

Challenges of care regarding the advent of sustainable health

Desafios do cuidado para o advento da saúde sustentável

Desafíos del cuidado para el advenimiento de la salud sostenible

Kenia Oliveira Barbosa da Hora^I; Jussara Regina Martins^{II}; Glaucia Valente Valadares^{III}

ABSTRACT

Objective: to analyze sustainable health with care in nursing health practices. **Content:** one of the objectives of the 2030 Agenda for sustainable development is health, and the concept of this has been changing from the historical moments experienced, with reflexes in the appearance of new formulations and proposals for changes in health care models. It is necessary to resume ethical commitments in the revaluation of holistic care and responsibility for life. **Conclusion:** it is no longer possible to admit that health is seen only in an objective way and the care of the other can be a watertight situation and not generating reflections regarding self-care. Although studies can guarantee countless advances in the effective fight against a disease that relentlessly affects the whole of society, it is also necessary to expand the issues that can reinforce the care related to subjectivity.

Descriptors: Nursing care; population health; nursing; indicators of sustainable development.

RESUMO

Objetivo: analisar a saúde sustentável com o cuidado nas práticas de saúde na enfermagem. **Conteúdo:** um dos objetivos da Agenda 2030 para o desenvolvimento sustentável é a saúde, e o conceito desta vem se transformando a partir dos momentos históricos vivenciados, com reflexos no aparecimento de novas formulações e propostas de mudanças nos modelos assistenciais de saúde. Faz-se necessário reassumir os compromissos éticos na revalorização do cuidado holístico e na responsabilidade pela vida. **Conclusão:** não é possível mais admitir que a saúde seja vista somente na forma objetiva e o cuidado do outro possa ser situação estanque e não geradora de reflexões no tocante ao cuidar de si. Ainda que estudos possam garantir avanços inúmeros no combate eficaz a uma doença que acomete de forma implacável toda a sociedade, é preciso ampliar também as questões que possam reforçar os cuidados relacionados à subjetividade.

Descritores: Cuidado de enfermagem; saúde da população; enfermagem; indicadores de desenvolvimento sustentável.

RESUMEN

Objetivo: analizar la salud sostenible con cuidado en las prácticas de salud de enfermería. **Contenido:** uno de los objetivos de la Agenda 2030 para el desarrollo sostenible es la salud, y el concepto de esto ha ido cambiando desde los momentos históricos experimentados, con reflejos en la aparición de nuevas formulaciones y propuestas para cambios en los modelos de atención médica. Es necesario retomar los compromisos éticos en la revaluación del cuidado holístico y la responsabilidad por la vida.

Conclusión: ya no es posible admitir que la salud se ve solo de manera objetiva y que el cuidado del otro puede ser una situación estanca y no generar reflexiones sobre el autocuidado. Aunque los estudios pueden garantizar innumerables avances en la lucha efectiva contra una enfermedad que afecta implacablemente a toda la sociedad, también es necesario ampliar los problemas que pueden reforzar la atención relacionada con la subjetividad.

Descriptores: Atención de enfermería; salud poblacional; enfermería; indicadores de desarrollo sostenible.

INTRODUCTION

With the complexity of contemporaneity, is notable the repercussion in people's lives, including the appearance of diseases and health problems. The contemporary has the potential to cause an explosion of uncertainty as it is characterized by the cessation of security, stable issues and standards. It is necessary to reflect on the changes experienced in the current world, health promotion and sustainable development, together with social justice, bases for a suitable future for the planet and its inhabitants.

It is very important to work on the constant changes of the planet that have triggered the understanding of the modern world. Several events marked the 20th and 21st centuries regarding the modernity, among them: the French Revolution, in which political and social changes took place, and the Industrial Revolution, a period that leveraged the world economy, consolidating capitalism and globalization¹.

^INurse. Specialist. Student of the Master's Degree in Nursing, Federal University of Rio de Janeiro. Brazil. E-mail: kenia.o.barbosa@gmail.com

^{II}Nurse. MS. Student of the Doctoral Program in Nursing, Federal University of Rio de Janeiro. Brazil. E-mail: jussaramartinsjf@gmail.com

^{III}Nurse. PhD. Professor of the Graduate Program in Nursing, Federal University of Rio de Janeiro. Brazil. E-mail: glauciavaladares@ig.com.br

Considering technological innovations, the availability of easy access to information through the advent of the computerized technological society, *internet* and *Wi-Fi*, individualism and significant perception of self. Thus, the difficulties in interactions, choices and flexibility in relationships are expressive and notorious, as well as the acceleration by consumption, resulting in the deterioration of modernity. Insecurity between beings makes it difficult to build future life projects across the global sphere, leading to liquidity of values, dissatisfaction and deconstruction of the existing solidity².

Among the various relations of society with the meaning attributed to the liquid, one must categorize this state of transformation with the various aspects that are changeable in the lives of human beings: time, lifestyle, self-care, spirituality, among others. Anyway, everyone evolved in the feeling of fear, which is currently a major problem. It is important to highlight that the concept of integral health is opposed to the immediate culture, in which lifestyle and quality of life are linked to health determinants²⁻⁵.

In 2012, Rio +20 took place, with an official document, which recognizes the direct relationship between health and the dimensions of sustainable development, such as: social, environmental and economic. Being health allocated in the social dimension⁴.

From the perspective of the World Health Organization (WHO), health has a polysemy regarding its concept, but it is still based on the principles that comprise the subject in its biological, mental, social, psychological and spiritual totality, in a state of being complete delight, not just absence of disease. This concept seeks the progression of the health of the being, with repercussions on the population's economic growth and development, this when it is necessary to guarantee the universal health right of the population⁵. Thus, the article proposes: to analyze sustainable health with care in nursing health practices.

It is a reflection study whose theoretical basis was fundamentally based on the ideas of the sociologist Boaventura de Sousa Santos⁶, which express attributes of sustainable development, as well as other authors, who follow the perspective of discussion. An attempt was made to link sustainable health with nursing care/health practices in order to contemplate the proposed objective. The present reflection is systematized in *Sustainable development and health* and *Care and sustainable development*.

SUSTAINABLE DEVELOPMENT AND HEALTH

In order to ensure the right to health of the entire population, since, until the mid-1980s, only privileged people had access to care, there was a need to implement a new model of social public policy. Due to the country's economic instability and re-democratization, there was an incentive for the appearance of actors willing to fight for a new paradigm in health. Social movements like the Health Reform contributed to the constitution of a Brazilian Public Health System (Sistema Único de Saúde, SUS), based on its guidelines⁷.

To understand the SUS, the Organic Health Law is pointed out, which emphasizes that health asserts public policies to the population that aim to improve the social and economic aspects of the country. In addition, SUS expands knowledge about the conditioning factors and determinants of health and surveillance for environmental and health issues, as well as other actions of interest to the health field⁸.

It should be added that health is one of the goals of the 2030 Agenda for sustainable development. Integrality and the indivisible have merged, crossing the three dimensions: economic, social and environmental, which stand out when reaching the priorities of health promotion and the complete well-being of people. This from a healthy lifestyle, rethinking poverty, hunger, thus ensuring education, gender equality, lasting protection of the planet and its natural resources^{9,10}, above all, respecting the *Mother Earth*¹⁰, the home of future generations in the perpetuation of species.

Thus, the awareness of corporeality seeks to understand the way of being in all its human dimension, as a complex living being, as part of the isochronism of the earth¹⁰⁻¹². In the distinction of knowledge, the protagonism involved in the rights to human health consists of encompassing health promotion actions, reducing malevolence in the body, and addressing social determinants, which encompass the health-disease process. Consequently, if positive, it results in an improvement in the quality of life¹³.

Reflecting on quality of life in liquid times involves understanding how to act and think individually in relation to the whole. When people understand that individual choices directly affect the whole and, consequently, the world, the ecosystem and that each affected natural environment interferes with health and harms it, obtaining quality of life will be undeniable, in addition to being an indicator of development sustainable. It is necessary to evolve towards the real quality of life that society seeks, thinking about species, fundamentally on the planet.

It is known that the sustainable has become sufficient for itself and for everyone, affecting the care and resources of the whole society. In recent years, debates and projects aimed at this theme have gained significant importance for the space of intervention and mobilization for scientific research, as they encompass aspects such as social solidarity, solidification of the world economy, cultural diversity and the aggregation of urban public policies¹⁰.

CARE AND SUSTAINABLE DEVELOPMENT

It is worth emphasizing that care is essential to human beings. When thinking about this care provided, one should pay attention to the experiences and their repercussions. The nursing professional when aiding is faced with a whirlwind of emotions¹¹. Thinking about nursing care refers to the objective view of the relationship between two subjects involved, the one who takes care and the one who receives care, in order to achieve the *know-how* of the art of care, going through the biological and material of the individual to his subjectivity, evidenced by the body-mind-spirit triad^{11,12}.

Caring, based on the construct of the epistemological sense of nursing, is surrounded by possibilities and diligences related to activities governed by law, which support the practice of the profession. In this sense, it is essential to improve manual skills, dexterity in the subjectivity of care, critical thinking and autonomy for decision making¹⁴.

This autonomy focused on nursing care is an exclusive practice, aiming to break a paradigmatic biomedical model rooted in society. Likewise, it is reiterated that the focus of the emerging model becomes the structuring of both practice and knowledge, converging to the construction of nursing knowledge, know-how and power in the epistemological axis of professional knowledge¹¹.

Regarding professional knowledge, the actions performed by the subject are essential for fundamental assistance, characterized by the meanings attributed by nurses. The way of being and being in the world depends on the unfolding of the attributes of the care process, an object necessary to human nature. These health professionals express and attribute meanings to the care provided and, above all, the commitment to contribute to healthy living¹².

The need to address this theme permeates the search for understanding with regard to subjectivity, as well as the relationship of the phenomena present between the subject (caregiver), the cared being and the environment. This is premised on advancing towards an epistemological construction in the light of an expanded and vitalist paradigmatic view of the multiple inquiries applicable to global changes, health determinants, work-related environment, self-care focused on integrality and promotion of health. It is the non-divisible whole¹⁴.

Evidence in self-care is relevant in the presence of any practice. It is necessary to pay attention to self-awareness and self-knowledge, making a connection with the ethical attitude towards the world in which the individual's action on himself reflects directly on the other. The attitude towards oneself corresponds to a care for one's own life, both in the biological and in the subjective sense, that is, man, in a struggle with patterns of liquid existence, shapes his subjectivity through his choices. These choices must be conscious, as they can interfere negatively or positively in integral health. Living in liquid times, when everything is fleeting, nursing has been consolidating itself as a science, growing and constantly changing. However, in the midst of the epistemological crisis of these times, it is necessary to resume and recognize ethical commitments in the revaluation of holistic care and responsibility for life, which includes the representation of health by an integrated balance of mind, body and spirit^{2,12}.

The concept of health has been transformed from the historical moments experienced, reflecting the appearance of new formulations and proposals for changes in health care models¹⁵. These relationships have tenuous borders in the perception of what they refer to the objective (best expressed by the analysis of indicators on living conditions) and the subjective (actions specific to the subject's lifestyle)¹⁶.

As a concept of integral health, currently, Brazil's health policy refers to an orientation based on the humanistic paradigm and the use of new technologies, due to the exacerbated complexity of the diseases presented in this post-modernity. The health perspective of human beings today encompasses biopsychosociospirituality in an integrated manner and not as an aggregate of fragmented parts¹⁷.

In this regard, nurses with a managerial role, inherent in their profession, have a challenging role in participating in managerial and leadership actions to implement the objectives of sustainable development and combat health malfunctions, recognizing and addressing strategies that encompass both economic aspects as care-oriented socials, whether in primary care or in the hospital setting, at the national or international level¹⁸⁻²⁰.

The intersection between nursing and sustainable development becomes extremely relevant considering the vast knowledge that the profession requires in health practices, involved both in the area of promotion, prevention, diagnosis, treatment and rehabilitation, always centered on the subject, the family and in the community, corroborating the global objectives²¹⁻²³.

CONCLUSION

It is no longer possible to admit that health is seen only in an objective way and the care of the other can be a watertight situation and not generating reflections in terms of taking care of oneself. Although studies can guarantee countless advances in the effective fight against a disease that relentlessly affects the whole of society, it is also necessary to expand the issues that can reinforce the care related to human subjectivity/intersubjectivity, that is, that can also generate benefits in the plan of existence, which undoubtedly includes the person who is defiantly cared for.

The proposed discussion will cooperate in different ways for nursing in the fields of teaching, research, extension and assistance. In the field of education, especially in training, you can support more in-depth reflections on the care of the professional himself. Regarding the assistance field, that is, to the practice, the contribution is made by offering critical-reflective material about the nurses' self-care in order to promote health and prevent diseases, given the perception of care in its entirety.

It is important to highlight the ethical aspect, in order to promote the dissemination of studies, contributing to a professional practice with love, hope, happiness and dignity in the art of care based on the appreciation of integral health, in a critical way. In such a way that the activities carried out and the meetings in the intercessory care can generate perspectives that advance towards self-knowledge and, therefore, ways to mediate the difficulties imposed by life.

The importance of nursing in health practices from promotion to rehabilitation through the three levels is evident: primary, secondary and tertiary; as it is the largest collective of teams, it favors the production of evidence, providing global health care to achieve sustainable health outcomes.

It should also be noted that this article is part of the reflections applicable to theoretical concepts and technologies in nursing, in order to contribute to the production and proposition of theoretical constructs that can make connections with the promotion of health and the care of all, even in the face of complex scenarios, as well as considering the present challenge of liquid modernity and sustainable development.

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