







## NURSING PERFORMANCE WITH PATIENTS SUFFERING FROM EATING DISORDERS: ANALYSIS OF FILMS AND DOCUMENTARIES

ATUAÇÃO DA ENFERMAGEM COM PACIENTES ACOMETIDOS DE TRANSTORNOS ALIMENTARES: ANÁLISE DE FILMES E DOCUMENTÁRIOS

CUIDADOS DE ENFERMERÍA CON PACIENTES QUE SUFREN TRASTORNOS ALIMENTARIOS: ANÁLISIS DE PELÍCULAS Y DOCUMENTALES

-  Débora Vieira Belchior<sup>1</sup>
-  Alessandra Honório Boroski<sup>1</sup>
-  Janaína Cristina Pasquini de Almeida<sup>1</sup>
-  Jaqueline Lemos de Oliveira<sup>1</sup>
-  Luciana Barizon Luchesi<sup>1</sup>
-  Jacqueline de Souza<sup>1</sup>

<sup>1</sup>Universidade de São Paulo - USP, Escola de Enfermagem de Ribeirão Preto - EERP, Departamento de Enfermagem Psiquiátrica e Ciências Humanas - DEPOCH. Ribeirão Preto, SP - Brazil.

**Corresponding Author:** Jaqueline Lemos de Oliveira

**E-mail:** [jaquelemos@usp.br](mailto:jaquelemos@usp.br)

### Authors' Contributions:

**Conceptualization:** Débora V. Belchior; Alessandra H. Boroski; Luciana B. Luchesi; Jacqueline Souza; **Data Collection:** Débora V. Belchior; Alessandra H. Boroski; Jacqueline Souza; **Funding Acquisition:** Débora V. Belchior; Jacqueline Souza; **Investigation:** Débora V. Belchior; **Methodology:** Débora V. Belchior; Alessandra H. Boroski; Luciana B. Luchesi; Jacqueline Souza; **Project Management:** Jacqueline Souza; **Resources Management:** Débora V. Belchior; Jacqueline Souza; **Statistical Analysis:** Débora V. Belchior; Jacqueline Souza; **Supervision:** Jacqueline Souza; **Validation:** Débora V. Belchior; Alessandra H. Boroski; Jacqueline Souza; **Visualization:** Débora V. Belchior; Alessandra H. Boroski; Jacqueline Souza; **Writing - Original Draft Preparation:** Débora V. Belchior; **Writing - Review and Editing:** Janaína C. P. Almeida; Jaqueline L. Oliveira; Luciana B. Luchesi; Jacqueline Souza.

**Funding:** No funding.

**Submitted on:** 02/07/2022

**Approved on:** 08/13/2022

### Responsible Editors:

-  Mariana Santos Felisbino-Mendes
-  Tânia Couto Machado Chianca

### ABSTRACT

**Objective:** to analyze the performance of Nursing with patients with eating disorders in films about the subject. **Method:** this is a descriptive-exploratory study developed from secondary data. The film database Internet Movie Database and descriptors in Portuguese and English were used, which were: "anorexia", "bulimia" and/or "eating disorders". The following inclusion criteria were adopted: audiovisual creations produced between 1998 and 2020; the content is available on the listed streaming platforms; the creations have audio and/or subtitles in Portuguese; and the film has a scene with the Nursing professional. Six media met these criteria and were analyzed based on a script that investigates Nursing's approach to the treatment of eating disorders. To list the most suitable production for didactic purposes, six objective criteria were considered. **Results:** most plots conveyed Nursing in a stereotyped way and with little autonomy, in addition to attributing a "bad" or "good doctor's helper" attitude to these professionals. Although no plot met all the objective criteria satisfactorily, the audiovisual production that met most of the criteria was the one indicated for didactic purposes. **Conclusion:** the productions, in general, are more in line with the medical care model, in which the nurse develops actions that are technical, supervisory, and disintegrated from the multidisciplinary team to the detriment of the biopsychosocial model, which demands clinical reasoning, critical thinking and grounded scientific knowledge.

**Keywords:** Nursing; Anorexia Nervosa; Bulimia Nervosa; Feeding and Eating Disorders; Instructional Film and Video.

### RESUMO

**Objetivo:** analisar a atuação da Enfermagem junto a pacientes com transtornos alimentares em filmes sobre o assunto. **Método:** trata-se de um estudo descritivo-exploratório desenvolvido a partir de dados secundários. Utilizaram-se a base de dados cinematográfica Internet Movie Database e descritores em português e inglês, que foram: "anorexia", "bulimia" e/ou "transtornos alimentares". Adotaram-se como critérios de inclusão: criações audiovisuais produzidas entre 1998 e 2020; o conteúdo estar disponível nas plataformas de streaming elencadas; as criações terem áudio e/ou legendas em português; e o filme ter alguma cena com o profissional de Enfermagem. Seis mídias atenderam a esses critérios e foram analisadas a partir de um roteiro que investiga a abordagem da Enfermagem no tratamento dos transtornos alimentares. Para elencar a produção mais indicada para finalidade didática, foram considerados seis critérios objetivos. **Resultados:** a maioria dos enredos veiculou a Enfermagem de modo estereotipado e com pouca autonomia, além de atribuir uma postura de "mau" ou "bom ajudante do médico" a esses profissionais. Embora nenhum enredo tenha atendido a todos os critérios objetivos de maneira satisfatória, a produção audiovisual que correspondeu à maior parte dos critérios foi aquela indicada para a finalidade didática. **Conclusão:** as produções, de um modo geral, condizem mais com o modelo médico assistencialista, na qual o enfermeiro desenvolve ações de prevalência técnicas, de supervisão e desintegradas da equipe multiprofissional em detrimento do modelo biopsicossocial, o qual demanda raciocínio clínico, pensamento crítico e conhecimento científico fundamentado.

**Palavras-chave:** Enfermagem; Anorexia Nervosa; Bulimia Nervosa; Transtornos da Alimentação e da Ingestão de Alimentos; Filme e Vídeo Educativo.

### RESUMEN

**Objetivo:** analizar los cuidados de enfermería frente a pacientes con trastornos alimentarios en películas sobre el tema. **Método:** se trata de un estudio descriptivo-exploratorio desarrollado a partir de datos secundarios. Se utilizó la base de datos cinematográfica "Internet Movie Database" y las palabras clave en portugués e inglés, las cuales fueron: "anorexia", "bulimia" y/o "trastornos alimentarios". Fueron adoptados los siguientes criterios de inclusión: creaciones audiovisuales producidas entre los años 1998 y 2020; el contenido estar disponible en las plataformas de streaming listadas; tener audio y/o subtítulos en portugués; y alguna escena con el profesional de Enfermería. Seis medios cumplieron estos criterios y fueron analizados a partir de un guión que investiga el abordaje de Enfermería en el tratamiento de los trastornos

### How to cite this article:

Belchior DV, Boroski AH, Almeida JCP, Oliveira JL, Luchesi LB, Souza J. Nursing performance with patients suffering from eating disorders: analysis of films and documentaries. REME - Rev Min Enferm. 2023[cited \_\_\_\_\_];27:e-1499. Available from: <https://doi.org/10.35699/2316-9389.2023.38249>

alimentarios. Para enumerar la producción más adecuada con fines didácticos, se consideraron seis criterios objetivos. **Resultados:** la mayoría de los pacientes veían la Enfermería de forma estereotipada y con poca autonomía, además de atribuir una postura de "madre" o de "buena ayudante del médico" a estos profesionales. Aunque ningún argumento cumplió satisfactoriamente todos los criterios objetivos, la producción audiovisual que cumplió la mayoría de los criterios fue la indicada para fines didácticos. **Conclusión:** las producciones, en general, son más acordes con el modelo médico asistencial, en el que las enfermeras desarrollan acciones prevalentes, técnicas, supervisoras y desintegradas con el equipo multiprofesional, en detrimento del modelo biopsicosocial, que exige razonamiento clínico, pensamiento crítico y conocimiento científico fundamentado.

**Palabras clave:** Enfermería; Anorexia Nerviosa; Bulimia Nerviosa; Trastornos de Alimentación y de la Ingestión de Alimentos; Película y Video Educativos.

## INTRODUCTION

Eating disorders (ED) are conceptualized as disturbances in the eating pattern, being expressed by nutritional deprivation or excess caloric intake.<sup>1,2</sup> Anorexia nervosa (AN) and bulimia nervosa (BN) are the main eating disorders, and both are characterized by intense preoccupation with weight and excessive fear of gaining weight.<sup>3-5</sup>

The consequences of such disorders permeate individual and collective spheres, the main ones being extreme weight loss or obesity and damage to physical health and psychological functioning, in addition to constituting one of the health conditions with the highest mortality rate.<sup>6,7</sup> The family, economic and social burdens are also highlighted, especially because such disorders culminate in a prolonged morbidity process and represent an important risk factor for suicide.<sup>8-10</sup>

Regarding treatment, the most current recommendations consist of approaches by multidisciplinary teams with a view to patient recovery, considering their multiple dimensions.<sup>11</sup> Therefore, an important emphasis has been given to the role of nurses in these teams, in view of their potential as caregiver, educator and researcher.<sup>12-14</sup>

As for the causes attributed to EDs, they are considered multifactorial. However, emphasis is placed on its association with the search for idealized standards of beauty, which are culturally, socially and widely disseminated. Such standards are reinforced by the media, mainly the audiovisual one, which tends to prioritize biotypes that are not compatible with the majority of the population.<sup>4,5</sup>

In this sense, it is noteworthy that, as a vehicle for messages and information for society, the media has a great influence on the formation of opinions and, consequently, on the reproduction of discourses. This greatly contributes to the stereotyping of people, institutions and professions - including Nursing.<sup>15,16</sup>

In view of the above, an important theme to be explored by current studies is listed, namely: the performance

of Nursing in EDs, in view of the reverberation of the social image that the media conveys about this profession. Given the relevance of such a theme, it is worth elucidating the state of the art based on two main aspects that permeate it: studies on Nursing in the face of EDs and studies on the media and Nursing.<sup>11-16</sup>

Studies on Nursing in the face of EDs have focused on the inherent needs of patients affected by these disorders and on the respective Nursing actions. The skills that this professional must have to establish a therapeutic interpersonal relationship through a bond of trust have been highlighted, in order to provide continuous and longitudinal support. In addition, the nurse's ability to engage in actions that enable the expression of patients' emotions and ensure competence in the elaboration of evidence-based care plans based on the perspective of integrality stands out.<sup>4,11-14,17</sup>

Studies on the media and Nursing have analyzed the social image that the media conveys about the profession (mostly in print media) and the focus given to adverse events related to care.<sup>15,16,18-21</sup> Among these studies, it is worth highlight one that specifically analyzed how Nursing is portrayed in series. However, there was no analysis of the content of the audiovisual creations themselves, but interviews were conducted with Nursing students to understand their perceptions about these representations.<sup>16</sup> In this sense, a gap is identified in studies that directly analyze the work of nurse portrayed in film productions.

Bearing in mind that EDs are recurrent in society and frequently portrayed in audiovisual creations, the present study raises the following guiding question: is Nursing's role in the face of ATs in media content addressed in a coherent way to the profession or is its image still conveyed to stereotypes? Therefore, the present study aimed to analyze the performance of Nursing in relation to patients with EDs in films about the subject. It is understood that the results can bring contributions to the academic and social debate about the representation that the media makes of the role of Nursing professionals in the care of people with EDs.

## METHOD

### Ethical aspects

This study falls within the sole paragraph of Article 1 of Resolution No. 510/2016 of the National Health Council, which determines specific ethical guidelines for the human and social sciences. The study used secondary data and platforms with freely accessible information, not

having collected data from human beings. Therefore, it did not need to be evaluated by REC/CONEP.

### Type of study and database

This is a qualitative, descriptive and exploratory study. The corpus used for the development of the study consisted of films and documentaries available on the cinematographic platform IMDb (Internet Movie Database) and on streaming Netflix®, Google Play®, Telecine Play®, HBO GO® and Net Now®. Such platforms were listed as they have a good variety of productions in their catalogs, in addition to being widely accessed by the population.

### Procedures for composing the sample

The survey of the productions to be analyzed was carried out in two steps. The first consisted of defining the set of media (study population), and the second, identifying the productions that met the eligibility criteria for the analysis itself (sample).

In the first step, the descriptors “*anorexia*”, “*bulimia*” and/or “*eating disorders*” were used in Portuguese and English. This search resulted in a list of 501 productions, which, after excluding duplicates, resulted in a total of 133 films and documentaries (population). The eligibility criteria for the composition of the sample were: the work was released between 1998 and 2020; have audio and/or subtitles in Portuguese; and having the Nursing professional in the script. Thus, a final sample of six productions was obtained,<sup>[1]</sup> namely:

1. Film *Girl, Interrupted*, released in 1999.
2. Film *Sharing the secret*, released in 2000.
3. Documentary *Thin*, released in 2006.
4. Film *Body*, released in 2015.
5. Film *Feed*, released in 2017.
6. Filme *To the bone*, released in 2017.

### Data collection

The six listed productions were watched in full by two of the authors, and the synopses of the scripts were copied to a text editor. The data collected were: the gender of the Nursing professional; the type of eating disorder addressed; the activities developed by the Nursing professional in the scenes; and the timing of the scenes in which this professional appeared.

### Data analysis

Data analysis was undertaken at two levels. In the first, the specificities of the scenes in each of the plots were considered; in the second, an overall evaluation of the film or documentary was made.

### The specifics of the scenes of the scripts

At this level of analysis, a process of qualification of the scenes in which the Nursing professional appeared was undertaken. This analytical process was guided by a script previously prepared by three authors of the present study, which was submitted to the evaluation and adjustments of two judges: a nutritionist with clinical experience and research on the eating disorder theme; and a Nursing history researcher, with an emphasis on work and the image of nurses. The items in this script focused on how the plots addressed Nursing in the treatment of EDs, considering the following aspects: presentation, image, posture, positioning, functions/roles and skills. In order to assess whether there was any stereotyped propagation of the profession's image, the posture that professionals maintained during the scenes was investigated, considering authenticity in professional practice, autonomy, ethics and their relationship with patients and other members of the multidisciplinary team. Clothing and visual presentation were also evaluated.

In addition, we sought to observe whether the plots included Nursing consultations and, if so, which activities of the Nursing Interventions Classification (NIC) were developed. For this, attention was paid to the characteristics of these actions, verifying whether they were of a technical nature or whether they required planning and clinical reasoning. It was also considered whether the Nursing professional's relationship with the other members of the multidisciplinary team was horizontal.

### Overall evaluation of the films and the documentary

In order to obtain an overview of the media, descriptive analysis was used, paying attention to the prevalence of some specific characteristics of the plot or characters. A lexical analysis of the synopses was also undertaken using the Word Art website (*WordArt.com*), which identifies the similarity of the words and highlights the most recurrent ones.

In terms of analytical refinement for media evaluation, six criteria were defined. Three of these criteria were of a negative nature (i. scenes in which professionals adopted an unethical posture; ii. scenes in which

<sup>[1]</sup>Other professionals featured in the plots: the doctor, in all media; the psychologist, in media 4, 5 and 6; and the nutritionist, in the media 3.

they carried out activities that do not belong to the professional category; and iii. works that conveyed Nursing in a stereotyped way) and three were of a positive nature (i. productions that were minimally based on epidemiological and psychopathological data on EDs, in order to convey a minimum of reliability to viewers; ii. scenes in which the relationships of nurses with other professionals took place horizontally; and iii. Nursing care activities that go beyond technical actions). The media that had more positive than negative aspects were highlighted in the presentation of the evaluation result, which was listed from the media with the best evaluation to the media with the worst evaluation.

The analyzes were carried out by two previously trained analysts who compared their interpretations in order to guarantee accuracy and reliability of the results. The details of the process are presented in Figure 1.

## RESULTS

Regarding the gender of the Nursing professional, all plots represented the profession by the female gender, as well as the patients who suffered from ED were also mostly female. Furthermore, in all productions, the patients were played by young actresses; in the documentary, the majority of patients were under 30 years old. Concerning the type of disorder, four films addressed AN and one portrayed BN; the documentary dealt with both disorders.

As regard the activities most performed by nurses considering the NIC, in two of the plots (*Sharing the secret* and *Body*), the profession's actions were limited to assistance and technical activities. Actions focusing on relational aspects were less addressed, and two important interventions provided for in the NIC (providing support to the family and teaching and reinforcing concepts of

Figure 1 - Collected data and respective descriptive analyzes undertaken. *Ribeirão Preto*, SP, Brazil 2020 (n=6)

Collected Data	Descriptive Analysis Undertaken
	Scenes Rating
Minutes of the scenes in which the nurse appeared	<ul style="list-style-type: none"> <li>- time and importance given to nurses in the scenes</li> <li>- discrimination of scenes in which a stereotype was conveyed in relation to the profession</li> <li>Aspects considered (script items): <ul style="list-style-type: none"> <li>* whether the nurse was presented as a doctor's assistant;</li> <li>* whether the actions emphasized by the scenes were punishment, coercion, or neglect;</li> <li>* whether the nurse was portrayed in the vigilant role;</li> <li>* whether the posture adopted by the nurse in the scenes was inappropriate;</li> <li>* if the nurse was presented in a sensual way;</li> <li>* whether the actions performed by the nurse competed with the requirements of the profession</li> </ul> </li> <li>- discrimination of scenes in which nurses adopted welcoming postures</li> <li>- degree of autonomy of the actions conveyed</li> <li>Aspects considered (script items): <ul style="list-style-type: none"> <li>* whether the nurse was presented as a decision maker;</li> <li>* whether leadership was assumed in the care and/or discussion of cases;</li> <li>* whether care planning was carried out;</li> <li>* whether the nurse was in a horizontal position with the other professionals</li> </ul> </li> </ul>
	Overall rating of films and documentaries
Gender of the professional nurse	- the prevalence of plots in which the professional nurse was female
Type of ED addressed	<ul style="list-style-type: none"> <li>- the prevalence of plots in which the eating disorder referred to was bulimia</li> <li>- the prevalence of plots in which the eating disorder referred to was anorexia</li> </ul>
Activities developed by the nurse	<ul style="list-style-type: none"> <li>- accounting of activities performed by nurses considering the NIC</li> <li>- the prevalence of technical/assistance actions in the plots</li> <li>- the prevalence of relational actions in the plots</li> </ul>
Characteristics of patients with ED	- profile design of patients with ED
Synopsis	- lexical analysis
Set of media	- hierarchical classification



good nutrition to the patient) were not presented in the plots (Figure 2).

The profession was represented with partial autonomy of its actions. This means that there was decision-making related to physical care but there was no elaboration of specific Nursing care plans or participation in case discussions. The only exception was the *Thin* production,

in which the nurses carried out Nursing consultations and integrated actions with the multidisciplinary team, maintaining horizontal and non-hierarchical relationships with other team members. The documentary included two interventions present in the NIC that did not appear in any of the other plots, namely: i) meeting with the team

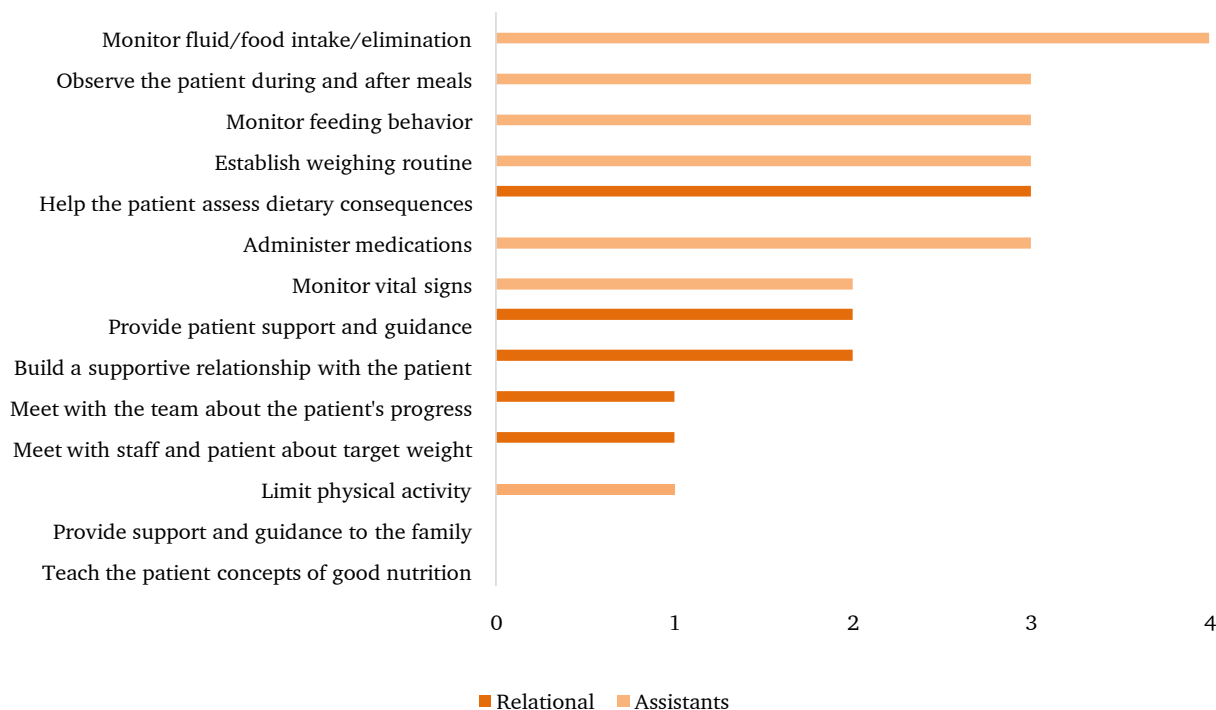


Figure 2 - Distribution of assistance and relational activities, according to NIC, developed by Nursing in the plots. *Ribeirão Preto*, SP, Brazil 2020. (n=6)

to discuss the patient's progress and ii) to establish the target weight to be achieved.

This production also portrayed the support and guidance that Nursing gave patients through group and individual conversations, in addition to attempts to help patients assess the consequences of their food choices. It is noteworthy that the other audiovisual creations presented either the Medicine or the Psychology professional as a central figure in the patients' treatment.

Regarding the image of nurses, some films showed brief scenes with them. In addition, all plots, at some point, conveyed her image in a stereotyped way, as a good doctor's assistant or as a bad nurse, punishing bad behavior.

In the film *Sharing the secret*, for example, there were two nurses monitoring vital signs at different times. The first scene took place in a school environment during a Nursing consultation, in which the professional was present for less than five seconds. At another moment, a

second nurse appeared performing actions under medical orders, a scene that occurred briefly and denoted submission to the doctor's authority.

The stereotyped placement of the nurse as a "good doctor's assistant" was also observed in the film *Girl Interrupted*. In this production, when faced with a patient who questioned about a medication that would be administered to her, the nurse presented a hostile posture, responding sharply that the question should be directed to the doctor, responsible for that knowledge. Still, the nurse was conveyed as "bad": at one point, the professional "threw" a patient into the bathtub as a way of correcting her actions, adopting an unethical and punitive posture.

Another negative aspect, represented in *Thin* and *To the bone*, was the attitude of confiscating personal belongings under orders from third parties, without the patients' prior consent. The nurses played a role of "vigilant" and showed inappropriate behavior: they showed distrust towards the patients, conveyed a "bad" attitude

and performed an attribution that is not incumbent on the category, such as the act of searching and confiscating personal belongings without authorization or prior contractualization.

In *Feed*, the nurse's authority over the patient was also observed through a rude expression and a coercive posture. At one point, the nurse induced a patient to hand over a magazine she was reading. In addition, after several refusals by the protagonist to eat, the nurse inserted a nasogastric tube without the patient's consent, also using physical restraint, portrayed as a punitive action.

The film *Body* was the only one in which the nurses appeared wearing outdated uniforms, characterized by a white dress and cap with a red cross. The image of this professional was also conveyed in a stereotyped way with a "bad" posture, represented by a rude facial expression, authoritarian behavior and change in voice intonation. In addition, automated actions were carried out, which were not very critical-scientific and activities that do not belong to the professional category, such as the role of receptionist. It is pointed out that the coercive, rude and punitive posture was conveyed only to the image of the nurse; at no time did the scenes suggest hostility or lack of ethics in the doctors' professional practice or submission in relation to their actions.

As for ethical conduct, in addition to the act of confiscating personal belongings without the patients' authorization (*Thin* and *To the bone*), there was the nurse's

participation in embarrassing moments, in which she induced patients to intrigue and encouraged them to denounce their partners (*Thin* and *Girl Interrupted*). In addition, *Feed*, *Girl Interrupted* and *Body* portrayed the performance of procedures and actions against the will of patients, characterizing unethical actions by Nursing professionals. In *Sharing the secret*, there is no possibility of evaluating this criterion, as the nurses appeared in scenes with very short time intervals.

It was also sought to find out if the nurses carried out activities that did not belong to the category. In the film *Body*, the nurse acted as a receptionist, controlling the entry and exit of companions, in addition to being responsible for opening and closing the door. In other plots such as *Thin* and *To the bone*, the profession was associated with "vigilant" and the "confiscation" of personal belongings, in which the nurse went from room to room to search the patients' belongings. On the other hand, activities outside the clinic/hospital as a form of social reintegration and therapeutic follow-up were represented in *Girl Interrupted* and *To the bone*.

Concerning the treatment of EDs, four plots presented a multidisciplinary team (Nursing and two professionals from other areas), and two presented only the nurse and the doctor. The documentar *Thin* was the one that most showed Nursing in the scenes, in addition to having autonomy in the treatment of patients. Furthermore, it was the only plot that exhibited the work of Nursing in an

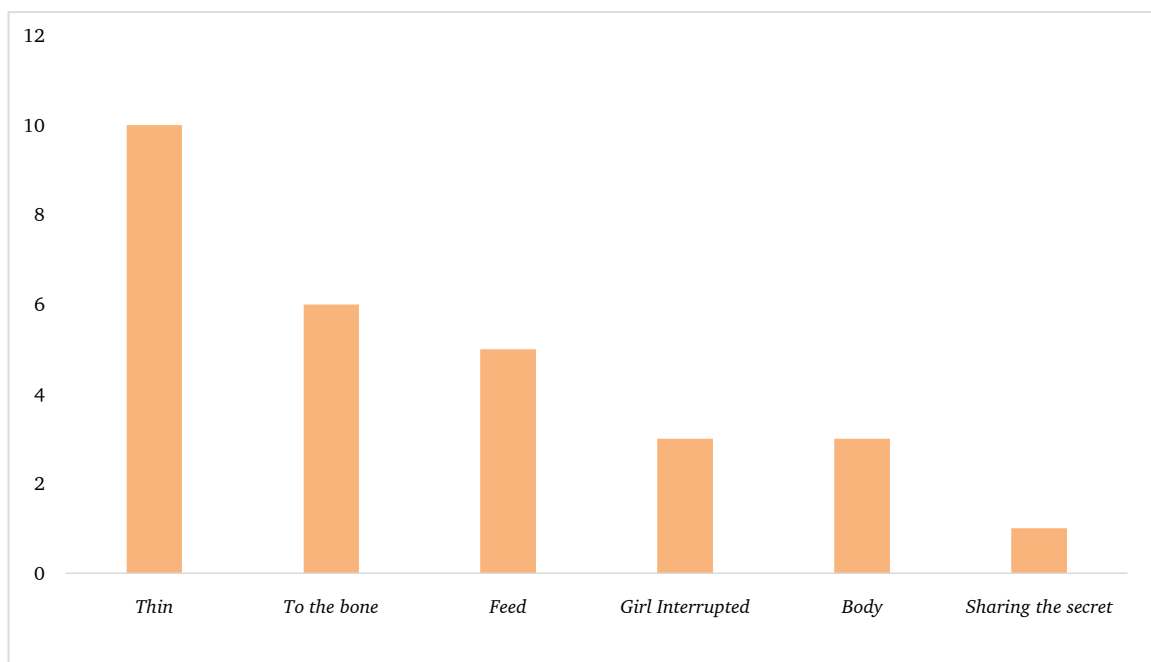


Figure 3 - Number of interventions carried out by Nursing in audiovisual productions evaluated according to the NIC for the treatment of ED. Ribeirão Preto, SP, Brazil 2020. (n=6)

integrated way with the multidisciplinary team, with frequent meetings to plan and discuss cases. It was also the production that most portrayed Nursing care, as shown in Figure 3. *Sharing the secret*, in turn, was the one that least portrayed the profession throughout the work.

Figure 4 summarizes the findings regarding the image of Nursing professionals in the analyzed productions.

Regarding the analysis of the synopses, the words that stood out the most were: life and death; young and weight; bulimia and anorexia; father, mother and son (Figure 4). In all productions, Nursing was part of a multidisciplinary team. However, in none of the synopses did the words "Nursing" or "nurse" appear, while the words "psychoanalyst" and "therapy session" made up the content.

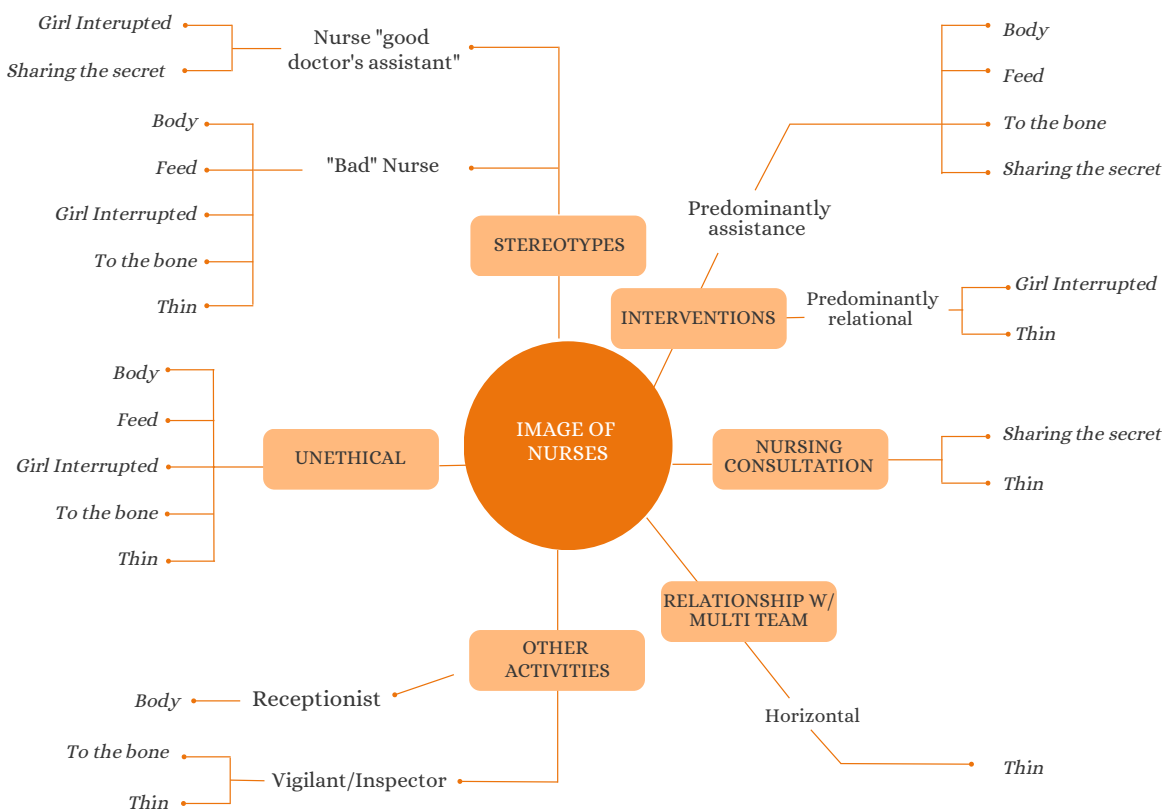


Figure 4 - Summary of findings on how Nursing professionals are portrayed in film productions. *Ribeirão Preto*, SP, Brazil 2020. (n=6)

## DISCUSSION

### Genre, image and professional recognition

There are two aspects related to genre that are fundamental to the discussion of the article. The first is that, in all plots, the Nursing category is represented by a female professional, corroborating previous studies.<sup>18,22,23</sup> The *Conselho Federal de Enfermagem* [Federal Nursing Council] - COFEN carried out a survey to outline the profile of Nursing in the country and found that 84.6% of the Nursing team is composed of women - already considering the increasing incorporation of the male figure in the profession from the 1990s.<sup>24</sup>

This female predominance is directly related to the genesis of the profession, which was in the church, with

deaconesses and widows who cared for the poor and sick with actions that expressed acts of charity. This occurred due to the fact that women were historically legitimized as the main responsible for care.<sup>25</sup> It was with the secularization of hospitals and the subsequent development of Nursing teaching in private schools, inspired by Florence Nightingale, that Nursing began to be recognized as a profession.<sup>26</sup>

Even so, although there is recognition of the occupation as essential in healthcare services, there is little appreciation and prestige of the category - perhaps because it is a job traditionally performed by women and is constituted as substantially manual.<sup>25,26</sup> Despite this, the exercise of Nursing includes a series of cognitive



Figure 5 - Word cloud generated through similarity analysis of synopses (WordArt.com). *Ribeirão Preto*, SP, Brazil 2020. (n=6)

activities, such as the development of clinical reasoning, care planning, development of the Nursing process, interaction and decision on a complex information system, use and operation of the most diverse technologies and diversification of its character, which can be both managerial and teaching and research.<sup>12,13</sup> Such activities associated with Nursing are socially silenced and were also little represented in the analyzed plots.

It is understood that overcoming devaluation, stereotypes, stigma and prejudice about the Nursing profession requires a change in society's historical-cultural formation on gender roles, (re)knowledge and social appreciation of professions.<sup>26</sup>

The second gender-related aspect is the prevalence of EDs in the female population: 9 out of 10 people with EDs are women. This corroborates the findings of studies in which the ratio between males and females is 1:10 and even 1:12<sup>17</sup> for anorexia and bulimia, respectively. This prevalence derives from aesthetic standards widely disseminated on social and media networks that establish that a woman is only attractive if she has a thin body.<sup>7</sup>

The symptomatology portrayed by the media also corroborates the findings in the literature and corresponds to the criteria of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), such as maintaining a lower than minimum body weight, restricting food intake, intense fear of gaining weight and distortion of the body image (in the case of AN), episodes of binge eating and inappropriate compensatory behaviors, such as inducing vomiting (in the case of BN).<sup>1,2</sup>

It is noteworthy that the media exerts an unquestionable influence on body self-image and its perception in adolescence, since at this stage of life people are exposed to greater vulnerability. Thinness is associated

with social mobility, competence and sexual attractiveness, supporting the idea that a thin body without fat is necessarily healthy, while a robust body is unhealthy and undesirable.<sup>7</sup>

Thus, on social media, images of lean and fit bodies are disseminated, which reinforces the idea that success and satisfaction are only achieved if bodies are within standards<sup>7</sup> increasingly young, growing up with low self-esteem, in addition to encouraging comparisons between women's bodies. This phenomenon also encourages the adoption of unhealthy behaviors, such as food restriction and anorexic practices.<sup>1,2</sup>

## The performance of Nursing in the treatment of EDs and the importance of the multidisciplinary team

In the treatment of EDs, Nursing care is not limited to supervising patients during and after meals, administering medications and checking vital signs, as demonstrated in most of the plots analyzed in this study. The Nursing professional has a strategic role in forming bonds, in order to facilitate openness to treatment and its acceptance, maintenance of a positive relationship and active and therapeutic listening. Thus, it constitutes a link between the family, the patient and the disease.<sup>12,13</sup>

In order to provide holistic and individualized care, based on the needs of each individual, the category has the Systematization of Nursing Care (SAE) and specific taxonomies, such as NANDA-I (North American Nursing Diagnoses Association), NOC (Nursing Outcomes Classification) and the NIC. With these instruments, it is possible to promote the implementation of the Nursing Process, composed of the following phases: history, diagnosis, prescription and results. In this way, the professional uses



a scientific and systematic approach that aims to plan, implement and evaluate Nursing interventions.<sup>27</sup>

Although the category has these instruments, the plots analyzed did not show the planning of Nursing care. With the exception of *Thin*, there was no discussion of patient cases or setting of goals of care. In turn, welfare and technical activities prevailed, portraying the profession superficially and ignoring the multiple roles and different levels of complexity of its exercise. These data corroborate previous studies that discuss the media's emphasis on linking Nursing activities to the hospital context,<sup>18,19</sup> ignoring its importance in other settings of care.

In addition, most of the films analyzed here showed nurses with little or partial autonomy in their actions. Therefore, it is clear that Nursing professionals were portrayed as those with freedom to perform physical care that does not require complex clinical reasoning, such as establishing diagnoses or planning actions. That is, they are professionals who appeared only in mechanical activities, focused merely on tasks, following norms and prescriptions and, consequently, developing fragile interpersonal relationships - findings that also corroborate previous studies.<sup>16,22,23</sup>

The therapeutic relationship, crucial for the success of the treatment, was no longer addressed and gave way to attitudes that harm the nurse-patient relationship. The "bad" posture and the unethical approach were present in most plots, damaging the profession's image and reinforcing adverse events to the detriment of their effective care skills, an aspect also verified in other studies.<sup>19-21</sup> Furthermore, there were attributions that did not belong to the professional category, such as the function of receptionist, watchman and inspector of personal belongings, erroneously representing the activities of competence of the category and reinforcing the medical model of asylum nature. Therefore, such results also emphasize the stereotyping of the Nursing professional, as already described in the literature.<sup>16,22,23</sup> These studies emphasize that these characteristics are inconsistent with reality, but remain in the social imagination, making it difficult to recognize the profession.<sup>22,23</sup>

Regarding the multidisciplinary follow-up, it is noteworthy that other healthcare professionals appeared as part of the team in the films and in the documentary, such as the doctor and psychologist and, less frequently, the nutritionist. In most creations, the team acts in a disintegrated way, that is, each professional develops his activities in isolation and with little or no communication between its members. The documentary illustrates the

performance of the multidisciplinary team only in case discussions and actions aimed at establishing care goals.

Despite this, it is pointed out that all plots illustrated multidisciplinary follow-up, fundamental for physical and mental integrity, recovery of nutritional status, establishment of behavioral changes related to food and guidance for both the patient and the family.<sup>11</sup>

### The Content of the Synopses

As regards the lexical analysis, the words that stood out the most correspond to the questions that commonly permeate EDs. First, there is a predominance of young and female audiences with more prevalent diagnoses of bulimia and anorexia.<sup>4</sup> "Mother", "father" and "daughter" are terms that appeared frequently in the synopses. It is understood that the family is the nucleus that suffers the most impact with the manifestation of the disorder, in addition to being one of the determinants in the way of facing the problem, which can both help clinical improvement and predispose to the development or worsening of the disorder.<sup>28</sup> In any case, the family needs to know at least the most relevant aspects of the disorders so that clinical improvement can be achieved. Nursing is the category that maintains greater contact with family members, playing a strategic role in teaching,<sup>13</sup> but in no scenario did nurses offer support and/or guidance to family members.

The dualism "death" and "life", highlighted in the synopses, denotes the threshold of suffering of people with ED, which contemplates a process of constant instability in relation to their life and death punctures, as well as their psychological and somatic repercussions that, in general, have an uncertain course. In addition, such words may signal the patients' attempt to resume their lives after the diagnosis, as well as their predisposition to suicide. It is noteworthy that, in the plots, the development of ED was also associated with the loss of a loved one.

Likewise, the absence of the words "Nursing" or "nurse" in the synopses reinforces the need to reframe the role of the profession in this treatment and the urgency of increasing the visibility and recognition of Nursing in society. On the other hand, the terms "psychoanalyst" and "therapy session" composed the analyzed content.

Based on the analysis carried out, it was identified that the plot that came closest to the reality experienced by patients and Nursing professionals was the documentary *Thin*, which is, therefore, the most suitable audiovisual creation for didactic purposes. In addition to demonstrating symptoms consistent with the reality of EDs, such

as food rejection, non-acceptance of weight and the person feeling fat (even maintaining BMI below the minimum), it also conveyed, in most scenes, autonomy in the professional practice of Nursing.

In this production, these professionals participate with an active voice in case discussions, in therapeutic conversations (both in groups and individually), help in assessing the consequences of food choices, support and care. Unlike the other plots, it does not reduce Nursing's work to exclusively technical actions, nor does it link its image to a "good doctor's assistant". Despite this, there are aspects that portray the category negatively, such as unethical and vigilant actions already mentioned above. This leads to the conclusion that none of the media satisfactorily met the six evaluated criteria.

It is important to emphasize that *Thin* is a documentary, which, unlike the fiction film, is guided by the representation of the world with a certain fidelity to certain worldviews and exploration of reality.<sup>29</sup> That is, the duality of the image of the professionals portrayed is also due to cultural factors, such as the social construction of the nurse's performance and the personality of each professional who composed the artistic creation.

It should be noted that the analyzed cinematographic productions were not developed to represent Nursing's performance. This study aimed to evaluate the plot that most corresponded to the reality of the profession in the treatment of EDs and that, eventually, could serve as an instrument of articulation between theoretical knowledge and the representation of the profession's practice to the lay public. This plot can also be a resource for teachers, as long as it is used with due consideration in the initial training of nurses, in order to provide opportunities for discussions and reflections on the image of the professional, their performance in care, among other issues that can be worked on through of film productions.

## CONCLUSION

Regarding the role of the nurse portrayed in the analyzed plots, it was found that all, at some point, conveyed a stereotyped image of Nursing professionals. There are representations of professionals with a bad attitude, punitive and unethical behavior and, on the other hand, as "good help to the doctor", denoting submission to the actions developed by the category, which are more of a welfare nature.

Despite this, there were scenes that conveyed the profession in a positive way, with a holistic approach to care and that suggested bonding, active participation in case discussions and elaboration of a Nursing plan. The plot

that most portrayed care in this way was the documentary *Thin*. Thus, it is understood that it is the most suitable artistic production for the didactic purpose as a resource to promote debates and discussions in relation to the performance of Nursing, as it is consistent with the reality of the profession - despite the limitations presented.

It is believed that the way in which cinematographic productions convey Nursing influences, positively or negatively, the social recognition of the profession. When portrayed as an authentic, ethical profession, free from stereotypes and based on scientific precepts, it has the potential to influence the public to recognize and value the profession.

This appreciation, in turn, would certainly contribute to the category advancing in obtaining dignified working conditions. For this reason, one of the potentialities of the study is to promote debates on the importance of Nursing in the day-to-day of healthcare systems, increasing the public's knowledge about the reality of the profession. As a consequence, stereotypes and prejudices related to the category would be unlinked, starting in search of visibility and recognition, especially in the field of mental health.

The main limitation of the study is the possible interpretation bias during the stage of completing the scripts; however, in order to minimize it, it was decided to collect and analyze the data simultaneously by two researchers. In addition, due to the conciseness of the synopses, it was not possible to perform the content analysis, only the lexical analysis, which resulted in a cloud of words that demonstrated, with great efficiency, the most common terms in the synopses.

## REFERENCES

1. Erskine HE, Whiteford HA. Epidemiology of binge eating disorder. *Curr Opin Psychiatr* [Internet]. 2018[cited 2021 Dec 2];31(6):462-70. Available from: <https://pubmed.ncbi.nlm.nih.gov/30113324/>
2. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 5<sup>a</sup> ed. Arlington, VA: American Psychiatric Association; 2013.
3. Furth EF, Meer A, Cowan K. Top 10 research priorities for eating disorders. *Lancet Psychiatry* [Internet]. 2016[cited 2021 Dec 12];3(8):706-7. Available from: [https://doi.org/10.1016/S2215-0366\(16\)30147-X](https://doi.org/10.1016/S2215-0366(16)30147-X)
4. Peterson K, Fuller R. Anorexia nervosa in adolescents: an overview. *Nursing* [Internet]. 2019[cited 2021 Dec 12];49(10):24-30. Available from: <https://pubmed.ncbi.nlm.nih.gov/31568077/>
5. Fontenele RM, Ramos ASMB, Goiabeira CRE, Cutrim DS, Galvão APFC, Noronha FMF. Impacto dos transtornos alimentares na adolescência: uma revisão integrativa sobre a anorexia nervosa. *REAI* [Internet]. 2019[cited 2021 Dec 20];87(25). Available from: <https://revistaenfermagematual.com.br/index.php/revista/article/view/201>
6. Pike KM, Dunne PE. The rise of eating disorders in Asia: a review. *Int J Eat Disord* [Internet]. 2015[cited 2021 Dec 12];3(33):1-14. Available from: <https://jeatdisord.biomedcentral.com/articles/10.1186/s40337-015-0070-2>

7. Silva AFS, Japur CC, Penaforte FRO. Repercussions of Social Networks on Their Users' Body Image: integrative review. *Psicol Teor Pesqui* [Internet]. 2020[cited 2021 Dec 12];36:e36510. Available from: <https://doi.org/10.1590/0102.3772e36510>
8. Schmidt U, Adan R, Bohm I, Campbell IC, Dingemans A, Ehrlich S, et al. Eating disorders: the big issue. *Lancet Psychiatry* [Internet]. 2016[cited 2021 Dec 12];3(4):313-5. Available from: <https://pubmed.ncbi.nlm.nih.gov/27063378/>
9. Patel V, Chisholm D, Parikh R, Charlson F, Degenhardt L, Dua T, et al. Addressing the burden of mental, neurological, and substance use disorders: key messages from Disease Control Priorities. *Lancet* 2016[cited 2021 Dec 12];387(10028):1672-85. Available from: [https://doi.org/10.1016/S0140-6736\(15\)00390-6](https://doi.org/10.1016/S0140-6736(15)00390-6)
10. Murray CJ, Vos T, Lozano R, Naghavi M, Flaxman AD, Michaud C, et al. Disability-adjusted life years (DALYs) for 291 diseases and injuries in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet* [Internet]. 2012[cited 2021 Dec 12];380(9859):2197-223. Available from: [https://doi.org/10.1016/S0140-6736\(12\)61689-4](https://doi.org/10.1016/S0140-6736(12)61689-4)
11. Montanari CC. Processo de Enfermagem em atendimento pré-hospitalar de paciente com anorexia e bulimia. *Saúde Redes* [Internet]. 2021[cited 2021 Dec 12];7(supl.2). Available from: <http://revista.redeunida.org.br/ojs/index.php/rede-unida/article/view/3328>
12. Paes AKD, Silva AFB, Freitas PS, Aoyama EA, Souto GR. A importância da assistência de Enfermagem aos portadores de anorexia nervosa na adolescência. *ReBIS* [Internet]. 2021[cited 2021 Dec 12];1(4):55-60. Available from: <https://revistarebis.rebis.com.br/index.php/rebis/article/view/52>
13. Toledo VP, Ramos NA, Wopereis F. Processo de Enfermagem para pacientes com Anorexia Nervosa. *Rev Bras Enferm* 2011[cited 2021 Dec 12];64(1):193-7. Available from: <https://www.scielo.br/j/reben/a/nT4NYcG5V5JTBqDgNh9VDkb/?lang=pt>
14. Wolfe BE, Dunne JP, Kells MR. Nursing Care Considerations for the Hospitalized Patient with an Eating Disorder. *Nurs Clin North Am* [Internet]. 2016[cited 2021 Dec 12];51(2):213-35. Available from: <https://pubmed.ncbi.nlm.nih.gov/27229277/>
15. Brandão MF, Silva GT, Teixeira GA, Nascimento LF, Queirós PJ, Peres MA, et al. Panorama da imagem social da enfermeira divulgada na mídia impressa. *Acta Paul Enferm* [Internet]. 2021[cited 2021 Dec 12];34:eAPE002935. Available from: <https://doi.org/10.37689/acta-ape/2021AO002935>
16. Ferreira JCSC, Correia VGA, Otaviano DMA, Soares TC, Oliveira MR, Torres RAM. Representatividade da Enfermagem nos seriados de saúde da televisão. *Texto & Contexto Enferm* [Internet]. 2020[cited 2021 Dec 12];29:e2018-0522. Available from: <https://doi.org/10.1590/1980-265X-TCE-2018-0522>
17. Owens RA, Attia E, Fitzpatrick JJ, Phillips K, Nolan S. Eating Disorders: Identification and Management in General Medical and Psychiatric Settings. *J Am Psychiatr Nurses Assoc* [Internet]. 2021[cited 2021 Dec 12]. Available from: <https://pubmed.ncbi.nlm.nih.gov/33736519/>
18. Silva AR, Padilha MI, Backes VMS, Carvalho JB. Professional Nursing identity: a perspective through the Brazilian printed media lenses. *Rev Esc Enferm Anna Nery* [Internet]. 2018[cited 2022 Nov 13];22(4). Available from: <https://www.scielo.br/j/ean/a/x45qJdNzdwF5RYgfjFwfjh/?lang=en>
19. Forte ECN, Pires DEP, Schneider DG, Padilha MICS, Ribeiro OMPL, Martins MMFPS. The outcome of Nursing error as attractive to the media. *Texto & Contexto Enferm* [Internet]. 2021[cited 2022 Dec 13];30. Available from: <https://www.scielo.br/j/tce/a/gpQm84HRkrytWBf4C4W6yRp/>
20. Moura RS, Saraiva FJC, Santos RM, Santos RFM, Rocha KRSL, Virgem MRC. Eventos adversos ocasionados pela assistência de Enfermagem: noticiados pela mídia. *Rev Enferm UFPE online* [Internet]. 2018[cited 2022 Dec 13];12(6):1514-23. Available from: <https://periodicos.ufpe.br/revistas/revistaenfermagem/article/view/231266>
21. Souza VS, Inoue KC, Costa MAR, Oliveira JLC, Marcon SS, Matsuda LM. Nursing errors in the medication process: television electronic media analysis. *Rev Esc Enferm Anna Nery* 2018[cited 2022 Dec 13];22(2). Available from: <https://doi.org/10.1590/2177-9465-EAN-2017-0306>
22. Pereira JJ, Luchesi LB, Paul R, Lima CCCA, Mendes IZC. Negative Nursing stereotypes: past or present? *Hist Enferm Rev Eletrônica* [Internet]. 2022[cited 2022 Dec 12];13(1):21-8. Available from: <https://pesquisa.bvsalud.org/portal/resource/pt/biblio-1373197>
23. Van der Ginkel M, Brouwer J. What makes a nurse today? A debate on the Nursing professional identity and its need for change. *Nurs Philos* [Internet]. 2021[cited 2022 Dec 12];22(2):e12343. Available from: <https://onlinelibrary.wiley.com/doi/full/10.1111/nup.12343>
24. Conselho Federal de Enfermagem. Pesquisa inédita traça perfil da Enfermagem. Brasília: COFEN; 2015[cited 2021 Dec 12]. Available from: [http://www.cofen.gov.br/pesquisa-inedita-traca-perfil-da-enfermagem\\_31258.html](http://www.cofen.gov.br/pesquisa-inedita-traca-perfil-da-enfermagem_31258.html)
25. Galbany-Estragués R, Comas-d'Argemir D. Care, Autonomy, and Gender in Nursing Practice: a historical study of nurses' experiences. *J Nurs Res* [Internet]. 2017[cited 2021 Dec 12];25(5):361-7. Available from: <https://pubmed.ncbi.nlm.nih.gov/28877123/>
26. Maranezi FB, Zancanari NS. Gênero e a profissão de Enfermagem: mulheres, simbologias, condutas e vestimentas em meados do século XX. *Caminhos da História* [Internet]. 2020[cited 2021 Dec 12];22(2):31-44. Available from: <https://www.periodicos.unimontes.br/index.php/caminhosdahistoria/article/view/2001>
27. Lopes RE, Nóbrega-Therrien SM, Araújo PA, Araújo CRC, Ponte MAV, Pereira MC, Falcão TG. Traços do ensino Nightingaleano na formação da enfermeira cearense. *REME - Rev Min Enferm* [Internet]. 2021[cited 2022 Jan 20];25:e-1413. Available from: <http://www.revenf.bvs.br/pdf/reme/v25/1415-2762-reme-25-e-1413.pdf>
28. Paixão RF, Patias ND, Dell'Aglio DD. Relações entre Violência, Clima Familiar e Transtornos Mentais na Adolescência. *Gerais (Univ Fed Juiz Fora)* [Internet]. 2018[cited 2021 Dec 12];11(1):109-22. Available from: <http://dx.doi.org/10.36298/gerais2019110109>
29. Nichols B. Introdução ao documentário. Campinas: Papirus; 2005.