





TEORIA DE ENFERMAGEM DE REABILITAÇÃO COMO PROCESSO EMANCIPATÓRIO: NOTA PRÉVIA

TEORÍA DE LA ENFERMERÍA DE REHABILITACIÓN COMO PROCESO EMANCIPATIVO: NOTA PREVIA

THEORY OF REHABILITATION NURSING AS AN EMANCIPATORY PROCESS: PRIOR NOTE

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RESUMO

Introdução: O cuidado de enfermagem de reabilitação tem sua prática delineada no cenário internacional, constituindo-se de uma assistência baseada em evidência que pretende acrescentar qualidade de vida e, para tal, é necessário que teorias de enfermagem sustentem cientificamente a prática realizada. É sabido que muitas teorias de saúde e enfermagem compõem o escopo prático da assistência desta especialidade, entretanto é hora de refletir teoricamente o que podemos fazer diferente.

Objetivos: Construir um modelo teórico acerca da enfermagem de reabilitação enquanto processo emancipatório, assim como validar internamente o conteúdo e aplicá-lo como teoria na realidade de reabilitação.

Método: Estudo metodológico de construção de teoria em enfermagem.

Resultados: Espera-se construir uma Teoria de Enfermagem de Reabilitação à luz da Teoria do Reconhecimento de Axel Honneth, através de um fluxo metodológico ortodoxo e fundamentação literária e experiência prática.

Conclusão: Faz-se necessário mais estudos que aprofundem o cuidado de enfermagem de reabilitação enquanto ciência. Isto posto, o presente estudo propõe a construção de uma Teoria de Enfermagem de Reabilitação.

Palavras-chave: enfermagem de reabilitação; teorias de enfermagem; teoria do reconhecimento

RESUMEN

Introducción: El cuidado de enfermería de rehabilitación tiene su práctica perfilada en el escenario internacional, constituyendo un cuidado basado en la evidencia que tiene como objetivo sumar calidad de vida y, para ello, es necesario que las teorías de enfermería apoyen científicamente la práctica realizada. Se sabe que muchas teorías de la salud y la enfermería conforman el ámbito práctico de la asistencia en esta especialidad, sin embargo es el momento de reflexionar teóricamente qué podemos hacer de otra manera.

Objetivos: Construir un modelo teórico sobre la enfermería rehabilitadora como proceso emancipador, así como validar internamente el contenido y aplicarlo como teoría en la realidad de la rehabilitación.

Método: Estudio metodológico de la construcción teórica en enfermería.

Resultados: Se espera construir una Teoría de Enfermería de Rehabilitación a la luz de la Teoría del Reconocimiento de Axel Honneth, a través de un flujo metodológico ortodónico y fundamento literario y experiencia práctica.

Conclusión: Se necesitan más estudios para profundizar la atención de enfermería rehabilitadora como ciencia. Dicho esto, el presente estudio propone la construcción de una Teoría de Enfermería de Rehabilitación.

Palabras clave: enfermería de rehabilitación; teorías de enfermería; teoría del reconocimiento

ABSTRACT

Introduction: Rehabilitation nursing care has its practice outlined in the international scenario, constituting an evidence-based care that aims to add quality of life and, for that, it is necessary that nursing theories scientifically support the practice performed. It is known that many health and nursing theories make up the practical scope of assistance in this specialty; however it is time to reflect theoretically what we can do differently.

Objectives: To build a theoretical model about rehabilitation nursing as an emancipatory process, as well as to internally validate the content and apply it as a theory in the reality of rehabilitation.

Method: Methodological study of theory construction in nursing.

Results: It is expected to build a Rehabilitation Nursing Theory in the light of Axel Honneth's Theory of Recognition, through an orthodontic methodological flow and literary foundation and practical experience.

Conclusion: Further studies are needed to deepen rehabilitation nursing care as a science. That said, the present study proposes the construction of a Rehabilitation Nursing Theory.

Keywords: nursing rehabilitation; nursing theories; recognition theory

INTRODUCTION

The rehabilitation nursing is internationally recognized, mainly due to its historical trajectory marked by the two world wars and the need for the reintegration of injured soldiers into work. This specialty is disseminated in the European and North American context; however, in the Brazilian scenario, the epidemiological needs and magnitude of the theme are still urgent, since there is an incipience of the specialty, as well as the lack of recognition of it and the weakening of health care of people with disabilities in the country. In addition, the fragmented structure of the health network is reflected, which is disjointed and marginalizing this population, adding to the scarce literature on rehabilitation nursing in our reality⁽¹⁾.

The Laboratory of teaching, research, extension and technology in Nursing, Health and Rehabilitation, also called (Re)Habilitiar, is a research group linked to the Nursing Department of the Federal University of Santa Catarina, which aims to investigate the phenomenon of rehabilitation nursing care under the leadership of Professor Soraia Dornelles Schoeller. The group is still young, but it works tirelessly to fill gaps in the literature on the subject. It is worth mentioning that this is the first and only research group to study rehabilitation nursing in Brazil, and as well as its visionary character, this group of scholars intends to develop new practices, reflect reality and transform the future of rehabilitation nursing .

In this sense, this Preliminary Note presents to the academic and nursing care society an unprecedented proposal for a rehabilitation nursing theory, considering international knowledge and the Brazilian reality. For this, it is necessary to revisit concepts about the specialty itself and permeate existing nursing theories, so that the potential and obstacles to be investigated are recognized. That said, the rehabilitation nursing specialty is understood as a transdisciplinary and multiprofessional strategy to assist each and every subject, regardless of their life cycle situation, focused on self-care, prevention of complications, promotion of autonomy and implementation of interventions that maximize the potentialities, in a global and integral conception of the individual in its physical, emotional and social dimension⁽¹⁾.

It can be seen from the arguments mentioned above that rehabilitation is a complex process and requires a constructive approach to knowledge, a detail also valued by the World Health Organization (WHO) through the introduction of the integrated model for an interdisciplinary approach and rehabilitation practice. In this context, conceptual models of disability, both individual, social and integrated, are widely used by rehabilitation nursing in the world, aided by theories of self-care, adaptation or

achievement of objectives, forming a theoretical basis that underlies care of rehabilitation. This integrated model, launched by the WHO in 2001, is called the International Classification of Functioning, Disability and Health (ICF), and seeks to integrate individual and social models of disability for everyone, regardless of age or health condition⁽²⁾.

Based on many years of research on the subject, as well as analyzes of national and international care experiences, the (Re)Habilitiar group sought a theoretical and sociological framework that would support the philosophical identity of rehabilitation nursing. For this, the leader of the research group developed her Post-Doctorate in Portugal and showed that the theorist Axel Honneth approached interesting social, political and cultural concepts for the foundation of a new look at rehabilitation. This contemporary sociologist developed the Theory of Recognition, which proposes a model for the formation of a person's identity originated from social relations of cooperation and respect, and this conflicting struggle of interaction enables the construction of individual expectations and self-image, which can be an interesting factor for the process of relationship between the nurse and the person undergoing rehabilitation⁽³⁾.

Still on the theory of Axel Honneth, the author states that in the recognition process there are three levels for the successful elaboration of the intersubjective personality, namely: love, law and solidarity. Love is characterized by relationships of self-confidence, in the quest to reflect on oneself from the other, or even to expand self-awareness. The law is guided by the institutional practices of justice and solidarity in the community, that is, it influences to achieve the possibility of self-realization, considering that people fight, simultaneously, for dignity and recognition of their particularities and respect. And finally, solidarity is linked to the sense of reciprocity and experiential mutuality, as it is linked to social esteem that allows them to positively refer to their properties and capabilities⁽³⁾.

Therefore, this study presents a Preliminary Note of a future Rehabilitation Nursing Theory, based on the Theory of Recognition, scientific literature and nursing practice in the national and international context, aiming at the elaboration of a theoretical model, validation and application of the theory in the reality of rehabilitation, in an orthodox and methodological format, believing that care as an emancipatory process is the key to the well-being of the singular and diverse person. With this, the authors seek to answer the following research question: "How to build and apply a theoretical model of rehabilitation nursing as an emancipatory process?"

Objectives

- To create a theoretical model of rehabilitation nursing as an emancipatory process;
- To validate the content of the theoretical model of rehabilitation nursing as an emancipatory process;
- To apply the Rehabilitation Nursing Theory in the Brazilian reality.

METHOD

The development of a theory is a crucial task for the scientific knowledge of several professional areas. In nursing, the construction of theories has as main objectives the clarification of the field of action and define nursing as a profession of care. When a theory is built, it is represented graphically and explained in the form of a model. The model is an idea that enables visualization, both symbolic and physical, and can be drawn mathematically, as an equation or scheme of symbols and arrows. In this sense, theoretical models are made up of general statements of the phenomena with which a discipline is involved. A theory, on the other hand, is more specific and, consequently, more closely related to reality^(4, 5).

In order to methodologically support the study, the researchers developed a theoretical model based on a methodology for building nursing theory. Such methodology allows us to glimpse the concepts, definitions and hypotheses that formulate the intended model. Therefore, we need to outline what is intended by theory, recognizing the multiplicity of experiences encountered by human beings, as well as establishing descriptions and predictions of limited properties of reality⁽⁴⁾.

For this, the structure developed by the authors is composed of three basic elements: 1) Concepts; 2) Affirmations; 3) Theories. Also, three different approaches are part of the model construction method: 1) Analysis; 2) Synthesis; 3) Derivation. The pillars of the construction of a nursing theory are established through concepts understood as a mental image of the phenomenon. The articulation between the concepts expresses the statements. Theories are concepts that are consistently grouped as relational statements that present a systematic view of a phenomenon, being structured to express a new idea within a phenomenon of interest. Regarding approaches to theory construction, analysis has the function of refining and pointing directions of concepts, statements and theories, being especially useful in areas where there is still not a large body of scientific literature available. Synthesis, on the other hand, comprises the interpretative character of data collection, being widely used for the construction of a new theory, while attributing hope in the selection of important factors or relationships. Finally, derivation employs analogy or metaphor in transposing the basic elements of theory, and can be applied in areas where there is no theoretical basis, as it provides a means of building theory by changing the terminology or structure of a field or context to another⁽⁵⁾.

In order to build a theoretical model, we have in mind that there is no need to collect empirical data, nor to test the formal theory, since the model must be tested as a theory after its construction, so the initial choice for the construction of the model must follow the analysis of concepts, the analysis of statements, the synthesis of concepts, the synthesis of statements and the synthesis of the theoretical model.

A special approach to model evaluation and analysis was chosen as a way of guiding, systematizing and organizing the basic concepts of Person, Environment, Health, and Nursing. This approach allows a deep analysis of the internal and external components of the model, as it establishes guiding questions for the design of the theory. The questions elaborated were: What are the definitions of these concepts, and more than that, what is the understanding of these basic concepts of the model? What are the relationships between these concepts? And finally, the emphasis on the relationship with research, education and nursing practice when explaining such basic concepts of the model. In addition, the parameters of the chosen guideline establish the need for experts to validate and test the theory in its internal and external content and applicability in the "real world". This application can use quantitative or qualitative methodological approaches, both of which aim to affirm the fidelity, reliability and reproducibility of theory in practice. Mixed methods are generally chosen because they are able to analyze and to describe a wider range of issues raised by the theory, and data collection is usually triangulated for a wider range of possible answers to be analyzed^(4, 5).

EXPECTED RESULTS

The construction of the Rehabilitation Nursing Theory as an emancipatory process is unprecedented and fills the knowledge gap, not only theoretical but also for the practice of rehabilitation. Theory requires strategies and intention to transform reality, and for that it is necessary to search for classic literature, systematic formalization and triangulated application, so that future researchers and nurses can use the data found to improve the care provided and thus the people's lives.

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