

Background

Nursing diagnostic activity involves obtaining a set of data that is necessary to interpret, arrange, systematize, and assign meaning to constitute useful information. This approach is important in the beginning of the clinical decision-making process. It is important for nurses to better understand the complexity of the phenomenon "managing therapeutic regimen", particularly, the medication regime. Objective: Identify the necessary data for description of Nursing Diagnoses about "Self -Care: managing the medication regime".

Methods

Integrative literature review using the EBSCOhost databases with the following keywords: "Medication" and "Therapeutic" from a previous research universe. Inclusion criteria: language; full text; publication date from 2007-01-01 to 2012-12-31; descriptors in at least one of the parties (TI), (AB), (MM), (MH), (SU); peer reviewed articles.

Results

Of the 408 articles analysed it was possible to identify data that are essential to the diagnostic process. After a content analysis process, this data assumed different statuses: data that are manifestations, i.e. data which arise as a premise and are indispensable to diagnosis identification (e.g.: doesn't take medication) and data that are competing factors for the diagnosis. These data are those which often have a causal relationship with the diagnosis (e.g. person, illness and medication regime characteristics).

We also find that many of the dates are more related with adherence than with managing therapeutic regime.

Conclusions

Since data collection is the first step of the nursing diagnosis process, nurses must improve their knowledge based on scientific evidence, to better identify the needs in nursing care in this area.

Keywords

Diagnostic process, self-care – managing medication regime, integrative literature review

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Art therapy as mental health promotion for children

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Background

The contemporary world instigated by new technologies is resulting in changes in our perceptions and thus in society. This fact predisposes rising fears and mental conflicts, especially in children. Carl G. and Maurice Merleau-Ponty's grounded work reflects this today, with its concerns about being in its totality. The psychological, cultural and social make art a therapeutic experience, where the child can deal with their social and personal skills. Objective: To allow therapeutic experiences in art therapy that promotes mental health of children and can be used as a tool for social rehabilitation.

Methods

A phenomenological qualitative study, applied to a group of 27 children 09-10 years in the State public school from São Paulo, Brazil, in 2013. Registration and understanding through camera recordings of interviews and reports. The artistic techniques and materials were varied in accordance with the engagement established with each child. Ethical aspects were respected.

Results

Relations with perception and space were key concepts to art therapeutic activities collaborating in their cognitive and affective connection. The expansion of the concept of expressive therapies using techniques and materials collaborated with the externalization of being symbolic. The process developed led to union and group trust, helping the children to share their fears, anxieties and stored feelings and position themselves positively in regard to their conflicts.

Conclusions

Therapeutic art activities experienced by the children enabled the significance of the symbols preventing and promoting mental health.

Keywords

Art therapy, mental health, children, cultural

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Chemical characterization of fungal chitosan for industrial applications

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Chitosan biofilms have been object of study and of application to several industrial and research fields, such as to winemaking, food science, tissue engineering, drug delivery and clinical rehabilitation, among others. Chitosan can be obtained by deacetylation of chitin, naturally present in the exoskeletons of crustaceans, invertebrates, insects and cell walls of some fungi. The use of chitosan from different sources presents not only important advantages in terms of extraction and purification of this polysaccharide, but also in terms of the different chemical and biomechanical properties exhibited by chitosan biofilms.

In order to evaluate the properties of fungi-extracted chitosan and to compare them with the features presented by chitosan obtained from crustacean sources, we have analysed the chemical properties presented by chitosan extracted from two fungi, namely, from *Absidia coerulea* and *Cunninghamella* sp., grown in different culture media (YM and PDB). Chitosan solutions were analysed by refractometry, circular dichroism (CD), UV-visible spectroscopy and solution ¹H NMR, while chitosan biofilms were analysed by differential scanning calorimetry (DSC) and optical microscopy.

Fungal chitosan presents exclusive chemical and physical properties, in what concerns the degree of deacetylation of the polymeric chains, viscosity, thermal resistance and structural conformation in solution. Features that are also influenced by the composition of the growth media used for cell culture, and that can be used industrially as advantages.

Keywords

Chitosan, fungi, biofilms, chemical characterization

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The impact of caring older people at home

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Background

The progressive aging of the population and the families' increasing difficulty in being available to provide care are creating a new reality: older people as caregivers of dependent older people. The increase in the number of these caregivers, the consequences for their own health and the importance of their role have turned informal care into a highly relevant area for nursing, particularly regarding family