Telenursing as a health promotion strategy

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Introduction

- Telenursing refers to the use of technological resources and communication systems to develop nursing care.
- It can reach patients in the form of education and care management or opinion consulting for educational purposes.
- Telenursing is currently expanding, mainly as a resource that permits nursing care and teaching, in view of geographical, material and qualified human resource barriers, aiming for the qualitative enhancement of health services.

Aim

-To identify research with stronger clinical evidence in the literature, developed through telenursing interventions.

Method

- Integrative review databases: Medical Literature Analysis and Retrieval System on line (MEDLINE), Literatura Latino-Americana e do Caribe em Ciências da Saúde (LILACS) and Web of Science.
- Descriptors: telenursing, nursing care and communication means.
- Question: what interventions are used in telenursing research, with the strongest clinical evidence level (2 and 3) according to Stetler’s classification.
- The review covered papers published in the last ten years, whose full version was available in Portuguese, English or Spanish, and which answered the research question.
- The studies were analyzed observing the identification data of the publication, the method used, the country where the study was undertaken, the technology and strategy adopted in the interventions, the activity area, subjects and main results.

Results

- The distribution of the publications per year was as follows: 18.75% in 2011, 6.25% in 2010, 25% in 2009, 31.25% in 2008, 12.5% in 2004 and 6.25% in 2001.
- Among the countries where the studies were developed, 43.75% came from the USA, 18.75% from the United Kingdom, 12.5% from Sweden, and 6.25% each from Chile, Norway, Japan and China.
- As regards the method used, in 11 publications, interventions were compared with control groups, five of which were randomized controlled clinical trials, two pre and post-test evaluations, two involved intervention and monitoring of patients clinical evolution, and one was a case-control study.
- Technology used: 8 telephone interventions, 1 associated with videophone (for video calls) and 1 associated with a monitoring system; 3 website (1 associated with videophone for video calls), 2 mobile telephony associated with symptom monitoring and one with its own video call system.

Conclusions

- Telenursing is an efficient tool to help countries to overcome barriers and bring health care information to the population, promoting basic care and favoring rehabilitation and health maintenance processes.
- In all papers analyzed, the goal of using telenursing was to complement and enhance the integration among health systems and health care, without any claim on replacing traditional activities.

References