

## REVIEW PROTOCOL

### Characteristics of nursing care expanded by Antroposophy: scoping review protocol

### Características do cuidado de enfermagem ampliado pela Antroposofia: protocolo de revisão de escopo

### Características del cuidado de enfermería ampliado por la Antroposofía: protocolo de revisión de alcance

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#### ABSTRACT

**Objective:** To map the characteristics of nursing care expanded by Anthroposophy in health services. **Inclusion criteria:** Scientific articles, monographies, dissertations and theses, without limitations regarding the health care scenario, geographic context, time frame or language limitation. **Methods:** This is a scoping review protocol, in accordance with the methodology of Joanna Briggs Institute, and the recommendations of PRISAM-ScR. Data searches will be carried out in Academic Search Premier (EBSCOhost), CINAHL, Der Merkurstab, DiVA, EMBASE, LILACS, MEDLINE, SciELO, SCOPUS, Web of Science, ScienceDirect, and in dissertation and theses catalogs such as BDTD, CAPES Catalog, CyberTesis, NDLTD, RCAAP, Theses Canada. The publications selections will be performed in pairs and independently via the Rayyan platform, with consultation of a third reviewer in case of disagreements, using own data extraction tool. The data will be presented in a flowchart and tables, accompanied by a narrative summary.

#### DESCRIPTORS:

Delivery of Health Care; Nursing Care; Anthroposophy; Health Services; Complementary Therapies.

#### RESUMO

**Objetivo:** Mapear as características do cuidado de enfermagem ampliado pela Antroposofia nos serviços de saúde. **Critérios de inclusão:** Artigos científicos, monografias, dissertações e teses, sem limitações quanto ao cenário de atenção à

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saúde, contexto geográfico, recorte temporal ou limitação de idioma. **Métodos:** Trata-se de um protocolo de revisão de escopo, de acordo com a metodologia do Joanna Briggs Institute, e as recomendações do PRISAM-ScR. As buscas de dados serão realizadas na Academic Search Premier (EBSCOhost), CINAHL, Der Merkurstab, DiVA, EMBASE, LILACS, MEDLINE, SciELO, SCOPUS, Web of Science, ScienceDirect, e nos catálogos de dissertações e teses como a BDTD, Catálogo da CAPES, CyberTesis, NDLTD, RCAAP, Theses Canadá. A seleção das publicações ocorrerá aos pares e de forma independente pela plataforma Rayyan, com consulta a um terceiro revisor em caso de discordâncias, utilizando uma ferramenta de extração de dados própria. Os dados serão apresentados em fluxograma e quadros, acompanhados por resumo narrativo.

**DESCRITORES:**

Atenção à Saúde; Cuidados de Enfermagem; Medicina Antroposófica; Serviços de Saúde; Terapias Complementares.

**RESUMEN**

**Objetivo:** Mapear las características del cuidado de enfermería ampliado por la Antroposofía en los servicios de salud. **Criterios de inclusión:** Artículos científicos, monografías, disertaciones y tesis, sin limitaciones en cuanto al escenario asistencial, contexto geográfico, marco temporal o limitación de idioma. **Métodos:** Se trata de un protocolo de revisión del alcance, de acuerdo con la metodología del Instituto Joanna Briggs y las recomendaciones de PRISAM-ScR. Las búsquedas de datos se realizarán en Academic Search Premier (EBSCOhost), CINAHL, Der Merkurstab, DiVA, EMBASE, LILACS, MEDLINE, SciELO, SCOPUS, Web of Science, ScienceDirect y en catálogos de disertaciones y tesis como BDTD, CAPES Catalog, CyberTesis, NDLTD, RCAAP, Theses Canada. La selección de las publicaciones se realizará por parejas e independientemente a través de la plataforma Rayyan, con consulta a un tercer revisor en caso de desacuerdos, utilizando una herramienta de extracción de datos propia. Los datos se presentarán en un diagrama de flujo y tablas, acompañados de un resumen narrativo.

**DESCRIPTORES:**

Atención a la Salud; Atención de Enfermería; Medicina Antroposófica; Servicios de Salud; Terapias Complementarias.

## INTRODUCTION

Anthroposophic Nursing is part of the integrative care of the medical system of Anthroposophic Medicine (AM) and is based on conventional nursing approaches and competencies, amplified by the anthroposophic knowledge of the human being. The anthroposophic differentiation between physical body, vital forces, soul and spirit, and the understanding of biographical development along the life course in which care is necessary provide additional perspectives on nursing skills, processes and attitudes<sup>(1-2)</sup>.

The AM is an integrative medical system that extends conventional medicine with the cognitive methods and concepts of anthroposophy established by the Austrian philosopher Rudolf Steiner (1861-1925) and the Dutch physician Ita Wegman (1876-1943). In this system, the interactions of life expressed by body, soul and spirit are regulated according to the biography and social and environmental context of each person, which can be supported with treatments and therapies to activate self-healing through

medicines, nursing care, psychotherapy, art therapy, therapeutic eurythmy, movement and body therapies offered to the individual, family, community and caregivers<sup>(3-4)</sup>.

The practice of AM takes place in primary, secondary and tertiary care settings, rehabilitation centers, nursing homes, community nursing services, hospitals and anthroposophical clinics, public hospitals and university medical centers. The AM approach is applied in an integrated way with conventional western medicine and together with medical specialties, including internal medicine, family medicine, oncology, pediatrics, psychiatry, gynecology and obstetrics, dermatology, among others<sup>(1-2)</sup>.

In this scenario, the anthroposophical nursing acts through the intermediation and supervision of care with the patient, using external therapies, expressed in the practices of compresses, poultices, wraps, baths, scald-feet, intestinal washes, Inhalations and rhythmic slips, used for physical and mood complaints. They act in the regulation of vital processes, such as breathing, temperature, nutrition and excretion, as well as in the anymic harmonization and support to restorative sleep<sup>(2)</sup>.

As countries establish regulatory frameworks for the practice of Complementary and Integrative Therapy approaches, policy makers need information to make decisions, including assessments of the quality of these practices, difficulties and ways in which they can be implemented<sup>(1)</sup>. The Anthroposophical Nursing in conjunction with care teams in AM has the highest level of penetration of integrative medicine in Germany and Switzerland, through the provision of its therapies in anthroposophic hospitals and academic university hospitals, having their practices recognized by the German Nursing Council<sup>(1,3)</sup>. In Brazil, AM is part of the list of Integrative and Complementary Practices (ICPs) institutionalized in the Unified Health System (UHS), by the National Policy on Integrative and Complementary Practices (PNPIC - *Política Nacional de Práticas Integrativas e Complementares* in Portuguese), as well as the specialty of Anthroposophy applied to health was recently recognized by the Brazilian Federal Council of Nursing as an area of competence and performance of nursing<sup>(5-6)</sup>.

After preliminary search in the Medical Literature Analysis and Retrieval System Online (MEDLINE), JBI Evidence Syntheses and Cochrane Database of Systematic Review, no literature reviews were identified (published or ongoing) to expose the concepts that underlie the nursing care expanded by Anthroposophy, and its practices. Therefore, it was decided to carry out a scope review guided by the methodology proposed by the Joanna Briggs Institute for Scoping Reviews in order to map the characteristics of nursing care expanded by Anthroposophy in health services<sup>(7-8)</sup>.

## INCLUSION CRITERIA

The scoping review will consider evidence to answer the guiding question: What are the characteristics of nursing care expanded by Anthroposophy in health services?

According to the methodology proposed by the Joanna Briggs Institute<sup>(8)</sup> eligibility criteria were defined based on participants, concept and context (PCC). Thus, for participants (P) will be considered

studies that address nursing care to people at any stage of the human life cycle. Regarding the concept (C), studies are intended whose focus is the offer of nursing care expanded by Anthroposophy. As for the context (C), studies of several health care scenarios will be included, without limitations regarding the geographical context.

Regarding the type of source, this review will consider studies of any methodological design, without time or language limits, that have been published through scientific articles, monographs, dissertations and theses. Publications that are not available in full for analysis, letters to the editor, editorials, review articles, books/book chapters, and conference abstracts will be excluded.

## **METHODS**

The methodological framework of the Joanna Briggs Institute (JBI) and the PRISAM extension for scoping reviews (PRISAM-ScR): checklist and explanation<sup>(9)</sup> will be used to guide this review. For registration of development intent and scientific availability the protocol was registered in the Open Science Framework platform and can be accessed through DOI 10.17605/OSF.IO/NV6D5.

### **Search strategy**

Regarding the research strategy and identification of studies, the electronic databases Academic Archive Online (DiVA), Academic Search Premier (EBSCOhost), Cumulative Index to Nursing and Allied Health Literature (CINAHL with full text -via EBSCOhost) were used, Der Merkurstab, EMBASE (Elsevier), Latin American and Caribbean Health Sciences Literature (LILACS), MEDLINE (through Pubmed), Models of Health and Traditional, Complementary and Integrative Medicines in the Americas (MOSAICO - through VHL), Scientific Electronic Library Online (SciELO), SCOPUS (Elsevier), ScienceDirect (Elsevier), Web of Science – Core Collection (Clarivate Analytics). The Der Merkurstab journal, which publishes studies on anthroposophical medicine, was accessed through the medical portal Anthromedics.

For the search of gray literature (dissertations and theses), the Brazilian Digital Library of Theses and Dissertations (BDTD), Catalog of Theses and Dissertations of the Coordination of Higher Level Personnel Improvement (CAPES), *CyberTesis*, Global ETD Search (NDLTD) were used, Portuguese Open Access Scientific Repository (RCAAP), Theses Canada.

Then, the words and terms identified were combined in a search strategy adjusted according to the specificities of each database/repository included in the review, as shown in Chart 1. The selection process will be documented using a PRISMA flow diagram.

**Chart 1.** List of search strategies according to data sources.

Data source	Serach strategy	Records found	Search date
Academic Archive Online (DiVA)	Anthroposop* AND Nursing	18	04-09-2024
Academic Search Premier (EBSCOhost)	(SU "Anthroposop*") AND (SU "Nursing Care" OR "Nursing") AND Health Care	3	04-09-2024
Brazilian Digital Library of Theses and Dissertations (BDTD)	'Anthroposop* AND ("Nursing Care" OR "Nursing")'	8	04-09-2024
CAPEs Theses and Dissertations Catalogue	<i>Antroposofia e Enfermagem</i>	3	04-09-2024
CyberTesis	"Anthroposophical" OR "Anthroposophic" OR "Anthroposophy" OR "Antroposofia"	1	04-09-2024
CINAHL with full text (via EBSCOhost)	(TI "Anthroposop*") AND ("Nursing Care" OR "Nursing") AND Health Care	10	04-09-2024
Der Merkurstab (through Anthromedics)	Nursing	42	04-09-2024
EMBASE (Elsevier)	'anthroposop*' AND ('nursing care'/exp OR 'nursing care' OR 'nursing'/exp OR 'nursing') AND ('health care'/exp OR 'health care' OR (('health'/exp OR health) AND ('care'/exp OR care)))	160	04-09-2024
LILACS (BVS)	(db:"LILACS") AND (Anthroposop*) AND (Nursing)	4	04-09-2024
MEDLINE (through Pubmed)	("Antroposofia"[Título/Resumo] OR "Antroposop*"[Título/Resumo]) AND ("Cuidados de Enfermagem"[Título/Resumo] OR "Atencion de Enfermeria"[Título/Resumo] OR "Cuidados de Saúde"[Título/Resumo] OU "Enfermagem"[Título/Resumo])	65	04-09-2024
MOSAICO	(anthroposop*) AND (nursing) AND ( collection_mtc:("MTYCI"))	3	04-09-2024
NDLTD (Global ETD Search)	"Anthroposophical" OR "Anthroposophic" OR "Anthroposophy" AND Nursing	9	04-09-2024
Portuguese Open Access Scientific Repository (RCAAP)	Anthroposophical OR Anthroposophic OR Anthroposophy AND Nursing	2	04-09-2024
SciELO	(Anthroposophical OR Anthroposophic OR Anthroposophy ) AND (Nursing)	2	04-09-2024
SCOPUS (Elsevier)	"Anthroposop*" AND ( "Nursing Care" OR "Nursing" ) AND health AND care	25	04-09-2024
ScienceDirect (Elsevier)	("Anthroposophical" OR "Anthroposophic" OR "Anthroposophy") AND ("Nursing Care" OR "Nursing")	85	04-09-2024
Theses Canada	Anthroposop* AND Nursing	2	04-09-2024
Web of Science – Core Collection (Clarivate Analytics)	"Anthroposop*" (Topic) AND ("Nursing Care" OR "Nursing") (All Fields) AND Health Care (All Fields)	25	04-09-2024

## **Selection of the studies**

After searching in databases, the studies will be directed to the EndNoteWeb manager for archiving and deletion of duplicate articles. In the second moment, the references will be sent to the Rayyan®-Intelligent Systematic Review software<sup>(10)</sup>, which will be accessed by two reviewers for reading titles and abstracts, who will then classify studies using the inclusion and exclusion criteria. In case of disagreement, a third reviewer will be consulted. The next step consists of reading the studies selected in full and re-screening using the inclusion and exclusion criteria.

## **Data extraction**

Data extraction will be done using an extraction form based on the recommendations of JBI<sup>(11)</sup>, adapted by the authors with the information of interest for this review, namely: a) Bibliographic information and Study characteristics: title, author(s), language, year, place of study (country), general objective, type of study; b) Characteristics of extended nursing care by anthroposophy: characteristics of nursing interventions performed in the care environments (types, duration, frequency), population and health context in which nursing interventions are implemented, focus of care (individual, family, community), results and recommendations.

## **Data presentation**

The process of search and inclusion/exclusion of publications, and subsequently the elaboration of figures and tables containing the findings from the review will be presented in as a flowchart, in order to facilitate the synthesis of information. A narrative summary will follow the mapped data, describing how the results are related to the research objective and question. The study and methodological quality will not be evaluated, since the objective of this scope review is not to provide a critical analysis of the evidence.

## **EXPECTED RESULTS**

The present study aims to reveal the applicability of Anthroposophic Nursing care to different clinical and health contexts, in the global health scenario, within the scope of Integrative and Complementary Practices. It is expected to identify knowledge gaps in the topic, as well as make recommendations for future studies.

## **PRELIMINARY THOUGHTS**

The scoping review on extended nursing care by anthroposophy corroborates the construction of knowledge in the area of Integrative and Complementary Practices, exposing how the knowledge and therapy of Anthroposophical Nursing are articulated in different contexts of health and life.

The study points to therapeutic options that are not commonly used, but that integrate with current nursing practice, as they involve interpersonal attention, touch and herbal elements, which broaden the nursing view on health promotion and individual needs of patients who are sometimes beyond the limits of conventional medicine.

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