process, needs to meet the patient's needs, according to its human complexity. ⁽⁷⁾ And the nurse, together with his team, is fundamental at this moment, where he must be able and active to assist the patient in his demands. ⁽⁸⁾

As explained in the analyzed articles, it is the responsibility of the health and nursing team to guide the patient about the procedure, taking care of it in a complete way, from dietary

guidelines to those that correspond to personal hygiene. ⁽⁹⁾ It is necessary to understand that, through the orientations received, cardiac surgery patients feel safe, and understand the moment they will pass, in addition to reducing anxiety, and being able to identify feelings in body languages, and often non-verbal. ⁽⁹⁾

It is known that the surgical procedure itself generates different feelings in the patient, and contributes to anguish, insecurity, fear, anxiety and other feelings caused by the moment. The nurse needs to implement care ac-

CHART 2: Presentation and characterization of nursing care in cardiac surgery found in scientific publications:

CODIFICATION	NURSING CARE IN CARDIAC SURGERY
P1	<ul style="list-style-type: none"> * The nurse must be able to transcend the physical context, seeking the patient's spirituality, taking care in a biopsychosocial way. * Individualized nursing care is considered, when it is continuous, planned, with several phases, directed at only one patient, knowing that in situations such as cardiac surgery, care is unique, with preoperative, intraoperative and post-operative. * It is necessary to embrace the patient with love, provide a peaceful environment, and a good recovery to the patient from cardiac surgery. * The nursing team needs to offer trust, form a bond, create a link with the family and the patient, taking into account the surgical complexity.
P2	<ul style="list-style-type: none"> * The importance of comprehensive care offered by nursing. * To achieve this integrality in care, nurses need to communicate better. * The nurse can also use health education, and insert the patients' families in the care to be performed.
P3	<ul style="list-style-type: none"> * Among nursing care, it was noticed that the guidelines regarding the surgical procedure itself, anesthesia, physical and postoperative care were highlighted. * Another important care is that it is up to the nurse to identify and understand the patient's non-verbal communication, which can signal anxiety, anguish with the procedure and other important feelings.
P4	<ul style="list-style-type: none"> * The nurse directs the actions for care, with the objective of meeting the needs of the cardiac patient who is in the preoperative period, and this directly implies in reducing the surgical risk. * A unique intervention plan for the cardiac patient's operative process is paramount, which is able to meet the care needs. * Nursing care must be planned, systematized and organized.
P5	<ul style="list-style-type: none"> * When nursing follows a protocol, it allows patient safety in cardiac surgery and other procedures to be performed. * Nurses contribute by performing physical examination, identifying respiratory changes, accompanying treatment, and other important care.
P6	<ul style="list-style-type: none"> * The postoperative period of cardiac surgery requires continuous observation from the nursing team, as it is an activity that requires high complexity care and attention. * The nursing team makes it possible to reduce anxieties and concerns.
P7	<ul style="list-style-type: none"> * Based on the theory of transpersonal care, the article points out that spirituality is important for the understanding of critical moments, as well as in cardiac surgery. * Spirituality is a coping strategy during cardiac surgery, and helps in difficult times.

Source: survey data, 2020.

tions that show that that procedure is really necessary, bringing safety to the patient and his family.⁽¹⁰⁾

Systematizing care, planning care, organizing nursing actions, performing therapeutic procedures, are nursing functions that directly imply the quality of life of patients undergoing cardiac surgery. It cannot be forgotten that nursing care is unique, directed to each individual differently, with different goals and results, always including the family and with scientifically based conducts.⁽¹¹⁾

Spirituality is a resource, source of faith for the care of patients undergoing cardiac surgery, and is consid-

ered relevant to assist the patient in the procedure, resulting in minor injuries in the postoperative period.⁽¹³⁾ In addition to spirituality, it is necessary to welcome family members, provide support, trust, form bonds, and always provide the necessary information, as it is ideal that the professional is close to family members, clarifying doubts about the procedure.⁽¹²⁾

CONCLUSION

This research sought, evidenced and achieved its initially proposed objectives. It was realized the importance of nursing care in cardiac surgery, and how

essential these are for the effectiveness of the surgery.

Among the listed care, reducing anxiety, planning, systematizing actions, establishing trust between professional/patient/family, welcoming and good communication between the team and the patient, results were described in the analyzed publications.

Thus, it is necessary to conduct further research within the theme, which brings other results, paths and perspectives to qualify nursing care for cardiac patients. It is recommended to insert updates in the literature to expand the knowledge of nursing and health professionals, improving their work practice. ■

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