

María Teresa Lira Correa - Story

María cares for others with love and diligence. Her professional practice has been marked by the search for scientific evidence to improve holistic nursing care management. In her early years as a professor of pediatric nursing, she was struck by the high frequency of pelvic radiographs without adequate gonadal protection in children who were hospitalized in the trauma service of a low-income public hospital. For this reason, with her students, she conducted an observational study that demonstrated the dramatic incidence of unnecessary radiation exposure of children to detect or treat hip dysplasia. These findings facilitated changes to the regulations for the use of radiological protection in this population.

Subsequently, looking for a way to detect the risk of Volkmann's ischemia in pediatric patients who generally cannot identify their symptoms early, she evaluated the usefulness of pulse oximetry against the contralateral limb, thus detecting asymptomatic cases. Later, as a coronary unit (CU) nurse, Maria began to focus on a self-care initiative in these patients, and the prevention of coronary events. So, along with a CU cardiologist, she coordinated a secondary CV prevention pilot test initiative. In one year, she visited more than 370 coronary inpatients, counseling them in CV risk factor (CVRF) management and followed up with them for 12 months.