



THE IMPORTANCE OF CORRECT GLYCEMIA COLLECTION FOR NURSING PROFESSIONALS IN BRAZIL

Aline Barbosa Salomão

University Literatus. Undergraduate Department in Health and Nursing, Street Umberto Calderaro Filho, 9650. City: Manaus, Brazil.

ABSTRACT Diabetes is currently considered an important health problem, both in terms of the number of people affected, disability and premature mortality and the costs involved in its control and treatment of its complications. The objective of the research is to demonstrate that professional nurses have the challenge of equipping patients with self-management of the disease, seeking strategies and new ways for better nursing care, optimizing glycemic control. The methodology used was bibliographic. The results demonstrate the importance of the correct diagnosis of diabetes in the face of new technological changes in the area of health and nursing.

KEYWORDS : glucose, diabetes, nursing, health

INTRODUCTION

Glucose is a simple sugar that serves as the main source of energy for the body (MACHADO, 1998). Hyperglycemia can be life threatening, causing organ failure in extreme cases, to death. Chronic high blood glucose levels can cause progressive damage to organs in the body such as the heart and nerves (GUS et al. 2015).

It is important for nurses to collect blood glucose correctly, avoiding results that can influence the psychosocial status of the patient undergoing the exam, as well as their families, based on the fact that, once diagnosed with hyperglycemic levels, this client's routine will change, as well as those who live with him.

A constant evaluation by the Nursing team is necessary to avoid false positive results. Errors in the conduct for the collection of blood glucose should be avoided. It is important to identify which factors can influence the results obtained from the examination of peripheral blood glucose (SILVEIRA et al, 2018).

METHODOLOGY

For Zanella (2006), the methodology used was descriptively through published articles, books and websites. Data analysis will be qualitative.

To obtain the objectives proposed for this research work, guidance was needed from the problematization of the research. The verification of the objectives of this work and the use of keywords were carried out in the Scientific Electronic Library Online databases - SCIELO, Medical Literature Analysis and Retrieval System - MEDLINE, Virtual Health Library - VHL - and Latin American and Caribbean Center of information. The technique of data analysis of the interview was qualitative content analysis, in which by reading the description, it is verified frequency of ideas, categorization, interpretation and inference.

For the selection of studies, keywords were used based on the Health Sciences Descriptors: blood glucose, nursing care and diagnostic errors. As inclusion criteria, scientific articles published from 2006 to 2011 in Portuguese and published in Brazil were selected. Exclusion criteria were articles that did not correspond to the main objectives of this research work, such as the presence of books, dissertations and theses, in addition to reports, news, editorials, texts considered non-scientific and scientific articles that were not available in full.

LITERATURE REVISION

In a more recent study, De Assis Lins (2020), glucose is a sugar whose main function is to provide energy, and is transported into cells by a mechanism of action of insulin. This transport is carried out mainly for muscle cells, fat cells and liver cells.

From this, we can understand that the glucose exists in the human body and depends on insulin to perform its function.

The American Diabetes Association (ADA) started using the term pre-diabetes, known as decreased fasting glucose tolerance. Individuals with pre-diabetes have higher levels of plasma glucose.

According to Passos et al, (2020), there are common and frequent

emotional reactions in the diagnosis of diabetes. Emotional reactions need to be better understood by nurses, since many of these are manifested through inappropriate behaviors that interfere with good glycemic control, which affects health, social relationships and, by extension, the quality of life of the patient.

RESULTS

Nursing, as a member of the multidisciplinary health team, faces the challenge of equipping patients with self-management of the disease, seeking strategies and new ways for better nursing care, optimizing glycemic control (RIBEIRO 2020).

The self-care roles are: A) maintenance for health; B) prevention of acute and chronic complications; C) self-diagnosis, self-treatment and self-medication in DM; D) active participation in health services.

A - Health maintenance: For health maintenance, the following stand out: avoid smoking; avoid the use of drinks; maintain adequate body weight; perform a balanced diet; combat stress with alternative activities and practice regular physical activity.

B - Prevention of acute and chronic complications: consists of preventing complications in order to maintain the balance of the disease.

C - Self-diagnosis, self-treatment and self-medication: recognition of signals and symptoms of hyperglycemia and hypoglycemia are important points for preventing acute and chronic complications. As well as the knowledge of self-adjustment of the therapy, according to self-monitoring of peripheral capillary glycemia.

D - Active participation in health services: these are all actions that include the use of available health support structures, so that patients become active in decisions about their treatment, aiming at the continuity of their autonomy and independence.

CONCLUSIONS

Permanent education of the diabetic is pointed out as one of the objectives to delay the chronic complications arising from the disease and to relieve the symptoms of hyperglycemia and hypoglycemia. The monitoring of capillary glycemia is essential to direct the actions that involve the treatment of diabetes. The results obtained allow reassessing the therapy instituted by adjusting insulin doses, diet and physical activity, which resulted in a significant reduction in the level of blood glucose, providing an improvement in quality of life and a reduction in complications resulting from poor metabolic control. In addition, the construction of a glycemic profile favors knowing the patient's attitudes that can contribute to the presentation of episodes of hypoglycemia or hyperglycemia, as well as other complications of the disease. Self-monitoring of blood glucose allows people with diabetes to face the disease independently. It can also provide a better understanding of the factors that trigger complications resulting from the disease and is a motivating element for adherence to pharmacological therapy and changes in lifestyle, with potential improvement in your quality of life.

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