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The importance of the first home visit to the newborn in basic care

A importância da primeira visita domiciliar ao recém-nascido na atenção básica**La importancia de la primera visita al hogar del recién nacido en cuidados básicos****RESUMO**

Objetivo: analisar publicações científicas a respeito da importância da visita domiciliar ao recém-nascido na atenção primária à saúde. Método: Revisão integrativa, realizada na Scientific Electronic Library Online (SciELO) e Google acadêmico, com 07 publicações no período de 2017 a 2021, mediante os critérios de inclusão e exclusão. Os resultados foram organizados em dois quadros para melhor exposição. Resultados: A visita promove a saúde do recém-nascido, desde o aleitamento até os principais cuidados com o bebê. Porém, os profissionais precisam ser mais sensíveis à realização da visita, além de capacitar-se para qualificar esse cuidado. Evidenciou-se, que a visita propicia o autocuidado para a mulher e que a equipe precisa ter atenção quanto ao período para realizar a visita do binômio. Conclusão: Ficou esclarecido, que existe a necessidade de novas pesquisas sobre o tema, visando ampliar a visão e saberes dos profissionais de saúde.

DESCRIPTORES: Recém-nascido; Visita domiciliar; Atenção Primária à Saúde; Cuidado; Saúde..**ABSTRACT**

Objective: to analyze scientific publications regarding the importance of home visits to newborns in primary health care. Method: Integrative review, carried out at Scientific Electronic Library Online (SciELO) and academic Google, with 07 publications in the period from 2017 to 2021, according to the inclusion and exclusion criteria. The results were organized in two tables for the best exposure. Results: The visit promotes the health of the newborn, from breastfeeding to the main care for the baby. However, professionals need to be more sensitive to the performance of the visit, in addition to training to qualify this care. It was evidenced that a visit provides self-care for a woman and that a team needs to pay attention to the period to perform a visit of the binomial. Conclusion: It was clarified that there is a need for further research on the topic, to broaden the vision and knowledge of health professionals.

DESCRIPTORS: Newborn; Home visit; Primary Health Care; Caution; Health**RESUMEN**

Objetivo: analizar las publicaciones científicas sobre la importancia de las visitas domiciliarias al recién nacido en la atención primaria de salud. Método: Revisión integrativa, realizada en Scientific Electronic Library Online (SciELO) y Google académico, con 07 publicaciones en el período de 2017 a 2021, según los criterios de inclusión y exclusión. Los resultados se organizaron en dos tablas para la mejor exposición. Resultados: La visita promueve la salud del recién nacido, desde la lactancia materna hasta los principales cuidados del bebé. Sin embargo, los profesionales deben ser más sensibles al desempeño del visita, además de capacitarse para calificar esta atención. Se evidenció que una visita proporciona el autocuidado a la mujer y que un equipo debe prestar atención al período para realizar una visita del binomio. Conclusión: Se aclaró que es necesario realizar más investigaciones sobre el tema, para ampliar la visión y el conocimiento de los profesionales de la salud.

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ORCID: 0000-0001-5119-195X**Mariana Lira Guimaraes**Physiotherapy student. State University of Paraíba.
ORCID: 0000-0003-4501-73119.**INTRODUCTION**

The home visit to the newborn is carried out in primary health care, in which effective care is provided for the mother and baby in the postpartum period. The Home Visit (HV) has great importance from the perspective of child and woman health care, which are priority lines of care in Brazilian public health. Primary Health Care (PHC) is the scenario in which care, education and health promotion practice takes place, which has several objectives, including ensuring the realization of the HV at an opportune time and preferably early for the binomial, aiming at the reduction of health problems.⁽¹⁾

The HV is part of the continuity of health care, as the mother and baby are leaving the hospital sector and entering their home, carrying out a whole trajectory within the Health Care Network (HCN). This care practice uses elements ranging from disease prevention to health treatment and rehabilitation, making it possible to complement or replace care that is offered elsewhere.⁽²⁾ Continuously, the HV is recommended by the Ministry of Health at an early stage, being performed in the first week of the newborn's life, still in the postpartum period, in order to reduce neonatal and maternal mortality.⁽³⁾

Thus, it is understood that the HV is a tool for the care of the newborn, greatly assisting in the perpetuation of neonatal life. However, for the HV to occur correctly

and at the ideal time, it is necessary to assess the child's vulnerability, verifying whether prenatal care was classified as low or high risk, in addition to social and economic factors inserted in the child's context.⁽⁴⁾

It is evident that there are few studies that address the ideal time to perform the HV for the newborn, and the studies that are already published address the need to perform the HV in the first three days after delivery, seeking to carry out interventions in a timely manner.⁽⁵⁻⁶⁾ One of the factors that make it difficult to understand the importance of HV for the newborn is the lack of knowledge of postpartum women, who are often not oriented about it.⁽⁷⁾ In addition to the lack of knowledge about the importance of HV for the newborn, the fact that in Brazil, cesarean sections are frequently performed is also a concern, since the puerperal woman does not return to her home on the second day of the newborn's life, preventing the realization of the HV at home at the right time.⁽⁸⁾

Therefore, it is necessary to consider the need to talk about the importance of HV in the puerperal period for the newborn, and in addition, the role that PHC has in carrying out this practice in health. Thus, the following research question was raised: What is the importance of home visits to newborns performed in primary health care described in the current literature? Its objective is: to analyze scientific publications about the importance of home visits to newborns in primary health care.

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METHOD

This study is defined, being descriptive, retrospective, qualitative, in the modality of integrative review. A search for publications was carried out in the period of May 2021, on the subject studied. The following electronic libraries were used: Scientific Electronic Library Online (SciELO) and Academic Google. For the selection of articles, some inclusion and exclusion criteria were established. As inclusion criteria: publications in English, Spanish and Portuguese, available in full and free of charge, from 2017 to 2021 and that did not cause duplication during the search in electronic libraries. The following were excluded from the research: publications that were not in the selected period, that charged access fees, that were incomplete and that did not correspond to the research objectives.

From the selection of libraries and the criteria for selection of publications, the descriptors were separated, which are: Newborn (Recém-nascido); Home visit (Visita domiciliar); Primary Health Care (Atenção Primária à Saúde); Care (Cuidado) and Health (Saúde). Among the descriptors, the Boolean operator AND was used as a resource. To organize the publica-

tions that would be found in the libraries, an instrument in the form of a record was used, prepared by the author, with important information to be collected, such as: authors' names, title, year of publication, journal and the important points about HV in PHC.

150 publications on the subject were found. From this first search, a filtering was performed, placing the inclusion criteria in a well-defined way. Using the criterion of language and publication time, 100 publications were excluded, leaving 50 to follow in the analysis.

The 50 publications had their titles analyzed, and according to the objective of the study, only 24 responded as expected. The 24 publications had the abstracts read in full, and all the topics described by them were analyzed, in which, 07 publications were selected, as they answered the objective and the research question in a targeted and effective way. Thus, a total of 137 publications were excluded, and the search results were composed of 07 publications. The searches for publications were supervised by two researchers interested in the subject. The survey results were analyzed using the Microsoft Word program, and

distributed in two frames for display. There was no need for submission to the ethics committee, as it was a literature review.

RESULTS

Below, the results shown in two tables, the first table, refers to the characteristics of the publications that were related to the studied topic, bringing relevant information.

Publications from the year 2018 were predominant, the other years had one publication in each. The journals have significant levels of evidence, as they are renowned in the field of collective health and nursing. The titles of publications demonstrate a relationship with the theme.

The publications brought as results that the HV promotes the health of the newborn, from breastfeeding to the main care for the baby. However, professionals need to be more sensitive to the realization of the HV, in addition to training themselves to qualify this care that is offered. It was evident that the HV provides self-care for the woman, helping her to feel secure in the tasks to be performed for the NB. An important point refers to the team's attention

TABLE 1 – Presentation of publications on the importance of home visits to newborns in primary care:

Autores	Título	Ano de publicação	Periódico
Silva, D.D.L. et al. ⁽⁹⁾	Main difficulties experienced by primiparas in newborn care	2021	Revista Eletrônica Acervo Saúde.
Magalhães, F.J. et al. ⁽¹⁰⁾	Home monitoring of newborns at risk: maternal preparation for health promotion	2018	Brazilian Journal Of Education, Technology And Society.
Hollanda, G.S.E. et al. ⁽¹¹⁾	Postpartum home visits: health promotion of the mother-child binomial	2019	Journal Of Nursing and Health.
Carvalho, M.J.L.N. et al. ⁽¹²⁾	First puerperal home visit: a protective strategy for exclusive breastfeeding	2018	Revista Paulista de Pediatria.
Souza, I.V.B. de. et al. ⁽¹³⁾	Proposed protocol for nurses in the family health strategy for the first home visit to the newborn	2017	Cuidado é fundamental.
Lucena, D.B.A. de. et al. ⁽¹⁴⁾	First week of comprehensive newborn health: actions of nurses from the Family Health Strategy	2018	Revista Gaúcha de Enfermagem.
Soares, A.R. et al. ⁽¹⁵⁾	Ideal time to carry out a home visit to the newborn: an integrative review	2020	Revista Ciência & Saúde Coletiva.

Source: research data, 2021.

TABLE 2 – Presentation of publications on the importance of home visits to newborns in primary care:

Authors	The importance of home visits to newborns in PHC
Silva, D.D.L. et al. ⁽⁹⁾	<ul style="list-style-type: none"> ▪ There are several difficulties in caring for the newborn, such as bathing, washing clothes, sleeping for the baby, caring for the umbilical stump and other difficulties that can be heard in the HV. <ul style="list-style-type: none"> ▪ Reduction of fear, insecurity and maternal/family anxiety. ▪ Little knowledge about the benefits of exclusive breastfeeding.
Magalhães, F.J. et al. ⁽¹⁰⁾	<ul style="list-style-type: none"> ▪ Qualification of nursing and health professionals to carry out the HV. <ul style="list-style-type: none"> ▪ Promotion of newborn health. ▪ Shared care among PHC professionals. ▪ Follow-up of care in PHC.
Hollanda, G.S.E. et al. ⁽¹¹⁾	<ul style="list-style-type: none"> ▪ The HV provided significant discussions between professionals and postpartum women. <ul style="list-style-type: none"> ▪ Encouraging female empowerment and maternal self-care.
Carvalho, M.J.L.N do. et al. ⁽¹²⁾	<ul style="list-style-type: none"> ▪ Children who received visits showed a greater possibility of being on Exclusive Breastfeeding. ▪ The absence of the HV negatively influenced breastfeeding, for those who did not receive it.
Souza, I.V.B de. et al. ⁽¹³⁾	<ul style="list-style-type: none"> ▪ Proposal of an instrument that better guides the HV to the neonate. <ul style="list-style-type: none"> ▪ HV reduces risks and harm to the binomial's health.
Lucena, D.B.A de. et al. ⁽¹⁴⁾	<ul style="list-style-type: none"> ▪ The HV has: maternal guidance on basic care for the newborn, breastfeeding, neonatal screening tests, immunization and childcare, as well as evaluation of the mother. <ul style="list-style-type: none"> ▪ It is necessary to sensitize health professionals about the importance of HV to the NB.
Soares, A.R. et al. ⁽¹⁵⁾	<ul style="list-style-type: none"> ▪ It is important that it occurs at the ideal time, recommended by the MH. ▪ The team needs to pay attention to the period of realization of the HV.

Source: research data, 2021.

to the period to perform the binomial HV.

DISCUSSION

The importance of HV to the newborn in PHC was seen in all publications found. One of the articles highlights that the difficulties in breastfeeding can often be reduced, or even eradicated, when the HV is performed in a timely manner. Knowing that breastfeeding is the biggest and best source of infant food in the first six months of life, it is understood the importance of encouraging and carrying out the HV according to what is recommended by the MH. ⁽⁹⁾

It was noticed that children who had the chance to receive HV in the first week of life had higher rates of exclusive breastfeeding, which is the indicator of quality in primary care. On the other hand, in the

same study, when HV was not performed as recommended, there was a negative result regarding exclusive breastfeeding, showing the importance of HV to encourage one of the best ways to care for and feed a baby. ⁽¹²⁾

The issue of fears and insecurities, mothers who are in the postpartum experience this intensely in the first days of life of their newborns. The HV helps in the process of organizing and minimizing concerns about the care of babies and all the demands that the family will need, preventing the feeling of incapacity, the baby blues or postpartum depression from being protagonists in the puerperium. The publication showed that mothers expect this help from health professionals, providing guidance on the main care for her and her baby. ⁽⁹⁾

In another analyzed publication, the importance of training professionals involved in HV to the binomial was addressed,

so that they can correctly guide the mother and family. The training needs to be continuous, aiming to promote the health of the newborn. In addition, care needs to be continued, and when leaving the hospital, the binomial needs to be monitored and monitored to avoid neonatal mortality. ⁽¹⁰⁾

In addition to providing guidance on baby care, it was evident that when mothers are taught how to take care of themselves and their children, they become empowered and feel firm in the care process. The publication also strengthened the fact that it encourages self-care with postpartum women, which is something important for the intimate construction of women, especially during the postpartum process. ⁽¹¹⁻¹²⁾

There are manuals and protocols that guide the HV for the neonate, however, the handling of instruments is still scarce, as shown in this publication, which brou-

ght a proposal for an instrument that better guides the HV to the neonate. With the creation of tools that enable the reduction of harm to the health of the binomial, we understand the importance of creating and disseminating instruments, pocket manuals, scripts and other objective tools to be used in HV.⁽¹³⁾

As seen in the publication, there is an ideal time to perform the HV to the binomial, this time needs to be respected and followed as established, using technologies and strategies to provide care to the newborn. The family and baby need to be visited within two days of delivery, without delay or delay.⁽¹³⁾

Thus, it is necessary to show profes-

sionals how relevant the realization of the HV is, and to continuously seek to improve the process of making it effective. Professional awareness is the best way to ensure that the HV will be carried out, so it is up to the management of health services to promote measures that bring professionals closer to this very important achievement.⁽¹⁴⁻¹⁵⁾

CONCLUSION

The study achieved its objective, showing the importance of HV in PHC, which is the gateway to the health service, as part of the continuity of care. It was clarified that there is a need for further research on the subject, aiming to expand the vision

and knowledge of health professionals who are involved and, in addition, provide the scientific community with more studies related to the subject.

It was seen that HV is a form of effective care, which is part of the main tasks performed by professionals, and that, in order to perform as recommended, they need to be trained frequently, being part of the management and health directions to encourage this process. Finally, it is recommended that this article be disseminated and reach out to interested parties, so that it can be a source of knowledge, as well as a scientific multiplier.

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