



MENTAL HEALTH NURSING WORK IN CARE ASSISTANCE OF ATTENTION DEFICIT-HYPERACTIVE- DISORDER

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ARTICLE INFO

Article History:

Received 24th March, 2018

Received in revised form

20th April, 2018

Accepted 18th May, 2018

Published online 28th June, 2018

Key Words:

ADHD, Nurse,
Mental Health, Care.

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ABSTRACT

This paper presents concepts about ADHD (Attention Deficit Hyperactivity Disorder) describing its historical process and addressing the implications of this disorder. In addition, the paper describes the nurse in mental health and demonstrates the attributions of this health professional in this thematic. **Objective:** To describe the mental health care activities performed by the nurse to the ADHD patient. **Methodology:** A integrative literature review was used as a method, the search was done through the VHL database, in which 23 articles were found, but 6 articles repeated, 1 article could not be accessed, and 1 article did not demonstrate the criteria required in this research. At the end, only 15 articles were selected. **Results:** In the majority of the articles the subject was predominant in the field of psychology, nursing participates in this issue in only two articles. Topics were found on psychosocial interaction, medicalization, comorbidities, behavioral signs, risks and forms of treatment. **Discussion:** From the topics found in the results, it was possible to analyze that ADHD can be a triggering factor of other pathological factors. Depending on the predominant factor of ADHD, comorbid factors may coexist causing more severe damage to the mental health of the person with ADHD. **Final considerations:** The research concluded that the nurse's role in mental health in the processes of caring for ADHD patients is extremely important, since it uses interdisciplinary methods. In this context, the nurse is a professional motivator, educator, able to establish an integral vision of the bearer, capable of promoting communication in all assistance processes, and actions that can intervene in the sociocultural environment of the bearer with their relatives and improve their coping strategies the diagnosis of ADHD.

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Citation: Joel Jodenis Paes Pereira, Iara Barbosa Ramos, Diane Xavier dos Santos et al., 2018. "Medicinal plants in the experiences of the older of the reference center of social assistance of augustínópolis-to, Brazil", *International Journal of Development Research*, 8, (06), 20679-20685.

INTRODUCTION

The term Attention Deficit Hyperactivity Disorder (ADHD) was mentioned in the fifth manual of diagnoses and statistics of mental disorders. According to this most resentful manual of research, this diagnosis is directed to people who present

lack of attention, impulsivity and hyperactivity at the same time. But for this diagnosis to occur, these symptoms should be frequent in their behaviors (AMERICAN PSYCHIATRIC ASSOCIATION, 2014a). It is possible to define a diagnosis of multi-causality, since people with ADHD are found by genetic

RESULTS

Titles	Authors	Aims/Scope	Conclusions	Areaofknowledge / Year
Adolescents with Attention Deficit Hyperactivity Disorder and Exposure to Violence: Parents' View	Stefanini J. R.; Scherer Z. A. P.; Scherer E. A.; Cavalin L. A.; Guazzelli M. S.	Identify the opinion of parents or responsible by the adolescents with a diagnosis of ADHD on their exposure as perpetrators or victims of violence in family or non-family life.	There are adverse situations in the life of adolescents with ADHD and failure to communicate among professionals of all processes (health, family and school) that involve the interpersonal relationships of adolescents. The nurse is essential to connect these necessary means to the adolescent's life through the systematization of nursing care.	Nursing, 2015
Attention-deficit / hyperactivity disorder: integrating complementary therapy with child / adolescent care	Araujo J. P.; Lima L. C. R.; Fernandes J. G.; Roecker S.; Siraichi J. T. G.	To identify the knowledge of the caregivers of children and adolescents about ADHD and their perceptions regarding changes in daily life and family life after participating in massage sessions (Tui Na).	The massage sessions ((Tui Na) offered positive results in the lives of children and adolescents with this disorder. The importance of the sharing information from health professionals to mothers caring for these children may contribute to improving the quality of life of the ADHD patient and the family living with a child or adolescent with ADHD.	Nursing, Pharmacy; 2015
Understanding the impact of ADHD on family dynamics and possibilities of intervention.	Benczik E. B. P.; Casella E. B.	It focuses on the effect that 'ADHD affects family dynamics	The urgency of the actions of the Mental Health Professionals together with the parents of those with ADHD was identified to ensure the promotion of the Health of the bearer and his / her relatives and to avoid negative factors in the family with the person with this disorder.	Psychology, Neuropediatrics; 2015a
An analysis of public dispensing of methylphenidate in Brazil: the case of Espirito Santo state.	Caliman L. V.; Domitrovic N.	This research aimed to investigate the public dispensing of methylphenidate hydrochloride by the Brazilian Unified Health System (SUS), stressing the case of the state of Espirito Santo (ES)	There are a need for careful analysis, focusing on the multiple aspects that interfere both in the formation of the diagnosis and in the demand for treatment of ADHD, mainly in relation to the monitoring of public dispensation of methylphenidate.	Psychology, 2013
Parents' perceptions of child friendships on typical children and ADHD children.	Sena S. S.; Souza L. K.	The paper compared parents of children with and without ADHD about their perceptions on children's friendships. Parents and children's answers were also compared with the intention of evaluating the degree of agreement between parents and their children.	There are two explanatory-hypotheses guided the interpretation of the results: parents unaware of children's social relationships, and ADHD children with a positive bias about their friendships. There is a tendency that parents have to understand and perceive friendship from an adult point of view.	Psychology, 2013a
Analysis of demand and parent involvement in children's treatment	Silva C. G. C.; Serralha C. A.; Laranjo A. C. S.	The aim of article looks to report the results of a qualitative research aimed to understand, from a Psychological perspective, the present demands on the treatment of five children between six and eight years old with ADHD.	The authors observed demands that outweigh the initial complaint related to aspects of the history of children's lives with ADHD and personal problems of caregivers. It was reported that there was influence of these difficulties, social standards of treatment and the medicalization in the interventions results.	Psychology, 2013
Attention deficit-hyperactivity disorder, comorbidities, and risks situations	Reinhardt M. C.; Reinhardt C. A. U.	The aim of the paper was to verify emergency situations caused by certain comorbidities, or by exposing the patient to a higher risk of accidents.	The study show that there are several comorbidities and risk situations involving the diagnosis of ADHD, thus reinforcing the importance of their identification for the adequate treatment of this disorder.	Psychiatry, Psychology; 2013a

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Behavioral signs of Attention Deficit Hyperactivity Disorder and Central Auditory Processing Disorder: impressions of Brazilian professionals	Pereira V. R. C.; Santos T. M. M.; Feitosa M. A. G.	To characterize the behavioral signs of attention deficit hyperactivity disorder (ADHD) and central auditory processing disorder (CAPD) from the perspective of the professionals who diagnose and manage these conditions in Brazil.	There was identified some behavioral signs as being more evident in ADHD and other signs as more evident in CAPD.	Speech therapy, 2013
The drugs of obedience: medicalization, childhood and biopower: notes on clinic and politics	Decotelli K. M.; Bohre L. C. T.; Bicalho P. P. G.	Propose through a critical approach to the abuse of Ritalin and the concept of biopolitics that this medicalization is not the only admissible method for the treatment of ADHD.	It was explained that the medicalization process can not be considered as the only method for the solution of mental disorders and through the Attention Deficit Hyperactivity Disorder. As well as, it is verified that other measures can be adopted for the search for a treatment more inclined to the principles and aims of psychology in its practical action.	Psychology, 2013
Social skills in children with complaints of hyperactivity and disability	Guidolim K.; Ferreira T. L.; Ciasca S. M.	The aim of study was to verify which are the social skills changed and how much they influenced social development of a child with attention deficit and hyperactivity clamors.	There were no significant difference between the groups concerning social skills. However, it was observed that the average result referring to the answer of the researched group is below the average from the usual reference range, implying some deficit in social behavior..	Psychology; Speech therapy; 2013
For a critique of medicalization in education	Meira M. E. M.	The paper analyzed the growing process of medicalization in everyday life and its contemporary expressions in the field of school education under the light of the assumptions of Historical-Cultural Psychology	In this paper has been suggested that in order to change the ideology of medicalization as the only means of treating mental disorders such as ADHD, a new positioning among all health professionals is necessary to adopt new strategies that offer less risk and damage to mental health.	Psychology, 2012
Attention deficit/hyperactivity disorder at school: mediation psychopedagogical	Fonseca M. F. B. C.; Muszkat M.; Rizutti S.	The study aims to present a case of psychopedagogical mediation to the Attention Deficit/Hyperactivity Disorder diagnoses, treatment, and school/family/child guidance	The Health-Education relation present important prospects and interventions in the scholar life, showing that it is possible to change the behavior and the quality of learning in children with ADHD.	Pedagogy, Psychology, Neuropediatrics; 2012
Biological determinism and neuroscience in the case of attention deficit disorder with hyperactivity.	Brzozowski F. S.; Caponi S.	The aim of paper is to reflect how the neurosciences can be strongly reductionist when trying to explain behaviors based solely on brain processes, and use as an example the case of attention deficit disorder with hyperactivity (ADHD).	Due to the fact that neuroscience limits the factors that determine a mental dysfunction, it can not be considered as the only means to determine the mental pathologies	Public Health, 2012
Sensory processing in children with ADHD: a revision of the literature	Shimizu V. T.; Miranda M. C.	Characterize the main aspects of sensory processing and ADHD.	It also attempts to discuss and contribute to the understanding of the role of Sensory Processing in behavioral responses and in the learning process, and its possible contribution to symptomatology present in ADHD, indicating the importance of a multidimensional approach to ADHD framework in childhood.	Physiotherapy, Psychology, 2012
The attention deficit hyperactivity disorder (ADHD): contributions of body techniques in psychopedagogical clinic	Marques A. M.	The paper aims to address the main psychoeducational interventions for learning problems in individuals with ADHD, emphasizing the benefits of using physical techniques in the care of psychoeducational clinic, more specifically eutony and relaxation, from literature.	This paper seeks to prove that learning takes place through the body, the individual with ADHD is being integrated into many aspects and problems of learning are complex processes of many causes. Problems can be overcome by psychoeducational interventions should consider the individual in its complexity.	Pedagogy, Psychopedagogy. 2012

and/or environmental factors. Usually this diagnosis begins to appear in childhood in individuals who have some genetic tendency to obtain this disorder, while others who have ADHD were affected by environmental factors, caused by alcoholic beverages and smoking mothers (American psychiatric association, 2014b). People with this disorder go through many barriers and need care. Thus, it is predicted that a person with ADHD does not have a normal life compared to individuals without ADHD, since they are always in daily adverse situations due to their lack of attention, hyperactivity and impulsivity. The daily problems are observed by the changes in behavioral patterns, in children the symptoms are of hyperactivity, difficulties in interacting in groups, climbing in things, running, among others; in the adolescent is more evident difficulties in the organization, and for this reason he is nervous and can present frequent worries. On the other hand, in adults, it is difficult to manage the time due to lack of organization, being impulsive and causing traffic accidents due to lack of attention and having problems in remaining in jobs, being able to present alterations in the humor, high stress and also presents frames of worries. This research is of great significance to the field of mental health, since it intends to demonstrate the latest ways of conceptualizing ADHD, presenting all the aspects that involve this pathology, including the triggering of comorbid factors of the disorder. People considered within normality patterns when analyzed from the perspective of their behavioral attitudes may be carriers of ADHD. People with this profile are considered less agile in the development of their tasks, irresponsible, bewildered, among other negative stereotypes. It is these conditions that the sufferer of this disorder encounters in the day to day, and end up weakening their identity, causing the person to enter a depressive state with a sense of worthlessness before the society, being able to resort to the use of drugs, and even to suicide.

Mental health nurses: The mental health nurse makes use of several techniques with scientific foundations to accompany the patient in all care processes that require their professional performance. In the evaluation of the patients the nurse can be considered a completely important professional in this stage, since the nurse can use all his knowledge to deal with certain types of patients. In mental health it is very common for nurses to use playful ways to guarantee an improvement of the interaction process with these patients and thus to guarantee the quality of care for the patient (TINOCO *et al.*, 2017A). Educational programs and projects can be developed by the nurse and together with everyone who belongs to your team. In fact, educational projects can interfere in an impactful way in the lives of patients with mental disorders, and the nurse is a trained professional to instrumentalize the team with educational projects to guarantee the quality of these mental health services (TINOCO *et al.*, 2017B). The nurse is faced with activities that are beyond their obligations. The nurse always seeks the interdisciplinarity of his actions in order to provide a wider assistance to his clients, establishing an integral vision of the patient, that is, seeing a patient as a whole and everything that involves him, for example: his socializing in society. As previously mentioned, the nurse's attributions in mental health favor even more the rehabilitation of the patient / client for the social conviviality (TINOCO *et al.*, 2017C). In relation to the treatment of patients with some mental impairment it is necessary that the mental health professional be prepared and have appropriate arguments when dealing with patients / clients who seek care. Communication

is a factor that reflects in every treatment of the client, mainly in the scope of mental health (TINOCO *et al.*, 2017d).

DISCUSSION

This manuscript analyzed that the professional activity that predominates the theme of this research is of the branch of psychology. Nursing only participates in articles on the theme of this research, in the other articles were involved areas of more comprehensive knowledge such as the participation of collective health that participates in only one article. On the other hand, it was analyzed the interest of more specific areas of the health sector such as pedagogy, phonoaudiology, physiotherapy, psychopedagogy, Neuropediatrics. All of these areas work on their research for the findings on the subject of ADHD. In view of the above, it is possible to verify that this research presents important factors for the majority of health professionals, including for nursing. From the articles selected, the approaches on the Psychosocial Interaction of the ADHD patient with the family, society and means of treatment were observed, according to the theoretical foundations of the researchers involved with this subject. In addition, there were issues related to the process of medicalization and non-medicalization, comorbidities and signs of neurobehavioral pathology.

Conclusion

In this manuscript it was possible to analyze that from the definition of ADHD to the results tables explained by this review, it is impossible to comment on this disorder without considering the risk factors and comorbidities of this mental pathology. It is worrying the various risk factors and comorbidities involving the person with ADHD. Such factors virtually influenced their lives. If the individual with ADHD is not adhered to some means of treatment, they may possibly have their mental health compromised, leading to suicide attempts and risk. As a result of the search for the identification of this disorder, a very strong point was observed in our results, it is neurosciences, which is a scientific dimension that seeks to define some mental problem, based on the brain processes. This dimension of knowledge is not enough to obtain the diagnosis. Regarding the diagnosis of ADHD, it is necessary to discover social and cultural factors that involve the individual with suspected disorders, in this sense the neurosciences are limited. It was observed that there is a need for a professional with more dynamic forms in the care process and that can also contribute in the sociocultural aspect to the promotion of the mental health of the ADHD patient. The mental health nurse through any process involving learning can begin with lectures in schools, conceptualizing to people what is ADHD. In this sense being an educator he can use several methods to communicate with the children, improving the strategies of approaching the individuals and being able to guide them that there is a solution to their difficulties. The nurse can motivate the adherence to the treatments, explain about the risks and severities, analyze the psychosocial interaction, behavioral attitudes and, as necessary, carry out planned interventions. In addition, nurses can communicate with the family of the bearer, so that they understand in the best possible way that the individual with ADHD also needs the understanding and the familiar support. Every mental health nurse, through its theoretical and scientific foundation, can perform these activities through interdisciplinarity and can contribute to the treatment of

ADHD and evolutionary analysis, thus providing an improvement in the coping strategies of ADHD.

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