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Challenges of nursing in the face of humanized childbirth: perceptions of professionals about humanization in obstetrics

Retos de la enfermería frente al parto humanizado: percepciones de los profesionales sobre la humanización en obstetricia

Desafios da enfermagem frente ao parto humanizado: percepções de profissionais sobre a humanização em obstetrícia

ABSTRACT

The objective is to synthesize scientific knowledge about the humanization of nursing care in natural childbirth, seeking to highlight the importance of humanized care during childbirth, pointing out its role in the development of humanization actions in an obstetric center of a reference maternity hospital. Method: The data search was performed in the following databases: SciELO and Google Scholar from the descriptors in health sciences: Nursing; Challenges and humanized delivery, resulting in the final selection of 29 articles. Results: The implementation of humanized nursing care during childbirth favors the strengthening of the professional and patient bond, ensuring the right to choose during labor. Conclusion: Despite the difficulties with inadequate spaces and lack of materials, health education performed by nurses can raise awareness of adherence to natural childbirth as well as the practice of humanization by other health professionals.

DESCRIPTORS: Nursing; Challenges; Humanized Childbirth.

RESUMEN

El objetivo es sintetizar conocimientos científicos sobre la humanización del cuidado de enfermería en el parto natural, buscando resaltar la importancia del cuidado humanizado durante el parto, señalando su rol en el desarrollo de acciones de humanización en un centro obstétrico de una maternidad de referencia. Método: La búsqueda de datos se realizó en las siguientes bases de datos: SciELO y Google Scholar a partir de los descriptores en ciencias de la salud: Enfermería; Retos y entrega humanizada, resultando en la selección final de 29 artículos. Resultados: La implementación de cuidados de enfermería humanizados durante el parto favorece el fortalecimiento del vínculo profesional y paciente, asegurando el derecho a elegir durante el parto. Conclusión: A pesar de las dificultades con los espacios inadecuados y la falta de materiales, la educación en salud realizada por enfermeras puede generar conciencia sobre la adherencia al parto natural así como la práctica de la humanización por parte de otros profesionales de la salud.

DESCRIPTORES: Enfermería; Desafíos; Nacimiento humanizado.

RESUMO

Objetivo é sintetizar os conhecimentos científicos a respeito da humanização da assistência de enfermagem no parto natural, buscando destacar a importância da assistência humanizada durante o parto, apontando sobre seu papel no desenvolvimento de ações de humanização em um centro obstétrico de uma maternidade de referência. Método: A busca de dados foi realizada nas bases de dados: SciELO e Google Scholar a partir dos descritores em ciências da saúde: Enfermagem; Desafios e Parto humanizado, resultando na seleção final de 29 artigos. Resultados: A implantação de uma assistência de enfermagem humanizada durante o parto favorece o fortalecimento do vínculo profissional e paciente, garantindo o direito de escolha durante o trabalho de parto. Conclusão: Apesar das dificuldades com espaços inadequados e falta de matérias, a educação em saúde desempenhada pelos enfermeiros pode conscientizar a adesão ao parto natural como também a prática da humanização por parte de outros profissionais de saúde.

DESCRITORES: Enfermagem; Desafios; Parto humanizado.

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INTRODUCTION

Humanization is currently a widely discussed term because it permeates the values and practices that involve the relationships between people. Humanized service must be centered on the client's needs, not just on technical procedures and standards. Since, this practice makes a big difference during all the assistance provided to the parturient.¹

The concept of humanization of childbirth is diverse, where some movements defend this concept, with the purpose of respecting the woman's personality, using her as a protagonist and seeking to adapt to the process of their culture, beliefs, values and diversity in order to promote a humanized care.²

According to the Ministry of Health, maternity hospitals must ensure that there is a delivery room. Pregnant women have the right for their companions to be present; adopts good practices to provide

childbirth care according to the recommendations of the World Health Organization (WHO); provides privacy for women who work and give birth; reduce the rate of cesarean section, episiotomy and use of oxytocin, labor and humanized delivery; encourage father participation at birth and promote contact between mother and baby after birth.³

Hospital birth care must be safe and ensure the benefits of scientific progress for all women, but fundamentally speaking, it must allow and encourage the exercise of female citizenship and save women's autonomy in childbirth.⁴

In the idea of the humanization of childbirth, one of the great challenges that obstetric nurses face in their daily relationships is to face and overcome barriers to the widespread application of non-pharmacological strategies, changing the interventionist culture of childbirth.⁵

As it is necessary that institutions recommend the development of humanized

methods of childbirth, such as the application of non-drug strategies to relieve pain during childbirth, it is obvious that these measures have not been implemented, are difficult to introduce and are difficult to program in various obstetric centers.⁶

The process of choosing the birth is very important, therefore, one must pay attention to the health of the newborn and the mother, above all, the pregnant woman must be examined under the guidance of trained and responsible professionals. The importance of this decision will be guided, where more and more nursing professionals play a fundamental role in the care provided to childbirth, as they are present throughout the prenatal period.⁷

It is noteworthy that the professional nurse is very important in the development of humanistic care, as it provides the woman who gives birth the opportunity to experience directly during the birth process through the use of technology and

psychological care and comfort.⁸

Nursing professionals participated in the main discussion on women's health on the social movement in defense of the Prenatal and Birth Humanization Program (PHPN - Programa de Humanização no Pré-natal e Nascimento). From this perspective, the Ministry of Health and other government agencies consider nurses as fully trained professionals who can take care of women in different reproductive spaces in a humane way.⁹

The process of humanizing childbirth focuses on respect for women's choices and the right to reproductive rights, dignity, respect and no violence of any kind.¹⁰ Therefore, it is important to highlight for society that the humanization of childbirth is more than an option, in this sense, the present study brings in its essence the following guiding question: what are the challenges faced by Nursing in assisting humanized childbirth? So the objective is to synthesize scientific knowledge about the humanization of nursing care in natural childbirth, seeking to highlight the importance of humanized care during

childbirth, pointing out its role in the development of humanization actions in an obstetric center of a maternity hospital of reference.

METHODS

This is a literature review of a quantitative and exploratory nature, involving scientific articles published in Portuguese in scientific databases: Scientific Electronic Library Online (SciELO) and Google Scholar, published between 2015 and 2021 through the use of the crossing of descriptors in Health Sciences: Enfermagem; Desafios and Parto humanizado, using Boolean AND as its connector, systematic process used in both platforms mentioned above.

The articles were searched between January and April 2021. During this period, the articles that were part of the results and discussions of this study were also searched, read, selected and analyzed. The inclusion criteria for the studies included: a) Complete articles available in full; b) Have the version in Portuguese; c) Be free

articles. Duplicate articles were excluded; those who, after reading the abstracts, fit in with the proposed theme and those who did not fit the aforementioned inclusion criteria.

After selecting and applying the inclusion and exclusion criteria, the final sample comprises 29 articles, 11 from the SciELO research platform and 18 from Google Scholar. Subsequently, there was a critical-reflective analysis of the articles and there was the categorization of subjects, culminating in the categories: Intrinsic aspects to humanization in normal labor; Importance of humanized care during childbirth; Nursing in the context of humanized childbirth care.

RESULTS

The articles included in this review are studies that deal with the challenges inherent to humanized childbirth today. After a critical-reflective analysis of the selected studies, the table below was developed summarizing the articles that will be discussed below with this theme, which is the guiding axis of the discussion.

DISCUSSION

Nursing care in humanized childbirth promotes integration in the presence of peers and women's participation in the process of choosing a better type of childbirth, where nursing professionals must be trained to provide quality care. Thus, based on the findings in this study, based on the analysis developed, the aforementioned categories are discussed below.⁷

Table 1- Data from the bibliographic survey according to the aforementioned databases.

NURSING CHALLENGES FACING HUMANIZED CHILDBIRTH: PERCEPTIONS OF PROFESSIONALS ABOUT HUMANIZATION IN OBSTETRICS			
BIBLIOGRAPHIC SURVEY	RESULTS OBTAINED	SELECTED ARTICLES	EXCLUDED ARTICLES
Scientific Eletronic Library Online (SciELO)	1.235 Articles	11 Articles	1.224 Articles
Google Scholar	1.834 Articles	18 Articles	1.816 Articles
Total	3.069 Articles	29 Articles	3040 Articles

Descriptors: Enfermagem; Desafios; Parto Humanizado. Source: Research entitled "Nursing challenges facing humanized childbirth: perceptions of professionals about humanization in obstetrics"

Table 2. Description of the articles that are part of the final sample of this study.

TITLE	YEAR	OBJECTIVE	RESULT
Nursing challenges facing childbirth: an integrative review.	2019	The objective of knowing, through the scientific literature, how nursing care has contributed to the humanization of childbirth, seeking to: Understand how the reception of pregnant women is done, the non-pharmacological methods used, respect for the individuality and privacy of the parturient.	After the integrative review, following the inclusion and exclusion criteria of the sample, it was possible to select the seven articles that integrated the proposal of this review, which sought to understand the contribution of nursing to the humanization of childbirth, through the analysis of its role in promoting autonomy, protagonism, individuality and privacy of the pregnant woman, in addition to welcoming practices and non-pharmacological techniques for pain relief.

Non-pharmacological strategies of obstetric nurses facing pain in labor: scientific production between 2009 and 2014	2018	Identify which non-pharmacological strategies to deal with the pain of parturient women most highlighted in the articles, describe the resources and methods used by the obstetric nurse to implement the humanization of labor.	<p>The Ministry of Health (BRASIL, 2001a, p. 31) considers that labor pain should be relieved and reports that some measures, isolated or combined, are effective in reducing the painful sensation, highlighting relaxation techniques as non-pharmacological measures, breathing exercises, walking and changing a position other than lying down during childbirth. It emphasizes that the change in position is excellent for neck dilation as it increases the intensity and efficiency of the interim contraction.</p>
Obstetric violence in daily care and its characteristics.	2018	Analyze the scientific production on obstetric violence identifying and discussing its main characteristics in the daily care of the pregnancy and childbirth cycle.	<p>The publications are concentrated from 2015 onwards with methodological designs of a quantitative and qualitative nature. The discussion first addresses the concept of obstetric violence and its different forms of occurrence in care. In sequence, the interfaces of the phenomenon are presented with reflections related to the conception of gender, the different actors involved, the institutionalization, invisibility and trivialization of the event. Finally, coping strategies are presented, passing through academic training, awareness of women, proposals for social mobilization, the construction of public policies and laws.</p>
Quality of Prenatal Care in the Unified Health System.	2018	Evaluate the quality of prenatal care from the Prenatal and Birth Humanization Program.	<p>Just over half of the mothers had started prenatal care before the 16th gestational week and also had six or more consultations (66,9%; n = 174, each variable). Only 41,5% (n = 108) of the participants received information about the reference maternity for childbirth and 42,7% (n = 111) about activities to facilitate childbirth. As for exams, high coverage was identified in the first trimester, with a slight reduction in the third.</p>
Limits of childbirth assistance in the normal birth center of a public maternity hospital	2018	The objective is to understand and describe the beliefs and values that guide the practices of professionals in a CPN (normal delivery center).	<p>The limitations for the development of humanized childbirth care were related not only to problems related to the precariousness of the physical structure and human resources, or to the deficits caused by insufficient financing of childbirth care.</p>
A Literature Review. Specialization in Public Health	2017	Carry out a narrative literature review on humanization in the public health service, for later practical application of the knowledge collected to the health teams of the Municipal Health Department of Curitiba/PR.	<p>The main change from the service to the practice of humanization is in people: in the user willing to change habits and learn new ways of being healthy; in the worker, feeling motivated to get closer to the user, establishing links of communication and bonding, and in the manager, encouraging and providing opportunities for this practice.</p>
Analysis of deliveries accompanied by obstetric nurses from the perspective of the humanization of labor and birth	2016	Analyze births accompanied by obstetric nurses, relating their practice to the policy of humanization of labor and birth.	<p>First-time mothers represented 44,16% of the parturients. The most recurrent interventions were the administration of oxytocin and amniotomy. The dorsal horizontal position occurred in 12,89% of the deliveries. The incidence of episiotomy was 15,52%.</p>
Humanized Childbirth: A right to be respected	2016	To describe the nursing care provided in humanized normal birth	<p>It shows that despite the difficulties encountered daily, the role of nurses has been, little by little, conquering their space in obstetrics, establishing through their evolution, bonds that promote qualified care and well-founded in humanization.</p>

The humanization of birth: perception of health professionals who work in childbirth care	2016	The objective was to know the perception of health professionals who work in childbirth care about the humanization of the birth process.	The results show that humanization in birth care is not yet a practice present in most hospitals studied and that professionals are not prepared to provide humanized and quality care for both the mother and the newborn.
Humanization of nursing care in natural labor	2015	The aim is to synthesize scientific knowledge about the humanization of nursing care in natural childbirth	In addition, the deficiency of the nursing staff and the great demand for work are also highlighted, as they distance nurses from the care, which ends up reverting to the detriment of the care provided to the parturient, newborn and family, making the practices more vertical and technical.
The work of obstetric nurses in Goiânia: identity, health policies and professional challenges	2015	The purpose of the text is to highlight how the category has operated in the city of Goiânia, its main challenges and difficulties in daily work. In order to contextualize the statements in an abbreviated box, the main legal frameworks and the main health policies aimed at the category will be presented.	The research in progress since 2013 consists of the consequent deepening of the research carried out from August 2011 to July 2012, during the last year of graduation, in which it was intended to understand the daily work of nursing technicians in a public maternity hospital in the city that advocates humanized childbirth.
The professional nurse as an educator: a look at primary health care and the NASF Interdisciplinary Magazine	2015	The objective was to analyze the importance of the matrix support team and the nurse as a health multiplier member and as an educator. This article consists of a prospective literature review of a qualitative nature.	After a detailed analysis of the articles, it was found that only 20 actually addressed the topic in question, and were therefore used in the construction of this study. The articles were carefully selected and read to compose this research.
Humanized childbirth and its impact on health care	2015	To analyze humanized childbirth and its vicissitudes regarding psychosocial physiological aspects, as well as technocratic specificities in its operationalization.	Among what was found in the bibliographic collection, the main benefits found are highlighted, such as the importance of the companion, abandonment of unnecessary procedures, women's protagonism and greater encouragement to breastfeeding.
Humanization of Childbirth: Role of Nurses	2015	It aimed to provide greater familiarity with the problem in order to make it more explicit or build hypotheses. It can be said that such researches have as main purpose the improvement of ideas or the discovery of intuitions.	The rise of midwifery nursing was observed through public policy incentives and these consolidate the process of humanizing.
Meaning of humanized childbirth for pregnant women	2015	Understand the meaning of humanized childbirth in the conception of pregnant women.	The central theme unveiled was: understanding humanized childbirth as one in which the professional has as a prerogative the empathic relationship and the technical competence that provides the woman with the experience of labor and physiological birth as a protagonist during this process.
Perceptions, expectations and knowledge about normal birth: experience reports of parturients and health professionals	2012	This study aimed to understand the perceptions, expectations and knowledge of postpartum women in relation to the experience of normal birth, as well as the procedures used by health professionals for the humanization of childbirth.	The experience of parturition was perceived by most women as extremely painful and painful, compensated, however, by the attention, support and affection received from some professionals and caregivers, which contributed to a satisfactory view of normal birth. Among the professionals, difficulties in conceptualizing the theme of humanization of childbirth were evident.

Source: Research entitled "Nursing challenges facing humanized childbirth: perceptions of professionals about humanization in obstetrics"

Intrinsic aspects of humanization in normal labor

Humanization must comprise at least two factors to be implemented: first, the health department has the responsibility to provide adequate and dignified care to the woman, her family and the newborn, therefore, the organization of health professionals and departments of health is so-
rely needed.⁵

In that regard,¹¹ it is evident that in Brazil, delivery and birth care has been provided for decades, and it is marked by important changes caused by the institutionalization process, leading to an increase in the medical condition of the female body. Promoting its defragmentation, and often morbidity, by the misuse of unnecessary interventions for women and babies in this process.

However, as this is a consolidated process in the biomedical model in health care, there are some obstacles in the implementation of humanized care for the parturient, which involve the inadequate understanding of women, their families and their partners about reproductive rights in the childbirth and reproductive health, and the lack of guidance and support for representation activities for women and their families.¹²

Since humanization aims to put the pregnant woman in the main role, there are barriers in this process, for example, the presence of a hierarchy between health meters and the parturient, currently in society professionals are seen as the main ones in childbirth, as they have the knowledge and techniques, making pregnant women not participate in the process their body is going through.¹³

The humanization of labor and birth demands from the actors involved in this process, efforts so that unnecessary and interventionist conducts and procedures are minimized, both for the woman and the newborn.⁹

The process of humanization in care is a way of identifying and valuing the meaning that suffering from illness brings to the patient, recognizing and working on interpersonal relationships in this process.⁷

The researcher Reis¹⁴ emphasizes the extreme importance of the training and performance of the nursing team, with specialists being responsible for guiding the mother and family members about the evolution of childbirth, understanding how to control and plan strategies to overcome difficulties and minimize trauma and pain on both sides.

The choice of birth is something very difficult to be decided for the woman, and also for her family. Since this choice is a repeated doubt among women, the well-being of the mother should always prevail, with a view to minimizing the risks to both the health of the mother and the newborn, in which, during the study, the women's choices about the type of birth and its consequences.⁵

The humanization proposed by humanized childbirth understands pregnancy and childbirth as perfect physiological events, with obstetrics being responsible for monitoring the process, seeking to improve it, always respecting the individuality of the pregnant woman in the most diverse aspects.¹⁵

Importance of humanized care during childbirth

The development of nursing actions can provide the parturient with greater security and comfort during childbirth, always keeping an active and attentive listening.⁸ Thus, 1 humanization is pointed out as essential in all stages of the pregnancy and childbirth process, whose assistance in this stage must respect the restrictions, desires and fears of the parturient.

In this regard,¹⁶ it is mentioned that the nurse-patient relationship needs to be dynamic to integrate the patient's knowledge with scientific knowledge and maintain their autonomy, welcoming and providing security for them. So, when referring to the nurse-patient binomial, it is emphasized that the care provided in childbirth and puerperium is conditioned to changing the attitudes of everyone involved in this process. The way to ensure the achievement of quality is to work on the

humanization of the assistance to parturients and family members.¹⁷

At the time of childbirth, there are many difficulties in providing humanized care to women and some of them are: the need for trained professionals; availability of technological resources and adequate infrastructure of the institution; in addition to the physiological and psychological conditions of the woman at the time of childbirth, which needs attention and emotional support.¹⁸

Contact between professional and client is still an asymmetrical relationship and women, because they feel less able to make choices and assert their wishes, do not participate in technical decisions established by health professionals, this is evidenced by the increasing practice of unnecessary surgical interventions, which devalues natural childbirth. Therefore, there is a need for the institutionalization of humanized childbirth by the Ministry of health throughout the hospital network.¹⁵

Because, with the support of strengthening by the Ministry of Health, it is possible to provide humanized childbirth care and reduce the practice of invasive methods, so that the continuing education of professionals involved in the institution's maternity hospital regarding humanized childbirth becomes essential.¹⁹

Nursing in the context of humanized childbirth care

The meaning of humanized childbirth care addresses several aspects, some of which are related to changes in hospital culture, and aid organizations are in fact designed to meet the needs of women and their families, so it is necessary to transform the hospital space in a more humane and more favorable environment to program humanized nursing practice.^{20,13}

In recent years, several scholars and non-governmental organizations have shown their concerns about the excessive medicalization of childbirth, proposing changes in the model of childbirth care, especially for those at low risk.²¹

In this humanized model, nursing work requires professionals without prejudice, providing services without prejudice and minimizing interventions, with respect, solidarity, support, guidance and encouragement being factors that directly influence humanitarian assistance.⁹

¹⁸ The role of the nurse is fundamental in the humanization of childbirth, as it helps the pregnant woman by explaining the development of childbirth, clarifying her

doubts and avoiding complications. The guidelines provided, the reception of the pregnant woman, the replacement of procedures, sometimes unnecessary, with less invasive and non-pharmacological behaviors that minimize pain and suffering are strategies aimed at strengthening the humanized model. From this perspective, the movement for the humanization of childbirth permeates the change in the paradigm of pregnancy being seen as a disease, so that one can enjoy humanized actions.^{22,23}

CONCLUSION

In this study, the importance of nursing professionals during childbirth and postpartum becomes evident, especially in providing humanized care with active and attentive listening, which is capable of providing greater safety and comfort, also demonstrating that the establishment of bonding with the patient is essential for understanding their needs and offering quality care. ■

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