

# Operative groups as therapeutic for providing healthy habits in diabetic elderly people: An integrative review

Grupos operativos como terapêutica para promoção de hábitos saudáveis com idosos diabéticos: Uma revisão integrativa Grupos operativos como terapéutico hacia la promoción de hábitos saludables en ancianos diabéticos: una revisión integradora

### **RESUMO**

Objetivo: Realizar uma revisão integrativa da literatura a fim de compreender os grupos operativos como terapêutica para promoção de hábitos saudáveis com idosos diabéticos. Método: Foi feita uma busca das referências nas bases Periódicos CAPES, Google Scholar e Pubmed em setembro de 2021. A busca permitiu a identificação de oito artigos que se adequaram aos critérios estabelecidos. Resultados: 50% dos artigos referiram a promoção à saúde dos idosos através da educação em saúde, 25% mencionaram que as atividades grupais contribuem para o autocuidado e a autonomia dos diabéticos e 25% reportaram-se aos grupos operativos como ensejo para a participação ativa de todos os presentes. Conclusão: Os grupos operativos são transformadores para as práticas de conscientização e empoderamento do idoso diabético, pois contribui para sua autonomia, corresponsabilizando-o no processo de adoecimento e cuidados. Ademais, reforça-se a necessidade de mais estudos com a temática voltada aos idosos diabéticos devido à carência encontrada.

DESCRITORES: Serviços de Saúde para Idosos; Hábitos; Diabetes Mellitus; Terapêutica; Processos Grupais.

### **ABSTRACT**

Objective: The purpose of the present study was to carry out an integrative literature review in order to understand the operative groups as a therapeutic to promote healthy habits with elderly diabetics. Methods: It was made a search of the references in the CAPES Periodicals, Google Scholar and PubMed databases in September 2021. The search allowed the identification of eight papers that met the established criteria. Results: 50% mentioned the promotion of health for the elderly throughout education in health, 25% mentioned that group activities contribute to self-care and autonomy of those living with diabetes mellitus and 25% reported to the operative groups as an opportunity for the active participation of all those present. Conclusion: The operative groups are transformative for the practices of awareness and empowerment of the diabetic elderly, for it contributes to their autonomy, making them co-responsible in their illness and care process. Beyond that, it reinforces the need for more studies with the theme aimed at elderly diabetics due to the shortage found.

**DESCRIPTORS:** Health Services for the Aged; Habits; Diabetes Mellitus; Therapeutics; Group Processes.

### RESUMEN

Objetivo: Realizar una revisión integradora de la literatura con el fin de entender los grupos operativos como terapia hacia la promoción de hábitos saludables en los ancianos diabéticos. Método: Fue realizada una búsqueda de las referencias en las bases de datos CAPES Periodicals, Google Scholar y Pubmed en septiembre de 2021. La búsqueda permitió la identificación de ocho artículos que cumplían con los criterios establecidos. Resultados: 50% refirió promover la salud de los ancianos por medio de la educación para la salud, 25% mencionó que las actividades grupales contribuyen al autocuidado y la autonomía de quienes viven con diabetes mellitus y el 25% refirió a los grupos operativos como una oportunidad para la participación activa de todos los presentes. Conclusión: Los grupos operativos se están transformando para las prácticas de sensibilización y empoderamiento de los ancianos diabéticos, pues contribuye a su autonomía, haciéndolos corresponsables en su enfermedad y proceso de cuidado. Se refuerza la necesidad de estúdios más profundizafos con la temática dirigidos a ancianos diabéticos debido a la escasez encontrada. **DESCRIPTORES:** Servicios de salud para ancianos; Hábitos; Diabetes Mellitus; Terapia; Procesos grupales.

**RECEBIDO EM:** 01/11/21 **APROVADO EM:** 05/04/22

# Mayara Patrícia do Nascimento Ferreira

Assistant nurse at UPA Santo Amaro, Nurse supporting Primary Care, Specialist in Public Health – IESC, Specialist in Family Health – UFPE

ORCID: 0000-0003-0929-5821



# Islane Cristina Martins

PhD in Neurosciences – UFPE Graduate Program ORCID: 0000-0003-2351-2730

# 1.INTRODUCTION

ype 2 Diabetes Mellitus (DM) is characterized as a metabolic disorder resulting from hyperglycemia. 1 There are also increasing rates of DM carriers due to the physiological changes of aging that lead to the manifestation of Chronic Non-Communicable Diseases (NCDs), which are considered non-modifiable causes. <sup>1</sup>

Since the increase in life expectancy with the process of demographic transition and the change in the scenario from infectious diseases to the predominance of CNCDs, called the epidemiological transition, population aging changes the world scenario. <sup>2</sup> Thus, the elderly population is expected to rise from 900 million in 2015 to 2 billion in 2050, which means a 10% increase in this population. <sup>3</sup> Studies report that 50% of those with DM2 are over 60 years old. <sup>4</sup> Brazil already occupies the 4th position in the World Ranking with the highest number of adults with DM. <sup>5</sup>

In this sense, blood glucose control is achieved through the development of self-care, contributing to a better quality of life and a reduction in the morbidity and mortality profile. 6 Therefore, a new technology in health is the use of Operative Groups (OG). These contribute to health promotion and disease prevention, encouraging individuals to actively participate in their health-disease process and creating a professional-user bond. <sup>1</sup>

The OG was created by Pichon-Reviére, a psychiatrist and psychoanalyst, in the 1940s, with the aim of discussing topics based on the reality of the subjects, allowing the clarification of doubts and anxieties of those involved. In this way, the transmission of knowledge is no longer vertical, where the health professional is the center, and allows the active participation and construction of knowledge of the subjects from the transformation of knowledge into

In this sense, studies on the impact of group education when compared with individual education with DM2 patients showed that, in a period of six months, there was an improvement in knowledge about the disease, empowerment of participants and self-care management

attitudes. 6

Therefore, in order to plan OG with elderly diabetics, health professionals must have a theoretical foundation, considering the health demand brought by the public, with an appreciation of the suggested themes, choice of strategies to be used in the group and evaluation. 6 Thus, it is important to define the days, as well as the place and time of start and end of each meeting, establishing the frequency, the number of participants and the professionals who will work. 6

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Thus, the OG represents a great strategy for the development of health education, as it encourages the exchange of knowledge, the creation of bonds and the empowerment of diabetic elderly people, facilitating the donation of healthy habits.<sup>7</sup> For this, health professionals need to be trained to use these practices more frequently, as these collective modalities need to be more used as an educational and disease prevention practice. <sup>1</sup> However, there is a need for more studies with the elderly population with DM, as this theme is still observed as a gap.

In this sense, this study aims to carry out an integrative review of the literature in order to understand the evaluation of operative groups as a therapeutic intervention on the promotion of healthy habits among elderly diabetics.

# 2. METHOD

It is an integrative literature review, which aims to gather knowledge about a subject, helping to support a significant study. 8 The bibliographic survey was carried out

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in September 2021 in the following databases: CAPES Periodicals, Google Scholar and PubMed, totaling 18,410 articles. After reading the title, abstract and full text, 08 articles were selected and included according to the eligibility criteria. Inclusion criteria were: articles in English, Spanish and Portuguese, published from 2017 to 2021, involving the evaluation of operative groups as a therapeutic intervention on the promotion of healthy habits with diabetic elderly. Exclusion criteria were literature review or meta-analysis articles and articles that did not fit the research theme. The descriptors were searched using the Boolean operator "AND" to create the word pairs. The method used was an Evidence-Based Practice (EBP) instrument, which involves defining the clinical problem, identifying the necessary information, conducting the search for studies in the literature and their critical evaluation, identification of the

applicability of data from publications and determination of its use for the patient. 8 Data analysis was performed in an observational and descriptive manner with the purpose of grouping current knowledge on the subject of the review. The survey results were arranged in a frame.

# 3. RESULTS

The results of the present study are

Quadro 1 – Descrição dos resultados do estudo quanto ao ano, título, autores, periódicos, objetivos e resultados dos artigos.								
Ano	Título	Autores	Periódico	Objetivos	Resultados			
2021	Diabetes mellitus, personal autonomy and group practices: an integrative review (Diabetes mellitus, autonomia pessoal e práticas grupais: uma revisão integrativa)	Richienne Thailane do Patrocínio Doval, Talita Araújo de Souza, Marília Rute de Souto Medeiros, Ilisdayne Thallita Soares da Silva, José Adailton da Silva.	Research Society and Development	To verify what contributions group practices bring to the autonomy of people with diabetes mellitus.	It was seen that even the most varied methodologies and forms of application, participation in group activities contributed to the self-care and autonomy of those with diabetes mellitus.			
2021	OPERATIVE GROUP: educational strategy in the care of diabetic patients with obesity (GRUPO OPERATIVO: estratégia educativa no cuidado ao paciente diabético com obesidade)	Ananda Santos Freitas, Andressa Vieira Freitas, Jéssica Barroso de Moraes, Kameny Santos Franco, Pammela Weryka da Silva Santos, Raiany Kayre Pereira Salomão, Marisa Araujo Costa, Raydelane Grailea Silva Pinto, Josineide Teixeira Câmara.	Research Society and Development	To expose the experience of group practice of an operative group with patients with diabetes and obesity of a Family Health Strategy.	The group was formed by 10 womer with type 2 Diabetes Mellitus, aged between 37 and 76 years and obesity grades I, II and III. The topics discussed were about health and quality of life lasting 01 hour each meeting, totaling 05 meetings. It was seen that the operative groups allow the active participation of all who are present.			
2020	Problem-solving edu- cational intervention to promote healthy habits in elderly people with diabetes: rando- mized clinical trial (Intervenção educativa proble- matizadora para promoção de hábitos saudáveis em idoso com diabetes: ensaio clínico randomizado)	Anna Karla de Oliveira Tito Borba, Ilma Kruze Grande de Arruda, Ana Paula de Oliveira Marques, Márcia Carrera Campos Leal, Alci- des da Silva Diniz, Francisca Márcia Pereira Linhares.	Brasileira de Enfermagem	To analyze the results of a problematizing educational intervention to promote healthy habits in elderly people with diabetes.	Intervention participants demonstrated increased knowledge about the disease, better expectations for self-care, physical activity and improved fooconsumption.			
2019	Promotion of healthy habits with diabetic elderly: use of operative groups as a therapeutic intervention  (Promoção de hábitos saudaveis com idosos diabéticos: utilização de grupos operativos como Intervenção terapêutica)	Ana Paula de Oliveira Marques, Márcia Carrera Campos Leal, Anna Karla de Oliveira Tito, Ilma Kruze Grande de Arruda	Anais do II Simpósio da Rede dos Programas Interdiscipli- nares sobre Envelheci- mento – Re- printe 2018	To organize operative groups with 101 elderly diabetics, from a municipality in the Brazilian Northeast, for therapeutic intervention.	10 groups were formed, which were followed up for 6 months. Six topics were chosen on: diabetes and its complications; healthy eating and food preparation; practice of physical activity and self-care with the feet.			

2019	Educational intervention to promote self-care of elderly people with diabetes mellitus (Intervenção educativa para a promoção do autocuidado de idosos com diabetes mellitus)	Marília Braga Marques, Janaína Fonseca Victor Coutinho, Mariana Ca- valcante Martins, Marcos Venícios de Oliveira Lopes, Juliana Cunha Maia, Maria Josefina da Silva.	Escola de Enfermagem da USP	To analyze the effect of an educational intervention by nursing on the self-care of elderly people with diabetes mellitus.	The study consisted of 103 elderly people and, after the intervention, there was an increase in the self-care of diabetics related to healthy eating, dietary guidance and foot examination.				
2019	Health education as a strategy to promote the health of the elderly: An integrative review (Educação em saúde como estratégia para promoção da saúde dos idosos: Uma revisão integrativa)	Cícera Amanda Mota Sea- bra, Samyra Paula Lustoza Xavier, Yana Paula Côelho Correa Sampaio, Mirna Fontenele de Oliveira, Glauberto da Silva Quirino, Maria de Fátima Antero Sousa Machado.	Brasileira de Geriatria e Gerontologia	To verify which are the main themes and which are the main health education strategies to promote the health of the elderly	The themes addressed in most of the health education practices with the elderly, contained in the 16 articles studied, were about healthy eating and physical activity.				
2017	Diabetes education practices experienced in the SUS: A discussion of the literature with emphasis on Primary Health Care  (As práticas de educação em diabetes vivenciadas no SUS: Uma discussão da literatura com ênfase na Atenção Primária à Saúde)	Luana de Oliveira Souza, Wagner dos Santos Figueiredo, Maria Lúcia Teixeira Machado.	Atenção Primária à Saúde	To present and discuss educational practices for diabetics, which are used in Brazil after the creation of the SUS, emphasizing Primary Health Care.	In Primary Care, educational practices are carried out through group training, collectively, or in consultations and home visits. Health education addressed topics related to healthy eating, physical activity and medication use.				
2017	Planning of operative groups in the care of health service users: integrating experiences  (Planejamento de grupos operativos no cuidado de usuários de serviços de saúde: integrando experiências)	Kellem Regina Rosendo Vincha, Amanda de Farias Santos, Ana Maria Cerva- to-Mancuso.	Saúde Debate	To present a scenario of the planning of operative groups carried out with individuals who use health services.	The groups had the desire to prevent and/or treat diseases, with emphasis on health promotion during health education and food education. The use of the observational method was the most used.				
Source: Authors, 2021.									

shown in table 1.

# 4. DISCUSSION

The objective of the present study was to carry out an integrative review of the literature in order to understand the evaluation of operative groups as a therapeutic intervention on the promotion of healthy habits among elderly diabetics.

Thus, working on health education with elderly diabetics, with topics related to he-

althy eating and physical activity, is essential for the creation and/or adoption of healthy habits. <sup>7,9</sup> In view of this, some studies analyzed showed that the practice of group activities by DM patients is capable of encouraging changes in the behavior of individuals, thus helping in glycemic control. <sup>2,6</sup> Thus, in order for health education, in the form of a group activity, to have a positive effect on self-care, it must be clarified to the participants that this is a practice that needs to be constant, because the creation

of a professional-user bond will strengthen the continuity of care. 6 For this purpose, there is the Operational Group (GO) which provides the discussion of various topics, facilitating communication, as it allows everyone to talk about their problems seeking a solution consistent with their customs, values, beliefs and cultures.<sup>2</sup>

An example of what was carried out in an OG with elderly diabetics brought in a study allows comparing it to the groups that do not use this methodology and it

**artigo** Ferreira, M. P. N., Martins, I. C.

is noticed that the theoretical foundation linked to the practices, with a programmed number of meetings allows the growth of the collective, increasing the chances of adherence to therapy.<sup>9</sup>

In addition, the OG is carried out to promote specific care and prevention of complications, as well as stimulate self-care and user autonomy, contributing to empowerment, as the elderly with DM comes to know the disease, its complications, becoming aware of the importance of adopting drug and non-drug treatment <sup>1</sup>

Thus, the topics to be worked on should not be imposed vertically, as professionals must be able to hear what the elderly need. In this way, the interaction of the diabetic elderly with health professionals facilitates adherence to OG, stimulating social interaction, helping to understand the disease and promoting healthy habits. <sup>9</sup>

### CONCLUSION

The operative groups were evaluated as transforming the practices of awareness and empowerment of the diabetic elderly, as it contributes to the autonomy of the subject, making him co-responsible in his illness and care process. In this sense, topics relevant to the self-care of the diabetic elderly are discussed, with a previous selection of the topic that will be addressed, based on the contributions of the participants of the

groups. In this way, the chances of adherence to the therapeutic plan will increase, making the elderly protagonist in the change of their habits, being important the use of participatory methodologies, with the sharing of experiences and an environment conducive to the construction of collective knowledge.

# **Collaborators**

MPN Ferreira carried out the study design, research and selection of articles, literature review and manuscript preparation. IC Martins participated in the preparation of the manuscript and final review.

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