HEALTH EDUCATION REGARDING TO NEWBORN SCREENING AND HEARING: AN INTEGRATIVE REVIEW

Educação em saúde com vistas à triagem neonatal e audição: uma revisão integrativa

Camila Padilha Barbosa⁽¹⁾, Silvana Maria Sobral Griz⁽²⁾

ABSTRACT

The purpose of this paper was to investigate studies regarding to health education and programs which the main topic is neonatal screening and/or hearing. It was done an integrative review, which was realized in August of 2011, with search on the Biblioteca Virtual em Saúde, from those key-words in health science: "hearing", educational programs, health education, and neonatal screening". It was analyzed 10 articles. The data base with the majority of articles was Medline and seven of them was classified as evidence level of three. It could be observed that educative actions regarding to hearing health should be done as a manner to promote continuing education. The population mainly beneficiated with those actions was seen to be parents and health professionals. The educative actions give power to the public it is for, with knowledge exchange, in particular to the hearing health area.

KEYWORDS: Review Literature as Topic; Nursing; Health Education; Hearing

INTRODUCTION

Hearing is one of the senses necessary to acquire important information for human development, especially in their language, educational and psychosocial aspects¹.

This relationship between hearing and oral language development makes the diagnosis of hearing loss should be accomplished as soon as possible^{2,3}, in order to intervene and mitigate their consequences, with a greater chance of success in linguistic competence, for most children.

Among the diseases possible of newborn screening, the hearing loss is highly prevalent (1 to 3:1,000), especially when compared to other diseases, such as phenylketonuria (0.07:1.000), hypothyroidism (0.17:1.000), sickle cell anemia (0.20:1.000)², surveyed routinely through neonatal screening.

Conflict of interest: non-existent

Despite this high prevalence, the etiology of hearing loss, in most cases, can be controlled, by promoting hearing health through preventive actions and guidance to the population⁴. For such, we need the involvement of a multidisciplinary team that includes speech therapists, pediatricians, gynecologists/obstetricians, neonatologists, nurses, besides the family and community⁵.

Health professionals, especially nurses, who have practice founded in caring⁶, can act as multipliers of actions to promote health and prevent several diseases in periodic visits to the population assisted by them. However, most of these professionals do not receive information regarding the importance of prevention of hearing disorders, risk factors, its identification and diagnosis at the earliest possible of hearing loss, besides the unfamiliarity with the measures of medical and speech interventions, making it difficult to appropriate support the population in identifying such changes⁷.

The knowledge related to hearing health by health professionals should be passed on to the population, which empowered by this knowledge can extend their care about the issue and conducting an active search of what is best for its health. This concept is consolidated with the claim that the actions of health

⁽¹⁾ Universidade Federal de Pernambuco - UFPE, Recife, Pernambuco, Brasil.

⁽²⁾ Curso de Fonoaudiologia da Universidade Federal de Pernambuco - UFPE, Recife, Pernambuco, Brasil.

education provide people the capacity of making healthy choices, favoring the increased awareness by changes that promote improved health8. The education in this context is an important tool in the actions of health promotion9.

Faced with the need to increase knowledge on hearing health of health professionals, some studies4,10-12 have demonstrated the need for investment in the area of training, with regard to child's hearing health and issues involved with this

In order to guide professionals in the health area in their training activities, one can use studies such as the integrative review11. This article aims at investigating studies on health education and training that addressed the theme neonatal screening and / or hearing to identify strategies that may favor the development of future educational activities concerning to child's hearing health.

METHODS

This integrative review, besides allowing the incorporation of evidence in a particular professional practice, aims at gathering and synthesizing research findings on a topic or specific issues in a systematic and orderly way, contributing to deepen the knowledge about a topic¹¹.

For its preparation, some steps were covered: (1) hypothesis definition and objectives of the integrative review, (2) establishing criteria for inclusion and exclusion of articles and sample selection. (3) defining the information to be extracted from the selected articles, (4) review of the studies included in the integrative review, (5) the interpretation and discussion of results, (6) presenting the review¹¹.

The collection of articles was conducted in August 2011, on the databases Literatura Latino-Americana and Caribe em Ciências da Saúde (LILACS). Scientific Electronic Library Online (SciELO), MEDLINE (Medical Literature Analysis and Retrieval System Online) and IBECS and through the Virtual Health Library, which enables simultaneous search of relevant publications in major scientific databases, nationally and internationally, from the same Descriptors in Health Sciences (MeSH), ensuring the scope of the research and facilitating the operationalization of results¹³.

The selection of descriptors was performed in order to cover the topic of interest of this integrative review, allowing an expanded search, but directed. The combination of the following controlled descriptors was used as the search strategy articles, "Hearing", "Training", "Health Education" and "Newborn Screening". Inclusion criteria defined to select were: (a) original article, published in Portuguese, English or Spanish, (b) between 2001 and 2011. To be included, studies had to have developed some form of health education and / or training, addressing the theme neonatal screening and / or hearing. A large number of articles was excluded for not meeting this criterion.

The methodology in which each educational activity or training was performed in the studies was not a selection criteria established for this review. Thus, all studies that have proposed educational activities ranging from obtaining knowledge by participating in an informal way, such as the use of printed material, formal interventions, through permanent and / or continuing education were analyzed. Dissertations and theses, publications regarding conference abstracts, proceedings, editorials, commentaries and opinions, articles on reflection, projects, reports, and technical reports were excluded.

For studies selection, the inclusion criteria were applied in the search and subsequently the carefully reading of titles and abstracts of all publications located by the search strategy (N = 1495) was performed, in order to assess the suitability of inclusion criteria. When the title and summary were not enough to define the first selection, we sought to read the publication in full (n = 17). Then, the read of each selected article in full was performed.

To data collection was applied the validated instrument to the articles¹⁴ in order to guide the data extraction, which includes: (a) identification of the original article, (b) methodological characteristics of the study, (c) evaluation of the methodological rigor of measured interventions and the results found.

The step of selecting studies included meetings with the authors of the study to clarify doubts regarding the inclusion or exclusion of studies. This procedure aimed at reducing bias in selection of studies, giving it greater security. For interpretation and analysis of articles, a summary table was elaborated in order to summarize general information about the studies. This summary table was composed of information about the title, author, year and place of publication, language, goals, results of studies (if there is a change in behavior), conclusions (if make suggestions that may guide future actions) and issues such as: 1) Refers to a training and / or educational activities on the subject and neonatal screening / hearing? 2) What is the target population? 3) Place of activities performance, 4) what is the methodology of activities? 5) Evaluation of the methodology.

The articles were further classified according to level of evidence. The evidence-based practice focuses on evidence classification systems. Generally, these systems are characterized hierarchically, depending on the research design, i.e. the methodological approach adopted for the study development. In this study, the categorization considered classifies the evidence in a total of six níveis14.

The final sample consisted of 10 studies described in Table 1. The analysis and synthesis of the extracted data was performed descriptively, enabling to observe, count, describe and classify the data in order to gather the knowledge produced on the theme explored in the review.

Table 1 - Description of the articles included in the integrative review. Recife 2011

No.	Database	Article title	Authors	Language/ country	Journal/ Type/ Year
01	Medline	Communicating Hearing Loss Information to Young Children	Randolph R; Hudak RL; Vaught C.	English United States	AAOHN J Nursing 2003
02	Medline	Dissemination of information to General Practitioners: a question- naire survey	Moorjani P; Fortnum H.	English England	BMC Pract Fam Publ Health 2004
03	Medline	What Follows Newborn Screening? An Evaluation of a Residential Education Program for Parents of Infants With Newly Diagnosed Cystic Fibrosis	Sawyer SM; Glazner JA	English United States	Pediatrics Medical 2004
04	Medline	Recommendations for effective newborn screening communica- tion: results of focus groups with parents, providers, and experts	Davis TC; Humiston SG Arnold CL; et al.	English United States	Pediatrics Medical 2006
05	Medline	Assessment of Newborn Screening Parent Education Materials	Arnold CL; Davis TC; Frempong JO; et al.	English United States	Pediatrics Medical 2006
06	LILACS Mediline	Proposal to capacitation of health community agents in auditory health	Alvarenga KF; Bevilacqua MC; Martinez MANS; et al.	Portuguese English Brazil	Pró-Fono R. Atual. Cient. Fonoaudiol. 2008
07	LILACS	Educative actions with a positive view in an auditory conservations program and its evaluation	Bramatti L; Mo- rata TC; Mar- ques JM.	Portuguese Brazil	Rev. CEFAC Fonoaudiol. 2008
08	Medline	Community-based infant hearing screening in a developing country: parental	Olusanya BO; Akinyemi OO.	English England	BMC Public Health 2009
09	Medline	Expanded newborn screening in Puerto Rico and the US Virgin Islands: education and barriers assessment	Davis Morales A; Wierenga A; Cuthbert C, et al.	English United States	Genet Med Medical 2009
10	Medline	Acceptance of the neonatal hearing screening	Franceschi CM; Lautenschlager L; Tochetto TM.	Portuguese Brazil	Pediatr. mod. Medical 2010

LITERATURE REVIEW

The term screening refers to apply a particular test to a large number of individuals in a rapid and simple manner, with high probability of identifying a disease. No neonatal screening is a diagnostic procedure, but rather a way to identify among asymptomatic individuals, those who are suspected of having the disease and requiring further more elaborated diagnostic procedures¹⁵. The health education aims at developing in people a sense of responsibility as an individual, member of a family and a community for health, both individually and collectively. Empowerment is the process of training a person or group of people in knowledge or in practical and theoretical application of a given activity¹³.

In this scenario, there are challenges and perspectives in the training of health professionals in the multidisciplinary field, firming different levels of understanding and intervention with individuals, implying distinct political, social and educational commitments¹³. Thus, health professionals should be facing the reorganization of actions of health education and / or training by updates that attract everyone: population and health professionals.

Whereas such actions should be published, this review included ten studies, characterized in Table 2. The largest number of articles (n = 09) was identified in the Medline database, followed by the LILACS database (n = 02), with one study being common to both databases. Seven were published in international journals, written in English. Of the total, the country with highest number of publications was the United States (n = 05), followed by national journals (n = 03), two of these being published in Portuguese and one in Portuguese and English.

The period of publication of articles included encompassed the years 2003-2010. According to the methodological design of the articles, they were classified according to strength of evidence in the levels three (n = 07), four (n = 02) and five (n = 01). In general, the majority (n = 05) referred to health education and had more than one population benefit from the actions of health education. The theme of the studies showed different perspectives on health education and training geared towards neonatal screening and / or hearing.

The Newborn Hearing Screening Program (NHSP) is a procedure able to detect and intervene as early as possible in hearing disorders that may interfere with the life of the individual¹⁶. The benefits of this screening should be known by the whole population and disclosed by health professionals that accompany them. For both, there is a need

to broaden the professional's knowledge through actions of continuous education⁷.

The study 01 refers that to intervene in effective hearing health is necessary to seek alternatives to increase knowledge on the topic. The same is corroborated by studies 02, 06 and 09, when they claim that it is necessary to train professionals involved, assess the dissemination of information and evaluate such educational interventions, in order to document local needs for neonatal screening and the barriers of this process to subsequent adoption of strategies. Studies 03 and 04 recommend the involvement of health professionals in educational activities directed to parents to make them aware of the practices of newborn screening.

When it comes to the hearing health of the neonate and infant, studies17-20 state that efforts regarding hearing health are only valid if there is awareness of professionals working on this population and their families. In the case of knowledge about children's hearing health, the purpose is to act in promotion and prevention from pre-natal allowing initiating the process of detection, identification, diagnosis and rehabilitation of hearing loss as early as possible²¹ qualification. For such, we must increase the dialogue between health professionals and the public, since the monitoring of pregnancy to the development of children. Guidance on the hearing health yet started prenatally may bring short-term benefits, such as preventing changes and compliance to standard procedures^{21,22} such as the NHS and the rescue of families that do not return to complete the diagnostic process²³.

The NHS has been widely practiced in developed countries²⁴ However, in the developing countries, there is the need to explore effective alternatives to implement such programs¹⁹. It is essential to invest in health promotion and disease prevention in health services²⁵ in these countries, educational initiatives in child health hearing conducted by Community Health Agents (CHA) has been identified as ways to prevent hearing loss. Study 06, following recommendations²⁶, described a training program on children's hearing health for CHA with effective results.

Another aspect discussed refers to multidisciplinary action, important for improving the hearing health and effectiveness of child's hearing health programs. The need to invest in awareness campaigns not only for health professionals as speech therapists and the general population is highlighted. The population most often studied in the articles was mothers/fathers (n = 04) and physicians (n = 03). Campaigns aimed at users of health services should address issues relating to the importance of promotion, prevention, detection and diagnosis of hearing loss, followed by measures

Table 2 - Characterization of the articles included in this integrative review, Recife 2011

Variables	n	Study reference*	
Study evidence			
Level 3		Bramatti, Olusanya, Franceschi, Randolph, Sawye Davis Morales, Alvarenga	
Level 4	2	Davis, Moorjani	
Level 5	1	Arnold	
Type of action			
Health education		Olusanya, Moorjani, Franceschi, Davis, Franceschi Sawyer, Davis Morales	
Capacity		Bramatti, Alvarenga, Randolph	
Target population**			
Mothers / fathers	4	Olusanya, Davis, Arnold, Sawyer	
physicians		Moorjani, Davis, Davis Morales	
Community health worker		Alvarenga	
Pregnant and postpartum women	1	Franceschi	
Factory Workers	1	Bramatti	
Students of elementary education	1	Randolph	
Site of Activities Performance			
factory	1	Bramatti	
hospital	6	Moorjani, Franceschi, Davis, Arnold, Davis Morales	
Family Health Unit	1	Alvarenga, Olusanya	
residence	1	Sawyer	
school	1	Randolph	
Methodology of Activities **			
Health education sessions	3	Bramatti, Olusanya, Randolph	
Distribution of leaflets, posters, manuals	5	Bramatti, Moorjani, Franceschi, Alvarenga Randolph, Davis Morales	
Developing a site	1	Moorjani	
Guidelines transmitted orally	2	Franceschi, Sawyer	
focus groups	1	Davis	
Evaluation of educational material	1	Arnold	
Review of Methodology			
questionnaire	2	Moorjani, Sawyer	
Questionnaire pre and post educational action	3	Bramatti, Alvarenga, Randolph	
Frequency in audiologic monitoring	3	Olusanya, Franceschi, , Davis Morales	
individual interviews	1	Davis	
Evaluation of educational material	1	Arnold	
Results			
Refers to behavior change		Bramatti, Moorjani, Alvarenga, Randolph, Davis Morales	
Not refers behavior change	2	Olusanya, Franceschi	
Not applicable ***		Davis, Arnold, Sawyer	
Remarks		•	
Suggests actions of health education			
Yes	10	Bramatti, Olusanya, Moorjani, Franceschi, Davis,	
No		Randolph Alvarenga, Arnold, Sawyer, Davis Morales	

 $^{^{\}star}$ Cited the first author of each study. Complete references in Table 1.

^{**} Some studies contain more than one target audience and methodology of activities.

^{***} Does not apply in descriptive studies or evaluating actions.

of medical, psychological and speech therapy intervention²⁷. Health professionals overall need become aware about specific aspects of children's hearing health to be multipliers of information to the population. All this can be made possible through educational activities and training, for example in hospitals and basic health units^{28,29}.

Regarding the professional area of selected journals, 05 belonged to the medical journal, 02 were published in journals of speech. 02 in public health journals and 01 in occupational nursing journals. This result exposes the need for exchange of information and scientific knowledge among different fields of knowledge, such as Speech, Medicine, Nursing, Psychology and Social Care aiming at establishing a multidisciplinary relationship and providing better service to the population^{30, 31}. This issue was addressed in public health journals and reflected positively, because hearing loss is now considered one of the greatest public health problems, especially for the consequences that may result to human development32.

The lack of knowledge about the role of the speech therapist in the prevention of hearing loss reflects the need for disclosure among multidisciplinary teams on the performance of these professionals, who besides searching and monitoring the hearing development, aimed at quality in comprehensive care to children in all steps of programs for child's hearing health³⁰. Health professionals can also contribute to the education of the population, acting for the sake of their health, life quality, individually and collectively, making this pass to take an active stance against their health condition²⁷ as example of Study 07.

The study 08, conducted in South Africa, referred as a way of empowering the population regarding hearing, conducting educational activities on health about TAN during routine procedures, such as, at the time of vaccination. In this situation, nursing professionals can contribute greatly in the effectiveness of hearing health programs, because it is a profession already inserted into other types of newborn screening, contributing to the increased coverage and in the number of exams³³.

Studies 08 and 10 report forms to assess whether the information from educational and / or training of health professionals on child's hearing health are effective in the passive population change in pursuit of their rights related to public health. The study 08 describes the adhesion of nursing mothers to NHS programs and study 10 describes the compliance of pregnant women and mothers to such programs, by comparing adhesion to NHS before and after guidelines. The family orientation is essential to prevent and/or reduce abandonment of the hearing assessment process, enabling parents to understand and appreciate the care that is being performed³⁴.

The use of appropriate educational materials can result in gains in life of the indivídual³⁵, providing behavior change. This change in behavior has been described in studies 01, 02, 06, 07, 09, and 10 through the distribution of brochures, posters, manuals, and conducting educational sessions on health and website development. Disclosure materials are pertinently, entitled of "educational materials" and assist communication between dyads: health professional and population, or even among health professionals³⁶. These materials inform and reinforce guidelines transmitted orally contributing in empowering the individual on health care³⁵. To prepare these educational materials is crucial diagnostic studies that may collect opinion of parents and health professionals about infant hearing health, such as in Study 04. In addition to the diagnostic studies to manufacture these materials, it is necessary to evaluate them periodically, especially when directed to parents, as reinforced in Study 05.

Finally, investigate to whom the educational material will be intended and their socioeconomic and demographic factors is essential for intelligibility and ease of use (clarity, appropriateness of language and complexity, organization and appearance). These factors may also influence the effectiveness of NHS²⁰ programs and actions of health education.

CONCLUSION

In this integrative review, it was found that the national and international literature is sparse when it comes to health education programs and training in the area of NHS, especially for health professionals not speech therapists, who deal directly with pregnant women, newborns, infants, postpartum and their families.

Then, it is suggested to establish a program of health education and / or training on child hearing health including the NHS and its validation to guide the actions of hearing health promotion which already include the prevention of hearing loss, having in mind that these are provided for by law as a right of every citizen. Linked to such activities, one should reinforce the need for quality educational material. In time, it underscores the need for publication / dissemination of these activities.

RESUMO

O objetivo deste trabalho foi investigar estudos sobre educação em saúde e capacitação que abordassem o tema triagem neonatal e/ou audição. Trata-se de uma revisão integrativa, realizada em agosto de 2011, com busca na Biblioteca Virtual em Saúde, a partir dos Descritores em Ciências da Saúde: "Audição", "Capacitação", "Educação em Saúde" e "Triagem Neonatal". A amostra final constituiu-se por 10 estudos. A base de dados com maior número de artigos foi a Medline e a maioria dos artigos (n=07) foi classificado com nível de evidência três. Nesta revisão integrativa, pode-se observar o quão é interessante adotar as estratégias de educação em saúde e/ou capacitação nos serviços de saúde como uma forma de educação permanente ou continuada. A população mais frequentemente estudada foi mães/pais e médicos. Ações educativas podem empoderar a população em relação à audição, englobando aspectos sobre a Triagem Auditiva Neonatal e seus procedimentos.

DESCRITORES: Literatura de Revisão como Assunto; Enfermagem; Educação em Saúde; Audição

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Mailing address: Camila Padilha Barbosa Rua Cônego Luiz Gonzaga do Monte, 88 Recife - PE - Brasil CEP: 50670-620 E-mail: milapad@gmail.com

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