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The atuation of the nurse in the prevetion cardiovascular diseases in adults

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ABSTRACT

Introduction: The cardiovascular diseases (CVDs) are the principal causes of morbidity and mortality in the world, it's can to be previne with health promotion, through of the protagonist paper of the nurse. **Objectives:** Analyse like the nurse act in the prevetion of the cardiovascular diseases in adults. **Methodology:** The present study is a revision of integrative role, whose reviewed articles were captured through database analysis: BDNF, LILACS and SciELO. The descriptors utilized were: Cardiovascular diseases, Health education, Nursing. This analysis were realized on september 25th to 27th, 2017; the criterions of the included were published articles in portuguese and english, in 2011 to 2017, being excluded all that haven't adequation at thematic of study. By means of the criterions defined were found 120 publisheds, but, only 7 articles met the criterions of the principal objective. **Results and Discussions:** The modifiable factors propitiate the advent, the maintenance e progression of the CVDs, being an aspect of major influence to the appear of the pathology than the non-modifiable, genetic, race, sex and age, that possibility thus the intervention preventive of the nurse, in control the dyslipidemia, systemic arterial hypertension, tabagism, among others, starting at the Health Basic Unit, integrand the actions that proporcions a major quality of life to the patient. **Conclusion:** According to what was mentioned, is possible to observe the importance of the nurse like health educator, enabling the prevetion of the CVDs, since, this professional can to conscientize the community and through of this change comportaments accentuating the quality of life.

Keywords: Cardiovascular Diseases; Health education; Nurse; Quality of life.

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