

Health promotion in elderly patients with hyponatremia related to polypharmacy: The nurse's role



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ABSTRACT

Hyponatremia is a condition with a low concentration of sodium in the body that presents itself occasionally in long-lived patients, with greater aggravations in a scenario of

polymedications. Objective: To analyze articles that address the theme: The importance of nurses' performance in health promotion in elderly people with hyponatremia. Method: This paper is a systematic literature review of integrative evaluation. The results find the necessary correlation between professional development, characteristics of the elderly person with hyponatremia and its implications regarding polymedication. Nurses are the main agents in health promotion, they know all the particularities of their patients, plan, implement and participate in the entire process. This work was developed with the purpose of sensitizing and providing learning to professionals, so that they are more engaged and participate in a more assertive way in the promotion of the health of the population in which they work.

Keywords: Hyponatremia, Sodium, Elderly, Nurse, Health, Polymedication.

1 INTRODUCTION

FACTORS THAT INCREASE THE VULNERABILITY OF THE ELDERLY TO DRUGS	
Pharmacokinetic	<ul style="list-style-type: none"> - Decreased organ function, especially in drugs eliminated renally or with the first hepatic pass. - Decrease in muscle mass and increase in fat mass, which conditions changes in distribution and accumulation
Pharmacodynamic	<ul style="list-style-type: none"> - Increased sensitivity to medications, especially anticholinergics and those affecting cognitive function. - Alteration of homeostatic mechanisms.
Functional Capacity	<ul style="list-style-type: none"> - Visual deficits that lead to difficulty reading instructions or labels on medications. - Hearing deficits that can contribute to problems understanding verbal instructions or explanations.
Cognitive Ability	<ul style="list-style-type: none"> - Difficulty remembering new instructions. - Poor adhesion conditioned by problems with memory or comprehension.



Financial Factors		- Cost of medications can interfere with adherence.	
Need	Nursing Diagnosis	Results	Interventions
Learn	Ineffective self-management of health, related to polypharmacy, characterized by inadequate knowledge about the treatment regimen	Effective control of the drug regimen	Conduct health education on the correct use of medications; guide dose, time, duration of treatment; schematize and organize schedules in a clear way for the elderly; to adapt the therapeutic regimen to the routine of the elderly; guide the proper storage of medications; Assess and monitor treatment adherence; schedule medications by paying attention to drug interactions; assess adverse effects; To assess cognition, visual acuity of the elderly and self-care capacity; Assess self-medication; refer to a geriatrician to reduce the prescription in order to avoid therapeutic duplication; Instruct family members and caregivers about the medication regimen.
Eating and drinking properly	Risk of dysfunctional gastrointestinal motility, related to age and treatment regimen	Functional gastrointestinal motility	Orient times away or close to meals according to the characteristics of the medication; stimulate adequate water intake;
Eliminate organic waste	Risk of electrolyte imbalance, related to treatment regimen and renal dysfunction	Electrolyte balance	Order tests to assess kidney function; identify medications that can alter electrolyte status, such as diuretics, antihypertensives, and calcium channel blockers; evaluate and guide diet and appropriate water intake; Assess signs and symptoms of kidney disease