

the high level of functional dependency of the care recipients. A clear picture of tasks and probable exhaustion of the group of people taking care of very old people is crucial in order to plan which and how to deliver formal care to these dyads. Such planning is important for preventing/alleviating burden situations and raising the quality of life of care recipients and their families.

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Keywords

Informal caregiving, Oldest old people, Disability.

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Comparison of antioxidant activity for *Ginkgo biloba* L. and *Rosmarinus officinalis* L.

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Background

Natural antioxidant products have gained popularity worldwide and are increasingly being used to treat various diseases [1]. Leaves of *Rosmarinus officinalis* L. and *Ginkgo biloba* L. possess a variety of bioactivities, including antioxidant [2].

Objective

Therefore, the present study aims to evaluate *in vitro* antioxidant properties of aqueous and hydroalcoholic extracts of three different commercial brands of *R. officinalis* and *G. biloba*.

Methods

R. officinalis and *G. biloba* leaves from three different commercial brands were extracted with two solvents (water and 80% ethanol), and antioxidant activity of the extracts were screened using the superoxide anion and 1,1-diphenyl-2-picryl hydrazyl (DPPH•) radical scavenging, and metal ion chelating capacity.

Results

A comparison of both plant extracts in the DPPH assay and Fe²⁺ chelating activity indicated that *R. officinalis* showed lower IC₅₀ values comparing to *G. biloba*, ranging from 44.1-61.8 µg/mL (aqueous extracts) and 20.8-23.3 µg/mL (hydroalcoholic extracts) in the DPPH assay, and 93.1-329.0 µg/mL (aqueous extracts) and 33.4-71.0 µg/mL (hydroalcoholic extracts) in the Fe²⁺ chelating activity. For the superoxide radical scavenging activity, the hydroalcoholic extracts of *R. officinalis* showed the best IC₅₀ values, ranging from 5.1-15.5 µg/mL, with one brand showing and IC₅₀ value lower (5.1 µg/mL) than positive control (5.8 µg/mL - ascorbic acid). Results also showed that in both plants and brands, the highest antioxidant activity was found mainly in the hydroalcoholic extracts, for all the assays tested.

Conclusions

The findings of this study support the view that some medicinal plants are promising sources of potential antioxidants. The different brands and solvent types used in the present study may influence the chemical composition of the rosemary and ginkgo extracts obtained and therefore their antioxidant capacity.

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Keywords

Antioxidant activity, *Ginkgo biloba*, *Rosmarinus officinalis*, Solvent extraction.

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The skills of the wound navigator in the health care team

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Background

Aging co-morbidities are the main reason for skin changes, requiring qualified professionals to assist the person with this problem [1,2]. In this sense, it emerges in the literature even the tenuous concept – wound navigator, which may enhance the approach to the person with wounds, often described as the tissue viability nurse.

Objective

Define the wound navigator and identify his skills.

Methods

Integrative literature review using electronic research (CINAHL®, Nursing & Allied Health Collection, Cochrane Plus Collection, Med-Latina, MEDLINE®) and manual research in 12 specialty associations in tissue viability, with the following descriptors (wound OR tissue viability OR ulcer) AND (nurs*) AND (care OR role OR skills OR patient care team OR navigator OR manager OR multidisciplinary OR interdisciplinary OR tissue viability service OR interven* OR pratic*). Inclusion criteria were articles in Portuguese, English, Spanish or French, without temporal limitation, full texts and free access. Exclusion criteria were articles that do not address the study phenomenon. The research was conducted on 08/25/2017, where we obtained 601 articles from the databases and 145 from associations. The titles and abstracts of the publications were read, followed by reading the full text of the selected publications. The sample was defined by 19 articles (15 from databases and 4 from associations).

Results

Only one article defines wound navigator, as the health professional with knowledge in the specialty, who acts as a defender of the interests of the clients, which combines the needs felt by them; the objectives of the treatment and the health care treatment plan by referral [3]. It collects the results achieved from the practice and dissemination of research, in order to highlight their actions before the policy of health care [3]. The competences found in the remaining 18 articles were divided into 4 categories: quality (training, auditing, research and elaboration of norms and protocols) management (involvement in product choice, articulation with suppliers, promotion of change and ability to work in multi and interdisciplinary team), care (postgraduate knowledge, experience in the area of tissue viability, prescription of specialized care and treatments with advanced therapies) and leadership (communication, supervision and consulting).

Conclusions

There is little literature that precisely defines the wound navigator and his skills, therefore more research is needed to describe in detail. When the term is defined and its competences are known, it may through them formally develop teams with nurses specialized in the area, holders of the general and specific attributes identified.

References

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