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# The importance of cardiac nursing consultation in disease prevention and health promotion

La importancia de la consulta de enfermería cardíaca en la prevención de enfermedades y la promoción de la salud

A importância da consulta de enfermagem cardiológica na prevenção de doenças e promoção de saúde

## ABSTRACT

The nursing consultation can be carried out in a general way or with a specialist focus. Objective: To identify the benefits of carrying out the nursing consultation with a cardiological focus for disease prevention and health promotion. Method: Bibliographic review, integrative type, in Portuguese, English and Spanish, published in the last ten years in the indexed databases (SCIELO, LILACS and MEDLINE) in the VHL (Virtual Health Library). Results: The cardiology nursing consultation allows early identification of risks that develop cardiovascular diseases, improve the quality of life of patients through guidelines, optimize resources and their better distribution by health levels and value the professional. Conclusion: The nursing consultation provides positive results, empowers the nurse's work, and allows planning strategies and measures that work in the prevention and promotion of health.

**DESCRIPTORS:** Nursing Consultation; Cardiology; Nursing care; Prevention and Promotion.

## RESUMEN

La consulta de enfermería se puede realizar de forma general o con enfoque especializado. Objetivo: Identificar los beneficios de realizar una consulta de enfermería con enfoque cardiológico para la prevención de enfermedades y promoción de la salud. Método: Revisión bibliográfica, tipo integrativa, en portugués, inglés y español, publicada en los últimos diez años en las bases de datos indexadas (SCIELO, LILACS y MEDLINE) en la BVS (Biblioteca Virtual en Salud). Resultados: La consulta de enfermería cardíaca permite: identificar precozmente los riesgos que desarrollan las enfermedades cardiovasculares, mejorar la calidad de vida de los pacientes a través de guías, optimizar los recursos y su mejor distribución por niveles de salud y valorar al profesional. Conclusión: La consulta de enfermería arroja resultados positivos, empodera el trabajo de la enfermera y permite planificar estrategias y medidas que funcionen en la prevención y promoción de la salud.

**DESCRIPTORES:** Consulta de Enfermería; Cardiología; Cuidado de enfermera; Prevención y Promoción.

## RESUMO

A consulta de enfermagem pode ser realizada de maneira generalista ou com foco especialista. Objetivo: Identificar quais são os benefícios em se realizar a consulta de enfermagem com foco cardiológico para prevenção de doenças e promoção de saúde. Método: Revisão bibliográfica, tipo integrativa, nos idiomas português, inglês e espanhol, publicados nos últimos dez anos nas bases de dados indexadas (SCIELO, LILACS e MEDLINE) na BVS (Biblioteca Virtual da Saúde). Resultados: A consulta de enfermagem cardiológica permite: identificar precocemente os riscos que desenvolvem doenças cardiovasculares, melhorar a qualidade de vida dos pacientes por meio das orientações, otimizar recursos e sua melhor distribuição pelos níveis de saúde e valorizar o profissional. Conclusão: A consulta de enfermagem proporciona resultados positivos, empodera o trabalho do enfermeiro e permite planejar estratégias e medidas que atuam na prevenção e promoção de saúde.

**DESCRIPTORES:** Consulta de Enfermagem; Cardiologia; Cuidados de Enfermagem; Prevenção e Promoção.

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## INTRODUCTION

The country is in a demographic transition that leads us to observe the epidemiological profile of some diseases in relation to age, and according to a survey conducted at DATASUS in March 2020 in comparison with some published articles, the number of hospitalizations and deaths in the Brazilian population by cardiovascular diseases in the elderly, has grown over the years.<sup>1,2,3</sup>

Among the main cardiovascular diseases are: hypertension, acute myocardial infarction, angina pectoris, heart valve diseases, congenital heart diseases, endocarditis, cardiac arrhythmias, myocarditis and tumors in the heart.

The realization of the nursing consultation has become an effective strategy for the early detection of risks and monitoring of instituted measures. According to law 7498/86, nursing consultation is a private activity of the nurse, who, following the steps of the nursing process, is able to carry out the Systematization of Nursing Assistance (SNA). They consist of identifying health-disease problems, executing and evaluating the care that will contribute to health promotion, protection, recovery and rehabilitation.<sup>4</sup>

The nursing consultation makes the nurse's work feasible during the service, and can be carried out in a general way or

with a specialist focus, and provides guidance on favorable measures that aim to appropriately address the peculiarities of patients in different age groups.<sup>5</sup>

For its realization it is necessary a place with adequate materials and equipment and a comfortable, private, safe environment where the professional can exercise his trade and the patient can feel at ease.

The interpersonal relationship allows to create a bond of trust by means of humanization, reception, respect, attention and empathy, which help in the collection of data and in the understanding of the patient about the assistance in the health-disease process.

According to COFEN Resolution 358/2009, the Nursing process is a methodological instrument that guides and documents nursing care. It consists of five stages which are interconnected: collection of nursing data or nursing history, nursing diagnosis, nursing planning, nursing implementation and evaluation.<sup>7</sup>

In data collection, through anamnesis and physical examination, the so-called focuses of attention are identified, which are the conditions that the client/patient presents: vital signs, habits, signs and symptoms, family history and previous pathologies, complaints, medications in use, previous treatments, among others.

At this stage, it is important to identify the main risk factors (genetic predis-

position, use of alcohol and cigarettes, stress, physical inactivity, obesity, high salt diet, socioeconomic factors, ethnicity, age, sex, among others).

Physical examination includes the interpretation of vital signs data: blood pressure (values and classification according to the Brazilian Society of Cardiology), heart rate (rhythm), respiratory rate (fatigue on exertion) and presence of pain (scales of behavior and report, pain on efforts). Capillary glycemia is also performed, as Diabetes Mellitus (DM) can potentiate cardiovascular complications.

In the physical examination, all the propaedeutics should be used, focusing on: cardiac, thoracic and carotid auscultation, face and jugular inspection, palpation of pulses and edema and evaluation of the abdomen and renal function. In diabetic patients, it is important to carry out foot evaluation with the Semmes-Weinsteins 10g monofilament test, in addition to the interpretation of data from laboratory and imaging tests, values of body mass index classification, abdominal circumference, cardiovascular risk and the Classification Framingham.

It is this information that will provide the necessary data for planning nursing care. It is important the user's participation and involvement as an active subject of his treatment, so that there is an awareness of the user about his current health condition, not taking him hostage to the professional

prescription, and developing autonomy for the health education process.

It is in the nursing evaluation stage that it is verified whether the nursing interventions and actions performed achieved the expected result, with changes or adaptations to care being sometimes necessary.<sup>8</sup> Every patient record is organized in medical records (manual or electronic).<sup>9</sup>

In addition to carrying out the care plan, the nurse will be able to guide this patient to participate in SUS (Unified Health System) programs aimed at preventing cardiovascular diseases. They are: Hiperdia, a system that allows the registration and monitoring of patients with Hypertension (SAH) and DM and FSH (Family Health Strategy) aimed at community actions, which are: surveillance system for risk factors and protection for chronic noncommunicable diseases and national research on chronic diseases, lifestyle, food consumption, alcohol use, physical activity, smoking, access and use of health services, use and promotion of rational use of medicines and food and nutrition surveillance system.

Cardiovascular diseases can be treated at different levels of care. It will be up to the nurse to identify, through the nursing consultation, which is the Health Institution that the patient should follow up.

The main care for cardiac patients is aimed at the prevention and maintenance of health, which in a way, aim to raise

awareness and show that the patient himself is also responsible for his care, relying on strategies that start from the diagnosis and contribute to the quality of life care of each patient approached.

Therefore, the objective of the work is to identify in the published scientific references, what are the benefits of conducting the nursing consultation with a cardiological focus for disease prevention and health promotion.

## METHOD

The work consists of a bibliographic review, of the integrative type, carried out through research in the VHL (Virtual Health Library), using the scientific bases Scientific Electronic Library Online (SciELO); Latin American and Caribbean Literature on Health Sciences (Lilacs); and Medical Literature Analysis and Retrieval System Online (Medline).

The bibliographic review is a process in which the search, analysis and description of a certain type of knowledge is carried out in search of answers to specific concerns through a scientific database composed of books, magazine articles, newspaper articles, historical records, theses and dissertations and other types.<sup>12</sup>

The search for references took place from 03/27/2020 to 04/30/2020. A total of 20 articles and 1 theses/dissertations/others were found which, after the critical analysis,<sup>9</sup> (nine) articles and 01 doctoral

thesis were used for the interpretation and synthesis of the collected data.

The descriptors were defined by the virtual health library DeCS (Health Science Descriptors): Nursing Consultation; Cardiology; Nursing care; Prevention and Promotion. For the combination of these DeCs, the Boolean operators OR and AND were used. Studies, published in the last five years, including full texts in Portuguese, English and Spanish, with Brazil as the country of origin, were included.

The studies were synthesized in a way that evidenced the benefits of cardiac nursing consultation for the prevention and promotion of health.

## RESULTS

The data obtained were grouped and presented in a table, in order to allow a better visualization of the studies included in the integrative and bibliographic review. The following information was inserted: authors, year of publication, title, methodology and main idea of the text. The studies in Chart 1 are in the order they appear in the references.

## DISCUSSION

According to article 1 of the result table, cardiac diseases are a major problem in today's society, generating spending at all levels of health care: primary, secondary and tertiary<sup>1,3</sup> and that cardiac di-

Chart1. Characterization of studies carried out in Brazil in the last ten years, according to authorship, year of publication, title, method used and main idea of the studies

| AUTHORSHIP AND YEAR OF PUBLICATION   | TITLE   | METHODOLOGY   | OBJECTIVE   |
|--|---|---|---|
| 1. Kernkamp CL, Costa CKF, Massuda EM, Silva ES, Yamaguchi UM, Bernuci MP –<br>Year of publication 2016. | Hospital morbidity and expenditure profile with elderly people in Paran , Brazil, between 2008 and 2012 | Principal component analysis (PCA) and cluster analysis methodologies | Analyze the profile of hospital morbidities and expenses with the elderly in relation to the socioeconomic and demographic conditions of Paran , Brazil, in the period from 2008 to 2012, applying factor analysis in main components and clusters. |
| 2.Gama GGG, Mussull FC, Guimarães AC.<br>Year of publication 2010.                                       | Reviewing cardiovascular risk factors   | Literature review   | Review the literature to offer subsidies for health care.   |

|   |   |  |  |
|---|---|--|--|
| 3. Massa KHC, Duarte YAO, Chiavegatto Filho AP.<br>Year of publication 2019.                            | Analysis of the prevalence of cardiovascular diseases and associated factors in the elderly, 2000-2010. | Multiple cohort research with data collection from representative samples  | To analyze the change in the prevalence of cardiovascular disease (CVD) between 2000 and 2010 and its association with risk factors in the elderly.  |
| 4. Castro Júnior AR, Abreu LDP, Lima LL, Araújo AF, Torres RAM, Silva MRF.<br>Year of publication 2019. | Nursing consultation in outpatient care for youth.  | Bibliographic study, type integrative review.  | Identify the scientific evidence on the Nursing consultation in outpatient care for youths   |
| 5. Sobral MG, Pessoa VLMP, Florêncio RS et.<br>Year of publication 2018.                                | Essential elements of nursing consultation for children and adolescents                                 | Bibliographic, descriptive, integrative review type study,   | Identify the essential elements of the nursing consultation in the care of children and adolescents.   |
| 6. Santos LB dos, Lima WL de, Souza JMO de et.<br>Year of publication 2018.                             | Cardiovascular risk in hypertensive users of primary health care.                                       | Quantitative and cross-sectional study conducted with 115 hypertensive users   | Identify the factors associated with the risk of cardiovascular disease in hypertensive primary health care (PHC) users.   |
| 7. Assunção CS, Rizzo ER, Santos ME et.<br>Year of publication 2018.                                    | The Nurse in prenatal Expectations of Pregnant Women.   | Qualitative, descriptive exploratory field research.   | Search for evidence, deepen the knowledge on the theme and describe the expectation of the pregnant woman when the nurse is inserted in her prenatal care.   |
| 8. Girondi JBR, Fernandez DLR, Silvestrin ANS et.<br>Year of publication 2019.                          | Implementation of the nursing consultation in an endoscopic center.                                     | This is a qualitative descriptive study, of the type of case report carried out in an endoscopic center.   | To report the experience of implementing the Nursing Consultation in the endoscopy service of the University Hospital of the Federal University of Santa Catarina.                                       |
| 9. Santesso ACOA, Friedrich DBC.<br>Year of publication 2016.   | User misinformation and opportunity for nursing   | Qualitative, descriptive and comparative study.  | To analyze the immediate repercussions of the nurse's educational action carried out in the hemodynamics waiting room, aimed at patients and companions, before a cardiovascular intervention procedure. |
| 10. Moreira DS.<br>Doctoral thesis<br>Year of publication 2018.   | Nursing consultation for people with cardiovascular disease: Valuing empathic skills.                   | Research with a descriptive qualitative approach, due to the indispensability of delving into the needs and desires from the perspective of the person served. | Emphasis on empathic skills in nursing consultations with people living with cardiovascular disease.   |

sorders are problems that, in most cases, are predictable.<sup>2,3</sup>

Article<sup>2</sup> of the results table, (Reviewing cardiovascular risk factors, 2010) adds that nine are the factors responsible for more than 90% of cardiovascular diseases, and of these six act in a harmful way (dyslipidemia, arterial hypertension, diabetes overweight/obesity, smoking and psychological stress) and three in a protective way (physical exercise, daily consumption of vegetables, fruits and alcoholic beverages in small doses).<sup>2</sup>

Therefore, nursing has a great role in the health-disease process, as it can act at both ends: before or after the installation of a health problem.<sup>4,5</sup> It is in the nursing consultation, with the completion of the data collection steps (anamnesis and physical examination), that it is possible to identify risk factors and thus plan and implement care strategies to prevent diseases and promote health.<sup>4,5</sup>

In accordance with the interpreted studies, the cardiological nursing consultation allows: early identification of the

risks that develop cardiovascular diseases, improve the quality of life of patients through the guidelines, optimize resources and their better distribution by health levels and value the professional.<sup>4,6,7,8,9</sup>

Study<sup>9</sup> (User misinformation and opportunity for nursing, 2016) highlights that nurses are responsible for developing strategies that increase their visibility and show their patients that they themselves must understand their importance as an active participant in their own care, because prevention and pro-

motion can be synonymous with quality of life and improvement of a society, but above all the continuation of work that over the years will bring good results.<sup>9</sup>

Thus, the nurse must be trained and aware of how important each step will be within the cardiological evaluation, in addition to understanding and using the nursing diagnosis correctly, as it is an important role within the nursing process in order to obtain ideas and collect data with clinical responsibility.

Thus, planning and development is performed in the nurse's functions to provide and optimize clinical quality, concluding with the evolution of nursing. All of these steps are important to assess the patient's clinical condition, being objective and coherent to produce an order of events.

Based on what is collected and discus-

sed about each patient, it is possible to prevent diseases and achieve close prevention related to family history.

## CONCLUSION

The nursing consultation makes the nurse's work feasible during care, it can be carried out in a general way or with a specialist focus, and provides guidance on favorable measures that aim to appropriately address the peculiarities of patients in different age groups.

The nurse can generate an evaluation script for anamnesis and physical examination and after using the collected data, describe the main nursing diagnoses (with appropriate reference for each service), which will facilitate the planning, implementation and evaluation of the prescribed nursing care.

Today, according to the National Humanization Policy, it is valid to use an expanded clinic proposal with multiprofessionals and mainly with the participation of patients and family members so that they have an expanded look at the facets that permeate adherence.

It is possible to highlight with all the studies carried out the importance of discussing the subject in question more and more. Over the years of academic studies, it has become noticeable that nursing, in addition to being linked to the provision of care, can and should strengthen the profession with the production of scientific research.

The nursing consultation provides positive results, empowers the nurse's work and allows planning strategies and measures that work in the prevention and promotion of health. ■

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