

Skin care in the elderly: A systematic review of the literature

Albertina Luisa Loriana Juchem¹, Ana Maria Pujol Vieira dos Santos², Maria Isabel Morgan Martins³.

INTRODUCTION

The skin, a vital organ for human beings, suffers from the impact of intrinsic aging, which is a continuous, universal, regular process. In this process, physiological changes are responsible for the thinning of the epidermis, dermis and hypodermis, compromising their components. In the face of these negative effects on the skin, we visualize a dull, wrinkled, thickened and imelastic skin.

OBJECTIVE

This study aimed to produce a systematic review in order to identify, evaluate, prevent skin dehydration in the elderly and promote effective care strategies.

METHODOLOGY

The search was carried out on the PubMed Portal, Virtual Health Library, Capes Portal and EBSCO Platform, from November 2023 to February 2024. The descriptors and the search strategy followed the instructions of the PICO format (population; intervention; comparison; outcome). Studies of up to three descriptors were considered, using associations with the Boolean logical operator *AND* of the descriptors in Health Sciences: "Elderly", as population; "Care" as an intervention/comparison; and "Skin aging" as the outcome. With the database in English, the associations of three descriptors were used: "*skin aging AND aged AND care*", including articles published between 2018 and 2023, in the languages Portuguese, English and Spanish. In the PubMed Portal, 129 articles were found; in the Virtual Health Library, 47; on the CAPES Portal, 22; and on the EBSCO Platform, 317. After reading the title, the abstract and reading it in full, 14 articles were selected. For the elaboration of this document, we searched for models of complete articles.

DEVELOPMENT

With different skin types, the elderly need individualized care for their skin.

¹ Lutheran University of Brazil – RS

² Lutheran University of Brazil – RS

³ Lutheran University of Brazil – RS



FINAL THOUGHTS

Self-care and treatments such as cleansing and moisturizing help preserve the integrity of the skin, as well as eating well, drinking water, and using topical and oral products, which are important strategies to maintain quality of life through healthy and good-looking skin.

Keywords: Dehydration, Elderly, Self-care.



REFERENCES

- Assessment and management of skin conditions in older people. (2018). *British Journal of Community Nursing*, 23(8), 388-393. Available at: <https://sci-hub.se/10.12968/bjcn.2018.23.8.388>. Accessed October 31, 2023.
- Avaliação de medidas de prevenção e tratamento da xerose cutânea em idoso: Uma revisão integrativa. (2021). *Revista de Pesquisa Cuidado é Fundamental Online*, 13, 241-248. Available at: https://seer.unirio.br/cuidadofundamental/article/view/8261/pdf_1. Accessed November 1, 2023.
- Chronic pruritus in the geriatric population. (2018). *Dermatologia Clínica*, 2(4), 01-13. Available at: <https://sci-hub.se/10.1016/j.det.2018.02.004>. Accessed October 31, 2023.
- Cuidados realizados pelo enfermeiro da atenção primária à saúde ao idoso no espaço domiciliar. (2021). *Revista Enfermagem em Foco*, 12(6), 1077-1083. Available at: <https://eds.s.ebscohost.com/eds/pdfviewer/pdfviewer?vid=9&sid=c6d7e4ba-f991-419d-8b93-baf5a544bef9%40redis>. Accessed November 1, 2023.
- Effects of skin care education for care staff at elderly care facilities on skin conditions of the residents. (2020). *The Journal of Dermatology*, 47, 327-333. Available at: <https://onlinelibrary.wiley.com/doi/epdf/10.1111/1346-8138.15213>. Accessed October 31, 2023.
- Envelhecimento bem-sucedido: Desafios às políticas públicas em Manaus. (2018). *Revista Emancipação*, 18(2), 325-335. Available at: <https://eds.s.ebscohost.com/eds/pdfviewer/pdfviewer?vid=12&sid=8efec7f9-9dea-4ddc-9766-928cf2cb4317%40redis>. Accessed November 1, 2023.
- Lesões de pele em idosos em cuidados perioperatórios. (2021). *Revista Científica de Enfermagem*, 11(35), 463-472. Available at: <https://eds.p.ebscohost.com/eds/pdfviewer/pdfviewer?vid=6&sid=83b498cb-f949-4149-874c-5af33da9ff9e%40redis>. Accessed November 1, 2023.
- Maintaining skin health in older people. (2018). *Nursing Older People*, 30(7), 42-48. Available at: <https://sci-hub.se/10.7748/nop.2018.e1082>. Accessed October 31, 2023.
- Cuidados de enfermagem para avaliar, prevenir e tratar a xerose cutânea em pessoas idosas. (2019). *Aquichan*, 19(4). Available at: <https://aquichan.unisabana.edu.co/index.php/aquichan/article/view/10491/5329>. Accessed November 1, 2023.
- Prevalence and factors associated with elementary lesions in hospitalized elderly. (2019). *Revista Rene*, 20, 01-07. Available at: http://www.periodicos.ufc.br/rene/article/view/40384/pdf_1. Accessed October 31, 2023.
- Prevenção de lesão por pressão em pacientes internados na unidade de terapia intensiva: Um enfoque nas medidas preventivas. (2018). *Brazilian Journal of Surgery and Clinical Research*, 25(2), 120-123. Available at: <https://eds.s.ebscohost.com/eds/pdfviewer/pdfviewer?vid=25&sid=8efec7f9-9dea-4ddc-9766-928cf2cb4317%40redis>. Accessed November 1, 2023.



- Sistematizando o conhecimento acerca da prevenção das lesões do tipo skin tears na pele senil. (2016). *Revista Enfermagem Atual In Derme*, 77, 75-80. Available at: <https://teste.revistaenfermagematual.com/index.php/revista/article/view/377/259>. Accessed October 30, 2023.
- The effects of a beauty program on self-perception of aging and depression among community-dwelling older adults in an agricultural area in Taiwan. (2023). *Healthcare*, 11, 01-13. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10218165/pdf/healthcare-11-01377.pdf>. Accessed October 31, 2023.
- Validação de instrumento para cuidado da pessoa idosa com xerose cutânea. (2020). *Cogitare Enfermagem*, 25. Available at: <https://revistas.ufpr.br/cogitare/article/view/67951/pdf>. Accessed November 1, 2023.