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The authorization of the bearers of anemia falciforme

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ABSTRACT

Introduction: The term sickle cell disease encompasses a group of hereditary hemolytic anemias that have in common the presence of hemoglobin S within the red blood cell. In this group, anemia-falciform (AF) is highlighted, which presents clinical, hematological, genetic, anthropological and epidemiological importance, due to its high morbidity and mortality, which is considered a public health problem. It is chronic, incurable and usually causes a high degree of suffering to their patients, and life expectancy in average of 40 years. Decentralized, multidisciplinary, humanized quality care with emphasis on self-care can modify the natural history of the disease reducing its morbidity and mortality. In this context, Orem's Nursing Systems Theory describes self-care as the practice of activities that people perform for their own benefit, in the sense of maintaining life, health and well-being, and the nurse is the professional which will enable this individual to be an agent capable of self-care. **Objective:** To understand the perception of patients with AF on self-care. **Methodology:** Descriptive study of a qualitative approach, approved by CEP-HEMOPE under CAAE 65281117.0.0000.5195. The method used was the recording of six interviews performed with patients with PA treated at the HEMOPE hospital in May 2016. The sample was determined by saturation of the speeches. In the evaluation the technique of content analysis of Bardin was used. **Results and Discussion:** 1. Characterization of the sample, 2. Content analysis: Theme 1. The importance of caring, Theme 2. Knowledge about care. **Conclusion:** We conclude that it is indispensable to health education by the nurse for self-care of these patients, in order to allow the empowerment of its client on the clinical and therapeutic aspects of the disease favoring the quality of life and longevity, stimulating the practice of the right of citizenship.

Keywords: Anemia, Sickle Cell; Self Care; Complications.

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