

The health of pregnant women and nursing care during prenatal

A saúde da gestante e os cuidados de enfermagem durante o pré-natal

La salud de la mujer embarazada y la atención de enfermería durante el prenatal

RESUMO

Objetivo: descrever publicações científicas a respeito da saúde da gestante e os cuidados de enfermagem durante o pré-natal. **Método:** Revisão integrativa, descritiva e qualitativa. Realizada na Scientific Electronic Library Online (SciELO) e Google acadêmico, no qual a coleta de dados ocorreu em junho de 2021. Mediante alguns critérios de inclusão e exclusão, foram selecionados 10 artigos para compor os resultados da pesquisa. Os dados encontrados foram organizados em dois quadros. **Resultados:** Os principais cuidados de enfermagem na saúde da gestante foram: utilização da SAE; prevenção e promoção da saúde materno-infantil; fortalecimento do empoderamento feminino, organização dos serviços de saúde que atendem as gestantes; buscar conhecimentos e habilidade; pré-natal do parceiro e estimular a capacitação profissional. **Conclusão:** Conclui-se, que o estudo alcançou o seu objetivo e percebeu-se a necessidade de novos estudos, que trouxessem outras ações de cuidados que o enfermeiro realiza, buscando inovação nas práticas profissionais.

DESCRIPTORES: Gestante; Enfermagem; Pré-natal; Cuidado; Saúde.

ABSTRACT

Objective: scientific descriptions about the health of pregnant women and nursing care during prenatal care. **Method:** Integrative, descriptive and qualitative review. Carried out at Scientific Electronic Library Online (SciELO) and Google, in which academic data collection occurred in June 2021. Through some inclusion and exclusion criteria, 10 articles were selected to compose the search results. The data found were organized into two tables. **Results:** The main nursing care in the health of pregnant women were: use of the SAE; prevention and promotion of maternal and child health; strengthening of female empowerment, organization of health services that attend to pregnant women; seek knowledge and skills; partner's prenatal care and encourage professional training. **Conclusion:** It is concluded that the study achieved its objective and corrected the need for further studies that bring other care actions that nurses perform, seeking innovation in professional practices.

DESCRIPTORS: Descriptors: Pregnant woman; Nursing; Prenatal; Caution; Health.

RESUMEN

Objetivo: descripciones científicas sobre la salud de la gestante y los cuidados de enfermería durante el prenatal. **Método:** Revisión integrativa, descriptiva y cualitativa. Realizado en Scientific Electronic Library Online (SciELO) y Google, en el cual la recolección de datos académicos ocurrió en junio de 2021. Mediante algunos criterios de inclusión y exclusión, se seleccionaron 10 artículos para componer los resultados de la búsqueda. Los datos encontrados se organizaron en dos tablas. **Resultados:** Los principales cuidados de enfermería en la salud de la gestante fueron: uso del SAE; prevención y promoción de la salud materno-infantil; fortalecimiento del empoderamiento femenino, organización de servicios de salud que atiendan a mujeres embarazadas; buscar conocimientos y habilidades; cuidado prenatal de la pareja y fomentar la formación profesional. **Conclusión:** Se concluye que el estudio logró su objetivo y corrigió la necesidad de realizar más estudios que traigan otras acciones asistenciales que realizan las enfermeras, buscando la innovación en las prácticas profesionales.

DESCRIPTORES: Descriptores: Mujer embarazada; Enfermería; Prenatal; Precaución; Salud.

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Katia Cristina Barbosa Ferreira

Nurse. State University of Paraíba.

ORCID:0000-0002-3353-2973

June Cirne GalvinctioNurse. Mauritius College of Nassau.
ORCID:0000-0003-4583-8272**Luana Gomes Leitao Rodrigues**Nurse. University Center of João Pessoa.
ORCID:0000-0001-5259-1357**Lucia Gomes De Souza Silva**Nurse. Mauritius College of Nassau.
ORCID:0000-0001-6998-435X**Luciene de Souza Santos Albuquerque**Nurse. University Center of João Pessoa.
ORCID:0000-0001-5119-195X**Mariana Lira Guimaraes**Nurse. University Center of João Pessoa.
ORCID:0000-0001-5347-3758**INTRODUCTION**

One of the transforming moments in the lives of women and their families is prenatal care, which, from the beginning of pregnancy, brings changes to the routine. In addition to being transformative, it needs essential care to ensure maternal and neonatal health, which is one of the main goals. (1) The nurse performs the follow-up, in consultations interspersed with the doctor, in which at least six consultations must be carried out, aiming at qualified and humanized health care. (1)

It is important that pregnant women are captured early, to reduce injuries and promote their health. (1-2) The prenatal nursing consultation includes several aspects, such as: psychological, social, environmental, emotional, in addition to the assessment of the determinants and conditions of the health of this woman and her family. (1-2) Professionals who are qualified to practice nursing at a higher level have great importance, performing physical examinations on pregnant women, multiprofessional consultations, comprehensive prenatal care and all lines of maternal and child care; offering home visits, and postpartum consultations after delivery. (2)

The nurse requests all exams corresponding to pregnant women; notifies grievances; registers in the information system; forwards to high risk; prepares for childbirth; conducts health education; offers immunization and strengthens the bond with the family

Pregnant women classified as low risk must be fully monitored by nurses, along with other health professionals who make up the multidisciplinary team. Likewise, high-risk pregnant women also rely on the presence of a nurse and their attributions, however, they require greater medical care in some situations that are exposed. (3)

The nurse requests all exams corresponding to pregnant women; notifies grievances; registers in the information system; forwards to high risk; prepares for childbirth; conducts health education; offers immunization and strengthens the bond with the family. (3) Thus, the following research question was developed: What are the nursing cares towards the health of pregnant women found in the literature? Its objective is: to describe scientific publications about the health of pregnant women and nursing care during prenatal care.

METHOD

This is an integrative review, in descriptive and qualitative mode. It was built through a search for articles in electronic libraries: Scientific Electronic Library Online (SciELO) and academic Google, in which data collection took place in June

2021. Some inclusion and exclusion criteria were listed to select scientific articles. As inclusion criteria: articles in English, Spanish and Portuguese, found free and complete, published between the years 2017 to 2021, without duplication during the search. The following items were continuously removed from the research: articles outside the established timeline, incomplete, duplicated, and that did not contemplate the research objectives.

The Health Sciences Descriptors (DeCS) were used as a resource: Pregnant woman (Gestante); Nursing (Enfermagem); Prenatal (Pré-Natal); Care (Cuidado); Health (Saúde), crossed by the Boo-

lean operator AND. The selected articles were registered with a simple instrument, built by the authors, which included the following variables: authors, title, year of publication, journal and nursing care for the health of pregnant women during prenatal care.

After conducting the search, 295 articles were found that had the descriptors in their titles. Thus, articles from the period 2017 to 2021 were observed and filtered, following 198 articles in the analysis. After reading the titles on the topic, articles that did not correspond to the objectives of the study were discarded, leaving 56 articles for analysis. The titles of the 56 articles were

read again, aiming at an even more thorough filtering, and from that, 45 articles were followed in the analysis process. I emphasize that the articles were excluded based on the criteria initially established, those that did not correspond to the objective of this study.

Thus, the abstracts of 45 articles were read, in which all abstracts were read completely and according to the inclusion criteria, only 12 articles responded to what was expected by the study. The 12 articles were read in full, and in this reading, only 10 could be part of the body of results. Thus, 285 articles related to the subject were excluded, but that did not meet the inclusion

TABLE 1 – Characteristics of articles related to nursing care for the health of pregnant women during prenatal care:

AUTHORS	TITLE	YEAR OF PUBLICATION	JOURNAL
Nogueira, L.D.P; Oliveira, G.S.da. (4)	Qualified prenatal care: the nurse's attributions	2017	Revista de Enfermagem e Atenção à saúde.
Silva, M da; Prates, L.A.(5)	The importance of the guidelines provided by nurses in prenatal	2019	Salão internacional de Ensino, Pesquisa e Extensão.
Bonim, S.S.S.de. et al.(6)	The importance of the father's participation in prenatal	2020	Revista Saberes da Faculdade São Paulo.
Mendes, N.E.G. et al.(7)	Nurse assistance in prenatal care for pregnant women with multiple disabilities in primary health care.	2020	Brazilian Journal Of Health Review.
Gomes, C.B.A. de. et al.(8)	Nursing consultation in prenatal care: narratives of pregnant women and nurses	2019	Texto Contexto Enfermagem.
Rocha, C.G.G. da. et al.(9)	Social determinants of health in prenatal nursing consultation	2019	Revista de Enfermagem da UFPE online.
Jardim, M.J.A. et al.(10)	Contributions of nurses in prenatal care for the achievement of empowerment of pregnant women	2019.	Cuidado é Fundamental.
Lima, K.M.S.G. de. et al. (11)	Nursing Care in High-Risk Prenatal Care	2019.	Brazilian Journal Of Health Review.
Araújo, R.B. et al.(12)	Low-risk prenatal nursing care in the family health strategy: an analysis in national journals	2019.	Revista Uningá.
Foster, L.B; Oliveira, M.A. de; Brandão, S.M.O.C.(13)	Welcoming in the molds of humanization applied to the work process of nurses in prenatal care.	2017.	Revista de Enfermagem da UFPE online.

Source: Research data, 2021.

TABLE 2 – Description of nursing care for the health of pregnant women during prenatal care:

AUTHORS	NURSING CARE FOR PREGNANT WOMEN'S HEALTH
Nogueira, L.D.P; Oliveira, G.S. da.(4)	In this article, it was listed that to develop a qualified monitoring of pregnant women during prenatal care, the professional needs to have some qualities, or rather, follow some requirements: know the social sciences in health, carry out quality health education; provide complete prenatal care; be sensitive; to provide comprehensive care from prenatal care to the puerperium.
Silva, M da; Prates, L.A.(5)	The study showed that nurses provide the necessary guidelines for pregnant women during prenatal care, making them safer, creating bonds and reducing injuries. In addition, it generated female empowerment, which confirmed that nursing guidelines are essential for pregnant women, treating them as protagonists of their own care.
Bonim, S.S.S.de. et al.(6)	Unfortunately, the research showed that many partners do not accompany their pregnant women during prenatal care, that is, in their nursing consultations, which is one of the primary care of nurses, to encourage and generate ways to take care of this partner as well.
Mendes, N.E.G. et al.(7)	In this research, it was seen that nurses need to be trained to expand their care, as they sometimes limited prenatal actions.
Gomes, C.B.A. de. et al.(8)	Accompanied pregnant women showed satisfaction in nursing care for their health, emphasizing welcoming, humanization; physical examination and professional competence.
Rocha, C.G.G. da. et al.(9)	It was understood that the multidisciplinary team is important, and that the nurse is part of it, so that comprehensive care for pregnant women can be promoted. In addition, we seek to identify the determinants and conditions that can interfere with the health of pregnant women.
Jardim, M.J.A. et al.(10)	The importance of empowering pregnant women was shown, that nurses need to show and guide them about their delivery, making them aware of what is theirs.
Lima, K.M.S.G. de. et al.(11)	The Systematization of Nursing Care (SNC) is the way to organize the care of nurses, including prenatal care, which allows qualifying the care offered, from the identification of problems to interventions and assessments.
Araújo, R.B. et al.(12)	The nurse observes risk factors, works to prevent child and maternal mortality, in addition to promoting health.
Foster, L.B; Oliveira, M.A. de; Brandão, S.M.O.C.(13)	The health service can also help in nursing care, providing resources to improve these professionals' care.

Source: Research data, 2021.

criteria of this study. There was validation of the search by two researchers related to the topic. With the articles gathered, it was possible to organize them in two tables, using the Microsoft Word program, removing relevant points for the study. It should be taken into account that there was no submission to the ethics committee, after all, it is a literature review study.

RESULTS

In view of the organization of the results, the construction of this table below was established, which presents the articles found on the topic and the main characteristics of the studies.

Given the table, the articles analyzed were published predominantly in the year 2019, in a total of five articles published. Then, the year 2020 and 2017, with two publications. The other years from 2017 to 2021 that were not mentioned did not obtain results on the subject studied. Regarding the national journals in which the articles were found, there was an ascendancy in the Journal of Nursing at UFPE Online, and of international origin, the Brazilian Journal Of Health Review, each with two published articles.

It was noticed that the nurse is an important figure in the health care of pregnant women, as all articles showed this segment. Thus, the main nursing care in the health of pregnant women were: use of the SAE; prevention and promotion of maternal and child health; strengthening of female empowerment, organization of health services that attend to pregnant women; seek knowledge and skill; call for the partner's prenatal care and try to follow along with the pregnant woman; in addition, there was a need to encourage professional training.

DISCUSSION

As pointed out in the results, prevention and health promotion is done in the prenatal period, and it is offered free of charge, in the Family Health Units (USF), for all pregnant women, with services that need to

cover all their needs in addition to guaranteeing access and rights to quality prenatal care. It was brought up that, for prenatal care to be complete, it needs to gather several procedures, which include clinical and educational conducts, aimed at pregnant women, with the main objective of preventing early risks and harm to maternal and child health. (4)

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Nursing care for pregnant women is essential. Each orientation seeks to ensure the best outcome of prenatal care, and it was evident that the nurse has this task and performs it excellently, offering security, bond, empowerment and ownership of the moment in which the pregnant woman lives. (5-10)

Nursing is based on comprehensive care, with responsibility for consultations and educational activities. Since the reception of the pregnant woman in the office, the nurse provides the process of caring for the pregnant woman's partner as well, because the baby belongs to both, therefore, the nurse will insert the partner at all possible moments of prenatal care, requesting tests for him and evaluating what is pertinent to reduce harm to the health of the mother and the baby. (11-13) Providing care in a qualified way is essential, strengthening the bond is essential, as it results in more security in the child's home and more involvement of parents. (6)

Nursing consultation is intertwined with health education, which is one of the most effective care instruments, which welcomes, educates and encourages prevention and health promotion for pregnant wo-

men. (4) This article pointed out the care directed to pregnant women with disabilities, in which they need the same guidelines. However, the research reported that nurses' health education for this group of pregnant women was limited by disability, showing that nurses need to have a broader look at these pregnant women, seeing their reality and adapting care for them. (7)

Women are the main protagonists of their pregnancy, and nurses' care should be based on this, reaching their entire support network, which is the family and health services, enabling preventive strategies that bring pregnant women and health professionals closer. (8) In another analyzed study, the Social Determinants of Health (SDH) were taken into account, in which it is understood that for nursing care to be really effective, it is necessary to know the reality of women and everything they are involved in, from income, transportation, leisure activities, food and other SDH. (9)

CONCLUSION

It is concluded that the study achieved its objective, describing the nursing care for the health of pregnant women during prenatal care. The need for further studies was perceived, bringing other care actions that nurses perform, seeking innovation in professional practices. It was also understood that nursing training needs to be constant, given so many attributions and care provided to pregnant women and their families.

The need to empower the woman in the gestational process, insert her partner as much as possible, carry out health education, welcome her, provide care in a humane way, listen to her, identify risk factors and social determinants in health, request exams, comply with the minimum number of consultations, prescribe medication and provide continuity of care. Thus, this article is recommended for all health professionals, especially nurses, so that they have even more knowledge about the importance of their care, and that they can expand the ways to offer it.

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