



## Primary Care, hypertension, diabetes and tissue lesions: a descriptive and exploratory study

Ana Lúcia Abrahão<sup>1</sup>, Ândrea Cardoso Souza<sup>2</sup>, Dalvani Marques<sup>3</sup>, Marilda Andrade<sup>4</sup>

<sup>1,2,3,4</sup> Fluminense Federal University

### ABSTRACT

**Aim:** To analyze the working processes of the nursing team in the last five years, directed to help registered users in the hypertension and diabetes mellitus programs, who are identified in the public primary care services network with tissue lesions. **Specific:** To classify technologies (products and processes) used in the treatment/care of injuries; to identify the profile of users assisted in the basic care services network. **Method:** the research will be performed in two steps. The first will be in the form of an epidemiological survey with simple statistical analysis of the data collected, building the profile of the users. The second will be in the form of a series of open interviews, with regard to the following aspects: the use of technology in care, therapeutic projects indicated to the user, and analysis of content focused on team processes. The proposal is for a two-year research program that is linked to the project "Innovation in Nursing in the Treatment of Injuries - systematization, technological inclusion and functionality", funded by CNPq.

**Descriptors:** Primary Health Care; Community Health Nursing; Hypertension; Diabetes Mellitus; Wounds and Injuries

## PROBLEMATIC SITUATION AND ITS SIGNIFICANCE

Primary Care (PC) can be understood as the gateway of the health system<sup>(1)</sup>. In services of this level of complexity we may identify the early signs of health problems in the Brazilian population. Currently, non-communicable chronic diseases (NCDs) constitute a major cause of morbidity and mortality with regard to the Brazilian population. They are responsible for approximately 72% of deaths, especially diseases of the circulatory system (30%).

This framework imposes current responses in shaping a new model for healthcare that meets the current demand for services directed to the alleviation of NCD<sup>(2)</sup>. These diseases often evolve into clinical conditions such as tissue lesions, especially in the lower limbs, which generate increased demand for health services and curative care in order to control such conditions.

## GUIDING QUESTION

Do the work processes developed by the nursing staff in the PC health units produce technologies that increase the adhesion ability of users with hypertension and diabetes associated with the treatment of tissue lesions?

## AIMS

### *General*

To analyze the working processes of the nursing team directed towards users registered in the hypertension and diabetes mellitus programs, who have been assisted with tissue lesions as part of the PC services network in the last five years.

### *Specific*

To classify technologies (products and processes) used in the treatment/care of injuries;

To identify the profile of users assisted in the basic care services network.

## METHOD

This is a descriptive-exploratory study in which a qualitative approach is used. Research scenario: the health services in Niterói, in the Fluminense Southern Region, shall be considered in terms of providing assistance to patients with tissue damage and that offer the hypertension and diabetes program, such as outpatient clinics and rooms in which bandages are prepared, to its users.

The research will be undertaken in two stages according to the specific objectives. For the classification of the technologies employed in the work of the nursing staff, a series of open interviews will be made use of, in terms of the following: the use of technology in care and the treatment plans indicated to the user. The study subjects are nursing staff professionals who work in the health services of the city of Niterói and who meet the following criteria: being involved in developing treatment with regard to hypertensive users and/or diabetic patients featuring tissue damages; to have worked in this service for over two years. Those who are on vacation or leave in the period of data collection will be excluded. The material will be organized in accordance with the dates of interviews and the health units. The analysis will follow the dynamics of content analysis.

The second stage will be the application of a social and epidemiological survey to users with tissue lesions enrolled in the diabetes and hypertension program in primary health care in

the city of Niterói, RJ. The aim will be to identify users who exhibit tissue damage resulting from hypertension and/or diabetes mellitus. We will examine the records of registered users in the past five years. Our aim is to identify variables related to circumstantial facts or measures such as the length of enrollment on the program, the social and family conditions, the lesion starting date, the place of residence and the existence of associated diseases, among other variables, according to the epidemiological and social survey constructed<sup>(3)</sup>.

The data will be organized into a database from a range of tables that will be created using Excel software. The Epi-Info will be used to sort the data, linking the variables in accordance with the study objectives. The descriptive analysis of the graphs will be developed from a discussion of the reality of each location and the literature.

## REFERENCES

1. Pelegrini AHW, Cezar-Vaz MR. Primary environmental health in nurses' work at the basic health net – a cross-sectional study. Online braz j nurs [Internet]. 2010 June [Cited 2013 Sep 7];9(1). Available from: <http://www.objnursing.uff.br/index.php/nursing/article/view/2851>. doi: <http://dx.doi.org/10.5935/1676-4285.20102851>

2. Abrahão AL, Cordeiro BC, Marques D, Daher DV, Teixeira GHMC, Monteiro KA, Gomes LN, et al. A pesquisa como dispositivo para o exercício no PET-Saúde UFF/FMS Niterói. Rio de Janeiro, Brazil. Rev. bras. educ. med. 2011 set. [Cited 2013 Aug 31] 35(3). Available from: [http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S0100-55022011000300019&lng=pt&nrm=iso](http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0100-55022011000300019&lng=pt&nrm=iso). doi: <http://dx.doi.org/10.1590/S0100-55022011000300019>.
3. Abrahão AL, Bossato HR. Análise do perfil de mortalidade dos municípios que compõem o Consórcio Intermunicipal do Leste Fluminense: um estudo descritivo. Saúde Coletiva (Barueri). 2010 (7):50-55.

---

The participation of authors in the research occurs also as a researcher in the field, in the collection, organization and analysis of the data.

---

## PROJECT DATA

Linked to the Center for Studies and Research in Management and Health Work/CNPq; Approved in the ZIP code: 234,570. Member of the project: PROCAD "Innovation in Nursing in the Treatment of lesions - systematization, technological inclusion and functionality"; funded by the CNPq. Connected to the School of Nursing and the Academic Master's program in Health Care Sciences.

---

**Received:** 31/08/2013

**Revised:** 30/09/2013

**Approved:** 30/09/2013