

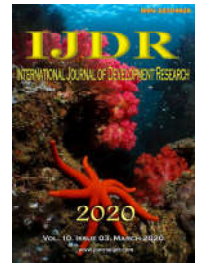


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NURSE'S PERFORMANCE IN PRENATAL CARE

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ABSTRACT

Prenatal care is fundamentally important for a safe and healthy pregnancy, with a focus on preventing future pathological events during the gestational period. Objective: this article aimed to study the behavior of nurses in prenatal care in the Family Health Strategy. Methodology: It is a bibliographic review that has a descriptive format, and is that which informs and evaluates the knowledge produced in previous research, presenting concepts, procedures, results, discussions and conclusions relevant to the research. The publications were obtained by searching the Virtual Health Library (VHL). After the inclusion and exclusion criteria, 11 articles were included in this work. Results and Discussion: The nurses' insecurity was found when providing prenatal care, highlighting the lack of theoretical and practical knowledge for this function. Conclusion: It is concluded that professional nurses do not perform prenatal care as recommended by the Ministry of Health. The analysis of the publications suggests that, as it is a complex topic, there should be greater training for nursing professionals.

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INTRODUCTION

Prenatal care plays a decisive role in the outcome of pregnancy, thus aiming at promoting the health of the pregnant woman and the fetus, identifying risk situations for both and allowing for timely interventions. According to the Brazil's Ministry of Health, prenatal care comprises a set of clinical and educational procedures that aim to promote health and early identify problems that may result in risk to the health of pregnant women and the fetus (Brasil, 2006). The knowledge on the part of the pregnant woman regarding the importance of prenatal care is limited, as well as that of breastfeeding, vaccination and preparation for delivery. In this context, the nurse becomes important when guiding them, in order to reduce complications during this period. It is emphasized that the participation of nursing and staff is very important, and they must act with emphasis on counseling, early detection of risk situations for the health of the pregnant woman and the child. In this way, complications that lead to perinatal death can be avoided. Prenatal care allows the identification of diseases that are already present in the body, however, progressing silently, such as high blood pressure, diabetes, heart disease, anemia, syphilis, etc. Its diagnosis allows

treatment measures that prevent greater harm to women, not only during pregnancy, but for life. It detects fetal problems, such as malformations and other problems that may arise during pregnancy. However, it is essential around prevention and early detection of both maternal and fetal pathologies, allowing the baby to develop healthily and reducing the risks of the pregnant woman. Information about the different experiences must be exchanged between women and health professionals. This possibility of exchanging experiences and knowledge is considered the best way to promote understanding of the pregnancy process. (Rios; Vieira, 2007). By recognizing the nursing professional as a protagonist in the educational process in prenatal care, and by emphasizing the role they play in perinatal results, we sought to study this theme, because the better the quality of care, the more favorable the results will be, with less probability of maternal and perinatal mortality. Thus, the aim of this study is to analyze the characteristics of prenatal care during the nursing consultation and to reduce the pregnant woman's morbidity and mortality. In addition, it is intended to highlight the growing role of nurses in prenatal care, which is an important element of the multiprofessional team due to the action of welcoming the woman since the beginning of pregnancy, providing guidance on physical changes and working on the

emotional side, in a distinct and holistic way. Nowadays, health services have been undergoing changes, with regard to structuring, organization and assistance, with the objective of building a model of health care that is more just, democratic, participatory and with equality for all, with basic privileges as principles of humanization of health care, promotion and prevention (Costa *et al*, 2009).

Nonetheless, health professionals, including nurses, must be aware of the humanization of care provided to clients, as proposed by the Humanization Program for Prenatal and Birth. The nurse must understand its fundamentals and the importance of humanizing and qualifying the attention to pregnant women, in order to obtain their greater adherence to prenatal care, guaranteeing quality care and better obstetric and perinatal results with a healthy mother and newborn. The Nursing Consultation, in primary health care, is carried out according to the script established by the Ministry of Health and by the State Department of Health, supported by Law 7.498/86, which provides for the regulation of nursing practice and makes other arrangements. Studies related to prenatal care show that the Nursing Consultation has undergone, over time, changes in its conception and especially, its insertion in health services, moving towards the prestige and acceptance of the professional in his doing and assisting.

The Nursing Consultation provides guidance on favorable measures that aim to appropriately address the peculiar needs of women with whom professionals interact in prenatal consultations at the care unit. Communication, in this context, is indispensable for health care, with a view to establishing trust and linking the user to the professional. Nursing work is focused on care and its subject is the client. Therefore, it is necessary to know the perception of pregnant women regarding the Nursing Consultation, prenatal care performed in the context of primary care, as a way to detect factors related to the satisfaction and/or dissatisfaction of this group. Therefore, studies that address the recognition of their work and competence in the context of the Family Health Strategy are indispensable to Nursing, specifically in the care of pregnant women with prenatal care at usual risk, since the user's understanding is also important for the professions.

MATERIALS AND METHODS

The present study is characterized by a bibliographic review that has a descriptive format, and which according to Santos (2006) is the one that informs and evaluates the knowledge produced in previous research, presenting concepts, procedures, results, discussions and conclusions relevant to the research. Thus, this constitutes a literature review that aims to analyze the issue of the importance of professional nursing care with prenatal care. For the acquisition of the necessary data and construction of the present study, electronic bibliographic surveys were carried out with the database, focusing on the performance of the nursing professional in prenatal care, in the MEDLINE (International Literature in Health Sciences), LILACS (Latin American Literature on Health Sciences), SCIELO (Scientific Electronic Library Online) and BIREME. The analyzed works covered the period from 2006 to 2014, only in the Portuguese language. Based on the equivalence of these studies, critical reflection on the topic was directed. The following descriptors were used to locate the articles: Nursing care, pregnant women, prenatal care.

RESULTS AND DISCUSSION

According to the World Health Organization, maternal and perinatal morbidity and mortality rates are still significantly high, being most often associated with obstetric complications that are potentially preventable. In this sense, it is necessary for nurses in prenatal programs, clinical preparation in order to identify the real problems presented by the pregnant woman, family and community, with a view to the proper management of different practical situations. The Ministry of Health recommends that prenatal care and assistance to pregnant women and women who have recently given birth to be properly performed, the first prenatal consultation should take place before four months of pregnancy, ensuring the following procedures: carrying out at least six prenatal consultations, preferably one in the first trimester, two in the second and three in the third trimester of pregnancy; a postpartum consultation, up to 42 days after delivery. SAE (Nursing Care Systematization) is the organization of nursing care to be offered to pregnant women during their prenatal period, which includes nursing consultations and educational actions, as well as any and all information that the pregnant woman questions, or must know about her health and that of her baby (Marques *et al*, 2007). Assistance to pregnant women must be followed step by step and in a comprehensive manner. For this, you must receive the necessary attention with the entire multiprofessional team, thus offering a safe prenatal and free of possible complications. The nursing consultation helps the pregnant woman to face the stage of prenatal care more easily, thus allowing to understand and manifest the various feelings experienced. Currently the nurse is the professional, but trained and easily accessible to women in gestational follow-up, and it is up to her to accompany not only the pregnant woman but her family, providing comprehensive and qualified assistance, thus enabling a peaceful and risk-free pregnancy for women and a birth of a healthy baby.

In this sense, the nursing consultation to pregnant women should offer comprehensive clinical, gynecological and educational assistance, aiming to control prenatal care, childbirth and the puerperium (Barbosa *et al*, 2011). It is a fact that assistance to pregnant women during prenatal care started to be seen as a deep emotional moment, where each couple is assisted in a unique way, thus providing an individualized and holistic tension. According to Durães-Pereira *et al*. (2007), during this gestational period there may be a change in the personality of the pregnant woman, and due to the stress that many women acquire and concerns, they need family support and guidance from the multidisciplinary team. Considering all this psychological change in the life of the pregnant woman, and being a moment of great relevance so that educational practices can be carried out, on the importance of prenatal care, hygiene care, physical activity, healthy eating, evolution of pregnancy, changes bodily and emotional conditions, sexual activity, common symptoms in pregnancy, warning signs and what to do in these situations, preparation for childbirth, guidance and encouragement for normal childbirth, breastfeeding, importance of family planning, signs and symptoms of childbirth, care after delivery with the woman and the child, it is essential that the health professional gains the confidence of the pregnant woman and assumes the position of educator (Costa *et al*, 2009). Several studies show the possibility of avoiding maternal-fetal death is directly related to the care provided adequately during pregnancy, childbirth and the puerperium. Quality prenatal care is

essential to prevent deaths from hypertensive diseases, hemorrhage, sepsis and other direct diseases. (Rios; Vieira. 2007). Considering prenatal care a unique and special moment for women, nurses must assume an important role to share, guide, give self-confidence to pregnant women to experience pregnancy, childbirth and the puerperium. During the prenatal consultations, lectures, speeches, testimonies of the pregnant women themselves are held, about the experiences they have had, with this a physical and psychological preparation for the others when experiencing the moment of childbirth and motherhood, thus giving the nurse the opportunity to develop health education focused on the care process. (Rios; Vieira. 2007).

Conclusion

In this study, it was identified that educational activities were carried out during the gestational period, and that the practice is often neglected by the multidisciplinary team, since one of the main objectives of the family health strategy is to play a fundamental role for health promotion and care for all pregnant women, providing a complete assessment of the actions performed during prenatal care. According to the Ministry of Health, prenatal consultations need to be interspersed between the nurse and the doctor. Thus emphasizing the importance of merging consultations to benefit the interaction between the pregnant woman and the multidisciplinary team, thus minimizing obstetric complications. The participation of nurses is of fundamental importance for strengthening prenatal care; therefore, investments are needed in the training of qualified personnel to assist women in the pregnancy cycle, which can be met with the training of specialists in obstetric nursing. The results of this study reveal that the essential skills expected in prenatal care, recommended by the Ministry of Health, were developed, however some were performed with low frequency. The analysis of the essential skills developed in prenatal care in the articles studied points to the need for clarification to nurses on the importance of incorporating care protocols and

qualification of nurses through specialization courses. Studies on the evaluation of quality and impact of prenatal care performed by nurses in reducing maternal and neonatal morbidity and mortality would be of great relevance for the consolidation of a successful practice.

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