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## Actions of the Nurse to the Old Patient of Cataractor

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### ABSTRACT

**Introduction:** Cataract is a serious eye disease caused by opacification of the lens, a natural lens of the eye, responsible for focusing the light under the retina and Senile is considered a public health problem due to the large number of people with the disease, which every year increases and demands surgical intervention. With the technological advancement in health services and discourses about the quality of health care, nursing is faced with the need to act through clinical judgment, knowledge and scientific evidence in its practices. **Objective:** to know the actions of the nurse to the elderly patient with cataract. **Methodology:** This is a descriptive study, with a qualitative approach, carried out with nurses of the Altino Ventura Foundation in Recife, PE, in November 2015. The text discusses nursing care for elderly patients, emphasizing one of the visual changes which most affects this population, the cataract. **Results and Discussion:** The sample consisted of 13 nurses. Regarding the nurse's assistance in the education of the elderly with cataract, 92% (n = 12) stressed that they prepare the patient for pre and postoperative care, while 85% (n = 11) said they prepare the companion to remain with the elderly patient during home care, followed by 100% (n = 13) in the guidelines to the companion regarding the adequate care to the elderly in the pre and postoperative period. It is indispensable the nurse needs to identify the situations of risk and to take the prophylactic or control measures as early as possible. **Conclusion:** This study contributes to the nurses' reflection on the relevance of the nursing consultation, focusing on the knowledge of their patients, as well as the care to be provided to them. Therefore, it is suggested the development of research focusing on the importance of this care to patients with cataract.

**Keywords:** Nursing; Aging; Cataract; Health of the elderly

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