



A SEXUALIDADE DO IDOSO NO CONTEXTO DA CONSULTA DE ENFERMAGEM: UMA ANÁLISE FENOMENOLÓGICA DE LUSO-BRASILEIROS

THE SEXUALITY OF THE ELDERLY IN THE NURSING CONSULTATION CONTEXT: A PHENOMENOLOGICAL ANALYSIS OF LUSO-BRAZILIANS

LA SEXUALIDAD DEL ANCIANO EN EL CONTEXTO DE LA CONSULTA DE ENFERMERÍA: UN ANÁLISIS FENOMENOLÓGICO DE LUSO-BRASILEÑOS

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RESUMO

Introdução: Ao ouvir idosos no Brasil e em Portugal, houve a intenção de promover discussões reflexivas que compartilhassem experiências e vivências, no intuito de interagir com a pluralidade cultural existente entre os dois países para o auxílio da compreensão da sexualidade de idosos e, das possíveis mudanças comportamentais adquiridas após ações implementadas em situação de aprendizado.

Objetivos: Descrever, compreender e discutir a inter-relação entre enfermeiros e clientes na ação educativa sobre a sexualidade do idoso no contexto da consulta de enfermagem.

Métodos: Resultado tese sobre a sexualidade dos idosos no contexto da consulta de enfermagem, traduzido em uma revisão sistemática. A relevância ocorreu em ouvir idosos e enfermeiros no Brasil e em Portugal, com a intenção de promover discussões reflexivas que compartilhassem experiências e vivências de interação com a pluralidade cultural existente. Participaram 41 idosos e 26 enfermeiros. Cenários utilizados foram o HESFA- Brasil e IPG - Portugal, em concordância com os critérios éticos, Conselho Nacional de Saúde, resolução 466/12.

Resultados: Apresentaram-se como categorias concretas do vivido, que revelaram os "motivos-porque" dos idosos e dos enfermeiros.

Conclusões: Portanto, a ausência da intenção demonstra a necessidade de discussão sobre o assunto na teoria desde a graduação e, no campo prático, nas consultas de enfermagem.

Palavras-chaves: Enfermagem; Consulta; Gerontologia; Sexualidade.

ABSTRACT

Introduction: Listening to elderly people in Brazil and Portugal, it was intended to promote reflective discussions that shared experiences and experiences, in order to interact with the cultural plurality existing between the two countries to help the understanding of the sexuality of the elderly, and of the possible behavioral changes acquired after actions implemented in a learning situation.

Objectives: Describe, understand and discuss the interrelation between nurses and clients in the educational action on the sexuality of the elderly in the context of the nursing consultation.

Methods: Outcome thesis on the sexuality of the elderly in the context of the nursing consultation, translated into a systematic review. The relevance was to listen to elderly and nurses in Brazil and Portugal, with the intention of promoting reflective discussions that shared experiences and experiences of interaction with the existing cultural plurality. 41 elderly people and 26 nurses participated. Scenarios used were HESFA - Brazil and IPG - Portugal, in accordance with the ethical criteria, National Health Council, resolution 466/12.

Results: They were presented as concrete categories of the lived, which revealed the "reasons-why" of the elderly and the nurses.

Conclusions: Therefore, the absence of intention demonstrates the need to discuss the subject in theory since graduation and, in the practical field, in nursing consultations.

Keywords: Nursing; Consultation; Gerontology; Sexuality.

RESUMEN

Introducción: Al oír a ancianos en Brasil y Portugal, hubo la intención de promover discusiones reflexivas que compartieran experiencias y vivencias, con el fin de interactuar con la pluralidad cultural existente entre los dos países para el auxilio de la comprensión de la sexualidad de ancianos y de las posibles cambios de comportamiento adquiridos después de acciones implementadas en situación de aprendizaje.

Objetivos: Describir, comprender y discutir la interrelación entre enfermeros y clientes en la acción educativa sobre la sexualidad del anciano en el contexto de la consulta de enfermería.

Métodos: Resultado tesis sobre la sexualidad de los ancianos en el contexto de la consulta de enfermería, traducido en una revisión sistemática. La relevancia ocurrió en oír a ancianos y enfermeros en Brasil y Portugal, con la intención de promover discusiones reflexivas que compartieran experiencias y vivencias de interacción con la pluralidad cultural existente. Participaron 41 ancianos y 26 enfermeros. Los escenarios utilizados fueron HESFA-Brasil e IPG - Portugal, en concordancia con los criterios éticos, Consejo Nacional de Salud, resolución 466/12.

Resultados: Se presentaron como categorías concretas de lo vivido, que revelaron los "motivos-porque" de los ancianos y de los enfermeros.

Conclusiones: Por lo tanto, la ausencia de la intención demuestra la necesidad de discusión sobre el tema en la teoría desde la graduación y, en el campo práctico, en las consultas de enfermería.

Palabras Clave: Enfermería; Consulta; Gerontología; Sexualidad.

INTRODUCTION

In Brazil, is considered elderly, the person who is 60 years of age or older. The World Health Organization (WHO) has stated that by 2050, there will be two billion people over 60, long-lived, making it one of the largest population successes in the 21st century (UN, 2014).

The Brazilian Institute of Geography and Statistics (IBGE) describes that the elderly over 60 years old totaled 23.5 million, more than the double registered in 1991, when, in the same age group, there were 10.7 million. The participation of the population aged over 65 increased from 5.9% in 2000 to 7.4% in 2010 (IBGE, 2014).

In this sense, it is believed that the motivations regarding the elderly will guide the adoption of normative measures, in face of the new world demographic reality of the 21st century (Brazil, 2002). However, it is still necessary to take into account the specificities of the elderly in relation to their sexuality (Saraiva et al, 2017)

In analyzing the statistical data, we noticed that changes in the approach to sexuality of the elderly could be implemented in both Brazil and Portugal, contributing to the planning of services that meet the needs, rethinking the current system and adapting it to the new realities, however, this reflection would need to be fast, as there is also the aging of the population.

The article is modern and relevant due to the absence of studies in the area of comprehensive analysis on the subject of the sexuality of the elderly in the Nursing Course, and can be evidenced through the state of the art. In this sense, we carried out a systematic review of 2,320 articles, 20 Dissertations and 18 Theses. Review elaborated through searching the databases of the Virtual Health Library (BVS) of the BIREME system: *Scientific Electronic Library Online* (SCIELO); Latin American and Caribbean Health Sciences Literature (LILACS); *Medical Literature Analysis and Retrieval System Online* (MEDLINE); Spanish Bibliographical Index of Health Sciences (IBECS); Nursing Database (BDENF); PubMed; Cochrane.

For these reasons, the study gave voice to the elderly, to understand the meaning of their sexuality, in the context of nursing consultation, in their new life moment. And, had as objectives to describe, understand and discuss subjectivity and intersubjectivity between nurses and clients in the educational action sexuality of the elderly in the context of nursing consultation.

1. STATE OF ART

In addition to the databases already described, we used the collection of the Library of the Polytechnic Institute of Guarda and the virtual collection of the Libraries: Minerva/UFRJ/EEAN- Rio de Janeiro-Brasil; Virtual Library of the Nursing School of Lisbon; General Library of the University of Coimbra; Faculty of Natural and Human Sciences - University of New Lisbon; Virtual Library of the University of Porto; Virtual Library of the University of Minho; Virtual Library of the Pontifical University of Salamanca-Spain; National Digital Library Europeana; Digital Library of University Aberta; Knowledge Center of the Azores; World Digital Library: Copenhagen Manuscripts; Digital Library Initiatives; The European Digital Library Treasures; Gallica; New York Public Library; New York State Library Treasures in Full - British Library; Portal Domínio Público.

As a temporal cut, 1990 to 2016. The year 1990 was established due to the Organic Law No. 8,080/90, which initiated the normalization of changes in care for the elderly in the health sectors, with access criteria to provide comprehensive care with actions aimed at the promotion, protection and health recovery, aimed at maintaining and improving the functional capacity of the elderly in a multidisciplinary view. Como área de conhecimento: enfermagem, educação, gerontologia, fenomenologia. Idioma dos artigos selecionados: português, inglês, francês e espanhol. Para o enfoque do conteúdo utilizamos como palavras-chave: enfermagem, consulta, gerontologia, idoso, ensino, sexualidade. Do material analisado, apenas um artigo foi elegível para o estudo.

We observed that most of the writings deal with the sexuality of the elderly as STD prevention, cancer and hormone replacement in elderly women, in which they mention that sexual function is one of the main causes of women's concern for programmed hysterectomy. They portray that the aging process requires the awareness of health professionals that the elderly is sexually active, therefore exposed to STDs, and that the issue of condom use should become a natural problem both during consultations and in groups and events organized to reach this population. They describe the sexuality of the elderly with the purpose of analyzing the sexual practice, linked to the myths and taboos.

After analyzing the samples, we observed that, despite the published articles, there was a decline in the year of 2010 and a greater number of publications in 2011. Regarding the level of evidence, level IV prevailed, considering descriptive studies with a qualitative approach, with the guiding question = How is experienced the sexuality of the elderly?

Thus, all were excluded because they did not fulfill the specificities of the study and ratifying, up to the moment, the knowledge gap in relation to the presented theme. Therefore, we still need studies that reflect these differences that permeate the life trajectories of this population despite existing legal instruments such as the Federal Constitution, Public Policies, Statutes and Reports.

From this restlessness, the elderly was initially heard in Brazil and later in Portugal, with the intention of allowing a new look at the study, taking into account being a country with a greater number of elderly, long-lived and having a better quality of life. The data released by the last General Census of Population, promoted by the National Statistics Institute, dated of March 21, 2011,

(In this country, the elderly is considered to be 65 years of age or older) indicate a decline in the population of young people, standing at 15%, while that of the elderly increased, occupying 19% of the total population (INGE, 2012).

These variations result in an imbalance, which leads to a decrease in the base of the demographic pyramid represented by the younger population and the enlargement of its top, which portrays the growth of the elderly population.

Listening to elderly people in Brazil and Portugal, we wanted, in addition to a new look, to promote reflective discussions that shared experiences, in order to interact with the cultural plurality existing between the two countries to help understanding the sexuality of this group, and possible changes in behavior acquired after actions implemented in a learning situation. Considering the need for new models in the provision of health services that enable qualified care, which will require better training of professionals to take care of the health of the elderly in a manner consistent with the current reality (Silva et al., 2013).

2. METHODS

It is a qualitative research, based on the theoretical-methodological reference of the sociological phenomenology of Alfred Schutz, whose importance is the use of methods that explore the maximum of the phenomena captured from the research. Their results are based on the real-life experiences of people with knowledge of the phenomenon firsthand (Wagner, 2012).

In view of the specificity of the theme, it was decided to make use of the Sociological Phenomenology of Alfred Schultz, for properly understand the articular of the article. For this, it was necessary to listen to the nurses, seeking their intentionality about the sexuality of the elderly, through the contextualization of the reason-because, with the intention of understanding the actions that drove the planning and execution of singular activities for each elderly person hosted in the nursing consultation.

The study was based on the dependencies of the Institute of Health Care São Francisco de Assis (HESFA) – Federal University of Rio de Janeiro (UFRJ) – Brazil, which works with the teaching of the nursing consultation to the elderly adult, located in the city of Rio de Janeiro. And as a complement to the study scenario, data were collected in Portugal at three Day Center; a Convivial Center; a Mixed Unit with Day and Home Center; a Family Health Unit; um Centro de Saúde; one Hospital; and one Senior Academy in the City of Guarda Portugal.

Twenty-six nurses participated in the study. Brazilian nationality (09), Portuguese nationality (16) and French nationality (1). Age range between 33 and 69 years old. Regarding nursing graduation: 07 completed in public universities and 19 in colleges, universities and polytechnic health schools, but private. There were also reports of another graduation as: Graduation in Psychology and Graduation in Law.

In relation to the Lato Sensu Postgraduate, only 05 do not have; in the Stricto Sensu Specialization, was found: 10 Masters and 03 Doctors. Regarding the time that the nursing consultation to the elderly takes place: shorter time 02 years and longer time 37 years.

The nurses were identified by letters of the alphabet: E (nurse plus the letter of the alphabet, in the Portuguese language). In this way, they were interviewed individually, through electronic recording (MP3). As a criterion of reliability, it was later allowed to listen to their interviews.

For the data collection, the interview was used with a phenomenological approach, semi-structured, with an initial script, in which it was possible to understand the type of the phenomena of the research participants.

It was understood in the light of Schutz that the intentionality of the participants and the understanding of the subjectivity and intersubjectivity provided by the empathy of the face-to-face relationship demonstrated at the time of the interviews made the genuine natural phenomena of human relations emerge without taking into account their values, providing an understanding of the contextualization of reason-because and its categories (Wagner, 2012).

For the organization of the data, aiming to arrive at the typical of the subjects' action, the phenomenological methodological trajectory of Alfred Schutz's theory (2012) was used, going through the following steps:

- Apprehension of the speeches in the interviews, to describe the lived type of subjects;
- Immediate transcription of the interviews, excluding Portuguese errors, aiming to preserve the subjectivity of the face-to-face research-participant relationship of the study;
- Careful and meticulous reading, to transform what has been proved subjective in purpose, with the finality to group the meanings found in the categories;
- Use of surnames, to express meanings, and to remain anonymous;
- The intentionality of the participants' lived type, through reasons-for and reasons-because.

This attitude represents the researcher's own activity in identifying, from the lines, the elaboration of concrete categories of the lived. Therefore, the typicity opens and closes according to the degree of anonymity and familiarity.

The development of the study met the standards according to Resolution 466/12, published on June 13, 2013, the participants of this research signed the Term of Free and Informed Consent (TCLE). The interviews were carried out with the approval of the Ethics and Research Committee (CEP) of the Anna Nery School of Nursing – Federal University of Rio de Janeiro, on November 13, 2014, under the number: 36876114.6.0000.5238.

The speeches of the participants of the research will be stored for a period of five years and discarded afterwards, respecting human opinion and dignity, involving the current and potential progress of science and technology, which should result in promotion of the well-being and the quality of life, as well as the defense and the preservation of the environment, for the present, as well as for the future generations.

3. RESULTS

Of the 26 nurses interviewed, 09 are teachers and accompany students in an internship field and 17 are assistants nurses, but all work with the elderly. Although a research participant is French, he graduated in Lisbon and did Master's degree in Vizeu. Of the total interviewed, we found a greater number of nurses with an age range between 57 and 60 years old, and a total of 03 nurses close to the professional retirement period, since in Portugal the minimum age to apply for retirement by age is 65 years for both men and women.

In Brazil, retirement by age is a benefit due to the worker who proves the minimum of 180 months of work, in addition to the minimum age of 65 for men and 60 years for women. For the "special insured" (family farmer, artisanal fisherman, indigenous, etc.), the minimum age is reduced by five years. However, in the age group of 33 to 40 years, there are a total of 06 nurses, 02 are Brazilian and 07 are Portuguese, therefore, a greater number of new nurses contributing to the renewal of the profession.

The average age of the nurses is similar between the two countries with the same teaching fundamentals regarding the sexuality of the elderly, being confirmed in the interviews and ratified by the data analysis, with the need for professional qualification to support both the nurse practitioner and the teaching nurse. Of the 26 nurses, 05 opted for Lato Sensu courses or to support the practice or to serve as a basis for the *Stricto Sensu* course.

It was verified with the results that the relation of space and time established between the research participants and the interviewer revealed the contextualization of "reasons-because" into categories. However, in order to arrive at this methodological behavior, it is necessary to seek the basis of Schutz's concept of the "motive-for", in which the intention of the projected act must be realized by a future action.

Table 1 - Characterization of Nurses

Subject	Nationality	AGE	Place of Graduation and completion date	Courses After Graduation in Nursing	Time Teaching the Consultation
E-AA	BR	57 Years old	Graduação em Enfermagem e Obstetrícia (UNIRIO). 1979 and Degree in Psychology – UNESA - 2009	Improvement in Public Health Nursing Qualification – Alfredo Pinto School 1980/ Specialization in Teaching in the Area of Hearing Impairment – UFRJ - 1992	7 Years
E-AB	BR	59 Years old	Degree in Nursing (Celso Lisboa – 2010)	-	4 Years
E-AC	BR	35 Years old	Degree in Nursing and Obstetrics. EEAN/ UFRJ - 2002	Specialization in Clinical and Surgical Nursing - UNIRIO- 2005	2 Years
E-AD	BR	43 Years old	School Souza Marques - 2001	Specialization in Health and Aging of the Elderly Person – National School of Public Health – 2008 Master in Nursing – EEAN-UFRJ - 2013	8 Years
E-AE	BR	63 Years old	Degree in Nursing and Obstetrics. EEAN/ UFRJ - 1978	Master in Nursing /EEAN – 1988 / Specialization in Geriatrics and Gerontology / UVA- 2003 / PhD in Nursing -EEAN-UFRJ - 2003	13 Years
E-AF	BR	59 Years old	Degree in Nursing – Alfredo Pinto Nursing School – 1978 /	Master in Nursing –EEAN-UFRJ – 2001 / PhD in Nursing -EEAN-UFRJ-2009	12 Years

Subject	Nationality	AGE	Place of Graduation and completion date	Courses After Graduation in Nursing	Time Teaching the Consultation
E-AG	BR	47 Years old	Degree in Nursing EEAN-UFRJ – 1992 / Degree in Law. University of the State of Rio de Janeiro, UERJ - 2000	Specialization in Higher Education - Higher Institute of Pedagogical Education- 1996 / Specialization in Nursing at Work – UGF-2003 / Master in Nursing –EEAN-1999 / PhD in Nursing – EEAN - 2004	20 Years
E-AH	BR	59 Years old	Degree in Nursing EEAN-UFRJ – 1986	Specialization in Pediatrics and Childcare – FELM – 1989 / MBA- Management in Health Services – EEAN-UFRJ – 2008/ Master in Nursing -EEAN-UFRJ-2014	20 Years
E-AI	BR	51 Years old	Degree in Nursing EEAN-UFRJ – 1999	Infectious Diseases at Oswaldo Cruz Foundation (Fiocruz) and Obstetrics in EEAN/UFRJ	15 Years
E-AJ	PT	52 Years old	Degree in nursing - Abel Salazar Institute of Biomedical Sciences - University of Porto - 1986	Specialist in Mental and Psychiatric Health Nursing, Master of Science in Nursing and PhD in Nursing Sciences of the Abel Salazar Institute of Biomedical Sciences – University of Porto.	27 Years
E-AK	PT	59 Years old	School of Health of Guarda – IPG - 1991	Community Nursing - School of Health of Guarda – IPG.	10 Years
E-AL	PT	69 Years old	School of Health of Guarda – IPG- 1978	-	16 Years
E-AM	PT	48 Years old	School of Health of Guarda – IPG- 1992	Postgraduate Degree in Wound Care and Tissue Regeneration - School of Health of Viseu.	19 Years
E-AN	PT	48 Years old	School of Health of Guarda – IPG- 1991	-	20 Years
E-AO	PT	33 Years old	School of Health of Guarda – IPG- 2007	Master in Healthcare Management – School of Health -IPG	09 Years
E-AP	PT	49 Years old	School of Health of Guarda – IPG- 1991	Master in Community Health Nursing – School of Health of Guarda – IPG.	24 Years
E-AQ	PT	57 Years old	School of Health of Guarda – IPG- 1884	Community Health Nursing – Coimbra Nursing School; Master in the University of Lisbon – Scope of School Health	32 Years
E-AR	PT	42 Years old	Beja School of Nursing – Polytechnic Institute of Beja - Alem Tejo - 1987	Mental Health and Psychiatry – School of Health of Guarda - IPG	18 Years
E-AS	PT	39 Years old	School of Health of Guarda – IPG- 2000	Master in Health Unit – University Covilha Portugal Master in Community Health – Viseu Higher School of Health	16 Years
E-AT	PT	42 Years old	Dr Angelo da Fonseca Nursing School and Nursing Degree – 1988	Master in Health Communication – Universidade Aberta partnership with the Fernanda Rezende Nursing School	17 Years
E-AU	PT	39 Years old	School of Health of Guarda – IPG- 1999	Specialization in Rehabilitation – Coimbra University	18 Years

Subject	Nationality	AGE	Place of Graduation and completion date	Courses After Graduation in Nursing	Time Teaching the Consultation
E-AV	FR	48 Years old	Undergraduate and Licentiate in Nursing – School of Nursing at the Lisbon Red Cross - 2000	Specialization and Master in Public Health – University of Vizeu	16 Years
E-AX	PT	40 Years old	School of Health of Guarda – IPG- 2000	Specialization in Rehabilitation – Coimbra University	15 Years
E-AZ	PT	48 Years old	School of Health of Guarda – IPG- 1992	-	24 Years
E-BA	PT	69 Years old	School of Health of Guarda – IPG- 1992	-	37 Years
E-BB	PT	33 Years old	School of Health of Guarda – IPG- 2005	Specialization in Rehabilitation – Coimbra University	10 Years

4. DISCUSSION

After the analysis of the speeches, it was possible to understand and comprehend the meaning of the elderly in the educational action on the sexuality of the elderly in the context of nursing consultation by making the study's "reason-because": description of preconceived ideas and the lack of understanding of the sexuality of the elderly and the influence of the cultural aspects involved in the context of the nursing consultation.

Thus, through the phenomenon itself, the following categories emerge after the comprehensive analysis: Preconceived ideas between nurses and the elderly; Interpretations on sexuality and sex between nurses and the elderly; Cultural aspects involved between nurses and the elderly.

4.1 Category: Preconceived ideas between nurses and the elderly

After the analysis, we observed that the meaning not perceived by the nurses was neglected by the distorted ideas of sexuality and by assumptions, considering the elderly beings asexual and devoid of sexuality. This stereotype, already established by society, prevents the interpretation of non-verbal signals transmitted at the time of the face-to-face relationship, provided by the consultation context. This appears when reporting preconceived ideas on the subject, justifying the non-approach.

“I think it's a unique opportunity! Thus, taking into account the elderly clientele, so to speak. (...) a generation where sex was a taboo. Many preconceptions about talking about the subject, and in the nursing consultation, I think the nurse has this opportunity (...)” [E-AA]

For Schutz (2012), relationships interpreted by a "face-to-face" relationship, such as the body of the other, events occurring in his/her body (blushing, smile), bodily movements, activities performed (walking, talking, manipulating things), can be understood as meanings.

In the context of the study, it would be the exchange of knowledge established in the teaching and learning process on sexuality, evidenced by the interrelation relationship established at the moment of the consultation.

4.2 Category: Interpretations on sexuality and sex between nurses and the elderly

Sexuality encompasses more than the physical ability to have sexual intercourse. However, after the immersion of the interviews, we identified that there is still a lack of understanding of the meaning of the words "sexuality" and "sex". However, those who know this complexity, because of the preconceived ideas, can not put them into practice.

In some cases, when the recorder was turned off, the study participants reported that they had not learned this complexity of the subject at undergraduate level and, in their professional experience, they felt the need, since there was a clinical tendency for disease prevention and health promotion to be replicated not only in practice, but also in theory, from the view of sexuality only as human behavior in the face of libido, and sex as sexual relation, disassociated from human sexuality.

Often by the need expressed by the user himself. Other times, due to the need we detected in the course of the consultation.

“So today, it is part of the script of the nursing consultation and we ask about the expression of sexuality, the difficulties that the person has, the question of pleasure...” [E-E]

4.3 Category: Cultural aspects involved between nurses and the elderly.

To understand the similarities of behavior of the study participants, we can not forget the cultural existence initiated by our own Portuguese language. In addition, due to our colonization, we inherited other traditions, such as the Catholic religion, the religious calendar, the cuisine, as well as important feasts such as the carnival and the June festivals. All these similarities can be understood as the world of the natural attitude (Schutz, 2012). There is a parallel with colonization, the world of daily life, considered as an intersubjective world, which existed long before our birth and has already been tried and interpreted by our predecessors.

Thus, we understand, from the analysis of the speeches, the stock of experiences at hand of the world in which we live, this is the life experience of the nurses.

“Of course, if we think about sexuality only from the genital point of view we are reducing it completely to a dimension that is not the most acceptable, but if we also describe it from the point of view of affect or relational, we are also exploring other dimensions that are present. Oh! Also from the sociocultural point of view, which is what we feel. Oh! It marks because the sexual history and our sexual experience is determined and it is determinant in the approach that we do from the point of view of the sexuality of the elderly person.” [E-AJ]

Despite the public policies aimed at the elderly, nurses understand the need to work on the issue of sexuality, but they continue to resignify it, as happened with them when graduating. Therefore, it is the responsibility of preparing future qualified nurses to work at all levels of complexity of the assistance to the human being in its entirety, in the context of the Unified Health System (SUS), in a critical-reflexive-creative perspective, committed to the promotion and prevention of pathologies inherent to the aging process, but adapting biopsychosocial issues related to sexuality.

Although the consultation was implemented by assistant nurses and teaching nurses, the subjectivity and intersubjectivity were present due to the contextualization of the "reason-because" about the lack of compression of the meaning between sexuality and sex, relevant for establishing health actions with visions prevention of pathologies specific to the aging process.

Therefore, the intentionality about the educational action sexuality of the elderly, in the context of the nursing consultation, is typical for those people who understand and share it, seeking the coherent interpretation of the nurses on sexuality in relation to the elderly, with the acceptance of the approach as normal attitude of the aging process.

CONCLUSIONS

After analyzing the data of the nurses, it was verified that because they did not discuss sexuality in the context of the consultation of the elderly, there is a lack of correct interpretation between the meaning of sexuality and sex, and the proof of the understanding of preventive clinical care nurses is only in relation to diseases linked to sex.

However, when motivated by the questions of the script of semi-structured questions, they demonstrated an understanding of sexuality as affective relationships that provide quality of life. Thus, it appeared as a definition for the nurses: the approach of the biomedical paradigm, based on humanization and biopsychosocial understanding on the sexuality of the elderly, with the intention of providing an active quality of life.

In addition, the results presented meet the professional and teaching practice in the line of research on the elderly, evidencing psychological, affective and cognitive manifestations, causing several physiological and mental consequences, which can lead to psychic suffering, depression and even death of the elderly. We realize that to feel alive again, the pulsar of energy, the pleasure of movement, and self-confidence, are elements that help the elderly to renew the meaning of life and the will to live. Key factors for psychosocial rehabilitation. Thus, throughout our research line, we verified the need for actions using technology, which could help nurses to provide quality of life for the elderly.

With the end of the thesis, and realizing the need of the elderly, continuing the research line, I started the postdoctoral stage with the development of an application, developed with a technological educational program, with the purpose of contribute to the process of promote the health, disease prevention and the identification of the priorities of the elderly.

It has been proven that the elderly not only can, but also wish to receive new information related to their health care, with the help of technology. To meet this demand, we validated a mental health and quality of life questionnaire, available on Facebook, after the patent was filed, under the number: BR 1020170209385, having as target audience the elderly and their caregivers; researchers and health professionals. With this, we broadened our reflection regarding the quality of life of the elderly.

CONFLICT OF INTERESTS

The authors stated that there was no conflict of interests.

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