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PROSTATE CANCER: INTEGRATIVE REVIEW ON THE ROLE OF NURSES IN PRIMARY HEALTH CARE

CÂNCER DE PRÓSTATA: ATUAÇÃO DO ENFERMEIRO NA ATENÇÃO PRIMÁRIA À SAÚDE

CÁNCER DE PRÓSTATA: LA ACTACIÓN DEL ENFERMEIRO EM LA ATENCIÓN PRIMARIA DE SALUD

Luiz Felipe da Costa Macena ^{1*}, Raimunda Leite de Alencar Neta ², Francisca Mayara Gabriel da Silva ³, Anilma do Nascimento Andrade Feitosa ⁴, Ocilma Barros de Quental ⁵, & Renata Livia Silva Fonseca Moreira de Medeiros ⁶

^{1 3 4 5 6} Centro Universitário Santa Maria (UNIFSM) ² Universidade Estadual da Paraíba (UEPB)

^{1*} luizfelipemacena1@gmail.com ² alencarraimunda886@gmail.com ³ mayaragabrielsilva@gmail.com

⁴ ankilmar@hotmail.com ⁵ dra.quental@gmail.com ⁶ renaliviamoreira@hotmail.com

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* Corresponding Author: Macena, L. F. da C.

ABSTRACT

The National Cancer Institute (INCA) states that prostate cancer is one of the most common among men, second only to non-melanoma skin cancer. The nurse plays one of the most important roles in the Family Health Strategy (ESF), understanding the principles and guidelines that govern primary care, according to the National Primary Care Policy (PNAB). The objective is to analyze the performance of the primary health care team in the face of prostate cancer. This is an integrative literature review study, which was carried out, through a data survey, in the scientific bases: LILACS, SCIELO and BDNF available in the VHL. Based on the applicability of the defined eligibility criteria, seven studies were selected to compose the results sample. Results and Discussions: It was found that one of the factors that influence men's resistance to the health service may be directly related to the lack of knowledge of the public policy (PNAISH), health service opening hours and rights. Conclusion: It was evident that there is male evasion in health services, due to the male stereotype, allowing us to demonstrate that difficulties exist, although there are paths that can be traced to reverse this scenario.

RESUMO

Introdução: O Instituto Nacional de Câncer (INCA) afirma que o câncer de próstata é um dos mais comuns entre os homens, perdendo apenas para o câncer de pele não melanoma. O enfermeiro desempenha um dos papéis mais importantes na Estratégia Saúde da Família (ESF), entendendo os princípios e diretrizes que regem a atenção primária, segundo a Política Nacional de Atenção Básica (PNAB). *Objetivo:* analisar a atuação da equipe de atenção

primária à saúde frente ao câncer de próstata. *Método:* Trata-se de um estudo do tipo revisão integrativa da literatura, em que foi realizado, por meio de um levantamento de dados, nas bases científicas: LILACS, SCIELO e BDNF disponíveis na BVS. Mediante a aplicabilidade dos critérios de elegibilidade definidos, selecionou-se sete estudos para compor a amostra dos resultados. *Resultados e Discussões:* Foi constatado que um dos fatores que influenciam a resistência dos homens ao serviço de saúde pode estar diretamente relacionado ao desconhecimento da política destinada ao público (PNAISH), horário de funcionamento do serviço de saúde e direitos. *Conclusão:* Evidenciou-se que há evasão masculina nos serviços de saúde, devido ao estereótipo masculino, permitindo demonstrar que as dificuldades existem, embora haja caminhos que podem ser traçados para reverter esse cenário.

RESUMEN

Introducción: El Instituto Nacional del Cáncer (INCA) afirma que el cáncer de próstata es uno de los más comunes entre los hombres, solo superado por el cáncer de piel no melanoma. El enfermero desempeña uno de los roles más importantes en la Estrategia de Salud de la Familia (ESF), entendiendo los principios y directrices que rigen la atención primaria, según la Política Nacional de Atención Primaria (PNAB). *Objetivo:* analizar el desempeño del equipo de atención primaria de salud ante el cáncer de próstata. *Método:* Se trata de un estudio de revisión integradora de la literatura, que se realizó, a través de un levantamiento de datos, en las bases científicas: LILACS, SCIELO y BDNF disponibles en la BVS. Con base en la aplicabilidad de los criterios de elegibilidad definidos, se seleccionaron siete estudios para componer la muestra de resultados. *Resultados y Discusiones:* Se encontró que uno de los factores que influyen en la resistencia de los hombres al servicio de salud puede estar directamente relacionado con el desconocimiento de la política pública (PNAISH), horarios de atención y derechos de los servicios de salud. *Conclusión:* Se evidenció que existe evasión masculina en los servicios de salud, debido al estereotipo masculino, lo que permite demostrar que existen dificultades, aunque existen caminos que se pueden trazar para revertir este escenario.



INTRODUCTION

Primary Health Care (PHC) is defined by the Ministry of Health (MS) as the main gateway into the Unified Health System (SUS) at an individual or collective level, covering health promotion, prevention and recovery, in addition to diagnosis, treatment, rehabilitation and maintenance. In this way, the services offered to SUS users consist of a set of comprehensive and free actions (Brasil, 2017).

Basic Health Units (UBS) are installed in strategic locations, as they need to facilitate the population's access to health services. Furthermore, there is a qualified recognition of the professional in relation to the territory, social, epidemiological and geographic context of the region, a fact that facilitates the choice of actions to be developed, ranging from risk classification to home consultations with qualified listening (Giovannella, 2018).

Allied to this and through the principle of universality, comprehensive care for men's health is directly linked to social and cultural class and position of domination (Santos, 2018). Another essential factor is related to the low adherence of this public to health services, which ends up leading to the worsening of the clinical condition that could be easily prevented and treated at the UBS itself (Silva, 2022).

Therefore, prevention and health promotion actions for men carried out in UBS are still very difficult, considering that there is strong resistance from this public related to cultural factors and stereotypes of resistance and hegemony to diseases, which are still deeply rooted. This hegemonic model becomes unacceptable, as it leaves men even more susceptible to the chronic phases of diseases (Torres et al., 2020). From this perspective, the low demand for assistance and its request only during the chronicity of the disease means that this population ends up assuming one of the highest mortality rates in the current scenario (Assis et al., 2018).

As they are dynamic professionals, nurses play one of the most important roles in the Family Health Strategy (ESF), enabling access to health services in PHC with quality and resolution. The nurse is one of those responsible for identifying risk groups in the enrolled population, planning actions and carrying out a greater focus on health prevention actions, so that they can diagnose neoplasia early and carry out treatment in a rapid manner (Ferreira, Périco, & Dias, 2018).

From this perspective, one of the most prevalent diseases among men is prostate cancer, second only to non-melanoma skin cancer (INCA, 2022), a disease that develops when prostate cells begin to multiply abnormally and uncontrolled and ends up forming malignant tumors; therefore, an early diagnosis is essential to increase the chances of a cure. The most common exam is carried out through a digital rectal examination, in addition to a blood test to check the specific amount of protein produced by the prostate, which may indicate the presence of tumors (Yoshida & Andrade, 2016).

Due to the problems faced by the male population and the high rates of morbidity and mortality, in 2008 the Comprehensive National Policy on Men's Health (PNISH) was created with the aim of promoting improvements in the health conditions of the male population



(Pereira, Klein & Meyer, 2019). The policy played an extremely important role in guiding actions, strategies, and encouraging self-care actions, recognizing that men also take care of themselves and prevent themselves from illnesses and injuries (Sousa et al., 2021).

The present study is justified by its academic and social relevance regarding men's health, which in turn and self-esteem, is still resistant to this public. Regarding the health\disease process in men, there is a context in which it is necessary to promote and encourage men's health care. Throughout history, no policies were created specifically for this public; however, after some years, the PNAISH men's health policy was created.

It is noticeable that resistance from the male public to health services is still present and felt in terms of hours, which for the most part coincide with working hours, thus taking root in the biomedical model, seeking medical care only when there are signs and symptoms of the disease. Therefore, the study aimed to analyze the performance of the primary health care team in the face of prostate cancer.

METHODOLOGY

This is an integrative literature review through applied research with an exploratory nature. The study aims to demonstrate changes in concepts, making it possible to carry out a comprehensive questioning, with the aim of stimulating the construction of critical thoughts on the topic addressed, making the constructed material serve to create guidelines capable of modifying the nursing role in health services to prevent prostate cancer.

To construct a literature review, it was necessary to follow predetermined steps, such as: choosing the theme and selecting the guiding question, defining inclusion and exclusion criteria, recognizing the articles that would be pre-selected and selected, classifying the articles that are selected for the sample, inspection of the results and finally the presentation of the review (Souza et al., 2017).

Therefore, the results found were demonstrated in a qualitative way, through information collected via secondary sources. This method aims to aggregate information that has a social impact on the chosen topic, with a view to presenting concepts, studying methodological issues and analyzing evidence and theories (Botelho, Cunha, & Macedo, 2011).

The present study aims to find answers to the guiding question, which consists of: "What strategies are carried out in primary health care for the early diagnosis of prostate cancer?". Based on this question, a critical and targeted study was carried out, fulfilling the scientific function of this study.

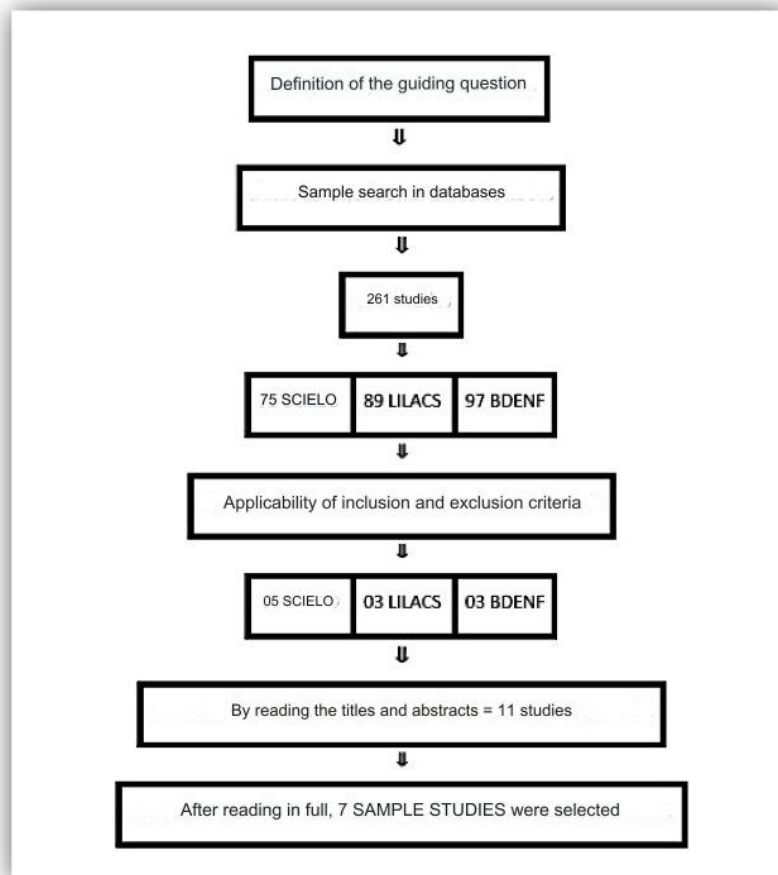
To carry out the research, the following databases were used: Latin American and Caribbean Literature in Health Sciences (LILACS), Scientific Electronic Library OnLine (SciELO) and Nursing Database (BDENF) available in the Virtual Health Library (VHL), between February and June 2023. To search for articles, the *Boolean operator "AND"* and the following descriptors were used: "Neoplasms of the Prostate", "Primary Health Care", "Nursing", which were verified by DeCS (Health Sciences Descriptors) and MeSH (Medical Subject Headings).



In this way, it was possible to use tools available in each database to select publications of interest based on language, availability, type of study and time filters. The inclusion criteria defined for the selection of articles were: free articles available online and published in the last five years (2018 to 2022), articles published in Portuguese and English that portray the essence of the proposed theme. The exclusion criteria were adopted: articles prior to 2017, those that did not fully address the topic relating to the integrative review and did not demonstrate their methodology.

In this theme, the analysis of the selected articles was carried out, in a way that makes it possible to carry out a synthesis of the data obtained through the articles, exposing them in an organized and descriptive way. Furthermore, the results were presented in qualitative form, allowing a critical and systematic analysis to be carried out, enabling the observation, counting, description and classification of these data, with the purpose of gathering the knowledge produced on the topic of this bibliographic review (Souza, Silva, & Carvalho, 2010).

Figure 1. Study selection flowchart



Source: Authors (2023).

RESULTS AND DISCUSSION

To facilitate understanding of the studies selected for analysis, they were organized in Table 1, structured in descending order, from the most current to the oldest, consisting of titles, authors, year of publication, objectives, periodical and country of origin.



Table 1. Description of the selected sample.

No.	Title	Author	Year	Goals	Periodical	Country of origin
1	Men's health in primary care: Factors that influence the search for care.	Júnior et al.	2022	Analyze the factors that influence men's health care in Primary Health Care.	Plural Science Magazine	Brazil
2	Decision support tool for prostate cancer screening in Brazil	Santos et al.	2022	To present the development and validation process of a decision support tool for prostate cancer screening in Brazil.	Public Health Magazine	Brazil
3	Evidence of nurse care for men with prostate cancer: integrative review.	Carvalho et al.	2021	Assess evidence of support needs for care for men with prostate cancer undergoing follow-up and treatment provided by nurses.	Nursing Magazine of the Midwest of Minas Gerais	Brazil
4	First contact access in primary care: an assessment by the male population.	Alves et al.	2020	Verify how male users evaluate first contact access to primary care.	Brazilian Journal of Epidemiology	Brazil
5	Early detection of prostate cancer: role of family health team	Biondo et al.	2020	Understand the role of Family Health Teams in the early detection of prostate cancer.	Current Costa Rican Infirmary	Brazil
6	Prostate cancer: knowledge and interference in the promotion and prevention of the disease.	Oliveira et al.	2019	Describe men's perception of related to prostate cancer and prevention factors.	Global Nursing	Brazil
7	Men's Health. Identification and analysis of factors related to the demand or lack of Primary Care services.	Carneiro et al.	2019	Identify and analyze the factors that hinder the search for Primary Care services reported by the male population	UNIPAR Health Sciences Archives	Brazil

Source: Authors (2023).

The articles in Table 1 are shown in descending order of year of publication, where the largest number of articles prevailed in the years 2022 (2 articles- 30%); 2020 (2 articles - 30%); 2019 (2 articles - 30%), adding up to 90%, ending with the year 2021 (1 article), referring to 10%.

Regarding periodicals relating to the role of the primary care team in the face of prostate cancer, the main magazines are available: Revista Ciência Plural (1), Revista Saúde Pública (1), Revista de Enfermagem do Centro-Oeste Mineiro (1), Revista Brazilian Epidemiology (1), Current Nurse of Costa Rica (1), Global Nurse (1), UNIPAR Health Sciences Archives (1), which evidenced a diversification of the database on the topic. Regarding the country of origin of the periodicals, the articles listed are, in their entirety, national publications with a focus on health.

Table 2 presents the main outcomes found in the articles analyzed, in addition to the description of the professionals involved in the actions and strategies analyzed.



Table 2. Information regarding the answer to the Guiding Question.

No.	Main outcomes	Specialty
1	In this research, it was found that men seek PHC services only in acute situations, with difficulties in searching, as well as failures in the care and approach of men and inequality in care for men and women.	Multi-professional
2	When there is screening for prostate cancer there are benefits of having an early diagnosis and quick treatment. Developing a tool capable of bringing content and language together in a clear and easy to understand way.	Multi-professional
3	The result of this research showed that the care of nurses in the care of men diagnosed with prostate cancer is of utmost importance, drawing up plans and developing ways to provide the best care for the patient,	Nurses
4	This study found that male users do not evaluate access to primary care positively. That, despite the reformulation of PNAISH, men do not see AB as a gateway.	Multi-professional
5	Updated scientific evidence indicates that the results demonstrate the need to develop practices for men to adhere to exams to screen for neoplasia.	Multi-professional
6	The results of this research showed that there is still a physical and social barrier to be demystified in the face of the male public, individual and collective actions carried out by nursing professionals can bring the individual to primary health care.	Nurses
7	The results of this research showed that the understanding of gender was identified as a factor for men's non-adherence to the health service, where reported by men, the disease is considered a sign of fragility. They see AB as a feminized service.	Multiprofessional Team

Source: Authors (2023).

Regarding the type of study: 7 (100%) are exploratory and descriptive in nature (qualitative and/or qualitative approach). The results are favorable for meeting the proposed objectives.

According to Júnior et al. (2022), it was found that one of the factors that influence men's resistance to the health service may be directly related to the lack of knowledge of the policy aimed at the public (PNAISH), opening hours of the health service and their rights. That said, there is only demand in acute situations. In view of the above, it is necessary to carry out health promotion for the male public, so that there is better adherence to health services, providing encouragement for self-care.

Therefore, Alves et al. (2020) point out that the male public is still resistant to having the level of specialized or tertiary care as the preferred choice, due to the fact that the little knowledge about the policy reevaluates the idealization of primary care in a negative way in terms of concerns the first contact (Cristo & Cristo, 2019), considering the primary care service as incapable of meeting their demands, associated mainly with the waiting time to be seen. Similar to the study by Carneiro et al. (2019), where they highlight that the delay in receiving assistance discourages the male public.

In contrast, the study by Silva et al. (2022) shows that factors such as work, difference in the assistance provided when compared to women, as well as the lack of approach from professionals when faced with questions characteristic of men's health and an adequate infrastructure of the Basic Health Unit, generate dissatisfaction, thus favoring low demand for services.

Carneiro et al. (2019) show that primary care carries out many campaigns, and the vast majority of them are aimed at the female public, considering that it has many themes to be addressed when compared to men's health. This makes the environment more feminine,



making the male public feel uncomfortable, which makes the access difficult, and causes them to them seek services less frequently.

In agreement with Carvalho et al. (2021), the authors point out the need to enhance focused care according to the PNAISH guidelines, in order to direct actions and care for men suspected to have or diagnosed with prostate cancer. Thus, working in a multidisciplinary way, with a specialized team, has broad benefits in terms of person-centered care, physical and psycho-emotional needs, valuing the active participation of men in the learning process.

In addition to this, the author also highlights the need for engagement through support groups, linked to nursing professionals, so that there is a continuous exchange of information and encouragement of self-care. Thus, the nurse's perspective is that of a recognized professional, with competence and professional autonomy, who can positively help men to better understand the context and results of treatment, especially in relation to prostate cancer (Carvalho et al., 2021).

In line with this, Biondo et al. (2020) present that, given the existing problems related to the male public's demand for health services, professionals need to be prepared and qualified so that health programs can achieve effective goals for promoting and preventing prostate cancer. Therefore, it is necessary to implement continuing education and professional training strategies so that there is quality assistance that meets men's needs.

Adopting primary care as a gateway for men into single health systems requires changes in the behavior of the male population in relation to their own perception. We need to change the view that health services are only used to treat illnesses. In addition to preparing multidisciplinary teams and managers, this awareness must begin with knowledge of the social, economic and cultural characteristics of men receiving health care, followed by the inclusion and active search for this demographic increase (Carneiro et al., 2019).

Therefore, limitations of this study are considered to be the definition of a time interval corresponding to the last five years, with the aim of portraying more recent studies, as well as the inclusion of free articles, making the number of studies for the search.

FINAL CONSIDERATIONS

Although prostate cancer is a much-debated disease among men, whether in relation to the factors that predispose it, the tests required for diagnosis and whether there are public policies aimed at men's health, with the aim of improving the quality of care, demand for health services in a timely manner is few, and its incidence has increased significantly over the years, as evidenced in the present study.

In this way, it is possible to understand through the results obtained that there is male evasion in health services, due to the male stereotype. The results also allow to demonstrate that difficulties exist, although there are paths that can be traced to reverse this scenario as well as the absence of strategies carried out by the multidisciplinary team with the aim of including men in health services so that they create a bond and begin to have confidence in



professionals, so that these men seek services not only for treatment, but for diagnosis in a timely manner.

However, despite the restrictions addressed, the objective of the research was achieved, and based on the results, it is expected that it will provide improvements with regard to the assistance conferred in the face of prostate cancer, so that the nursing professional, together with the multidisciplinary Primary Health Care team acts effectively in this context, providing necessary guidance and exams, with professionals presenting well-founded bases and aptitude on the subject, with the aim of ensuring diagnosis in an appropriate time.

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