

## *Reflections: the Nursing Now Movement and Slow Nursing*

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### **ABSTRACT**

**Introduction:** Defining nursing and understanding the role of nurses in the most diverse scenarios is not an easy task. As society evolves, nursing is inserted and integrated into new contexts.

**Objective:** Present a brief reflection on topics related to nursing in the light of today.

**Method:** Bibliographic review research with a historical background of the last three years (2017 to 2020) on the themes Nursing Now movement and Slow Nursing. The search source used was the academic google and Scientific Electronic Library Online (SciELO).

**Results:** Slow Nursing challenges all the agility and haste of the service currently provided and Nursing Now seeks empowerment and global dissemination of nurses' actions.

**Conclusion:** The themes presented provoke nurses to reflect deeply on how they occupy their spaces in the health area, through technologies and informatization.

**Keywords:** Patients; Education; Nursing and History of Nursing.

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**Crossref Doi:** <https://doi.org/10.36437/irmhs.2020.3.6.E>

### **Introduction**

Technological advances and computerization in the health area are increasingly solidifying. The equipment is modern, optimizes assistance in always, and causes more and more procedures to be done more quickly and concurrently, that is, there is the consolidation of the "technological park".

However, the technologies that move a large market in the health area, with countless indisputable benefits, which commercialize health, and make caring an object of profit, do not humanize their actions.

Nursing will never be surpassed in care, as its essence and excellence that has historically taken root. Faced with a distressed look, a doubt, the need for a word of guidance or care, nursing will be ready and with scientific knowledge to offer what the agility and coldness of machines do not do.

There are many advances achieved by nursing in the scientific field, and it can be said that the search and consolidation of knowledge based on our history is fundamental, which is why we use important names of nursing in the process of scientific construction.

Thanks to the work initiated by Florence Nightingale, nursing, which was previously seen only as art, was recognized and solidified as a science and profession through the theoretical basis of its practice, reaching modernity, taking on large proportions, and increasingly expanding the possibilities of performance.<sup>1</sup>

Consequently, it is noted that the precepts established by Florence Nightingale have historical relevance, being considered as a landmark for nursing and serve as a parameter today.<sup>2</sup>

For Wanda De Aguiar Horta, there are many definitions that we find regarding nursing, always plausible concepts of change and an increasing level of complexity in order to meet the needs of the time during its constant evolution. In its definition, it refers to the importance of conceptualizing basic needs.<sup>3</sup>

Analyzing important definitions proposed by Florence Nightingale, Sr. Maria Olivia, and Virginia Henderson, in her work Concepts of Nursing (1968)(3) Wanda de Aguiar Horta explains nursing as follows:

Nursing is the science and art of assisting the human being in meeting his basic needs, making him independent from this assistance through education; to recover, maintain and promote their health, opting for it with the collaboration of other professional groups.

The Slow Nursing movement, nursing without haste, resembles this line of understanding and seems to connect the foundation of nursing with the present. It is a line of thought that defies all the agility and

haste of the service currently provided, to guarantee assistance that does not need to be quick, but rather cautious and efficient.

It is opportune to challenge the search for quick solutions, to demand that certain actions and concepts be evaluated in a meaningful way, without haste, instead of simply masking the problems of our patients, we must actively seek for truly effective solutions and care. Concomitant with this, it is also necessary to challenge the obsession with the speed of flow and achievement of goals, one should dedicate time focusing primarily on the quality of actions and interactions that contribute to the promotion of well-being for patients, families, and professionals.<sup>4</sup>

### **Objective**

Present a brief reflection on topics related to nursing in the light of today.

### **Method**

Bibliographic review research with historical background of the last three years (2017 to 2020) on the themes Nursing Now movement and Slow Nursing. The search source used was the academic google and Scientific Electronic Library OnLine (SciELO).

### **Results and Discussion**

It is necessary to pay attention to the word assistance, it is up to the nurse to help the individual to meet all the needs that for some reason he is unable to fulfill for himself, whether due to lack of strength, will, or knowledge. The patient should be helped to provide comfort, a satisfaction of his basic needs and, when appropriate, guide him and offer assistance so that he can regain his

independence, knowing how to recognize and respect the limits of his condition.<sup>3</sup>

### **As Vale<sup>(5)</sup> States**

Nursing care is an intentional phenomenon, essential to life, that occurs in the encounter of human beings who interact, through attitudes that involve conscience, zeal, solidarity, and love. It expresses a “know-how” based on science, art, ethics, and aesthetics, directed to the needs of the individual, the family, and the community.

A careful approach allows the verbalization of the patient's feelings, the good relationship between the professional and the patient provides positive feelings, which allow a real approximation of health promotion and self-confidence for the patient. Through the proposal made possible by Slow Nursing, nurses need to demonstrate presence, do one thing at a time, calmly, without haste, recognize the way in which their body and professional posture works and their communication with others, concomitant to that, give the patient time to be heard, feel effectively cared for, provide comfort and safety in the environment.<sup>6</sup>

The conversation without haste, listening without haste and persistence gives the patient the sensation and perception that someone, his nurse, looks after him, guarantees the care he needs.<sup>7</sup>

As discussed throughout the text, the history of nursing reveals the importance of the professional Nurse in promoting health through care and assistance as science and is being increasingly recognized, thanks to the work of great names for nursing such as Florence Nightingale and Wanda Aguiar

Horta. In fact, there are many advances in modern nursing as recognition, updating, and enhancement of our profession.

According to data taken from the Cofen-Federal Nursing Council<sup>8</sup>, WHO - World Health Organization, defined that 2020 is the International Year of Nursing and, as the Nursing Now movement implemented in Brazil in 2019, aims at empowering professionals, in addition, to emphasize its importance in a global context in guaranteeing health and achieving global goals.

The Nursing Now Movement started to be executed in Brazil in 2019, with the aim of qualifying more and more professionals, strengthening and developing nursing education with a focus on leadership. The campaign also actively seeks to improve the working conditions and recognition of the nursing professional and the implementation of new practices based on scientific evidence, to ensure greater effectiveness of the care provided.<sup>9</sup>

I have for reflection that the resulting mentioned approaches, Slow Nursing, Nursing Now, and the current campaign 2020 International Year of Nursing seem to be moving in the same direction, they are not alternatives for the solution of the problems and controversial issues of global health, they do not aim to solve all problems The lack of professional recognition is recurrent, but it can be said that they are strategies to improve all this reality, aiming to empower not only the profession as a whole but also the human being, being patient and I dare even say, being a nurse. Clarifies in his Reflection on Slow Nursing, it is necessary to

take advantage of every detail we define as time, to use it in the best possible way, to analyze the principles that move our actions, our priorities.<sup>10</sup>

### Conclusion

It is noted that there is a close relationship between the nursing actions that become increasingly evident as, on the one hand, multidisciplinary work gains strength and on the other, life expectancy increases, as does the quality of life and death are more discussed and understood.

Reflecting how nursing behaves and occupies spaces in the health area, through technologies and computerization is the proposal that this work proposes.

Low scientific production is perceived for the themes proposed in this reflection. And in view of the increasing worldwide recognition of nursing in its most varied sectors of activity, it is necessary that more research can feed themes such as Nursing Now and Slow Nursing.

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**How to cite this Article:** Amanda Furlaneto Teixeira, Bruno Vilas Boas Dias; [Reflections: the Nursing Now Movement and Slow Nursing](#); Int. Res. Med. Health Sci., 2020; (3-6): 33-36; doi: <https://doi.org/10.36437/irmhs.2020.3.6.E>

**Source of Support:** Nil,

**Conflict of Interest:** None declared.

**Received:** 27-10-2020; **Revision:** 4-12-2020; **Accepted:** 8-12-2020