

## artigo

Pereira da Silva, A.; Medeiros, R.R.P.; Rodrigues, L.G.L.; Souza Silva, L.G.; Albuquerque, L.S.S.; Evangelista, W.A.;  
Analysis of nursing care for hypertensive syndromes during the pregnant-puerperal cycle

DOI: <https://doi.org/10.36489/saudecoletiva.2021v11i69p7000>

# Analysis of nursing care for hypertensive syndromes during the pregnant-puerperal cycle

Análisis de la atención de enfermería de los síndromes hipertensivos durante el ciclo embarazada-puerperal

Análise da assistência de enfermagem as síndromes hipertensivas durante o ciclo grávido-puerperal

### ABSTRACT

**Objective:** to analyze nursing care for hypertensive syndromes in the pregnant-puerperal cycle according to the current literature. **Method:** This is a descriptive, temporal, retrospective and exploratory research, which used articles published in the last five years (2015 to 2019), which were found in the Electronic Scientific Online library (SciELO). Data collection took place in January 2020. The articles addressed important points about nursing care in hypertensive syndromes of the pregnancy-puerperal cycle. **Results:** However, few publications cited about the puerperium, the majority referred to the gestational period. Several actions were listed during nursing care, ranging from the support and reception of women, to the application of the Nursing Care Systematization (SAE). **Conclusion:** Nursing care is essential for qualified assistance to pregnant women and women who have recently given birth, especially if she is carrying one of the hypertensive syndromes of the pregnancy-puerperal cycle.

**DESCRIPTORS:** Hypertension; Gestation; Puerperium; Assistance; Nursing.

### RESUMEN

**Objetivo:** analizar la atención de enfermería a los síndromes hipertensivos en el ciclo gestante-puerperal de acuerdo con la literatura actual. **Método:** Una investigación descriptiva, temporal, retrospectiva y exploratoria, que utilizó artículos publicados en los últimos cinco años (2015 a 2019), los cuales fueron encontrados en la biblioteca Electronic Scientific Online (SciELO). La recolección de datos tuvo lugar en enero de 2020. Puntos importantes sobre la atención de enfermería en los síndromes hipertensivos del ciclo embarazo-puerperal. **Resultados:** Pocas publicaciones citaron sobre el puerperio, la mayoría se refirió al período gestacional. Varias acciones durante el cuidado de enfermería, que van desde el apoyo y acogida de mujeres, hasta la aplicación de la Sistematización del Cuidado de Enfermería (SAE). **Conclusión:** Es fundamental para la asistencia calificada a la gestante y a la mujer que ha dado a luz recientemente, especialmente si es portadora de uno de los síndromes hipertensivos del ciclo embarazo-puerperal.

**DESCRIPTORES:** Hipertensión; Gestación; Puerperio; Asistencia; Enfermería.

### RESUMO

**Objetivo:** analisar a assistência de enfermagem as síndromes hipertensivas no ciclo grávido-puerperal de acordo com a literatura atual. **Método:** Trata-se de uma pesquisa descritiva, de análise temporal, retrospectiva e exploratória, que utilizou artigos publicados nos últimos cinco anos (2015 a 2019), que se encontravam na biblioteca Eletrônica Científica Online (SciELO). A coleta de dados ocorreu no mês de janeiro de 2020. **Resultados:** Os artigos abordaram pontos importantes sobre a assistência de enfermagem nas síndromes hipertensivas do ciclo gravídico-puerperal. Porém, poucas publicações citaram sobre o puerpério, a maioria se referia ao período gestacional. Foram elencadas diversas ações durante a assistência de enfermagem, que perpassam desde o apoio e acolhimento da mulher, até aplicação da Sistematização da Assistência de Enfermagem (SAE). **Conclusão:** Os cuidados de enfermagem são primordiais para a uma assistência qualificada a gestante e puérpera, ainda mais se ela estiver portando uma das síndromes hipertensivas do ciclo gravídico-puerperal.

**DESCRIPTORES:** Hipertensão; Gestação; Puerpério; Assistência; Enfermagem.

RECEIVED ON: 04/19/2021 APPROVED ON: 06/07/2021

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**INTRODUCTION**

**W**omen's health is a public health problem, which over the years has been deepened through national and international studies. It is essential that this line of care is considered a priority in all aspects, as women often evolve with complications in their health caused by discontinuity of care.<sup>(1)</sup>

Thus, the pregnancy-puerperal cycle is a relevant time for women and their families, in need of quality nursing care. During pregnancy, complications can occur, most are preventable causes, others develop through inadequate care.<sup>(1)</sup>

In this context, one of the complications that can occur from gestation to the postpartum period are hypertensive syndromes, which frequently affect women, increasing their blood pressure levels, in addition to being one of the most prevalent causes of maternal and neonatal mortality in Brazil.<sup>(2)</sup>

Hypertension in the pregnancy-puerperal period is responsible for 14% of maternal deaths worldwide. Hypertensive syndromes can be classified as: Chronic arterial hypertension; Gestational hypertension; Mild or severe pre-eclampsia; Eclampsia; HELLP Syndrome.<sup>(3)</sup>

Hypertension in pregnancy can be

classified as follows: chronic hypertension, gestational hypertension, pre-eclampsia, eclampsia and chronic hypertension with preeclampsia, the condition of one of these classifications can be defined as hypertensive syndromes.<sup>(2)</sup>

Chronic hypertension is when blood pressure levels increase before the 20th week of pregnancy, or that go beyond the 12th week of puerperium, because the woman already had arterial hypertension before the conception of the fetus. Gestational hypertension occurs when blood pressure levels change from the 20th week of pregnancy, without a previous history of hypertension. Pre-eclampsia is when arterial hypertension occurs and simultaneously the presence of proteinuria equal to or greater than 2.0g in 24 hours.<sup>(3)</sup>

Eclampsia occurs when a woman evolves without proper care, causing a seizure, caused by increased blood pressure, the presence of proteinuria and seizures, which can happen during pregnancy or in the puerperium.<sup>(4)</sup>

There are symptoms that characterize hypertensive syndromes, such as: the presence of generalized edema or in the extremities, increased blood pressure, overweight, seizures not caused by a previous disease.<sup>(4)</sup> Thus, what will

happen in the current literature about nursing care for hypertensive syndromes in the pregnancy-puerperal cycle?

It is believed that nursing care for hypertensive syndromes have gaps and flaws, which lead women in their pregnancy-puerperal cycle to develop some of the hypertensive syndromes, it is necessary to strengthen this care in all ways, whether through studies in the literature, or in research directly in the field.

This study is justified by the problem exposed above, knowing that effective nursing care is needed for these women, identifying the risks, intervening properly and treating them correctly, whether in primary care or in other levels of health care. The theme is essential for research in the health area, especially for nursing, aiming at updating and qualifying women's health care.

This research has as primary objective: To analyze nursing care for hypertensive syndromes in the pregnant-puerperal cycle according to current literature.

**METHOD**

This research is descriptive, exploratory, of retrospective origin, in the modality of integrative review. Held in

January 2020, in the SciELO-Scientific Electronic Library Online database. The database was chosen through a previous search, in which it was found that it contained several publications on the subject, justifying the choice of only one database. The theoretical framework adopted for this review corresponds to the manuals and protocols of the Ministry of Health, referring to the health of women and newborns.

This research used the following inclusion criteria: articles in Portuguese, English and Spanish, available in full, free of charge, without duplication at the time of the search in the database, and that are within the period established by the research, being from 2015 to 2019. The following were excluded from the research: editorial studies, academic reviews and research whose method was the integrative review. An instrument, of the record type, elaborated by the author, which contemplated the relevant aspects of the publications related to the subject, was used.

For the selection of publications, the Boolean operator AND was used, with the descriptors in Portuguese: Hypertension; Gestation; Puerperium; Assistance and Nursing. In SciELO, the descriptors used were "Hipertensão" AND "Gestação" and 164 articles were found. When the inclusion criterion of

time was inserted, there were 53 articles, then, using the language and article modality criteria (original research articles), there were 27 articles. Of these, abstracts, titles, keywords and guiding questions were read, however, 25 articles did not correspond to the research, leaving 02 articles for analysis. These 02 articles were read completely, and entered into the research.

In the intersection "Hipertensão" AND "Puerpério" 30 articles were found, after the inclusion criterion of time, 14 articles remained. The abstracts and titles were read, and 07 articles were excluded, leaving 07 articles for analysis, these articles were read in full, leaving only 1 article that met the guiding question of this research.

In the intersection of "Hipertensão" AND "Gestação" AND "assistência", 18 were found, already applying the criteria of language, time and modality of the article. The 18 articles were analyzed using abstracts, titles, keywords and guiding question. After reading, only 1 article was included in the survey.

In the intersection "Hipertensão" AND "Gestação" AND "Enfermagem", 6 articles were found, applying the inclusion criteria. The articles were read, but they did not direct nursing care, but other aspects, such as: service evaluation and team integration, without directing

pregnant and postpartum women, according to the criteria of this research. There was still the duplication of 1 article. As a result, there were no articles selected in this search. The search was validated by two researchers in the field.

Finally, 4 articles were considered eligible, which met the inclusion criteria, and were in "open access" in the database, facilitating the search.

Data were analyzed using the Microsoft Word program, and publications were displayed in a table, containing: authors, title, year of publication, relevant aspects in nursing care, hypertensive syndromes and nursing interventions described in the publications. The research was not submitted to the Research Ethics Committee of the Faculty of Nursing Nova Esperança, as it is a research in the literature.

## RESULTS

As explained, the articles were analyzed and organized, seeking to characterize current publications on hypertensive syndromes in the pregnancy-puerperal cycle.

The analysis of the 4 articles allowed us to observe that: all articles addressed important points about nursing care in hypertensive syndromes of the pregnancy-puerperal cycle. However,

Table 1: Description of scientific publications on nursing care in hypertensive syndromes during the pregnancy-puerperal cycle:

PUBLICATION AUTHORS	TITLE	PUBLICATION YEAR	RELEVANT ASPECTS IN NURSING CARE FOR HYPERTENSIVE SYNDROMES.	NURSING INTERVENTIONS ABOUT HYPERTENSIVE SYNDROMES.
Oliveira, G.S. et al.	Nurse care in gestational hypertensive syndrome in a low-risk obstetric hospital.	2017.	<ul style="list-style-type: none"> <li>-Among the most frequent complications in pregnancy, the hypertensive syndrome is the leading cause of maternal mortality in Brazil.</li> <li>-Nursing is considered the professional category that plays an essential role in care.</li> <li>-The assistance of nurses to patients with Hypertensive Syndrome throughout the process of delivery and birth is essential to safeguard the health of the mother-child binomial.</li> </ul>	<ul style="list-style-type: none"> <li>-Assessment and stabilization of patients on arrival for care.</li> <li>-Observation and analysis of the woman's vital signs and complaints.</li> <li>-Realization of an antihypertensive emergency</li> </ul>

Silva, D.F.da; Jesus, E.G. de e Peres, L.C.	Nursing care in the basic health unit for specific hypertensive disease during pregnancy.	2018.	-Failures in dietary guidelines, physical activity and blood pressure levels. -Need for new knowledge and acquisition of scientific knowledge about women's health in prenatal/puerperium.	-Preserving the pregnant woman's sleep. -Water intake. -Regularity of exams. -Prevention and health promotion actions. -Incentive for regular consultations.
Nascimento, T.F.H. do et al.	Nursing care for high-risk pregnant women from the professional's point of view.	2018.	Thus, the nursing professional becomes an important subject in this process, considering that he/she plays a role in the educational and preventive process.	- Reception and support for women -Clarification of risk factors for hypertensive syndromes. -Use of systematization of nursing care during care.
Medeiros, A.L. de et al.	Assessing nursing diagnoses and interventions in labor and high-risk pregnancy.	2016.	Na Enfermagem Obstétrica, para prestar a assistência, é preciso utilizar as tecnologias de cuidado, utilizando a SAE, e outros mecanismos para cuidar no processo de gestar, parir e pós-parto.	-Care assessed by nursing diagnoses. -Nursing care such as: patient identification, hand washing before and after procedures, record in the medical record, etc.

Source: research data, 2020.

few publications mentioned the puerperium, most referred to the gestational period. Several actions were listed during nursing care, ranging from the support and reception of women, to the application of the Nursing Care Systematization (NCS).

## DISCUSSION

During pregnancy and the puerperium, there are some intense changes, whether psychological, social, physical and family.<sup>(4)</sup> These transformations, predominantly, occur without serious complications, where a low-risk pregnancy/puerperium can be classified.<sup>(5)</sup> On the other hand, caused by gaps in health systems and poor quality care, pregnancy can take a high-risk route, bringing complications for the binomial.<sup>(6)</sup>

A national survey indicates that hypertensive syndrome is one of the most prevalent pathologies during pregnancy and the puerperium, being responsible for many causes of maternal and perinatal mortality.<sup>7</sup> In Brazil, maternal deaths from direct obstetric causes predominate, the most mentioned being deaths from hypertensive syndromes.<sup>(8-3-9)</sup>

Hypertensive syndromes can spread through various vital systems of women, reverberating to liver, brain, blood, electrolyte and placental uterus changes, leading to convulsive crisis.<sup>(10)</sup>

The risk factors that can lead to hypertensive syndromes are: obesity, chronic hypertension, diabetes, inadequate nutrition and sedentary lifestyle. It is essential that there is prevention and identification of these risk factors during prenatal care, so that these changes do not evolve, causing serious complications in women's health.<sup>(11)</sup>

Thus, even with all scientific knowledge encouraged in recent years, the development of hypertensive syndromes continues to have great repercussions on women's lives and on their health, so it is essential that they be offered adequate care, aiming at correct diagnosis and interventions.<sup>(12)</sup>

Knowing the health condition of these women, the role of nurses is essential, and this ranges from primary care to other levels of the health care network. Nursing care starts from the humanized reception, where the professional must show sensitivity, support and guidance to the woman and the family.<sup>(12)</sup>

Nursing care brings with it an essential role in the care of human beings, and the woman is inserted in this context, in all aspects, the bond being part of nursing care, and that it runs from pregnancy to the puerperium.<sup>(13)</sup>

Nursing, especially nurses, can reduce complications and harm to women in this condition through their assistance, so having this professional in the delivery and birth process is essential, ensuring the quality of care for the binomial.<sup>(10)</sup>

One of the attributions/competencies of nursing is to provide care to maternal health, and this care includes the assessment of fetal vitality, requesting additional tests, encouraging comfort, promoting well-being by reducing anxiety and fear, preventing complications and injuries.<sup>(13)</sup>

Hypertensive syndromes lead women to the development of numerous complications, such as: hypertensive encephalopathy, heart failure, severe impairment of renal function, retinal hemorrhage and coagulopathies. In this context, excellent care is needed for women in this condition, with correct assessments and interventions, ranging

from qualified prenatal care to the moment of puerperium.<sup>(12)</sup>

Nurses can effectively act in this process of maternal care during hypertensive syndromes, and may be essential in preventive care and health education actions, so that the woman has an uneventful pregnancy and puerperium.<sup>(10)</sup>

In hypertensive syndromes, nursing care is part of: the reduction of noise, lights and lighting that make women uncomfortable, as well as timely assessment of vital signs, organizing the necessary medications and making them easily accessible to the hospital health team.<sup>(14)</sup>

In addition to the care mentioned

above, nursing care for women with hypertensive syndromes includes: neurological, cardiac, fetal, respiratory, gastrointestinal, monitoring of weight gain, evaluation of the presence of edema and proteinuria.<sup>(14)</sup>

## CONCLUSION

This research achieved the objectives initially proposed, characterizing the articles and analyzing nursing care in the face of hypertensive syndromes in the pregnancy-puerperal cycle, knowing that such care is essential for a qualified assistance to pregnant and postpartum women, even more so if she is carrying

one of the hypertensive syndromes of the pregnancy-puerperal cycle. Nurses are able to prevent and promote the health of women and babies during prenatal care, providing ideal guidelines, strengthening educational groups, making visits, immunizing, and integrating this care with other health professionals.

Thus, there is a need for further studies in the area, which deepen this theme, and help in the construction of new knowledge and knowledge on the subject studied. There is still a need for research to expand the results related to hypertensive syndromes, and to support health professionals in their process of maternal and child care. ■

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