"Nursing outcomes in patients with the nursing diagnosis of frail elderly syndrome: an integrative review"

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Introduction: Human aging is a gradual and adaptive process, characterized by a relative decrease in the homeostatic response, due to morphological, physiological, biochemical and psychological changes, caused by the changes inherent to age and the accumulated wear and tear in the face of the challenges facing the human body. organism throughout the history of the individual in a given. Adults aged 60 years and older must meet their physical, biological, social, work, emotional, cultural, spiritual and recreational needs to present a full old age and comprehensive development. (Human Rights Commission of the State of Mexico, 2018).

Currently, an aging population is evident because, for the first time in history, the majority of people can aspire to live up to 60 years and more. Among the causes can be found higher life expectancy and low fertility rates (World Population Prospects, 2017).

Goal: To identify nursing outcomes for patients with the nursing diagnosis of frail elderly syndrome through a comprehensive integrative review of the literature.

Methodology: This study represents an integrative review of the literature following the rigorous methodological standard of Whittemore and Knafl (2005), which consists of five steps: (1) problem identification, (2) bibliographic search, (3) data evaluation, (4) data analysis, and (5) presentation of results. The Preferred Reporting Items for Systematic Reviews and Meta-Analyzes (PRISMA) guided this review (Moher et al., 2009). It should be noted that the integrative review of the literature is an initial stage of the validation study process (Polit & Beck, 2018).

The guiding question for the development of this integrative review of the literature was the following: What are the nursing outcomes found in the literature for patients with the nursing diagnosis of frail elderly syndrome?

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Results

55 articles were found during the systematic review of which 15 did not meet the maximum of 10 years of antiquity from the publication of the article to 2022, no duplicate articles were found, of the remaining 40 articles 1 referred to physiological results and 15 treated of medical diagnoses, for which 24 studies were included in the systematic review.

Of the 24 articles included, 25% of the studies were carried out in the United States, followed by Brazil with 20.8%, in 16.6% of the articles the countries where the study was carried out were not found. 100% of the journals were evaluated by peer review. The research methods in the included studies were: systematic review (66.6%), cross-sectional study (12.5%), case study (12.5%), primary study (8.3%). The population used in the articles was ≥55 years old (2.4%), ≥60 years old (70.8%), ≥65 years old (25%).

It was possible to identify 32 nursing indicators in the included studies, of which cognition [0901], balance [0201], nutritional status [1004] and participation in exercise [1633] ranked first, being included in 21 articles; in second place is knowledge: weight management [1841] and knowledge: fall prevention [1828], having been included in 19 studies; In third place is the indicator knowledge: medication [1808], as it was included in 18 studies.

Conclusions

It was possible to acquire theoretical knowledge about what are the nursing results found in the literature for patients with the nursing diagnosis of frail elderly syndrome, as well as the use of bibliographic bases that allow obtaining scientific information regarding to the topic of interest. With this research it was possible to determine the importance of beginning to act in the intervention of our elderly population in order to prevent and/or treat patients with the nursing diagnosis of frail elderly syndrome and at the same time become aware as future health professionals in providing quality care, respecting each and every one of the needs of the elderly population.
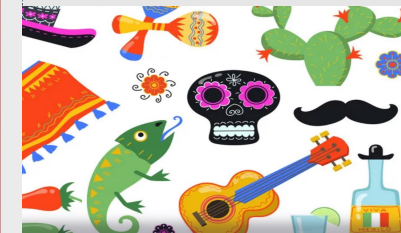
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