

**EDITORIAL****Práticas de cuidado de enfermagem en el escenario de los países de lengua portuguesa****Nursing health care practices in the scenario of Portuguese-speaking countries****Práticas de cuidados de enfermagem no cenário dos países de língua portuguesa****José Erivelton de Souza Maciel Ferreira<sup>1</sup>, Lídia Rocha de Oliveira<sup>2</sup>, Tahissa Frota Cavalcante<sup>3</sup>**

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## ABSTRACT

Care is essential for men from birth to death and nursing permeates this whole process since it participates from the search for the best evidence-based health care practices to the execution of this care. These practices are present in the reception, in the construction and establishment of intersubjective bonds, and in qualified listening, aspects that constitute the elements inherent to the constitution of holistic care. Nursing is inserted in this care since it is a science committed to improving this care based on evidence-based practices. This unique contribution from nursing affects and transforms the reality of health in several countries, including those of the Portuguese language.

**Keywords:** Nursing; Community of Portuguese-Speaking Countries; Integral Healthcare Practice.

## RESUMEN

El cuidado es fundamental para el hombre desde el nacimiento hasta la muerte y la enfermería permea todo este proceso ya que participa desde la búsqueda de las mejores prácticas de atención en salud basadas en evidencias hasta la ejecución de este cuidado. Estas prácticas están presentes en la recepción, en la construcción y establecimiento de vínculos intersubjetivos y en la escucha calificada, aspectos que constituyen los elementos inherentes a la constitución del cuidado holístico. La enfermería se inserta en este cuidado ya que es una ciencia comprometida con la mejora de este cuidado a partir de prácticas basadas en evidencias. Esta contribución única de la enfermería afecta y transforma la realidad de la salud en varios países, incluidos los de lengua portuguesa.

**Palabras clave:** Enfermería; Comunidad de Países de Lengua Portuguesa; Práctica Integral de Atención.

## RESUMO

O cuidado é essencial para o homem desde o nascimento até a morte e a enfermagem permeia todo esse processo, pois participa desde a busca das melhores práticas de atenção à saúde baseadas em evidências até a execução desse cuidado. Essas práticas estão presentes no acolhimento, na construção e estabelecimento de vínculos intersubjetivos e na escuta qualificada, aspectos que constituem os elementos inerentes à constituição do cuidado holístico. A enfermagem está inserida nesse cuidado por ser uma ciência comprometida com a melhoria desse cuidado com base em práticas baseadas em evidências. Essa contribuição ímpar da enfermagem afeta e transforma a realidade da saúde em diversos países, inclusive os de língua portuguesa.

**Palavras Chave:** Enfermagem; Comunidade dos Países de Língua Portuguesa; Prática Integral de Cuidados de Saúde.

Care is essential for men from birth to death and nursing permeates this whole process since it participates from the search for the best evidence-based health care practices to the execution of this care. Although health care is not restricted to nursing, this profession has a notorious and recognized contribution to this care process that extends to all levels of health care, a fact that makes it increasingly valued and recognized in the scenario of Lusophone countries.

Over the years, care to acquire an increasingly robust concept, being continuously built, studied, remodeled, and expanded by researchers from all continents, mainly by those working in the areas of social sciences and humanities in health. Currently, several concepts of care continue to be disseminated, among them the concept of the philosopher Boff (1999) who defines care as a basic existential phenomenon considered as the basis that makes man's existence possible.

Oviedo et al. (2020) e Corbani *et al.* (2009) says that care is supported in the inter-human relationship, in which man is a thinking being and is endowed with dignity to be cared for in its entirety. From the health perspective, this concept corroborates the principle of integrality, a doctrinal principle, present in care practices whose focus is the promotion of care at all levels of care, in a way that transcends curative practice.

When thinking about health care, authors argue that it is permeated by affections and subjectivities, being beyond the institutional and physical aspects. Over time, the more one understands the complexity of care anchored in science, the more the need arises to seek to build forms of care guided by the valuation of man's singularities, especially respecting their knowledge.

The evolution of the historical context of health, especially in Lusophony countries, was due to the concern of professionals, including modern nurses, in addressing care, valuing the singularities of users through policies that prioritize the humanization of care. These policies continue to encourage the construction of ways to face dehumanized health care practices so that the autonomy of health professionals at work and users in self-care is preserved.

Health practices must increasingly consider humanization practices. These practices are present in the reception, in the construction and establishment of intersubjective bonds, and in qualified listening, aspects that constitute the elements inherent to the constitution of holistic care.

The truth is that this topic is widely discussed, mainly in association with public health policies defined by the health sectors in each country. This discussion is much present in Brazil, for example, which is one of the members of the Community of Portuguese Speaking Countries, whose health systems contemplate the universality, equity, and comprehensiveness of care, even though some of these systems are fragile.

It deserves special attention, considering the principles that govern the health systems of Portuguese-speaking countries, the development of practices guided by scientific evidence capable of transcending any technical aspects of care, cultures, values, and beliefs. The reality of these countries requires, from the agents of care and those who develop science, the knowledge of cultures and popular knowledge so that there is the establishment of decisive reflections that can guide the care in safe and human health.

The moments of reflection between these countries become increasingly significant thanks to events of worldwide relevance that unite them with other countries on the globe, such as the world health conferences, which influence new perspectives for health care practices. The Network of Institutes of Public Health, for example, established in Bissau in 2011, is one of the milestones that arose from these reflections among Portuguese-speaking countries.

These world health conferences discuss the approximation, in addition to the theoretical one, between health care practices and public policies. This discussion has been the object of study for many researchers in the health field, especially nurses since they occupy care management positions both in direct patient care and public or private positions in institutions that care for human beings.

Health researchers, among them modern nurses, in line with international health guidelines, have been dedicated to expanding and reorienting the conjuncture of what exists, what is built, and what is put into practice today about health care practices. This premise also seeks to analyze the places that these professionals, agents of care, occupy and their conceptions about these practices.

Andrade et al. (2018) state that care presupposes autonomy that risks the possibility of “conducting ourselves, taking care of oneself and inventing policies based on non-subjugating practices”. This means that this freedom ensures autonomy for the researcher to build health practices based on evidence that is capable of culminating in beneficial transformations in health realities and situations with improved quality of life for the user as well as for improving the quality of work of the worker.

Nursing since ancient times has been supported by theories, whether practical, large, or medium-range theories, seeks to reveal a perspective of care more globally, with a vision that lives up to its metaparadigm that involves the individual, health, nursing, and environment.

To this end, research nurses are increasingly concerned with the production and publication of research that addresses this dynamics of nursing care considering a practice based on different theories, methods, and instruments. The nurse's dedication to science has contributed to the nursing profession continuing to stand out in the field of research and knowledge production on care practices. Nursing is one of the health professions that produce the most relevant scientific work.

The Lusophone countries, in turn, are characterized by differences between the diverse realities between them, although marked by similar cultural and religious traits. In this sense, considering scientific and empirical knowledge and its consequences is essential for health workers as a health care practice capable of transforming nursing praxis, and, consequently, health care practices. However, there are important challenges in Portuguese-speaking countries, especially about the development, planning, and implementation of their health care practices. Critical knowledge of the world is sufficient to perceive superficially how technical and human failures have negatively interfered in the process of evolution of these practices.

Among the health challenges that have an impact on care practices, one can consider the underreporting of relevant information, political corruption, health management, the opening of health courses in unqualified private colleges, low government incentive in research, and devaluation of science. These barriers are challenges to overcome; therefore, this new generation of professionals in Modern Nursing has the potential to intervene safely in this context based on revolutionary ideas that are likely to cause positive impacts.

Thus, analyzing the contexts that present themselves in these countries is essential to initiate concrete and consistent struggles that envision actions aimed at overcoming the challenges described. Detecting and overcoming the remaining gaps that hinder the operation and implementation of health care in its entirety must always be among the common objectives of all countries on the planet. Failures are detected daily,

especially where care practices are performed, therefore, listening to the professional classes that provide care, especially nursing, is an intelligent attitude.

In summary, care is essential for men, and Modern Nursing is inserted in this care since it is a science committed to improving this care based on evidence-based practices. This unique contribution from nursing affects and transforms the reality of health in several countries. Detecting and recognizing peculiar and common health challenges among these countries, without excluding all others, to outline strategies to overcome them will certainly culminate in the construction and maintenance of transformative, ethical, and humanized health care practices for all countries.

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