O seguinte texto foi extraído do periódico BMJ, 2015;351:h4672. Leia e responda as questões formuladas.

Researchers investigated the effectiveness of patient controlled analgesia for patients presenting to emergency departments with pain from traumatic injuries. A randomized controlled trial with a parallel groups study design was used. The control treatment was usual care, with analgesia titrated by nurses according to hospital guidelines. The participants were patients aged 18-75 years presenting to the emergency department who required intravenous opioid analgesia for the treatment of moderate to severe pain resulting from traumatic injuries, and who were expected to be admitted to hospital for at least 12 hours. In total, 200 adults were recruited and randomized to the intervention (patient controlled analgesia; n=99) and control (routine care; n=101) treatment groups.1

The primary outcome was total pain experienced over the 12-hour study period, recorded using a visual analogue scale. Secondary outcomes included total amount of morphine used. The mean total pain experienced by the intervention group was lower than that experienced by the control group, although the difference was not significant. Participants in the intervention group used significantly more morphine than was administered in the usual care group. It was concluded that patient controlled analgesia provided a reduction in pain, albeit not significant, compared with routine care for emergency department patients with traumatic injuries. The researchers commented that the results of the trial may have been influenced by the Hawthorne effect.

Questões

1- Qual o objetivo do estudo?

O objetivo do estudo foi avaliar a eficácia da analgesia controlada em pacientes com dor devido a lesões traumáticas agudas, atendidos em serviços de emergência.

2- Qual a métrica utilizada para avaliação do desfecho primário?

O desfecho primário foi a dor observada nas primeiras doze horas, avaliada pela escala visual análoga (visual analogue scale).

3- Qual o tipo de desenho utilizado neste estudo?

Trata-se de um ensaio clínico randomizado com dois braços, grupo controle e intervenção.

4- Baseando-se no texto, o que você entende por efeito Hawthorne?

Os participantes do grupo intervenção usaram mais morfina que o grupo controle, sem uma melhora significativa no controle da dor quando comparados aos do grupo controle. Desta forma, pode se interpretar o efeito Hawthorne como uma reação dos indivíduos em decorrência do fato de estarem sendo observados.

5- Coloque V (verdadeiro) ou F (falso):

(F) As enfermeiras que administravam o tratamento padrão eram suscetíveis ao efeito Hawthorne.

(V) Os pacientes do grupo intervenção eram suscetíveis ao efeito Hawthorne.

(V) Os pacientes do grupo controle eram suscetíveis ao efeito Hawthorne.