

The role of the primary health care nurse in promoting active aging: scoping review

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Abstract

Introduction

The concept of “active aging” is widely used by the nursing professionals, namely those who provide primary health care, so it is imperative to understand the importance and role of care in promoting physical activity in active aging.

Purpose

To map the literature regarding the role of primary care nurses in promoting active aging.

Methods

The scoping review was carried out, based on the recommendations of the Joanna Briggs Institute¹ and research in electronic reference databases: Medline/PubMed; CINAHL; Google Scholar e Cochrane Database of Systematic reviews. The research was carried out with MESH descriptors, combining the search strategy: “active ageing” OR “ative aging” AND “nursing”, from March 1 to March 31, 2022. The selection process of the studies was developed in accordance with PRISMA ScR², guaranteeing their methodological quality.

Results

192 articles were identified and 8 articles were included. Their analysis points to the role of primary health care nurses in preventing diseases and the promoting active and healthy aging through intervention strategies at the following levels: health education, adequacy of human resources, continuous training of professionals, communication effective and teamwork, active participation of the person, integration of the person and family in the therapeutic project, with the person being the protagonist of their own care and accompanying the elderly in the project implemented through home visits.³

Conclusions

It was concluded that the progressive aging of the world population presents itself as a challenge to developed countries regarding their politics and health guidelines. The nursing staff should provide preponderant care in disease prevention, health promotion and population education which focus orient itself in active, healthy, autonomous and responsible aging.

Keywords

Active Aging; Nursing Care; Primary Health Care; Health Education; Social Perceptions.

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