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Intervention Proposal of the Rehabilitation Nursing Care to the People in the ICU: Systematic Review of the Literature

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Abstract

The increase of the average life expectancy led to an increase in acute diseases requiring hospitalization in the ICU.

Goal: Identify the cares in rehabilitation nursing in the ICU to people under IMV and/or in prolonged rest in bed.

Methodology: Articles were selected between January 2010 and September 2018, and the research was carried out in the databases present at EBSCO. Six articles were selected that met the inclusion criteria, and the inclusion grid of JBI, FAME was also applied. Two further studies were included that did not fit the temporal limit, but which were included by their pertinence, obtaining a total of eight articles.

Interventions: The interventions that the rehabilitation nurse plans and executes can be divided into two categories that complement each other, the interventions of the physical domain and the cognitive domain.

Results/Discussion: Early rehabilitation in the ICU is a fundamental tool in maintaining autonomy, as many people acquire complications during hospitalization. To reverse these complications requires the intervention of a multidisciplinary team, where the Rehabilitation Nurse develops a prominent role in the articulation of the team and in the realization of a structured plan involving the person, their relatives and the rest of the care team.

Conclusion: The studies presented in this review are unanimous about the achievement of early rehabilitation for people hospitalized in the ICU, and these programs have the potential to bring significant gains to people, both physically and cognitively.

Keywords

Rehabilitation Nurse Intensive Care Unit Early rehabilitation

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