

Treatment via macrotherapy and acupuncture for smoking*Tratamiento mediante macroterapia y acupuntura para el tabaquismo**Tratamento via macroterapia e acupuntura para tabagismo***Jean Raphael Alves¹**

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Submission: 07-20-2020**Approval:** 08-14-2021**Abstract**

This is an exploratory study of an integrative literature review with a qualitative approach, carried out in the LILACS, BDNF and SciELO databases. The study demonstrates the profile of patients undergoing treatment for smoking and then the patients' understanding of the use of acupuncture in the treatment. The age between 30 and 40 years of age draws the attention of the rate of people smokers and health problems such as anxiety, depression, cardiovascular diseases are frequent. The analyzed patients participated in more than three group sessions, where the degree of nicotine dependence is considered medium. In view of these results, it is possible to affirm that the treatments for smoking in the Basic Health Unit have great relevance for the primary health of the population, considering the number of smokers and the consequences of cigarette use. And acupuncture therapy in a unique way brings countless benefits to patients undergoing treatment and a better quality of life. Highlighting the profiles of patients cared for in primary health care.

Descriptors: Tobacco Use Disorder; Acupuncture; Cardiovascular Diseases; Complementary Therapies; Nursing.

Resumen

Se trata de un estudio exploratorio de revisión integradora de la literatura con enfoque cualitativo, realizado en las bases de datos LILACS, BDNF y SciELO. El estudio demuestra el perfil de los pacientes sometidos a tratamiento por fumar y luego la comprensión de los pacientes sobre el uso de la acupuntura en el tratamiento. La edad entre 30 y 40 años llama la atención sobre la tasa de personas fumadores y son frecuentes los problemas de salud como ansiedad, depresión, enfermedades cardiovasculares. Los pacientes analizados participaron en más de tres sesiones grupales, donde está claro que el grado de dependencia a la nicotina se considera medio. A la vista de estos resultados, es posible afirmar que los tratamientos para el tabaquismo en la Unidad Básica de Salud tienen gran relevancia para la salud primaria de la población, considerando el número de fumadores y las consecuencias del consumo de cigarrillos. Y, la terapia de acupuntura de una manera única brinda innumerables beneficios a los pacientes sometidos a tratamiento y una mejor calidad de vida. Destacando los perfiles de los pacientes atendidos en la atención primaria de salud.

Descriptoros: Tabaquismo; Acupuntura; Enfermedades Cardiovasculares; Terapias Complementarias; Enfermería.

Resumo

Trata-se de um estudo exploratório de revisão integrativa da literatura de abordagem qualitativa, realizado nas bases de dados LILACS, BDNF e SciELO. O estudo demonstra o perfil dos pacientes em tratamento de tabagismo e, em seguida a compreensão dos pacientes sobre o uso de acupuntura no tratamento. A idade entre 30 e 40 anos de idade chama a atenção do índice de pessoas fumantes e os problemas de saúde como ansiedade, depressão, doenças cardiovasculares são frequentes. Os pacientes analisados participaram de mais de três sessões em grupo, onde percebe-se ainda que o grau de dependência de nicotina é considerado médio. Diante desses resultados é possível afirmar que os tratamentos do tabagismo na Unidade Básica de Saúde têm grande relevância para a saúde primária da população tendo em vista o número de fumantes e as consequências do uso dos cigarros. E, a terapia com a acupuntura de modo singular traz inúmeros benefícios para os pacientes em tratamento e maior qualidade de vida. Destacando os perfis dos pacientes atendidos na saúde primária.

Descriptoros: Tabagismo; Acupuntura; Doenças Cardiovasculares; Terapias Complementares; Enfermagem.



Introduction

It is certainly possible to say that Brazil is one of the countries with the largest number of smokers diagnosed with chronic diseases and that there is a concern with health on the part of patients in Basic Health Units. Most patients have a history of hypertension, diabetes, hypercholesterolemia, overweight and sedentary lifestyle.

Based on this assumption, the research aims to study the results of treatment via macrotherapy and acupuncture for smoking by the multidisciplinary team at the Basic Health Unit. Therefore, what is the benefit of acupuncture in the treatment of smoking?

A nursing theory guides the care perspective, as it organizes its purpose. However, for this to happen, it is necessary to choose the right theory for the portion of patients who lend themselves to such nursing care.

The Brazilian Federal Constitution of 1988 in its article 196 expressly states that it is the State's duty to provide citizens with access to health¹.

As one of the social rights, medical care through the Unified Health System stands out, under the responsibility of the State, to promote good care, and with qualified professionals according to the demand of each region.

This theme is justified by the growing number of smoking patients in Basic Health Units in Brazil. Growing number of increasingly younger people who, in years of this dependence, lead to serious health problems. Also noteworthy is the exaggerated use of cigarettes to control anxiety, depression or even ignorance of the harm caused¹.

Basic Health Unit and health promotion

Its organizational guidelines are decentralization, with a single command in each governmental sphere; the integrity of the service and the participation of the community².

In this way, not only care is promoted, but health promotion is promoted through the monitoring of the multidisciplinary team to promote good eating, awareness and pedagogical habits for patients assisted in Basic Health Units. It is noted that humanization of nursing is gaining more and more prominence among the numerous illnesses or addictions faced by the community².

The National Policy on Integrative and Complementary Practices (PNPIC), established by Ordinance No. 971GM/MS, of May 3, 2006, brought guiding directives such as Traditional Chinese Medicine, Acupuncture, Homeopathy, Phytotherapy, Anthroposophical Medicine, and Social Thermalism or Crenotherapy, within the scope of the Unified Health System. The World Health Organization (WHO) encourages and strengthens the insertion, recognition and regulation of these practices, products, and their practitioners in the National Health Systems².

The PNPIC defines institutional responsibilities for the implementation and implementation of integrative and complementary practices (PICS) and guides states, federal district, and municipalities to establish their own regulations, bringing to the Unified Health System (SUS) practices that meet regional needs³.

The nursing professional

The essential functions of primary care are defined as activities that are of paramount importance to protect the health of the population, as well as a set of responsibilities that must be developed to achieve its objective, which is always the improvement of the population⁴.

Associated with this, it is noteworthy that the nurse working in primary care has a comprehensive ethical training, as there is a very strong mutual relationship, in which the nurse listens to the user's particularities. Thus, the training of nurses must be based on the principles of ethics and bioethics⁵.

Multidisciplinary team in the treatment of smoking

Due the importance of the nurse's work in Primary Care, it is highlighted that the professional autonomy of nursing has been, over time and the evolution of the profession itself, a relevant topic for its understanding, the technical autonomy of professionals in the process of work is defined as the freedom of judgment and decision-making regarding the health needs of users who present themselves in daily life⁶⁻⁸.

Understanding the above statement, it is necessary to mention that the nurse is the professional with the greatest access to patients in the health units, considering that they contribute to different areas together with the other professionals of the multidisciplinary team present in the Basic Health Units.

According to studies, nicotine, like other drugs, acts on the mesocorticolimbic dopaminergic system, which is part of the reward system. This system is composed of dopaminergic neurons from the ventral tegmental area (VTA) that project to the Accumbens Nucleus, olfactory tubercle, amygdala, frontal and limbic cortex⁹.

Therapies in the treatment of smoking

Current demands require nurses, within the scope of Women's Health, to promote educational activities capable of triggering discussions on disease prevention and health promotion, emphasizing risk factors in order to motivate responsible and conscious attitudes, as well as periodic diagnostic tests are performed, and the results of these tests are also addressed due to the fear of discovering any abnormality, thus aiming to raise awareness among women about the relevance of prevention and early detection of gynecological cancers, which translates into the daily practice of adoption of models of behavior and healthy habits¹⁰.

Individual care, carried out through the nursing consultation, allows the nurse to know the patient better in her life habits, her self-care practices, being considered the best way to establish the educational process, in addition to favoring a bond between the professional and the patient.

Offer the treatment to all smokers who are unable to quit smoking on their own and wish to quit. The cost-effectiveness of the treatment is very satisfactory, as when a person quits smoking, they gain another 10 to 15 years of life and with better quality, as well as a 30-90% reduction in



the occurrence of non-communicable chronic diseases tobacco related¹¹.

Nicotine addiction is such a virulent behavior that although 70% of smokers want to quit smoking, only 5% of them manage to do so themselves. This is because smoking behavior not only causes disease, but it is also nicotinic addiction^{11,12}.

Studies show that addiction means a compulsive need to use the drug and the result of this is that cigarettes become the controller of the individual's behavior. When the smoker uses a cigarette, nicotine is absorbed by the lungs, reaching the brain usually within 9 seconds. When it reaches the Central Nervous System, it acts as an agonist of the nicotinic acetylcholine receptor. It has positive reinforcement and addictive properties due to activation of the mesolimbic dopaminergic pathway. It increases the concentrations of adrenaline, norepinephrine, vasopressin, beta endorphins, ACTH, and cortisol, which seem to influence its stimulant effects^{13,14}.

Macrotherapy and acupuncture: reflexes in the treatment of smoking

Individuals who seek treatment to stop smoking can use pharmacological therapies, except in special situations such as the use of less than 10 cigarettes a day, pregnant women, adolescents, and medical contraindications. Pharmacological treatment for nicotine addiction includes different methods. Doses are administered according to the needs of each smoker, considering the degree of dependence, tolerance, and preference of the individual^{14,15}.

The different treatment models vary according to the theoretical basis and techniques used. Interventions can be differentiated by intensity (frequency or duration of treatment), by the setting used (outpatient or hospital), and by the way in which it is offered (individual, group, or through another communication channel, for example, the telephone)¹⁵.

Acupuncture is one of the strands of Traditional Chinese Medicine (TCM) and its ancient technique aims to balance the body, prevent, and diagnose diseases. Through the stimulation of acupoints through the insertion of fine needles, laser and pressure, the realignment and redirection of energy throughout the body occurs, resulting in the health restoration process¹⁶.

Acupuncture has become a great ally and an important tool in the treatment of addictions, including smoking, inhibiting nicotine receptors and helping with withdrawal symptoms such as anxiety, irritability, depression, increased appetite and consequently, excessive weight gain, insomnia or sleepiness¹⁶.

The Three Needle Method, formerly known as "San Zhen Liao Fa", was created, researched, developed and promoted by Jin Rui, a professor at the Guang Zhou University of Chinese Medicine, who belongs to a family traditionally linked to Chinese Medicine and nicknamed, subsequently, by doctor of the 3 needles¹⁷.

Therefore, the basic health units have a multidisciplinary team to monitor patients, providing assistance to the family. Where, the service is not restricted to the urgent or emergency aspect but providing dialogue with the community to maintain collective health.

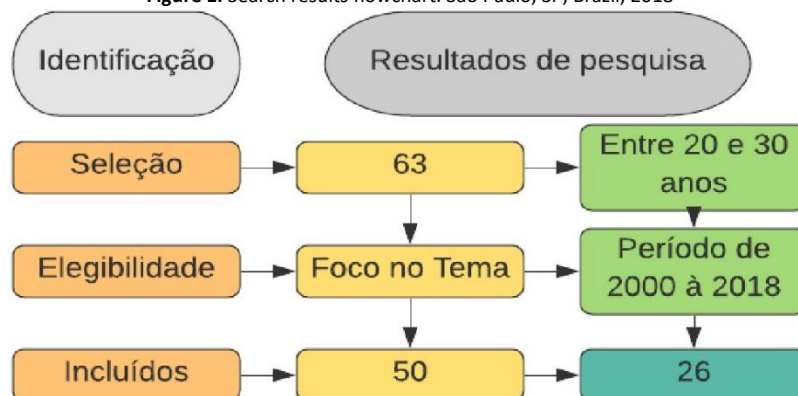
Thus, the study seeks to highlight the service provided together with acupuncture therapy or macrotherapy for the treatment of smoking, present in a large portion of the community and which should not be treated with the incidence of other diseases, such as chronic ones, but rather to promote the better targeting of the human health condition, enabling users to reflect on the harm caused by certain behaviors. That is, it seeks to present the advantages for the patient who aims to stop using cigarettes.

Methodology

This is an exploratory study of an integrative literature review with a qualitative approach, carried out in the Latin American and Caribbean Literature in Health Sciences (LILACS), Nursing Database (BDENF) and SciELO (Scientific Electronic Library Online) databases. According to the analysis of the studies, the definition of the research can be given to rationalize and systematize responses to a problem that you want to study¹⁸.

Data collection was carried out through descriptive bibliographic research with the theme Treatment Via Macrotherapy and Acupuncture for Smoking in journals published in the period between 2000 and 2020; the search for the articles used in this work was carried out from November 2018 to June 2020; used the descriptors: Smoking Acupuncture; Cardiovascular diseases. Below is the flowchart showing the results of the research.

Figure 1. Search results flowchart. São Paulo, SP, Brazil, 2018



Treatment via macrotherapy and acupuncture for smoking
 Alves JRB, Voltarelli A, Ferreira ICC, Miranda C, Nascimento AL, Sakman R
 already written on the research subject. In relation to data collected on the internet, we must pay attention to the reliability and fidelity of the sources consulted electronically. In bibliographic research, it is important for the researcher to verify the veracity of the data obtained, noting the possible inconsistencies or contradictions that the works may present¹⁹.

Results and Discussion

With the research presented through bibliographic analyzes about macrotherapy and acupuncture in the treatment of smoking, a table was developed (Chart 1) with the studies that point out the difficulties in the treatment of smoking. Thus, the understanding of studies on the use of acupuncture in treatment becomes more evident.²⁰.

Chart 1. Distribution of publications on non-pharmacological methods of pain relief used during normal labor. By: Title, Authors, Year, Search Type. São Paulo, SP, Brazil, 2018

Title	Authors	Year	Study type
Conhecimento e expectativas de mulheres no pré-operatório da mastectomia	ALVES, P.C et al.	2010	Exploratory-descriptive study with a qualitative approach
O significado do diagnóstico do câncer de mama para a mulher	ARAUJO, I.M.A, FERNANDES, A.F.C	2008	Interactive approach,
A review of psychosocial interventions for amphetamine use	BAKER, A; LEE N. K	2003	Qualitative research of an exploratory nature
Programa Nacional de Humanização da Assistência Hospitalar	BRASIL	2002	Implantation study
Tabagismo um grave problema de saúde pública	BRASIL	2007	Clinical experimental or intervention study
Política Nacional de Práticas Integrativas e Complementares no SUS	BRASIL	2006	Clinical experimental or intervention study
Altera a Portaria de Consolidação n.º 2/GM/MS, de 28 de setembro de 2017, para incluir novas práticas na Política Nacional de Práticas Integrativas e Complementares - PNPIC	BRASIL	2017	Clinical experimental or intervention study
Unidades de Saúde têm tratamento gratuito para tabagismo	BRASIL	2017	Clinical experimental or intervention study
Direito fundamental à saúde: parâmetros para sua eficácia e efetividade	FIGUEIREDO, M. F	2013	Exploratory study
Treating Tobacco Use and Dependence: An Introduction to the US Public Health Service Clinical Practice Guideline	FIORE, M.C	2000	Integrative review
Metodologia da pesquisa científica	FONSECA, J.J. S	2002	Qualitative approach
Atualização no tratamento do tabagismo	MIRRA, A.P, BERNARDO, WM	2010	Exploratory Evaluation Study
Como elaborar projetos de pesquisa	GIL, A. C	2002	Descriptive
Efetividade da terapia cognitivo-comportamental na terapêutica do tabagista	CURY, I.S.M	2007	Field research
Enfermidades tratadas e tratáveis pela acupuntura segundo percepção de enfermeiras	KUREBAYASHI, L.F.S; FREITAS, G.F; OGUISSO, T.	2009	Exploratory study
Organização tecnológica do trabalho em um pronto atendimento e a autonomia do trabalhador de enfermagem	MARQUES, G.Q; LIMA, M.A.D. S	2008	Case study with a qualitative approach
Redação Científica: a prática de fichamentos, resumos, resenhas	MEDEIROS, J. B.	2000	Descriptive study
Pesquisa social: teoria, método e criatividade	MINAYO, M.C. S	2001	Quantitative study
O desafio do conhecimento: pesquisa qualitativa em saúde	MINAYO, M.C.S	1992	Qualitative approaches from field research
Estratégia de tratamento do tabagismo na DPOC	PAMPLONA, P. MENDES, B	2009	Descriptive study
A concepção dos enfermeiros no processo gerencial em Unidade Básica de Saúde	PASSOS, J.P; CIOSAK, S. I	2006	Descriptive research with a qualitative approach
Bases neurofisiológicas da dependência do tabaco	CLEOPATRA S.P; FÁBIO C. C	2005	Literature review
Metodologia do trabalho científico: Métodos e Técnicas da Pesquisa e do Trabalho Acadêmico	PRODANOV, C.C; FREITAS, E.C	2013	Scientific methodology
Tabagismo do diagnóstico à saúde pública	VIEGAS, C. A. A.	2007	Descriptive
Competências da enfermeira na atenção básica: contribuição à construção das funções essenciais de saúde pública	WITT, R. R	2005	Exploratory study
Smoking cessation: pharmacological treatments	WOERPEL, C., WRIGHT, K. L., & WETTER, D. W.	2006	Descriptive



Patients undergoing treatment for smoking generally have diabetes and hypertension, with a greater number of men. The research shows that most patients undergoing treatment for smoking use acupuncture in this process. However, most patients, regardless of gender, have problems such as depression, cardiovascular disease and overweight²⁰.

In the treatment of smoking, medication is not always prescribed, the benefit is seen as it is non-invasive, herbal, and free to access. While the benefits of acupuncture are patient satisfaction and improvements in quality of life²¹.

Smokers usually demonstrate that anxiety was the motivation for using cigarettes. It is observed that the motivation to seek treatment is the health problems²¹.

Citing what most helps in the treatment of smoking, studies clarify that acupuncture has great benefits. Analyzing how smokers practice healthy habits, studies mention the importance of physical exercise. When analyzing what is the biggest complaint of patients undergoing treatment for smoking, studies indicate that the lack of time due to the work routine ends up making it difficult to continue the treatment. In the treatment against smoking with macrotherapy and acupuncture, patients are more evasive. Although for the association of macrotherapy and acupuncture, the treatment is developed with group practice^{21,22}.

Due the fact, it is highlighted that the use of cigarettes by patients between 20 and 30 years of age, although the prevalence of tobacco use is among women, patients use cigarettes for more than 10 years and participating in 3 to 5 sessions ended up decreasing the number of cigarettes in this period. The level of tobacco dependence is considered high, and the degree of attendance and the indication are sessions that can be between 1 and 2 participations and all participants were using medication during treatment. The patients used nicotine gum and bupropion to help reduce the use of cigarettes. The patient in question had diabetes and acupuncture was the best indication for the treatment of smoking, as most patients have a history of cardiovascular disease²².

Regarding the medication prescribed for the treatment of smoking, the use of nicotine patch and bupropion is mentioned. Citing the benefits of macrotherapy for patients, it was shown that it is non-invasive and does not have an adverse reaction. Regarding the benefits of acupuncture for patients, it is highlighted that they do not need to go to the Basic Health Unit for treatment²³.

Studies show that anxiety is the main reason that leads people to use cigarettes, it is also highlighted that individuals turn to smoking treatment, when presented with alternative treatments. About the reasons that led him to stop using cigarettes, the patient signals health problems and emotional problems²⁴.

Treatment against smoking in this case was carried out individually with the association of macrotherapy and acupuncture. The patient did not respond about the practice of physical exercise during the treatment period. Asked about the biggest complaint during the treatment period, the patient points out the lack of time due to the work routine²⁵.

The use of acupuncture for treatment refers to the association of macrotherapy that can be performed individually. Finally, studies show that the benefits of treatment with macrotherapy are possible, and improvements are seen in personal life, as well as in the health situation. While acupuncture treatment is flexible, natural, and non-evasive²⁶.

Conclusion

The study pointed out that macrotherapy, when it comes to smoking, has made great advances in terms of acupuncture in the Basic Health Unit.

Analyzing the objects pointed out in this research, it is possible to affirm that they were achieved through the obtained results, in view of the problem that tried to verify what is the benefit of acupuncture in the treatment of smoking?

The general objective was to study the results of treatment via macrotherapy and acupuncture for smoking by the multidisciplinary team at the Basic Health Unit. The first specific objective was to analyze the treatment of smoking at the Basic Health Unit. it can be done in groups or individually.

The second object was to mention the influence of macrotherapy and acupuncture for the treatment of smoking. Thus, the research demonstrates that acupuncture is the most used therapy in the treatment, which participating patients demonstrate greater sensitivity to the benefits of this technique for the treatment of smoking.

Thus, in the third objective, the benefits of the multidisciplinary team in combating smoking were demonstrated. Because the team monitors all aspects of the patient's life under treatment and from the treatment stages it is possible to understand the dynamics to be applied in each case.

And, finally, the final objective was to point out the results of smoking treatment via macrotherapy and acupuncture. In these results, it can be mentioned that acupuncture is the most used technique in the treatment of smoking, given these results, it is possible to state that the treatments for smoking in the Basic Health Unit have great relevance for the primary health of the population, considering the number of smokers and the consequences of cigarette use, acupuncture therapy in a unique way brings countless benefits to patients undergoing treatment and better quality of life, highlighting the profiles of patients treated in primary health.

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