

Revisió bibliogràfica del perfil professional de la infermera en l'àmbit de la Gestió de la Imatge Corporal (GIC)

**Col·legi Oficial d'Infermeres i
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BARCELONA



Recull bibliogràfic elaborat per Eva Elias Sanz. Infermera i Documentalista. Professora associada a l'Escola d'Infermeria de la Facultat de Medicina i Ciències de la Salut de la Universitat de Barcelona. El recull es va fer durant els mesos de desembre de 2017 fins a febrer de 2018.

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Informe sobre la cerca bibliogràfica realitzada

Descripció i objectiu

Dins la nova línia de treball iniciada per el Col·legi d'Infermeres i Infermers de Barcelona, adreçada a definir i reconèixer l'activitat de la **infermera dedicada a la gestió de la imatge corporal de les persones**, s'ha considerat fonamental oferir a les infermeres una revisió bibliogràfica per donar suport a la formació i la recerca en aquest àmbit i reforçar les bases que permetin ordenar aquest àmbit competencial infermer.

Nombroses infermeres i infermers que desenvolupen la seva activitat assistencial en diferents unitats, centres o en per compte propi treballen directament sobre aspectes vinculats amb la imatge personal de les persones. Unes intervencions que sobrepassen la intervenció merament física per donar unes cures integrals i centrades en la persona. La infermera aporta una perspectiva molt més àmplia que els aspectes relacionats amb l'estètica, des dels valors i principis de la disciplina infermera i, amb fermes bases deontològiques, que la configura com la professional adient per vetllar per una atenció basada en les necessitats de les persones i no en altres interessos aliens.

En aquest informe es descriu la manera en que es va dur a terme la investigació documental sobre el perfil professional de la infermera dins l'àmbit de la gestió de la imatge corporal. El treball es va fer durant els mesos de desembre de 2017 fins a febrer de 2018 i el resultat és de 363 referències.

Bases de dades consultades

En aquesta rigorosa cerca de referències bibliogràfiques es van consultar les següents bases de dades sobre ciències de la salut d'abast internacional:

- **Pubmed:** Triada per tenir opcions de cerca molt elaborades (inclòs thesaurus), gran potència (indexa uns 3000 documents al dia) i per facilitat d'accés.
- **CINAHL:** Elegida per ser una base de dades dissenyada per a professionals d'infermeria, conté més de 3000 revistes de la disciplina infermera.
- **Scopus:** Triada per la seva gran cobertura, per la seva feina amb indicadors bibliomètrics i per la seva ajuda en l'avaluació de la producció científica.

- **Cochrane Library:** Elegida per caracteritzar-se en revisions sistemàtiques i avaluació crítica de la literatura científica.

Estratègia de cerca

A continuació es presenta un quadre resum sobre la cerca relacionada amb el perfil global de la infermera gestora de la imatge corporal realitzada en les 4 bases de dades indicades:

Base de dades	Estratègia de cerca	Limitacions	Número de referències
Pubmed	"Body Image"[Mesh] AND nursing	5 darrers anys Title/Abstract	43
CINAHL	(MH "Body Image") AND nursing	5 darrers anys	156
Scopus	"Body Image" AND nursing	5 darrers anys Title/Abstract/ Keywords Subject Area: Nursing	121
Cochrane	"Body Image" AND nursing	5 darrers anys Title/Abstract/ Keywords	11 (trials, cap revisió)

En tots els casos es relaciona el terme *body image* amb el terme *nursing*. Es limita per allò publicat en els darrers 5 anys, ja que interessa bibliografia recent sobre el tema d'estudi. En el cas de Pubmed i CINAHL es fa servir el thesaurus (llenguatge controlat) per a millor precisió i exhaustivitat en la recuperació d'informació. En alguns casos també es limita pel camp on es busquen els termes (títol, resum, paraules clau), inclús per àrea temàtica (infermeria).

Posteriorment es continua cercant a nivell de tècniques específiques que ajuden a millorar la imatge corporal. Les cerques es realitzen en les 4 bases de dades esmentades limitant per allò publicat en els últims 5 anys i, en molts casos, acotant a que els termes cercats apareguin en el títol i/o resum dels documents. Les paraules clau i estratègia aplicades són les següents:

- (esthetic OR aesthetic) AND nursing (Title/Abstract)
- (esthetic OR aesthetic) AND ethic* (Title/Abstract)
- (makeup or cosmetics or beauty products) AND nursing
- Natural cosmetics AND aesthetic*
- (thermotherapy OR ultrasound) AND aesthetics
- Mesotherapy
- "Color Therapy"[Mesh]
- Phytotherapy AND aesthetic
- Foot reflexology
- Naturopath* AND nursing
- Homeopathy AND nursing
- Kinesiology AND aesthetic*
- Oligotherapy
- Colon hydrotherapy
- Cryolipolysis
- Pressotherapy
- Facial AND (steam OR ozone OR ultrasonic peeling)
- Cavitation AND aesthetic
- (photoepilation OR pulsed light) AND aesthetic
- Radiofrequency AND aesthetic
- Laser AND aesthetic (title/abstract)
- Laser AND depilation (title/abstract)
- Aesthetic AND (abscesses, open wound OR foreign body OR fibroma OR cyst OR nevus OR cutaneous horn OR molluscum contagiosum OR angioma punctate) (Title/Abstract)
- (rhinoplasty OR otoplasty) AND nursing
- (rhinoplasty OR otoplasty) AND aesthetic
- Chin AND cheekbones AND surg*
- Body contouring surgery
- (liposuction OR abdominoplasty OR lipolaser) AND aesthetic (Title/Abstract)
- ("head surgery" OR "neck surgery") AND nursing (Title/Abstract)
- ("head surgery" OR "neck surgery") AND aesthetic (Title/Abstract)
- Scars AND aesthetic (Title/Abstract)
- Labioplasty OR labiaplasty (Title/Abstract)
- Skin whitening (Title/Abstract)
- Facial rejuvenation (Title/Abstract)

- (mammoplasty AND aesthetic) NOT cancer (Title/Abstract)
- Aesthetic breast augmentation (Title/Abstract)
- Aesthetic AND breast implant* (Title/Abstract)
- Aesthetic AND surgery AND abdomen

Malauradament en algunes cerques ha calgut eliminar la paraula *nursing* ja que no es recuperaven documents. Això fa pensar que potser no hi ha prou literatura científica a nivell infermer sobre alguns aspectes relacionats amb la imatge corporal.

Criteris de selecció

En funció al número de referències trobades es fa una selecció dels documents més rellevants. En els criteris de selecció es tenen en compte:

- L'adequació del que es desprèn de la lectura del resum dels documents
- El propi ranking de rellevància de cada base de dades que pren en consideració el text complet dels documents, la font de publicació i el número de cites rebudes

Les 363 referències triades s'introdueixen dins el gestor bibliogràfic Mendeley i es classifiquen per diverses àrees temàtiques: generalitats, ètica, neoplàsies, teràpies alternatives, micropigmentació, drenatge linfàtic, cirurgia menor i major, etc. Aquest gestor facilita la citació dels documents en l'estil normalitzat Vancouver, propi de l'àmbit de ciències de la salut.

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