

The concept of Well-Being in nursing practice: integrative review

Conceito de Bem Viver na prática da Enfermagem: revisão integrativa

El concepto de Bienestar en la práctica de enfermería: una revisión integradora

André Filipe Morais Pinto Novo^I , Pâmela Leites de Souza Steffen^{II} ,
Deisimeri Francisca Alves^{II} , Indiana Acordi^{II} , Maria Manuela Martins^{III} ,
Soraia Dornelles Schoeller^{II} 

^I Research Centre for Active Living and Wellbeing (LiveWell), Instituto Politécnico de Bragança, Bragança, Portugal

^{II} Universidade Federal de Santa Catarina (UFSC), Florianópolis, Santa Catarina, Brazil

^{III} Instituto de Ciências Biomédicas Abel Salazar da Universidade do Porto, Porto, Portugal

Abstract

Objective: to identify how the concept of Good Living is applied into nursing practice to improve care. **Method:** integrate literature review with research in the information sources Scopus, Web of Science, Medline, Virtual Health Library, and Google Scholar. Experimental and non-experimental studies were included, in Portuguese and English, with no period restriction. **Results:** twenty-four articles published between 2000 and 2024 were analyzed, with geographic predominance in Brazil, from which ten categories of analysis were derived. The importance of a holistic and interdisciplinary approach is highlighted, as well as the need for specialized training and policies addressing Good Living principles. **Conclusion:** nursing practice, aligned with the concepts of Good Living, promotes transformative care that considers physical, social, cultural, and spiritual dimensions with deep respect for freedom in the differences of others. Organizational barriers and the biomedical model's predominance limit the concept's practical application.

Descriptors: Nursing; Sustainable Development; Holistic Health; Quality of Life; Patient-Centered Care

Resumo

Objetivo: identificar como o conceito de Bem Viver é aplicado na prática dos enfermeiros para a melhoria dos cuidados. **Método:** revisão integrativa da literatura, com busca na Scopus, Web of Science, Medline, Biblioteca Virtual de Saúde e Google Acadêmico. Foram incluídos estudos experimentais e não experimentais, nos idiomas Português ou Inglês, sem restrição de período. **Resultados:** foram analisados 24 artigos publicados no período de 2000 a 2024, com predominância geográfica no Brasil, dos quais derivaram dez categorias de análise. Destaca-se a importância da abordagem holística e interdisciplinar, bem como a necessidade de formação especializada e políticas que abordem os princípios do Bem Viver. **Conclusão:** a prática da Enfermagem, alinhada com os conceitos de Bem Viver, promove cuidados transformadores que consideram dimensões físicas, sociais, culturais e espirituais no profundo respeito pela liberdade

na diferença do outro. Barreiras organizacionais e predominância do modelo biomédico limitam a aplicação prática do conceito.

Descritores: Enfermagem; Desenvolvimento Sustentável; Saúde Holística; Qualidade de Vida; Assistência Centrada no Paciente

Resumen

Objetivo: identificar cómo se aplica el concepto de Buen Vivir en la práctica de enfermería para mejorar la atención. **Método:** revisión integradora de la literatura, con búsqueda en Scopus, Web of Science, Medline, Biblioteca Virtual en Salud y Google Académico. Se incluyeron estudios experimentales y no experimentales, en portugués e inglés, sin restricción de período.

Resultados: se analizaron veinticuatro artículos publicados entre 2000 y 2024, con predominio geográfico en Brasil, de los cuales se derivaron diez categorías de análisis. Se destaca la importancia de un enfoque holístico e interdisciplinario, así como la necesidad de formación especializada y políticas que aborden los principios del Buen Vivir. **Conclusión:** la práctica de enfermería, alineada a los conceptos del Buen Vivir, promueve un cuidado transformador que considera las dimensiones físicas, sociales, culturales y espirituales con profundo respeto a la libertad en la diferencia de los otros. Las barreras organizativas y el predominio del modelo biomédico limitan la aplicación práctica del concepto.

Descriptor: Enfermería; Desarrollo Sostenible; Salud Holística; Calidad de Vida; Atención Dirigida al Paciente

Introduction

'Good Living' (BV, acronym in Portuguese) draws on the ancestral knowledge of Andean¹ indigenous peoples and represents an alternative paradigm to the Western model of development, prioritizing collective good living, sustainability, and reciprocity over economic growth and consumption.²⁻³ The concept consists of a holistic vision that promotes an ethic of care and interdependence, in which human beings, the community, and the environment are integral and inseparable, in harmonious balance.⁴⁻⁶

From this perspective, harmony goes beyond ecological balance to include spiritual, cultural, and political dimensions, reflecting a deep respect for all forms of life.⁵ Theoretically, BV is guided by ethical and philosophical principles that interconnect both social practices and public policies, including: Harmony with Nature - recognizing nature as a subject of rights and rejecting the exploitative use of resources; Solidarity and Reciprocity - valuing human relationships based on cooperation and mutual support; Pluralism and Cultural Diversity - respecting different ways of life and valuing interculturality; Collective good Living - prioritizing community interests over individualism; and Sustainability and Respect for Natural Limits - advocating a lifestyle that honors the planet's regenerative capacity.^{2-3,6}

These principles provide an essential theoretical and philosophical basis for rethinking development models and social practices, particularly in the contexts of health and nursing, insofar as they challenge traditional biomedical models.⁷ In nursing, BV can be translated as a practice of care that does not focus on cure, but rather on the pursuit of dignity, autonomy, and good Living of the individual and the community, considering its ethical, physical, emotional, social, and spiritual dimensions.⁸

Nursing can contribute to implementing the BV concept in health practices through holistic care that aligns with precepts such as respect for community traditions and values, combating social inequalities, ensuring universal access to health, and upholding the principles of equity and justice.⁸⁻⁹ The relevance of this study is reinforced by the convergence of the BV paradigm with the Sustainable Development Goals, especially SDG 3 (Good Health and Good Living), SDG 10 (Reduced Inequalities), and SDG 11 (Sustainable Cities and Communities), by promoting a model of care centered on equity, collective good living, and sustainability. Despite the global relevance of these principles, there is a gap in their effective integration into nursing practice, which justifies the need for this review. Given this, the present review aimed to identify how the concept of Good Living is integrated into nurses' practice to improve care.

Method

This is an integrative literature review, one of the broadest review methods in research, allowing the inclusion of both experimental and non-experimental investigations and combining data from theoretical and empirical literature.¹⁰ The selection of studies was conducted in December 2024 using Scopus, Web of Science, Medline (PubMed), the Virtual Health Library (VHL), and Google Scholar.

The PIO strategy (P: Population – nurses; I: Intervention – application of the concept of Well-Being; O: Expected Outcomes – improvement in care)¹¹ was used to formulate the research question, giving rise to the following problem question: How is the concept of Well-Being integrated into nursing practice to improve care?

For the search strategy, controlled descriptors available from the Health Sciences Descriptors (DeCS) and Medical Subject Headings (MeSH) were preferred. Still,

uncontrolled descriptors such as the term Bem Viver (Good Living) were also used, in line with the proposed objective and the interest in conducting as comprehensive a search as possible. The Boolean operators OR and AND were combined with the expressions “good living” and “nursing” or “nurse” and, subsequently, “bem viver” and “enfermagem” or “enfermeiro* (Chart 1).

Chart 1 – Search strategy

Source of Information	Search strategy
Scopus	“good living” AND (nursing OR nurse)
Web of Science	“good living” AND (nursing OR nurse)
Medline (Pubmed)	"good living"[All Fields] AND ("nursing"[MeSH Terms] OR "nursing"[All Fields] OR "nurslings"[All Fields] OR "nursing"[MeSH Subheading] OR "nursing s"[All Fields] OR ("nurse s"[All Fields] OR "nurses"[MeSH Terms] OR "nurses"[All Fields] OR "nurse"[All Fields] OR "nurses"[All Fields]))
BVS	("bem viver") AND (enfermagem OR enfermeiro*)
Google Scholar	("bem viver") E (enfermagem OU enfermeiro*)

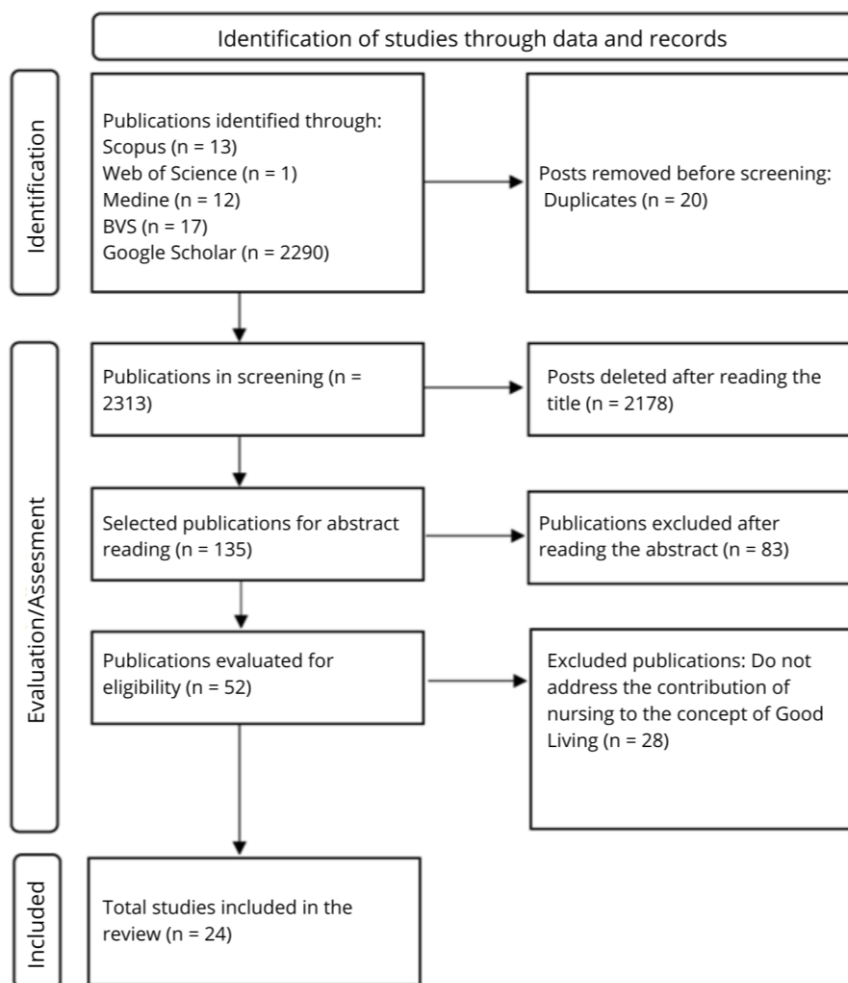
The inclusion criteria were scientific articles in Portuguese (as the authors' native language) or English (as the universal scientific language), with no time restrictions, and both experimental and non-experimental studies, covering all methodologies and research types that address the concept of BV in nursing practice.

Data screening¹² and extraction from the different databases were performed independently by two researchers, and a third researcher was consulted in case of doubt or disagreement regarding the final decision. The variables collected were included in a Microsoft Excel spreadsheet, including authors, country, year, title, objectives, methodology, main results, and the contribution of Nursing to the concept of BV. The information, definitions, and concepts listed by the authors were respected, and we ensured they were properly cited and referenced, as provided for in Resolution 510/2016.

Results

A total of 2,333 documents were identified. After excluding duplicates and selecting studies, 24 articles were analyzed (Figure 1).

Figure 1 – Article selection flow



The 24 articles are geographically located in Brazil, and some are the result of collaborations with Portuguese authors. The articles were published between 2000 and 2024 and present considerable methodological variety. Chart 2 provides a summary of the publications that constitute the sample for this article, with information divided by objectives, methodology (12 theoretical and reflective studies, 6 literature reviews, 4 empirical studies, 2 intervention studies, 1 bibliometric study, and 1 experience report), and the main conclusions of each article evaluated.

Chart 2 – Summary of data extraction from the integrative review

Year, country	Objective	Method	Result
(2020), Brazil ¹³	Develop a theoretical model that validates and applies Rehabilitation Nursing Theory in rehabilitation practice.	Methodological study	Construction of a Theory of Rehabilitation Nursing
(2019), Brazil ¹⁸	Development of educational initiatives and technologies to promote self-care and improve the quality of life of older adults and their families.	Integrative review	It is necessary to broaden the discussion on gerontological educational technologies to improve the quality of life and autonomy of older adults, using strategies such as discussion groups and storytelling. These technologies promote empowerment, knowledge emancipation, and greater interaction between health professionals and older adults.
(2007), Brazil ³⁰	Develop the skills necessary to provide dignified gerontological care to the elderly.	Reflective essay	There is little literature on gerontological care based on Leininger's Theory of Diversity and Universality of Cultural Care, despite the importance of cultural issues in elderly care. A culturally sensitive approach promotes autonomy, dignity, and quality of life for the elderly, integrating the cultural dimensions of their lives and families.
(2012), Brazil ³²	Investigate whether nursing professionals in the Intensive Care Unit are predisposed to Burnout Syndrome.	Descriptive cross-sectional study	Most ICU nursing professionals are at high risk of burnout due to the stressful environment and constant pressures. It is urgent to adopt self-care practices and implement training and campaigns to promote a healthier work environment.
(2018), Brazil and Portugal ³⁶	Describe and analyze the current global landscape of rehabilitation nursing.	Descriptive and retrospective study in databases	Rehabilitation nursing, focused on the functionality and quality of life of individuals with disabilities or chronic diseases, is recognized in a few countries, highlighting the need for global consolidation. Specialized training and a holistic approach are essential to address challenges such as chronicity and aging.

(2006), Brazil ²⁴	Questioning, reflecting, and bringing together the phenomena of "technology and care" as a reflection on care technologies and their philosophical perspectives.	Reflection	The integration of technology into healthcare requires ethical responsibility and critical reflection to ensure it contributes positively to well-being, respects human interactions, and supports individualized care. Bioethics plays a crucial role in addressing the ethical implications of technology, broadening its scope to include human knowledge and relationships, as well as machines and equipment.
(2018), Brazil ²⁵	Discuss concepts of clinical nursing care and practice for patients with cardiovascular disease.	Reflection	Nurses play a crucial role in promoting cardiovascular health by encouraging lifestyle changes and using a holistic approach that considers both the physical and emotional aspects of patients. Continuing education and the use of scientific evidence are essential for improving care and promoting physical and psychological well-being.
(2000), Brazil ¹⁴	Present the concepts and experiences of a nurse teacher, woven into their daily care routine.	Reflection	The practice of nursing, although essential, can cause harm to patients due to failures and the complexity of the work environment, requiring an ethical and reflective approach to prevent iatrogenic harm. Promoting human relations, solidarity, and sensitivity is essential to minimize risks and ensure the well-being of patients.
(2024), Brazil ¹⁹	Understanding nursing activities in rehabilitation	Integrative review	Rehabilitation nursing is essential for restoring health, integrating physical, psychological, and social care with specific diagnoses and theories, such as self-care. It is necessary to expand specialized training and the scope of practice, including areas beyond stoma therapy, to ensure adequate and effective care.
(2013), Brazil ³⁴	Identify nursing technologies and their	Integrative review	Hard technologies predominate in nursing, improving the efficiency

	impact on nurses' care practices.		and safety of care, but they must be balanced with soft technologies to maintain humanization. Their application improves the quality of care and strengthens clinical decision-making but requires continuous training of professionals.
(2000), Brazil ³³	Check the meaning(s) of quality of life for nursing professionals.	Qualitative and quantitative study	The quality of life of nurses, influenced by factors such as health, leisure, and social relationships, varies by individual perception and work environment, with neonatal ICU professionals scoring higher. Physical well-being, interpersonal relationships, and professional satisfaction are valued aspects, reinforcing the importance of appreciation and recognition for personal and professional fulfillment.
(2024), Brazil ²⁰	Describe the actions and knowledge of the nursing team regarding the prevention and diagnosis of HIV/AIDS in older adults.	Descriptive and qualitative study	Health education on STIs/HIV for older adults is insufficient, marked by stigma and a lack of specific actions, such as condom distribution and discussions about sexuality. It is essential to train professionals and implement primary care programs to promote prevention, education, and integrated care, thereby reducing the vulnerability of older adults.
(2012), Brazil ¹⁵	Analyzing ethical nursing care for elderly women	Systematic review	Humanization and ethics are fundamental pillars in gerontological care, with an emphasis on the individuality of the elderly and communication with their families. The research highlights the need for ethical, high-quality care, especially for elderly women with chronic diseases, in line with the Comprehensive Health Care Program for the Elderly's guidelines.

(2011), Brazil ³⁵	To profile scientific articles on expressions of art in nursing, in the context of nursing education and care.	Bibliometric study	Art is a valuable tool in nursing, often associated with care rather than teaching, highlighting the importance of integrating it into professional training. Although difficult to quantify, its expression is essential in practice, and there is a need to improve descriptors to facilitate research in this area.
(2009), Brazil ²⁶	Analyze scientific research related to the use of technology in nursing practices.	Bibliographic research	There is growing interest among nurses in developing and using technologies in their practice, highlighting them as a facilitating and beneficial approach to improving nursing practice.
(2015), Brazil ²⁹	Investigate the regulation of labor relations in nursing and reflect on the legal aspects of their working hours.	Reflection	The 36-hour work week for nurses faces problems such as insufficient rest, overload, and a lack of specific legal protection, while the reduction to 30 hours is seen as a historic step forward in improving professionals' health and the quality of care. Regulation of this work week is considered essential to guarantee labor rights, dignity, and safety in care.
(2009), Brasil ²⁷	Articulate theoretical and conceptual aspects of profession, discipline, and work, contributing to reflection on disciplinary knowledge and professional nursing practice exercised in the context of collective health work.	Reflection	Nursing is a profession and science focused on human care, facing challenges of autonomy and social recognition. To meet complex health needs, it is essential to integrate the humanities, strengthen professional entities, and adapt to scientific and political challenges.
(2023), Brasil e Portugal ¹⁶	Build, based on concepts and statements, a theoretical model of rehabilitation nursing grounded in intersubjective recognition, focused on the well-being of the person in their diversity.	Theory building	Rehabilitation nursing must be understood in a sociocultural context, promoting social justice, autonomy, and human dignity, with a focus on the intersubjective relationships between nurses, patients, and families. Nursing care must be based on love, solidarity, and respect, with an emphasis on professional training and theoretical development in the specialty.

(2020), Brasil e Portugal ¹⁷	Share and stimulate debate on nursing care and the emancipatory process, using Honneth's theory of recognition and Bloch's principle of hope.	Reflection	Rehabilitation nursing care, grounded in Axel Honneth's theory of recognition, is an emancipatory process that promotes autonomy and identity through intersubjective relationships grounded in love, rights, and solidarity. The practice transcends traditional care, empowering individuals to rebuild their lives collaboratively, respecting social and historical dimensions and hope as a central element.
(2013), Brasil ²⁸	Not applicable	Editorial	It is necessary to redefine the concept of health as a holistic state of well-being, which includes physical, mental, social, and spiritual dimensions, going beyond the absence of disease. This view is critical of the prevailing biomedical model and advocates interdisciplinary approaches that value human subjectivity, quality of life, and care for the planet and all living beings.
(2024), Brasil ²³	Describe and discuss a practical experience of donating seedlings, which took place during Nursing Week.	Description of experience	The practical experience of the extension project in a public school was enriching, promoting learning and engagement among the school community. The project highlighted the importance of raising awareness about sustainable practices and the relationship between health and the environment.
(2024), Brasil ⁸	Not applicable	Editorial	The concept of "good living," inspired by Latin American indigenous culture, proposes a holistic view of health that emphasizes harmony, interdependence, and social justice. Nursing should integrate these principles, promote comprehensive well-being, and contribute to public policies that prioritize good living.
(2017), Brasil ²¹	Identify how clinical and educational nursing care, based on Human Becoming Theory, contributes to the	Intervention research	Educational care based on Parse's Human Becoming Theory promotes autonomy and quality of life for heart transplant patients, helping

	process of transcendence of heart transplant patients in their pursuit of Good living.		them cope with challenges such as dietary restrictions and the use of immunosuppressants. Focused on the uniqueness of each patient, humanistic and educational care that supports transcendence allows them to plan new possibilities for life, with faith and spirituality playing an essential role in adaptation.
(2016), Brasil ²²	Conduct diagnostic assessments of the living conditions and health of elderly people living with their families and communities and test the development of a care-education technology.	Convergent-care research	Care-educational technology has improved the autonomy, self-care, and quality of life of older adults, highlighting the role of nurses as facilitators of protagonism in aging. The integration of educational and care practices has proven effective in addressing chronic health issues, sexuality, and prejudice, with the potential for replication in other contexts through adaptation.

Chart 3 allows us to interpret the specific contribution each article makes to the concept of BV in nursing practice for improving care.

Chart 3 – The concept of Well-Being in nursing practice

ref	The concept of well-being in nursing practice
13	Care as an emancipatory process is the key to the Well-Being of individuals and diverse people.
18	The concept of Well-Being in nursing practice is integrated through educational actions that promote the health and autonomy of individuals, especially the elderly. These educational practices are considered transformative vehicles for collective and individual behaviors, contributing to the development of quality of life and personal responsibility in disease prevention. In addition, educational technology is seen as a facilitator of the teaching-learning process, helping build knowledge for care.
30	The contribution of nursing to the Well-Being of the elderly involves promoting health and improving quality of life through collective actions and decisions that favor health and well-being. The practice of gerontological nursing care requires skills and knowledge that enable a relationship between the professional and the elderly person, with an attitude of constant reflection and effective investments to respond concretely to the elderly person's needs. In addition, nursing must integrate the cultural dimensions of the elderly and their families, provide culturally congruent and applicable care, and guarantee and preserve the cultural rights of the elderly.

32	The concept of Well-Being in nursing practice is integrated through the mobilization of preventive behaviors that minimize stress and illnesses, such as Burnout Syndrome, promoting the health of professionals themselves. This involves investing in oneself, a complex task that requires stimulating, protecting, nourishing, and treating multiple systems, organs, and functions of the body.
36	The concept of Well-Being in nursing practice is integrated through promoting self-care, preventing complications, and maximizing individuals' abilities. Rehabilitation nursing focuses on maintaining and promoting well-being and quality of life, restoring function when possible, and promoting lifestyle changes so that people with functional deficits and their families can contribute socially and interact in healthy ways.
24	The contribution of nursing to Well-Being is evidenced by its promotion of individualized, humanized care that responds to people's specific needs throughout their lives. Nursing practice must respect people as human beings and citizens, using all available technological options to ensure quality care and reduce suffering.
25	The contribution of nursing to Well-Being involves promoting and restoring physical, mental, and social well-being, expanding the possibilities for living and thriving. Nursing practice is based on a clinical perspective that requires knowledge and critical thinking skills, seeking to overcome the dichotomous view of health and illness. Nursing care involves science, art, aesthetics, ethics, political and social responsibility, and civic commitment, promoting the integral health of human beings for a life of quality and fulfillment.
14	Preparation to care for people who wish to be treated as human beings in the true sense of the word, interacting in care to achieve Well-Living, rather than being subjected only to the cure of disease. Nursing must value the ethics of life, feelings, solidarity, and passive resistance, aiming to reduce risks and promote good care, understanding of human relationships, and sensitivity as fundamental axes of nursing care, which contribute to people's well-being.
19	The contribution of nursing to Well-Being involves maximizing individuals' functional abilities, promoting optimal health, and helping them adapt to lifestyle changes.
34	The integration of technologies improves the quality of care, respects individuals' needs, and promotes well-being. The balanced use of technologies enhances the humanization of care, ensuring comfort, dignity, and autonomy for individuals. Nurses' reflective practice in adopting technologies contributes to the safety and effectiveness of care, which are essential for the well-being of those receiving care.
33	The contribution of nursing to well-being is related to the appreciation of nursing as a profession and practice, providing workers with a satisfactory quality of life. Professional fulfillment depends on the appreciation, development, and recognition offered through a humanistic relationship, positively influencing the quality of life of nurses.
20	The contribution of nursing to well-being involves the need for training and continuing education to improve care and reduce the vulnerability of older adults to HIV.
15	Nursing contributes to Well-Being by enriching the dissemination of new knowledge in the field of health, specifically in Nursing, to improve nursing care and service productivity. Nursing is a science that encompasses the complexity of its theoretical and practical realities, integrating technology, human relationships, healing, and care. Nursing is considered an art and a science, being both ethical and aesthetic.
35	The contribution of nursing to well-being is achieved through care grounded in scientific knowledge, in which nurses observe and identify the needs of individuals, families, or communities. Nurses propose and implement a care plan aimed at the well-being and improvement of the person's quality of life, evidenced by positive individual and collective

	attitudes. In addition, nursing is seen as the art of helping, in which the nurse's actions aim to provide what the patient needs to restore or extend their ability to face the challenges of their present situation.
26	The contribution of nursing to well-being involves the thoughtful incorporation of technology, adapting it to practice, and responding to social needs. Nurses need to adopt an approach that aggregates and analyzes relevant information in decision-making and in the performance of their duties. It is important to remember the shift from the biomedical to the holistic model, and to use technological resources to implement it.
29	Nursing contributes to Well-Being by performing essential work focused on caring for people, especially in situations of pain and suffering. Despite its importance and the large number of professionals, nursing in Brazil still lacks specific legal protections regarding working hours, which can affect the quality of healthcare services.
27	Nursing contributes to Well-Being by producing knowledge that supports culturally congruent, technically competent, and morally acceptable care actions aimed at preserving life in its fullness and in the various situations of the human life process. Nursing is described as a caring profession that produces knowledge to care for human beings as complex individuals, within the family dimension, and as part of social groups.
16	The contribution of nursing to Well-Being is centered on the intersubjective relationship of recognition between the nurse and the person being cared for. This relationship promotes self-realization and the person's autonomous and equal participation in rehabilitation, ensuring their social well-being. Well-Being is encouraged when nurses and patients understand each other's differences, respecting, trusting, and valuing each other socially, which strengthens the patient's autonomy, social freedom, and human dignity.
17	The contribution of nursing to Well-Being is centered on the practice of rehabilitation nursing, which transcends traditional care. This practice aims to enable individuals to work with nurses to develop tools for autonomy and independence, and to manage strategies that promote self-care and self-control. Rehabilitation Nursing creates spaces for decision-making and proactivity regarding the needs of the person in rehabilitation, allowing them to live a full life, even if differently from others. This process is centered on the person and their family, with a view to a good life.
28	The contribution of nursing to Well-Being involves redefining care as an art essential to the existence and origin of all knowledge and cultures. Nursing, historically attributed to women, is seen as a profession that encompasses cultural, ethical, technical, scientific, social, and ethnic values, especially in contexts of cultural diversity, such as in Brazil. Nursing care aims to maintain the continuity of life with quality and well-being, considering health as a holistic state encompassing physical, mental, social, and spiritual dimensions, rather than merely the absence of disease.
23	Nursing contributes to Well-Being by integrating care practices that respect human dignity and the customs of people, promoting healthy production systems. The profession defends equity and social justice, aligning itself with the principles of Well-Being, which proposes the non-separation between man, and nature and questions development models based on material consumption.
8	The contribution of nursing to well-being is seen as an emancipatory process whose purpose is the well-being of people in interaction, including professionals, those receiving care, and their support network. Nursing, with care as the essence of its work and scientific discipline, occupies

	a privileged place for reflecting on the concepts of Well-Being and applying them, exercising a culturally and socially transformative praxis. The debate on this theme by nurses in their different areas of intervention (management, teaching, research, and care) contributes to the development of public health policies grounded in Well-Being with its pillars of rights, solidarity, and love.
21	The contribution of nursing to Well-Being is evidenced by educational care based on Human Becoming Theory, which promotes autonomy and decision-making by individuals regarding their own health, contributing to transcendence in the pursuit of Well-Being. In addition, nursing care should be patient-centered, respecting their experiences and promoting dialogue that helps them address disharmony in their lives, thereby improving quality of life and reducing fears and anxieties.
22	Nursing can promote active and healthy aging. The integration of the concept of Well-Being occurs through the empowerment of older adults, who take on an active role in managing their health and seeking a fuller and more meaningful life, with structured support through educational practices and caring relationships.

Discussion

Through the interpretation and analysis of the results, ten categories emerged, discussed below: Emancipatory Care and Interpersonal Recognition; Health Education and Promotion of Autonomy; Humanization and Interpersonal Relationships in Care; Sustainability and Interconnection with the Environment; Gerontology and Care for the Elderly; Rehabilitation Nursing as a Specialized Practice; Nursing Professional Health; Technology and Reflection in Care; Ethics and Social Responsibility in Care; Holistic Model and Interdisciplinary Approach. At the end of this section, the main limitations to the application of the BV concept in nursing practice are presented.

Emancipatory Care and Interpersonal Recognition

The practice of nursing as a transformative and emancipatory process related to BV is evident in articles inspired by theories such as Axel Honneth's theory of reciprocal recognition. This theory has been transcended into the field of nursing, reflecting, in its foundations, the mutual recognition and interpersonal relationships between nurses and the people they care for in BV.

From this perspective, the goal is to promote autonomy, self-realization, and equality, going beyond technical care to encompass social, emotional, and cultural aspects. The practice of emancipatory care and interpersonal recognition includes respect for individuality, recognizing the person as a unique and irreplaceable being,

promoting BV through relationships that foster dignity, self-esteem, and social freedom. This practice requires the active collaboration of the person in constructing the concepts underlying their health and identity, creating a space for shared decision-making that ultimately leads to improved care.^{8,13-17}

Health Education and Promotion of Autonomy

Health education is considered an essential element of nursing practice, promoting autonomy, self-care, and behavioral change. It involves the use of educational technologies and reflective practices to empower healthy people, sick people, and caregivers, especially in vulnerable populations such as the elderly and those in need of specialized Rehabilitation Nursing Care.

Health Education and Promotion of Autonomy is linked to the concept of BV by emphasizing the importance of continuing education as a vehicle for transforming individuals' quality of life. Nurses play a relevant and decisive role as mediators and facilitators of educational processes that respect human individuality and promote people's protagonism in their own health and disease processes.¹⁸⁻²³

Humanization and Interpersonal Relationships in Care

Humanization is an essential pillar of nursing practice, based on welcoming, building bonds, and paying sensitive attention to each person's individual needs. This care goes beyond the use of technologies and clinical protocols, valuing above all the human dimensions of existence, such as affection, respect, and active listening. Nurses position themselves as mediators of empathetic relationships, promoting an environment of mutual trust and recognition of the dignity of those being cared for.^{8,15,24-28}

In this context, interpersonal bonds become therapeutic tools that strengthen physical, emotional, and social well-being while respecting values, beliefs, and life trajectories. This approach is deeply aligned with BV, as it values intersubjectivity, harmonious coexistence, and comprehensive care that recognizes others in their uniqueness and fullness.^{8,15,24-28}

Sustainability and Interconnection with the Environment

The science of Nursing is closely linked to the principles of sustainability and social justice, relating to the environmental and social health dimensions of BV. In this context, evidence addresses the need to incorporate practices that respect the relationship between health and the environment, promoting care that benefits both the individual and the community and society. The focus is on creating environments that enable holistic, sustainable well-being, grounded in values of solidarity and social justice, culminating in the broader concept of BV.^{8,23,28,29}

Gerontology and Elderly Care

Caring for the elderly requires a sensitive, comprehensive, and culturally appropriate approach that considers the specificities of a more vulnerable population. Gerontological nursing promotes autonomy, prevents health problems, and values accumulated life experiences, respecting the multiple dimensions of aging. By combining educational practices, appropriate technologies, and active listening, nurses empower the elderly and their support networks, strengthening their decision-making capacity and active participation in care. This practice interfaces with the concept of BV by recognizing the dignity of old age, promoting inclusion, and ensuring a whole life with health, meaning, and respect for cultural and intergenerational diversity.^{18-20,22,30}

Rehabilitation Nursing as a Specialized Practice

Recently, Rehabilitation Nursing, as a specialized area of care, has incorporated and studied BV principles as a framework for intentional care, especially to promote self-care, functionality, and resilience across the life cycle.^{13,16,17,19,31} Its practice emphasizes an interdisciplinary and person-centered approach, requiring specific training that enables nurses to act with sensitivity in the face of human diversity and multiple health conditions. In this context, rehabilitative care seeks not only to restore function but also to expand a person's capabilities, respecting their limits and potential, so they can actively participate in social life, exercise their citizenship, and live with dignity. Thus,

Rehabilitation Nursing transcends the technical dimension of care and contributes to a whole, autonomous, and meaningful existence—fundamental principles of BV.³¹

Health of Nursing Professionals

The physical, mental, and emotional demands of the work environment directly impact on the quality of life of nursing professionals. Work contexts marked by overload, exhausting hours, and lack of recognition can lead to chronic stress and burnout syndrome, compromising not only the well-being of nurses, but also the quality of care provided. In this scenario, it is essential to implement institutional policies that promote healthy work environments, value self-care, and offer emotional support and continuous training. Caring for those who care is a crucial condition in building BV in nursing, as this paradigm presupposes relationships of mutual respect, balance, and dignity—values that must begin within the profession itself and be reflected in care practices.^{26,29,32,33}

Technology and Reflection in Care

The practice of nursing is discussed in relation to the incorporation of technologies that promote human relationships in care. These technologies must be integrated in line with efficient, ethical, and safe care that responds to people's individual needs. There must be a balance between technological resources and the humanization of care, promoting a reflective, holistic approach. Continuous professional training is crucial to ensure that technology is used responsibly and in line with the principles of BV, especially regarding the commodification of health and the consumer society.^{8,22,26,28,34}

Ethics and Social Responsibility in Care

Nursing, as an ethical and socially committed practice, goes beyond the technical dimension of care, assuming itself as a moral, supportive, and humanizing act. Ethical care requires recognizing and respecting each person's cultural, social, and spiritual values, promoting an approach that is sensitive to differences and inclusive. This

responsibility extends to a commitment to equity, the promotion of social justice, and the reduction of health inequalities. By incorporating these principles, nursing contributes directly to BV, fostering caring relationships that value dignity, diversity, and the construction of a more just, collaborative, and sustainable world.^{8,14,27,35}

Holistic Model and Interdisciplinary Approach

The holistic model views health as a dynamic, multifaceted state encompassing the physical, emotional, mental, spiritual, social, cultural, and environmental dimensions of human beings. This concept breaks with the reductionist view of the biomedical model, which focuses on disease and technical intervention, and proposes a broader approach, oriented toward comprehensive, person-centered care. In this sense, nursing practice should be crosscutting, sensitive to the individual's life context, and attentive to their subjectivities, beliefs, and interpersonal relationships.

The holistic approach in Nursing necessarily requires interdisciplinary, collaborative work, involving professionals from health, education, social work, and even environmental sciences, depending on the context. This integration of knowledge and practices favors more complete responses to human needs, allowing care not only to treat, but also to welcome, prevent, educate, and transform.

By articulating science, art, empathy, and ethics, nurses position themselves as mediators between technical knowledge and people's lived experiences. Active listening, therapeutic bonding, and valuing autonomy become essential tools for promoting not only health, but also self-actualization and broader well-being.

The concept of BV further strengthens this approach by proposing a vision of care based on interdependence, reciprocity, and harmony with the environment and the community. Promoting BV through a holistic model means recognizing that health is not only an end, but also a means to live with dignity, joy, balance, and connection with others and with the world. By taking this stance, nursing can actively contribute to a more humane, sustainable, and transformative paradigm of care.^{8,19,28,29}

Limitations to the application of the concept of Well-Being in nursing practice

Although the concept of Well-Being offers a broad, holistic view of health, its implementation in nursing practice poses challenges. Cultural and institutional barriers arising from sociopolitical contexts that favor biomedical and economic models have been identified, hindering the adoption of paradigms centered on comprehensive care. Added to this are work overload, low wages, and reduced interdisciplinarity, which compromise professionals' Well-Being and limit the application of practices aligned with Well-Being principles. There is also a lack of specific training in the development of ethical, reflective, and culturally sensitive skills, as well as resistance stemming from the hegemony of the biomedical model, which is often associated with the dehumanization of care. In addition, social inequalities and insufficient sustainability policies hinder the implementation of equitable and environmentally responsible practices. Finally, the lack of objective indicators impedes assessing the impact of Good Living, limiting its measurement and application in care contexts. Overcoming these weaknesses is essential to consolidating the concept of Well-Being in nursing practice and advancing more equitable and intentional care models aligned with the principles of social justice and the common good.

The analysis of the ten categories indicates that the concept of BV is applied in nursing practice through concrete actions, such as promoting autonomy, integrating spirituality, strengthening therapeutic bonds, environmental sustainability, and social justice, which translate into improved care by promoting the overall well-being of the person and shared responsibility between professionals, individuals, the community, and the environment.

Conclusion

The analysis of the articles shows possibilities for a significant association between the concept of BV and nursing practices, as a science and profession, essentially by covering ethical, cultural, social, spiritual, and environmental dimensions in the promotion of integral health, based on values such as autonomy, social justice, and human dignity.

In this review, transformative care refers to integrating the nursing practices that go beyond the traditional biomedical model, promoting emancipation, dignity, equity, and sustainability. This care becomes possible when guided by the principles of BV, which extend the nurse's intervention beyond healing to integrate the physical, cultural, spiritual, and community dimensions of human experience.

Nevertheless, the concept of BV shows promise for transforming nursing care, requiring greater investment in training, applied research, and public policies that strengthen its ethical and social role. Finally, there is a need for further studies to fill the gap in this area of research, deepening concepts and practices related to the implementation of BV as a purpose and intentionality of care.

In terms of care, the results reinforce the need for nursing practices focused on autonomy, solidarity, and sustainability, aligned with the BV paradigm. In teaching, it is evident that this concept should be included in the training of future nurses, fostering an ethical and socio-environmental perspective on care. When it comes to research, it's essential to develop applied studies that assess the impact of Well-Being on health outcomes.

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Authorship contribution

1 – André Filipe Morais Pinto Novo

Corresponding author

Nurse, Coordinating Professor, Doctor – andre@ipb.pt

Research conception and/or development and/or manuscript writing; Review and approval of the final version

2 – Pâmela Leites de Souza Steffen

Nurse, Master – pamela.l.steffen@gmail.com

Research conception and/or development and/or manuscript writing; Review and approval of the final version

3 – Deisimeri Francisca Alves

Nurse – deisi.ufsc@gmail.com

Research conception and/or development and/or manuscript writing; Review and approval of the final version

4 – Indiana Acordi

Nurse, Master – indiacordi@hotmail.com

Research conception and/or development and/or manuscript writing; Review and approval of the final version

5 – Maria Manuela Martins

Nurse, Professor, Coordinator, Doctor – mmmartins1956@gmail.com

Research conception and/or development and/or manuscript writing; Review and approval of the final version

6 – Soraia Dornelles Schoeller

Nurse, Doctor – soraia.dornelles@ufsc.br

Research conception and/or development and/or manuscript writing; Review and approval of the final version

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