

VIVENDO A QUEIMADURA: RELATO DE EXPERIÊNCIA E CORRELAÇÃO COM A LITERATURA

Living the burn: experience report and correlation with literature

Viviendo la quemadra: relato de experiencia y correlación con la literatura

Resumo

A queimadura provoca uma mudança abrupta na aparência do indivíduo e na função do seu corpo, levando-o à necessidade de vários cuidados por um longo período de tratamento. Durante e após a hospitalização surgem vários problemas emocionais, como estresse, ansiedade, depressão, medo, frustração, além do desconhecimento do processo de recuperação e cicatrização da pele, que afetam o desempenho dos papéis ocupacionais do sujeito. O presente trabalho relata a vivência da queimadura desde o centro de tratamento de queimados até a retomada das atividades, sob a ótica de quem viveu. Caracteriza-se como um estudo qualitativo e um relato de experiência, em que uma das pesquisadoras, estudante de um curso de graduação em terapia ocupacional, vivenciou e não apenas observou os fatos abordados. Como estudante de terapia ocupacional foram refletidas e discutidas possíveis intervenções deste profissional que podem contribuir no tratamento de pacientes queimados em todas as etapas da reabilitação. Tais intervenções são direcionadas aos desejos do sujeito e na diminuição do sofrimento no contexto hospitalar, na retomada das atividades do cotidiano, na reinserção deste na sociedade e nas suas redes de pertencimento, podendo possibilitar a este indivíduo um maior bem-estar. Ao fazer a correlação com a literatura pôde-se compreender que a terapia ocupacional junto ao tratamento de pacientes queimados tem um importante papel para a recuperação desse indivíduo. Além disso, espera-se que este trabalho possa colaborar com a produção de conhecimento da área, influenciando um melhor atendimento a esta população.

Palavras-chave: Queimaduras, Terapia Ocupacional, Pacientes, Reabilitação.

Abstract

The burn causes an abrupt change in the individual's appearance and function of his/her body, leading to the need of many cares for a long period of treatment. During and after hospitalization appear many emotional problems such as stress, anxiety, depression, fear, frustration, besides the unknown about the recovery process and healing of the skin, which affect the performance of the person's occupational roles. This paper reports a burn experience since burn treatment center until the return of activities, from a perspective of who had lived it. It is characterized as a qualitative study and an experience report, which one of the researchers, and student of an undergraduate occupational therapy course, not only had lived, but also observed the facts covered. As an occupational therapy student, were reflected and discussed interventions of this professional that can help in the treatment of patients who suffered burn, in all stages of the rehabilitation. These interventions are directed by the wishes of the patient and to decrease of suffering in the hospital context, recovery of daily activities, reinsertion of the patient on the society and in their cycle of activities, making possible more well-being to this person. When correlating with the literature was possible to understand that the occupational therapy associated with the treatment of burn patients has an important role for the recovery of this patient. Besides that, it is expected that this work can contribute with the knowledge production, influencing a better service to this people.

Key words: Burns, Occupational Therapy, Patients, Rehabilitation.

Resumen

La quemadura provoca un cambio abrupto en la apariencia del individuo y en la función de su cuerpo, llevándolo a la necesidad de varios cuidados por un largo período de tratamiento. Durante y después de la hospitalización surgen varios problemas emocionales, como estrés, ansiedad, depresión, miedo, frustración, además del proceso de recuperación y cicatrización de la piel, que afectan el desempeño de los papeles ocupacionales del sujeto. El presente trabajo relata la vivencia de la quemadura desde el centro de tratamiento de quemados hasta la reanudación de las actividades, bajo la óptica de quien vivenció. Se caracteriza como un estudio cualitativo y un relato de experiencia, en el que una de las investigadoras, estudiante de un curso de gradación en terapia ocupacional, vivenció y no sólo observó los hechos abordados. Como estudiante de terapia ocupacional fueron reflejadas y discutidas posibles intervenciones de este profesional que pueden contribuir en el tratamiento de pacientes quemados en todas las etapas de la rehabilitación. Estas intervenciones se dirigen a los deseos del sujeto y en disminución del sufrimiento en el contexto hospitalario, en la reanudación de las actividades del cotidiano, en la reinserción de éste en la sociedad y en sus redes de pertenencia, pudiendo posibilitar a este individuo un mayor bienestar. Al hacer la correlación con la literatura se pudo comprender que la terapia ocupacional junto al tratamiento de pacientes quemados tiene un importante papel para la recuperación de ese individuo. Además, se espera que este trabajo pueda colaborar con la producción de conocimiento del área, influyendo en una mejor atención a esta población.

Palabras clave: Quemaduras, Terapia Ocupacional, Pacientes, Rehabilitación.

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4XDQGR VH HVWi KRVSLWDOL]DGR QmR Ki PXLWR FRPR TXHVWLGR
SLWDODUHV DLQGD TXH VHMDP LQYDVLYRV 3RUpp QmR SRGHU DR PH
FRPHU H D TXH KRUDV SRU H[HPSOR JHUD XP VHQWLPHQWR PXLWR J
GH LPSRW rQFLD 1R KRVSLWDO ILFD HYLGHQFLDGD D SHUGD GR FRQW
GDGH GR SDFLHQWH TXH SUHFLVD VH VXEPWHU DRMDVFRQMLPHQV
VHPDQDV GH LQWHUQDomR HX Mi QmR FRQVHJXL D LQJHULU D FRPLGD
\$ DOWHUQDWLYD HQFRQWUDGD IRL SHGLU TXH YLHVHV VRPHQWH VRS
HQJROLU VHP WHU TXH VHQWLU PXLWR R JRVWR GR DOLPHQWR

3HQVDQGR QR KRVSLWDO GH PDQHLUD KXPDLJGDG R SDFLHQWH
VHQWLGR GH WHU PDLV YR] SDUD TXH VHMDP UHVSHLWDGDV VXDV LQ
GHVHMRV GHQWUR GR SRVVtYHO EHP FRPR UHFHEHU H[SOLFDo}HV V
FHVVR

3DUD 5DID~~HWKDD~~DFHUF DGD KXPDLJDomR GR DPELHQWH KRVSLWD
VHUHP WUDEDOKDGRV GHYHP VHU 3D YLGD R VRIULPHQWR H D GRU G
OD GRHQoD' S

)DPtOLD

&RQFRUGR FRP ~~6DUW~~LTXHP D IDPtOLD WHP D IXQomR GH GDU VHQ
HQWUH RV LQGLYtGXRV H VHUYLU GH HVSDoR GH HODERUDomR GDV H
FXUVR WHQKR WUD]LGR FRPLJR PHXV IDPLOLDUHV TXH WDPEpP HVWm
FLFDWUL]HV GHVVH SURFHVVR

7RGRV RV IDPLOLDUHV TXH Wp DOJXP HQYROYLPHQWR QD YLGD
FRP VHQWLPHQWRV VHPHOKDQWHV WDLV FRPR DQVLHGDGH PHGR V
QKD 6RX D QHWD PDLV YHOKD GD PLQKD DYy H GXUDQWH WRGD D YLGD
FRPLJR GDQGR DWHQomR FDULQKR VHPSUH FRP PXLWR]HOR 'HYLG
MXQWR D HODK~~HWKRX~~HWQWLPHQWR GH FXOSD VREUH D UHVSRQVDELOL
LQWHUQDomR D PLQKD DPSXWDomR IRL PDQWLGD HP VLJLOR SDUD D
SR VHQGR Oi R LQtFLR GD VXD GHSUHVVmR TXH SHUGXUD DWp KRMH
GH

\$ UHDomR GD PLQKD DYy FRUURERUD FRP ~~HWDDISD~~RV GH *R\D
TXDLV D SHUGD VHMD GH SHVVRDV RX SDUWH GR FRUSR p XP IDWRU
TXH DFRPSDQKD D SHVVRD FRP TXHLPDGXUD \$ GHSUHVVmR GD PLQKD
VHQWLVVH TXH D FDGD GLD SUHFLVDYD VHU PDLV FRUDMRVD H IRUWH
DVVLP PHOKRUDVVH R TXH PH WURX[H VRIULPHQWR SRU QmR SRGHU
WRV FRP RXWUDV SHVVRDV GD IDPtOLD ,PDJLQDYD TXH DR PH PRVWU
FXOSD GD PLQKD DYy LULD DXPHQWU

1D YHUGDGH PLQKD IDPtOLD WRGD WHYH TXH OLGDU UDSLGDPHC
SHUDGD \$ KRVSLWDOL]DomR GHFRUUHQWH GH TXHLPDGXUDV RFRUUH
YHO VHP WHPSR SDUD DV SHVVRDV VH SUHSDUDUHP SDUD WDO

(P WRGRV RV GLDV SHQVDYD PXLWR QD PLQKD IDPtOLD H QR TXD
IUHQGR FRP D VLWXDomR 1mR Vy R PHX FRWLGLDQR IRL WUDQVIRUPD
7RGDV DV VHPDQDV WLQKD XPD YLVLWD GH IDPLOLDUHV H PLQKD PmH
WUDEDOKR QR LQWHULRU SDUD FXLGDU GH PLP 3RU YiULRV PRPHQW
QDU R WDPDQKR GD GRU TXH WRGRV HVWDYDP HQIUHQWDQGR SRU PL
GRU GD PLQKD IDPtOLD H SULQFLSDOPHQWH GD PLQKD PmH ILFR SHVD
p R TXH PH IRUWDOHFH SDUD HQIUHQWU DV GLILFXOGDGHV GR GLD D

5HDELOLWDomR FRWLGLDQR H D 7HUDSLD 2FXSDFLRQDO

\$SyV XP DQR PH UHFxSHUDQGR HQWUH WUDWDPHQWRV KRVSLWD
FDVD UHWRUQHL FRP PLQKDV DWLYLGDGHV QD 8QLYHUVLGDGH)RL H
UDU FRP DV PXGDQoDV QR PHX FRWLGLDQR H DSURIXQGDU PDLV QR T
RFXSDFLRQDO H VXDV SRVVLELOLGDGHV GH DWXDomR

(VWDU GH YROWD j FDSLWDO DR FRQYtYLR GRV DPLJRV H IUHTXH
TXHQWDYD DQWHV GD TXHLPDGXUD IRUDP XP SURSXOVRU SDUD OHYD
WH H WHU XPD UHDELOLWDomR PDLV UisLGD SRU YHU QRYDV SRVVLE
PHLR TXH FRQWLQXDYD R PHVPR DSHVDU GD PLQKD PXGDQoD &RPHF
VHULD YDOLRVR H LPSRUWDQWH VH QR PHX PRPHQWR FRPR SDFLHQW
GH VHU DWHQGLGD SRU HVWH SURILVLRQDO H R TXDQWR D UHDELOL
QRV VRIULGD

6LTXHLUD H -~~WVLEBQ~~WDP D DWXDomR GR WHUDSHXWD RFXSDFLR
GDV VHTXHODV ItVLFDV HP TXHLPDGRV 6HQGR D DWLYLGDGH QD SHU
RQDO UHFxUR IP SRUWQm QD UHVR DGD GH SU VFDV VJQLFDVYDV GR SDFLQm QR DP ELQm
KRVSLWDODU WHP HIHLWR YDOLRVR DR SURSRUFLRQDU D YLYrQFLD C
VHU H[SORUDGDV YiULDV TXHVW}HV FRPR FRRUGHQDomR PRWRUD IR
JXQGR DV DXWRUDV D DWLYLGDGH 3PRELOLJD YRQWDGHV H GHVHMRV
VH WRUQDU DWLYR QRYDPHQWH

2XWUR UHFxUVR LPSRUWDQWH XWLOLJDGR SHOD WHUDSLD RFXSD
VRDV FRP TXHLPDGXUDV H RX FRP DPSXWDo}HV VmR DV yUWHVHV SD
GHIRUPLGDGRPHX FDVR SRGHULDP WHU HYLWDGR D GLPLQLomR GD
HQFXUWDPHQWR GD PXVFXODWXUD SRVWHULRU GH PHPEURV LQIHULR
DGDSWDo}HV SRGHULDP WHU VLGR FRQIHFFLRQDGDVSLQDQSBOPDILQRU
WH SDUD DOLPHQWDomR SDUD TXH SXGHVVH FRPHU VR]LQKD

6HQGR DVVLP D WHUDSLD RFXSDFLRQDO SRGH FRQWULEXLU HP
WDomR WUDEDOKDQGR FRP RV GHVHMRV GR VXMHLWR QR FRQWH[WR
VXDV DWLYLGDGHV FRWLGLDQDV DWUDYpV GH QRYDV IRUPDV GH UHD
JHQGR XVR RX QmR GH DGDSWDo}HV

3DUD &KLQL H %RRHFMUR UQR jV DWLYLGDGHV WUD] FRQVLJR XPD V
WXGH RQGH DV SRVVLELOLGDGHV FRQFVHWRDQDPGHL[DP GH ID]HU SDUWH C
GHVHMDGR SDUD XP PXQGR YLYZHQSHVORLS GHVWH QRYR FRWLGLD
SUHVHQWHV WDQWR SDUD PLP TXDQWR SDUD PHXV IDPLOLDUHV (P
XPD WDUGH QD FDVD GD PLQKD DYy - BRUF BIPORR SHUWIPX GLVVH TX
LULD WOPR iVH IRVVH QD [tFDUD (OHV QmR TXHULDP PH GDU FRP UHFH
VH SRLV D GLILFXOGDGH GH VHJXUDU QD DOoD GD [tFDUD VHULD PD
UHVLVWL H Vy WRPHL FDiP QD [tFDUD DVVLP FRPR IXL VHQGR WHLPR
GHV SURFXUDQGR XP FRWLGLDQR GH- BVWDCR TXP QHXF EVHP HVWDY
PDQWHU PHVPR FRP FHUWR HVIRUoR KiELWRV DQWHULRUHV DR DFI
FRWLGLDQR p VXSHUDU R SUySULR FRWLGLDQR' S

6HJXQGR %H QHWDQ7HUDSLD 2FXSDFLRQDO YLVD R HQFRQWUR
SRVVtYHO Mi TXH DV SHVVRDV TXH QHFHVVLWDP GHVWH SURILVVLRQ
IRUPDGR SHOD LQWHUUXSomR H QmR SHOD VXD VXSUHVVmR 'HVVD IF
IHUD HQWUH RV OLPLWHV H SRVVLELOLGDGHV GH FRQVWUXomR H WUD
\$ DXWRHVWLPD DXWRFRQKHFLPHQWR H DILUPDomR GHVV
GR WHUDSHXWD RFXSDFLRQDO WUD]HQGR R LQGLYtGXR S
PHPEUR H TXH R ROKBUDS UMRGRDHGGH OJLU[WUDLU DV SRW

&216,'(5\$d@(6),1\$,6

2 SUHVHQWH WUDEDOKR UHODWRX D H[SHULrQFLD GLUHWD GH XP
SDFLRQDO QR WUDWDPHQWR GD TXHLPDGXUD FRUUDHDFLRQDQGR IDV
WXUD UHIHUHQWH j iUHD \$R ID]HU D FRUUDHDFLRQDQGR IDV
WHUDSLD RFXSDFLRQDO MXQWR DR WUDWDPHQWR GH SDFLHQWHV TXH
SDUD D UHFVSHUDomR GHVVH LQGLYtGXR

(YLGHQVH DD DXVrQFLD GR WHUDSHXWD RFXSDFLRQDO QR SURFHV
UDGR H UHWWDQWRV DWHQGLPHQWRV IRUDP UHDOL]DGRV HP &74 GD
GH XP HVWDGR GD 5HJLmR 6XGHVWH H QmR HP XPD FLGDGH GH SHTX
ULD HP SDUWH D FDUrQFLD GHVWH SURILVVLRQDO \$ DXVrQFLD GR W
GD GHPDQGD H[SOtFLWD GH FXLGDGRV UHIHUHQWHV DR VHX Q~FOHR
FHVVLGDGH GD RUJDQL]DomR GD FDWHJRULD SDUD R SUHHQFKLPHQW
SRQGHP D WRGDV DV QHFHVVLGDGHV GDV SHVVRDV TXH SURFXUDP RV

&RQVLGHU DXH HVWH WUDEDOKR FRQWULEXL SDUD D GLVFXVVmR
OLWHUDWXUD FRQFHUQHWH j 7HUDSLD 2FXSDFLRQDO TXHLPDGGRV
FRP HVWH GLUHFLRQDPHQWR

5HIHUrQFLDV

+HOP 3\$ HW DO 5HDELOLWDomR GH 4XHLPDGRV ,Q 'HOLVD -\$ *DG
QD GH 5HDELOLWDomR SULQFtSLRV H SUiWLFD • HG -6mR 3DXOR 0D

&RVWD 0&6 HW DO 6LJQLILFDGRV GH TXDOLGDGH GH YLGD DQiOLV
H[SHULrQFLD GH SHVVRDV HP UHDELOLWDomR- \$PH TQHLUPDQWLDV 5HY
6mR 3DXOR - 'RLKWS G[GRL RUJ - 6

*XLPDumHV *7 \$VSHFWRV GD WHRULD GR FRWLGLDQR \$JQHV +HOO
PDumHV *7')HUQDQGHV , 3RUWR \$OHJUH (' ,38&56 S

&KLQL &2* %RPHU 50 \$ DPSXWDomR QD SHUFHSomR GH TXHP D YL
D yWLFD GD IHQRPHQROyJLSPD (QHYUPDWHLRLUmR 3UHW
- 'RLKWS G[GRL RUJ - 6

'H & DVWUR \$13 --QLRU (0/ 'HVVHGYROYLPHQWR H YDOLGDomR GH F
WLPDV GH TXHLPDGDGXUDV 5HY %UDV 4XHLPDGDGXUDV)R>SFWBOMRD
HP GH] @ 'LVSQRtYHO HP KWWS UETXHLPDGDGXUDV RUJ EU GHW
GHVHGYROYLPHQWRHBDUWSONKDDFLHQWLV-CDVXHLPDGDGXUDV

&DUOXFFL 9'6 HW DO \$ H[SHULrQFLD GD TXHLPDGDGXUDV QVFSHUVSHF
(QIHUP 863 6mR 3DXOR - 'RLKWSWS G[GRL RUJ - 6

5RGULJXHV --QLRU -/ HW DO 7HUDSLD 2FXSDFLRQDO HP TXHLPDGR
DFHUFd GD UHDELOLWDomR ItVLFD MXQWR D LQGLYtGXRv FRP TXHLPD
%HOP - >\$FHVVR HP RXW @ 'LVSQRtYHO HP KWWS
ZZZ UETXHLPDGDGXUDV RUJ EU GHWDOKHBDUWLJR DVS"LG

6LTXHLUD)0% -XOLERQL (3. 2 SDSHO GD DWLYLGDGH WHUDSrXWLF
GXR TXHLPDGR HP IDVH DJXGD &DG 7HU 2FXS 8)6&DU 6mR &DUORV
>\$FHVVR HP RXW @ 'LVSQRtYHO HP KWWS
ZZZ FDGHUQRVGHWHUDSLDRFXSDFLRQDO XIVFDU EU LQGH[SKS FDGHU

5ROQLN 6 6XEMHWLYLGDGH pWLFd H FXOWXUD QDV SUIWLFdV FotC

6FKHZLQVN\ 65 \$ EDUEiULH GR SUHFRQFH LWRFR R R QWRUR VR YG WILFDV G
\$FWD)LVLiWU - >\$FHVVR HP RXW @ 'LVSQRtYHO HP KWWS
ZZZ UHYLVWDV XVS EU DFWDILVLDWULFD DUWLFOH YLHZ)LOH

5DIDFKR \$0 HW DO \$ 7HUDSLD 2FXSDFLRQDO QR &RQWH[WR GD +X
\$QDLV GR ž (QFRQWUR /DWLQR \$PHULFDQR GH ,QLFLDomR FLHQWtILF
FDQR GH LQLFLDomR FLHQWtILFD 9DOH GR 3DUDSFDHVVVR HP RXW
@ 'LVSQRtYHO HP KWWS ZZZ LQLFHSJ XQLYDS EU FG ,1,& WU
(3* B & SGI

RPHV 0-3% \$ LQWHUFQRVXOWD GH 7HUDSLD 2FXSDFLRQDO QR +R
IHLWR Ki PDLV GH GH] DQRV 5HYLVWD -(7>\$FHVVR HP VHW @
'LVSQRtYHO HP KWWS ZZZ FHWR SUR \$GIUHYLVWDV

'H &DUOR 0053 HW DO 7HUDSLD 2FXSDFLRQDO HP FRQWH[WRV KR
OD6mR 3DXOR -

'XDUWH 0/& HW DO 3HUFHSo}HV GD HTXLSH GH HQIHUPDJHP VREU
XQLGDGH GH TXHLPDGRV 5HY 3*DUWRD\$QIHUP - >\$FHVVR
HP RXW @ 'LVSQRtYHO HP KWWS ZZZ VFLHOR EU VFLHOR SKS
VFULSW VFLBDUWWH[W SLG 6

3XSXOLP -6/ 6DZDGD 12 3HUFHSo}HV GH SDFLHQWHV VREUH D SUL
5HY %UDV (QIHUP %UDVtOLD- >\$FHVVR HP QRY @ 'LVSQRtYH
HP KWWS ZZZ VFLHOR EU SGI UHEHQ Y Q D Y Q SGI

6DUWL &\$ \$ IDPtOLD FRPR RUGHP VLPEyOLFD 3VLFRODRIHdV863
HP RXW @ 'LVSQRtYHO HP KWWS ZZZ VFLHOR EU SGI SXVS Y

&DUYDOKR)/ 5RVVL /\$,PSDFWR GD TXHLPDGDGXUD H GR SURFHVVR
XPD XQLGDGH GH TXHLPDGRV VREUH D GLQKPLFD IDPLOLDU UHYLVmR
GDGR H VDDGHQJi - >\$FHVVR HP QRY @ 'LVSQRtYHO
KWWS ZZZ SHULRGLFRV XHP EU RMV LQGH[SKS &LHQF&XLG6DXGH DU

*R\DWi 6/7 HW DO 'LDJQyVWLFrv GH HQIHUPDJHP GH IDPLOLDUHV
TXHLPDGRV QR SHUtRGR SUy[LPR j DOWD \$PRV(SUWdD)HP5HY /DWLQR
- >\$FHVVR HP VHW @ 'LVSQRtYHO HP KWWS ZZZ VFLH
VFULSW VFLBDUWWH[W SLG 6

%HQHWWRQ - HW DO +iELWRV FRWLGLDQR H 7HUDSLD 2FXSDFLRQ

&RQWULEXLoMR GRVDDWFLQD)RRULHQVSRQViYHO SHOD YLQDrQFLD H
ULDQDIRLPHHHVSRQViYHO SHOD RULHQWDomR GR WUDEDOK
7HUHV LQKD &RQVLDHWSRQLGYMO SHOD RULHQWDomR H UH
DSURYDUDP D YHUVmR ILQDO GR WH[WR

6XEPHWLGR HP
\$\$SURYDGR HP
3XEOLFDGR HP