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# The perception of the nurse in front of the patient who survived the suicide attempt: an integrative review

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**Abstract:** Suicide is the act performed by the individual himself, consciously and intentionally, whose purpose is death. It is a complex phenomenon and its incidence is considered high in Brazil, and therefore represents an important public health problem. To highlight in the pertinent literature the perception of emergency nurses in the patient who survived the suicide attempt. This is an integrative review of the literature conducted in the period 2000 - 2018, in the following databases: LILACS, VHL, SCIELO and UNISC. For this, the descriptors were used: "suicide", "nursing care" and "emergency". In this review, 11 scientific articles were used. It is noticed that the discourses and practices performed by the nurse have changed little in recent decades, still bringing a look of judgment about it of the patient who attempted suicide.

**Keywords:** Suicide. Nursing care. Emergency.

## 1. Introduction

Suicide is defined as a human consummate act where the individual has the clear intention of taking his own life, which is multicausal and receives inference from several factors, such as those of a physiological, psychological, social, philosophical and anthropological order (REISDORFE *et al*, 2015). In addition, suicide attempts, in the absence of success, can generate harm in both physical health, as well as mental health of individuals (ANACE, 2009).

Its incidence is higher in patients diagnosed with psychiatric disorders, such as bipolar and depressive disorder, in addition to acute crisis psychotic conditions, such as those observed in some types of schizophrenia. Also in this perspective, patients with chronic non-communicable diseases also have high rates of suicide attempts (OLIVEIRA *et al*, 2018).

World Health Organization data published in 2018 estimate that a total of 800,000 deaths associated with suicide have been recorded worldwide, with the majority of these cases in low-income countries, as observed in India, which recorded approximately 258,000 cases. It is worth mentioning that every 40 seconds a person takes his own life in the world. Brazil is the 8th country with the highest rate of suicides, and the southern region of the country is the place with the highest number of cases with negative emphasis for the state of Rio Grande do Sul. Therefore, this event represents an important public health problem (WHO, 2018).

Regarding the profile of suicides, a significant proportion of these victims are young people between 15 and 28 years old (MENEGHEL *et al*, 2004). Its highest incidence is in adolescents and the elderly, highlighting the prevalence of females in young people and males in the elderly (IMCA; PEDRÃO; JUNIOR JUNIOR, 2005).

In adolescence, impulsive behavior, existing conflicts, relational difficulties, love and/or professional frustrations and unstabilized psychological issues may favor suicidal behavior (IMCSO; PEDRÃO; JUNIOR JUNIOR, 2005). The motivations in the elderly are different, as they involve coping with the process of loss throughout life, a tapered perspective of physiological changes of aging and functional fragility or loss (OLIVEIRA *et al*, 2018).

Regarding the main modalities of suicide attempt, we highlight the use of firearms, maline weapons, hanging and throwing high surfaces (UNFER *et al*, 2016). It is important to point out that many suicide attempts can be interrupted by people who witness the event and contact the emergency medical service, in which the victim will be assisted by a multidisciplinary team in order to save the patient's life and mitigate the consequences of the attempt. However, it is described in the literature that in view of this paradigm "suicide attempt", suicides often do not receive proper humanized care, being seen from an angle of judgment and/or stereotyping (SANTOS *et al*, 2017).

With regard to quality and patient care, aiming at a

holistic view of this, the emergency nurse should be prepared for a better confrontation of the above-mentioned situations. Thus, analyzing the patient as without judgment, seeking improvement in care, leading to seek qualified help, and promote a quality of life in all biopsychosocial aspects (NAVARRO; MARTÍNEZ, 2012).

Santos *et al*. (2017) describes the role of nurses in mental health in emergency environments, since they are able to promote differentiated care, and can use lived experiences to create protocols that help effectively and agilely, in the care, making relevant decisions in a priority care (SANTOS *et al*, 2017).

There are few studies that correlate the perception of the nursing professional and the care of patients who attempted assisted suicide in the emergency and emergency services. Thus, the objective of this integrative review was to evidence, through a careful analysis of the articles, what is the perception of the emergency nurse in front of the patient who survived the suicide attempt, contributing to a reflection about the sensations and feelings acquired by these professionals exposed to such circumstances.

## 2. Methodology

This is an integrative review of the literature. It is worth noting that this method has the purpose of analyzing, synthesizing and describing information found in scientific articles, which talk about a topic in question in a systematic and orderly manner. Thus, contributing to the deepening of the investigated theme, through quality results (MENDES; SILVEIRA; GALVÃO, 2008).

In addition, it evaluates the definition of concepts, review of theories and evidence, analysis of methodological problems through a large sample that allows a synthesis of knowledge of a given subject, without losing sight of the proposed objectives.

For this, a search was carried out in the database of the Virtual Health Library (VHL), using the following databases: LILACS (Latin American and Caribbean Literature in Health Sciences) SCIELO (Scientific Electronic Library Online). The selection period of the articles was from September to October 2018. The following descriptors were used in the process of selection and analysis of the articles: "Suicide", "Nursing" and "Emergency".

In the research in question, the main question was: what is the perception of the nursing professional in the care of patients who survived the suicide attempt?

From the use of the descriptors established for the current research, 28 articles were found, where they had their abstracts read and after analysis of the exclusion criteria, a pre-selection of 19 articles was made. This new sample was submitted to a careful reading and the inclusion and exclusion criteria were evaluated. (As shown in Table 1).



victims by the mobile care service (SAMU), and the emergency nurse having great importance for assertive conduct that has a positive result, noting that the complications of such act are minimized. (JÚLIO, *et al* 2011).

Avanci and collaborators (2005), bring that there is a highlight in low-income and low-income adolescents and makes an interesting observation, which awakens a new line of research for future studies, where middle and upper class adolescents hardly if it is emphasized or not not, or even do not seek professional help out of shame, therefore it is believed that there are sub records of cases of suicide attempt, being thus the main concern is taboos, making it a challenge for society. (AVANCI, *et al*, 2005).

Dias and collaborators (2017), concludes that the high rate of adolescents who are victims of suicide attempts are related to interpersonal conflicts, love disruptions, body transformations, egocentric thoughts and lack of ability to solve interpersonal problems, with suicide as a solution. (KEANE, *et al* 2017).

Dantas *et al.* (2015), sequence the same reasoning where the prevalence supplants are constituted among adolescents and young people brings that in the case of poison poisoning, most are male and urban. Bringing the importance of the qualified and prepared professional in the emergency knowing how to identify primordial parameters in a timely manner, because the appropriate conduct consists in the inhibition of toxic agents avoiding mortality. (DANTAS, *et al*, 2015).

Meneghel *et al.* (2004) reveals to us in their research the high rate of suicide by hanging by males in adults and usually the reason is unemployment, thus being a major problem of economic policies that has affected workers, having also analyzed that each geographically speaking locality has its specification, such as farmers in turn being victims exposed to precarious survival conditions and having a lifetime exposed to pesticides and may cause depressive conditions. (MENEGHEL, *et al*, 2004).

Fraga *et al.* (2016) mention that there is a great influence on the white and indigenous color/race in Brazil who are victims of suicide, considering that the white color in the southeast has a predominance in the suicide factor and that it may be related to the number of immigrants from European countries, especially Germans, and indigenous people in turn dealing with clashes with farmers in search of land. (FRAGA, *et al*, 2016).

Oliveira *et al.* (2018) brought relevant data in relation to the elderly, seeing that in this age group an adequate family and professional follow-up has great relevance in suicide prevention, where there is a higher probability for diseases related to geriatric age, one of which is depression where they begin to self-evaluate, with the conclusion that they do not are serving for the social environment and often with little physical and mental mobility. (OLIVEIRA, *et al*, 2018).

According to category 3 mentioned above Avanci *et al.* (2009), mention that listening to the nurse professional to the patient victim of suicide is of great importance for the victim, because at the moment it needs to be listened to carefully, the professional has to transmit security, empathy and among

others to obtain verbal or nonverbal communication for a positive correlation. (AVANCI, *et al*, 2009).

## 4. Conclusions

However, after all the context exposed above, it can be concluded that a literature review work in the integrative modality allows us to know more broadly, lucidly, and consequently with wit, as well as, with great objectivity, the different themes that relate to the health area and their challenges. During the building of this work, we sought a theory that is based on the objectives proposed in this systematization. It is concluded that this theme deserves to have a much more careful look in the academic bode, since, although some literature sits on it, its concept is not yet fully closed, nor punctual.

In daily practice, the perception of nurses with patients who tried against their own lives aspire to constitute an essential relationship of care, a set of efforts to understand, without judgment, about the act, although sometimes it has a singular concept about the occurred, there is a concern in performing what his profession requires, that is, saving his life.

There needs to be a continuous and qualified education to improve care, promoting rehabilitation and stimulating efficient self-care. In this sense, nursing care to patients who tried against their own life should include beyond the general guidelines regarding treatment and referral to special follow-up services, specific actions of guidance to the patient and the family, which should be planned and implemented in all phases of the treatment in the referral service.

It is perceived that the discourses and practices performed by the nurse have changed little in recent decades, still bringing a look of judgment about the patient who attempted suicide, if we confront our findings with those of the literature, continuing the same way. We will appeal in the same

Failures. In addition, the reception of patients remains the same, despite all the solutions and disclosures exposed in social media. In view of the facts explained, we can point out that verbal orientation may not be effective, being damaged by multiple aspects, such as language, lack of concentration and often illusions on the part of nurses.

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