

Risks of media and technologies in training for caregivers of elderly: a case study

Riscos das mídias e tecnologias na capacitação para cuidadores de idosos: estudo de caso

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ABSTRACT

The aim of this study was to orient elderly caregivers in a training course at the Center for Health Care of the Elderly and its Caregivers, Federal Fluminense University, about the main needs and nutritional needs required by the elderly and the elderly, also warning about the risks of the technologies. This is a case study of the teaching stage, about the qualification of caregivers, as an academic master of the Health Care Sciences Program. Understanding and visualization about the organization and planning of the daily demands of an academic professional in their lectures/courses/workshops. It is concluded that there is a need for the training of postgraduates in the methods of transmission of academic knowledge, such as the language used for caregivers, aiming at understanding the whole class and warning about the risks of technological influences in the low food quality.

Keywords: Education; Teaching; Nursing; Nutrition

RESUMO

Objetivou-se orientar cuidadores de idosos em um curso de capacitação no Centro de Atenção à Saúde do Idoso e seu Cuidadores, Universidade Federal Fluminense, sobre as principais carências e necessidades nutricionais requeridas pelos próprios e pelos idosos, alertando ainda sobre os riscos das tecnologias. Trata-se de um estudo de caso do estágio de docência, sobre a capacitação de cuidadores, enquanto mestrando acadêmico do Programa de Ciências do Cuidado em Saúde. A compreensão e visualização acerca da organização e planejamento das demandas cotidianas requisitadas de um profissional acadêmico em suas palestras/cursos/oficinas. Conclui-se que há necessidade de uma capacitação dos pós-graduandos nos métodos de transmissão dos conhecimentos acadêmicos, como por exemplo, a linguagem utilizada para os cuidadores, objetivando assim a compreensão de toda a turma e alertando sobre os riscos das influências tecnológicas na baixa qualidade alimentar ingerida.

Palavras-chave: Educação; Ensino em Enfermagem; Nutrição.

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INTRODUCTION

Faced with the growing technological advances, the academic professional needs effective techniques and methods in his daily practice. Technological methods, such as images, stimulate and should be valued in order to contemplate the specific needs of each class, aiming to transmit knowledge in a clear and objective way, allowing students to understand and understand. It is also necessary to emphasize the exchanges of knowledge based on dialogicity because nobody is the holder of all knowledge, the interaction is necessary in the construction of the desired knowledge⁽¹⁾.

This capacity for dialogue and exchange of experiences promotes the growth of the professional and academic health in formation, in the present case, the nutritionist and, mainly, demystifies the same the mechanistic and vertical vision, providing the broadening of the vision of the human being as a whole, and not just as an individual lacking knowledge or lacking health⁽²⁾.

Given the above, in 1999, the Coordination of Improvement of Higher Education Personnel (CAPES) implemented the teaching internship in the stricto sensu, master and doctorate postgraduate courses, aiming at the training of teachers with full attention to the needs of individuals which are in formation and with the intention of promoting the scientific advances in all areas, in this article, in the Health Area. However, it is worth remembering that this activity is always carried out under the supervision of its guiding teacher, 76, of April 14, 2010, of the Ministry of Education⁽³⁾.

In this bias, the programs of traineeship to teaching developed by the Academic Program of Health Care Sciences, allow the masters/doctoral students, subsidies for a wide formation and with opportunities of questioning at any moment.

What disturbed and motivated the writing were the incessant questioning of the caregivers about the caregivers themselves and, in the background, the elderly, which characterizes the desire of the caregiver's food knowledge about the quality of the food diffused in the Brazilian market.

The present article is relevant for future research, since the need to instruct caregivers to care with the use of explanatory and explanatory methods are ways to show the sugar and salt contents in foods of easy consumption due to daily routines. Therefore, the following question was asked: Only the nutritional label is enlightening for the health of humans, specifically caregivers?

METHOD

A descriptive case study from a longitudinal quantitative study entitled "Nutritional intervention and implications on the quality of life of caregivers of the

elderly", from the Academic Master's Degree in Health Care Sciences, Universidade Federal Fluminense (UFF). In the first activity, participants were presented with the presentation of carbohydrate and sodium contents in food, in order to socialize those involved and break the oppressive paradigm of the teacher/professionals/undergraduates as the holder of all knowledge⁽¹⁾. The study had as inclusion criteria: caregivers already enrolled in the Center for Attention to Health of the Elderly and its Caregivers (CASIC / UFF), aged 20 to 59 years; and as exclusion criteria: pregnant women, patients with a pacemaker and those who were already receiving nutritional monitoring. It was carried out in the period of April 2018.

The study obeyed Resolution no. No. 76603617.9.0000.5243 and the opinion of the Research Ethics Committee of the Faculty of Medicine of the Federal University of Fluminense (CEP / FMUFF), No. 2.386 of the National Health Council (CNS), together with the CAAE, No. 76603617.9.0000.5243. 997.

CASE STUDY

The workshop consisted of 28 students from the training course of caregivers of the elderly, predominantly composed of women and in the adult age group. The orientation was given in a CASIC room, located in Niterói - Rio de Janeiro - Brazil.

Firstly, as a form of planning, a lesson plan with indispensable topics in the orientation was elaborated and, after the reflection of their eligibility, a lesson with animations was done using the overhead projector, aiming always to conquer and maintain the attention of the class of caregivers.

The topics used were macronutrients (carbohydrate, protein and lipid) through the recurrent and fundamental food pyramid, micronutrients (vitamins and minerals) and a special topic about hydration, since the elderly due to aging do not consume water at the levels appropriate to the physiological maintenance. Due to this worrying problem, the caregiver must be attentive and stimulate the consumption of water, taking care of the health of the being who is in need of the care act⁽⁴⁾.

Subsequently to the theoretical part, the group was presented with plastic sachets containing the amount/content of sodium and carbohydrate of several types of foods used by a large part of the population, aiming at the visualization and greater awareness of the group about the quality of their nutritional intake and the elderly person who is receiving care, aiming to stimulate healthy eating. It is worth emphasizing that the choice of this methodology was used in a training of caregivers to facilitate the assimilation of the content.

The practice of training was presented as a way of articulating all theoretical content in the reality of practice. It made possible the articulation of the planning, organization and methods used to facilitate the understanding of the whole class of caregivers.

The class was carried out in a dynamic way, allowing the questioning at all times on the part of the caregivers and in order to avoid the doubts that could arise along the time recommended, since many of the present ones had doubts about healthy eating methods for themselves and for the elderly, which currently has high repercussion in the media.

Due to this, it was also observed that most of the caregivers had information about food from the internet and advertisements, such information was almost entirely erroneous, which should be combated by the nutritionist, aiming at the dissemination of adequate food or personalized dietary reeducation.

The overhead projector was used as a means of facilitating the display of food images in their respective groups, in the case of macronutrients, for example: meats, belonging to the groups of proteins, pastas and breads belonging to the group of carbohydrates and fats in general as the oil, a constituent of the lipid group.

The expository methodology of the use of plastic packages containing the amount of sodium and carbohydrate in each food was shown as an effective method and facilitator of the understanding and understanding of the group about the nutritional quality contained in the foods that are commonly diffused and consumed by a large part of the population. This method induced the students a critical reflection about their nutritional intake and, especially, the elderly who need care, promoting health education through the various forms of educational technologies, since the advertisements/media still give little information about the ingredients that make up the food, thus becoming, in many cases, dangerous⁽⁵⁾.

DISCUSSION

The recurrent questioning of the caregivers about the quality of the food intake and the sugar and sodium contents contained therein was recurrent, pointing out the need to stimulate research, aiming to promote the understanding of the caregivers about the food quality that they ingest, besides sensitize them to the influences that the technologies end up exerting in the pattern of daily food consumption^(6,7).

It is worth noting that in today's globalized world, technologies have the capacity to disseminate information in seconds, stating the risks they have of influencing the eating habits of a population⁽⁸⁾.

The magnitude of the influence of television advertising, for example, on a person's food is enormous, as work routines become increasingly intense and streamlining food preparations has become almost an imposition of employers and large food industries⁽⁸⁾.

Nowadays, this routine leads to the consumption of micro and ultraprocessed food, the so-called quick preparation, which is a risk to the health of the general population in this article of caregivers of the elderly and those who are receiving care. These foods have low biological/nutritional value and are directly related to the risks of development of non-communicable chronic diseases. Among these diseases, diabetes mellitus and hypertension^(8,9,10).

From this context, it is necessary to thoroughly inspect social media and its capacity to influence the food standards of the elderly caregiver population, making it possible to minimize possible risks in the quality of the work developed and in the individual's own health, requiring increased attention in the aspects that cause difficulties in the daily life of the caregiver, one of them being the food question, requiring the nutrition professionals in the elaboration and monitoring of the technological contents elaborated^(8,11,12).

CONCLUSION

After the experience, one can conclude that regardless of health or any other field of science, human beings are increasingly interested in the quality of the food they eat. And this search for clarification of possible doubts arising from technological influences must be solved by nutrition professionals.

In order to avoid possible mistakes, it is indicated the implementation of at least one module or timetable of nutritional guidelines in the teaching of caregivers of the elderly, making care holistic and aiming to avoid errors in the care of the caregiver in question, and that can be reflected in the quality of the elderly. Affirming thus, the need for special attention in the health of the caregiver himself in his exhaustive routine.

Therefore, it is concluded that the nutritional orientation in teaching in a training of caregivers of the elderly is necessary to achieve holistic care and reduce the health risks of both the caregiver and the elderly under their care. The study had the limitation of targeting only the elderly caregivers in the adult age group and contributes to future academic and clinical research related to caregivers of the elderly, who turns out to be a forgotten member of society.

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