

# Educational practices on reproductive planning with adolescent mothers: experience report

Práticas educativas sobre planejamento reprodutivo com mães adolescentes: relato de experiência

Prácticas educativas en planificación reproductiva con madres adolescentes: relato de experiencia

## RESUMO

Objetivo: relatar experiência na realização de práticas educativas com puérperas adolescentes em uma maternidade pública. Método: estudo descritivo do tipo relato de experiência, por roda de conversa. Os encontros aconteceram duas vezes por semana, pela manhã em de abril de 2021. Durante a visita de enfermagem as puérperas (de 13 a 18 anos) foram convidadas para participar da roda de conversa. A experiência aconteceu em uma maternidade de um município de São Luís- MA. Foram realizadas oficinas com puérperas que se encontravam internadas na maternidade. Resultados: verificou-se entre as puérperas falta de conhecimento sobre métodos contraceptivos. Relacionado ao comportamento sexual, observou-se timidez, retraimento e até medo de falar, principalmente quando ali, permaneciam acompanhantes. Conclusão: É nítido a importância da interação profissional, principalmente quando a experiência possibilita a todos envolvidos a troca de saberes, desde o conhecimento da cultura e realidade socioeconômica das puérperas à troca do conhecimento científico e popular.

**DESCRIPTORIOS:** Adolescente; Educação sexual; Planejamento familiar; Enfermagem; Período Pós-Parto.

## ABSTRACT

Objective: to report experience in carrying out educational practices with adolescent mothers in a public maternity hospital. Method: descriptive study of the experience report type, by conversation circle. The meetings took place twice a week, in the morning in April 2021. During the nursing visit, the puerperal women (13 to 18 years old) were invited to participate in the conversation circle. The experience took place in a maternity hospital in a municipality of São Luís-MA. Workshops were held with puerperal women who were hospitalized in the maternity ward. Results: there was a lack of knowledge among postpartum women about contraceptive methods. Related to sexual behavior, shyness, withdrawal and even fear of talking were observed, especially when companions remained there. Conclusion: The importance of professional interaction is clear, especially when experience allows everyone involved to exchange knowledge, from knowledge of the culture and socioeconomic reality of postpartum women to the exchange of scientific and popular knowledge.

**DESCRIPTORS:** Adolescent; sex education; Family planning; Nursing; Postpartum period.

## RESUMEN

Objetivo: relatar experiencia en la realización de prácticas educativas con madres adolescentes en una maternidad pública. Método: estudio descriptivo del tipo relato de experiencia, por círculo de conversación. Los encuentros ocurrieron dos veces por semana, en la mañana de abril de 2021. Durante la visita de enfermería, las puérperas (13 a 18 años) fueron invitadas a participar del círculo de conversación. La experiencia ocurrió en una maternidad del municipio de São Luís-MA. Se realizaron talleres con puérperas internadas en la maternidad. Resultados: hubo desconocimiento entre las puérperas sobre métodos anticonceptivos. Relacionado con el comportamiento sexual, se observó timidez, retraimiento e incluso miedo a hablar, especialmente cuando los compañeros permanecían allí. Conclusión: La importancia de la interacción profesional es clara, sobre todo cuando la experiencia permite que todos los involucrados intercambien saberes, desde el conocimiento de la cultura y realidad socioeconómica de las puérperas hasta el intercambio de saberes científicos y populares.

**DESCRIPTORIOS:** Adolescente; educación sexual; Planificación familiar; Enfermería; Período posparto.

RECEBIDO EM: 15/01/22 APROVADO EM: 19/02/22

### Claudionete Abreu Costa

Specialist Nurse (Obstetrics) Master's student at the Graduate Program in Nursing (PPGENF) at the Federal University of Maranhão (UFMA)

ORCID: 0000-0002-4382-7855

### Elían Rodrigues Ferreira

Specialist Nurse (Obstetrics) Master's student at the Graduate Program in Nursing (PPGENF) at the Federal University of Maranhão (UFMA)

ORCID: 0000-0002-07488120

## Iderlania Maria de Oliveira Sousa

Specialist Nurse (Public Health) Master's Student at the Graduate Program in Nursing (PPGENF) at the Federal University of Maranhão (UFMA).

ORCID: 0000-0001-5502-6337

## Ana Hêlia Lima Sardinha

Nurse (PhD) professor at the Department of Nursing and the Graduate Program in Nursing (PPGENF) at the Federal University of Maranhão (UFMA).

ORCID:0000-0002-8720-6348

## Nair Portela Silva Coutinho

5 Nurse (PhD) professor at the Department of Nursing and the Graduate Program in Nursing (PPGENF) at the Federal University of Maranhão (UFMA).

ORCID: 0000-0002-2050-026X

## INTRODUCTION

Educational practices consist of a methodology of transformation, being able to promote improvement in the lives of people and the community, standing out as an undoubted tool in use with the promotion of effective and efficient health,

Enabling user autonomy and protagonism in relation to behavior change through supported self-care and, consequently, contributing to quality of life and health promotion.<sup>1</sup> Adolescents who have an early onset of sexual life and lack of reproductive planning are factors associated with the occurrence of teenage pregnancy.<sup>2</sup> These adolescents in postpartum situations are women who deserve a different look at educational practices because this period consists of a moment in which the woman undergoes several changes, whether physiological with physical, psychological and/or social changes that impact her life reality.<sup>3</sup>

Linked to the adolescent puerperal woman's lack of knowledge is the fear of the unknown, which contributes to her showing involuntary attitudes, which lead her to a new early pregnancy and risks to her life, especially when she is primiparous, or even when she did not obtain guidance on the postpartum process and family planning during prenatal care.<sup>4</sup>

With a view to the social inequalities experienced in Brazil, especially with regard to the process of being a mother, the Federal Constitution (FC) of 1988 provides for

**The individual has the ability to seek, understand and use information for the promotion and maintenance of their health, according to the level of access to information that this individual obtained during their lifetime.**

the right to health for all, which leads to the realization that these women are legally supported by the law.<sup>5</sup>

Article 226, § 7, of the aforementioned CF, defines Family Planning as “the set of actions to regulate fertility that guarantee equal rights of constitution, limitation or increase of offspring by women, men or couples”, expressing the right to family planning, sexuality and reproduction.<sup>5,6,7,8</sup>

It is worth mentioning that family planning is directly related to the notion of reproductive rights, thus considering the basic rights linked to the free exercise of sexuality and human reproduction with the limits that are inherent to them, sustains and guarantees the role of protagonist with regard to the power of choice.<sup>9</sup> In addition, Law 9263/96 determines that “family planning is guided by preventive and educational actions and by ensuring equal access to information”.<sup>10</sup>

The individual has the ability to seek, understand and use information for the promotion and maintenance of their health, according to the level of access to information that this individual obtained during their lifetime. In health education, however, it is necessary to have a health professional and/or managers involved in the process.<sup>11</sup>

The realization of educational practices, inserted in the process of disseminating information to adolescents, is relevant, considering that they have a greater chance of taking actions that can generate risks for them. This practice guarantees a clear and

dynamic language that enables actions that contribute to increasing people's autonomy in their care and in the debate with professionals.<sup>12,13</sup>

In view of the above, it is understood that adequate knowledge and access to health services that train adolescents in terms of family planning can prevent complications and aggravations from early pregnancies, among others. Through this, the following guiding question emerged: What is the importance of educational practices for postpartum adolescents? Thus, the objective of the work is to report experience in carrying out educational practices with adolescent mothers in a public maternity hospital. This report is relevant, in an attempt to demonstrate to all professionals involved in care the need to expand their knowledge and disseminate it to other professionals and users, in order to ensure better health care for adolescents in the puerperal period.

## METHOD

This is a descriptive study, experience report type, carried out in a maternity hospital in one of the cities of São Luís-MA. The theoretical framework adopted permeated the perspective of the Theory of Diversity and Universality of Cultural Care (TDUCC) by Madeleine Leininger, where nurses actively involve the individual, family or groups in the care process, avoiding culturally imposing health practices.<sup>14</sup>

The meetings took place twice a week, in the morning, in April 2021. During the nursing visit to the adolescents (13 to 18 years old) in the puerperium, an invitation was made to participate in the conversation circle, the role of the professional was to provide educational activities with the application of test questions for feedback on the activity performed, as a specialist in the subject, with the activities carried out by an obstetrician nurse, who used the same method of approach in the conversation circles, guaranteed, thus, that the educational practice remained standardized.

## RESULTS AND DISCUSSION

**The realization of educational practices, inserted in the process of disseminating information to adolescents, is relevant, considering that they have a greater chance of taking actions that can generate risks for them. This practice guarantees a clear and dynamic language that enables actions that contribute to increasing people's autonomy in their care and in the debate with professionals.**

The educational workshops took place three times a week, for a month in the morning, lasting 60 minutes in the rooming-in wards. The content addressed dealt with contraceptive methods, being used as teaching material, an illustrated serial album for the explanation of the content. After that moment, a box was used that contained questions where each participant would read the question and, from the question, a dialogue between the participants was started, in order to generate feedback on the topic.

Twelve conversation circles were held during a month and with a total of 96 puerperal women who agreed to participate in the educational moment. During the explanations and the use of educational practices, the posture and behaviors of the adolescents were observed, as well as knowledge about contraceptive methods (CM). Many of them reported only knowing and using condoms on a few occasions, followed by the pill and injectables. When other CMs were approached, including the Intrauterine Device (IUD), only a few reported that they had heard about it, but were unable to explain its effectiveness and how to use it.

Related to sexual behavior, during the conversation circle, shyness, withdrawal and fear of talking were observed, especially when they were accompanied; as it is a matter of an intimate nature, it was natural and expected to withdraw beyond shyness at the time of the approach. During the conversation circles, there was a moment of relaxation and it was observed that the participants were free to ask and expose their ideas and thoughts, in addition to the interest of some postpartum women for more information about some of these methods explained, those who expressed an interest in the IUD were referred after discharge from the maternity hospital to the reference service, in order to acquire and apply the device.

Such findings are in line with a study carried out in South Africa, where adolescents, even having doubts or demonstrating insufficient knowledge, they often do not seek information in a preventive way, either

because they do not know about their rights as adolescents, regardless of age, or because they do not question professionals, because they do not know about the possibility of solving such doubts, or because they are not encouraged to do so. The search is still timid after an unwanted pregnancy.<sup>11,15</sup>

In addition, knowing the CMs and the risks arising from unprotected sex is essential for the reproductive health of adolescents, providing a safe and healthy sexual act, preventing pregnancies and other unwanted outcomes.<sup>16</sup> It was observed, after the educational activity carried out on the proper use of CMs and self-care related to sexual health, insufficiency for a total change in the group's behavior with regard to safe sexual practices, since there are, in their family life,

cultures that were passed on over the years, from mother to daughter, where the woman was born to procreate, and that the use of CMs would be a sin, that some generated diseases, such as cancer.

Therefore, planning a family does not always correspond to the expectations of these puerperal women. Faced with this, there is difficulty in accessing reproductive planning services, as there is often no health post that offers this type of service to the community, and with all these difficulties, they end up frustrated, losing interest in such practices, resulting in recurrent pregnancy.

As previously mentioned, adolescents have the right to reproductive planning, as well as to receive guidance on self-care and the use of CMs, have easy access to consultations with nurses or doctors to choose CMs for the adolescent or partner and obtain condoms at health units. It is evident that if there is no information from health professionals to adolescents, they make use of MCs without prior knowledge, which can lead to Sexually Transmitted Infections (STIs) and unwanted pregnancies.<sup>8,17,18</sup>

## CONCLUSION

In view of what was discussed in this experience report, it is concluded that professional-user interaction is important. This experience provides all those involved with the exchange of knowledge, from knowledge of the culture and reality of puerperal women, as well as the exchange of scientific knowledge for the popular language of the subject addressed so that the content of the conversation is absorbed and understood by users correctly.

Educational practices should involve puerperal adolescent mothers, as they correspond to a risk group for erroneous sexual practices or lack of knowledge of the possibilities regarding family planning. It is worth mentioning that this target audience has the possibility of having more children, which makes planning necessary to decide the best way and the best time for this to occur.

## REFERENCES

- Rodrigues ST, de Paula SF, Pedrosa VS M, Cecagno D, dos Santos Nunes S, de Siqueira HCH. Práticas educativas na sala de espera de uma unidade básica de saúde. *Research, Society and Development*, v. 9, n. 5, p. e14952392-e14952392, 2020. Disponível em: <https://www.rsdjournal.org/index.php/rsd/article/view/2392>. Acesso em: 16 dez. 2021.
- de Souza Oliveira B, Saraiva Aguiar R. Repercussões na saúde da mulher adolescente devido a gravidez precoce: uma revisão narrativa. *SaudColetiv (Barueri)* [Internet]. 4º de outubro de 2021 [citado 7º de fevereiro de 2022];11(68):7363-74. Disponível em: <http://revistas.mpmcomunicacao.com.br/index.php/saudecoletiva/article/view/1442>
- da Silva AR, de Oliveira Mangueira S, Perrelli JGA, Rodrigues BHX, Gomes RCM. Avaliação do diagnóstico de enfermagem Padrão de sono prejudicado em puérperas. *Revista Cubana de Enfermería*, v. 36, n. 1, 2020. Disponível em: <http://www.revenfermeria.sld.cu/index.php/enf/article/view/3033>. Acesso em: 16 dez. 2021.
- Cheffer MH, Nenevê DA, Oliveira BP. Assistência de enfermagem frente às mudanças biopsicossociais da mulher no puerpério: uma revisão da literatura. *Varia Scientia-Ciências da Saúde*, v. 6, n. 2, 2021, p. 157-164. Disponível em: <http://e-revista.unioeste.br/index.php/variasaude/article/view/26526>. Acesso em: 16 dez. 2021.
- Brasil. Constituição da República Federativa do Brasil de 1988. Emendas Constitucionais de Revisão. Brasília, DF, 1988. Disponível em: [http://www.planalto.gov.br/ccivil\\_03/constituicao/constituicao.htm](http://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm). Acesso em: 14 dez 2021.
- Pedro CB, Casacio GDDM, Zilly A, Ferreira H, Ferrari RAP, Silva RMMD. Fatores relacionados ao planejamento familiar em região de fronteira. *Escola Anna Nery*, v. 25, n. 3, 2021. Disponível em: <https://www.scielo.br/j/ean/a/5ZsymDyKJxPnyLQn5XkwRFB/abstract/?lang=pt>. Acesso em: 16 dez. 2021.
- Ribeiro RRB. Planejamento familiar e reprodução assistida. *Conpedi Law Review*, v. 6, n. 1, p. 138-157, 2020. Disponível em: <https://indexlaw.org/index.php/conpedireview/article/view/6970>. Acesso em: 16 dez. 2021.
- Silva MMS. Conhecimento, atitudes e práticas contraceptivas de mães adolescentes. 2021.
- Brasil. Lei nº 9.263, de 12 de janeiro de 1996. Regula o § 7º do art. 226 da Constituição Federal, que trata do planejamento familiar, estabelece penalidades e dá outras providências. Brasília, DF, 1996. Disponível em: [http://www.planalto.gov.br/ccivil\\_03/leis/l9263](http://www.planalto.gov.br/ccivil_03/leis/l9263).

## REFERENCES

htm. Acesso em: 14 dez 2021.

10. Fontana RT, Flores FR, da Silva KC, Thomas LS, Pires LG, de Oliveira NG, dos Reis Feller S. Reflexões sobre a educação em saúde como um processo emancipatório. *Brazilian Journal of Health Review*, v. 3, n. 3, p. 5196-5203, 2020. Disponível em: <https://www.brazilianjournals.com/index.php/BJHR/article/view/10651>. Acesso em: 16 dez. 2021.

11. Barbosa FK M, Araújo ACC, Nogueira LMV, Rodrigues ILA, Trindade LDNM, Corrêa PK.V. Letramento em saúde de adolescentes sobre métodos contraceptivos. *Cogitare Enfermagem*, v. 25, 2020. Disponível em: <https://revistas.ufpr.br/cogitare/article/view/72416>. Acesso em: 15 dez. 2021.

12. Brasil. Ministério da Saúde (MS). Secretaria de Atenção Básica. Departamento de Ações Programáticas Estratégicas. Pacto pela Redução da Mortalidade Materna e Neonatal. Brasília: MS; 2006.

13. Ribeiro TP. Percepção de enfermeiras de unidades básicas de saúde acerca das alterações emocionais no puerpério. 2021. Trabalho de Conclusão de Curso (Bacharelado em Enfermagem) - Faculdade Maria Milza. Governador Mangabeira - BA, 2021. Disponível em: <http://131.0.244.66:8082/jspui/handle/123456789/2066>. Acesso em: 16 dez. 2021.

14. Leininger MM. Teoria do cuidado transcultural: diversidade e

universalidade. In: I Simpósio Brasileiro Teorias de Enfermagem; 2000 Mai; Florianópolis, Brasil. Florianópolis: Universidade Federal de Santa Catarina, 1985.

15. Patel S, Dowse R. Understanding the medicines information seeking behaviour and information needs of South African long term patients with limited literacy skills. *Health expectations*, v. 18, n. 5, p. 1494-1507, 2015. Disponível em: <https://onlinelibrary.wiley.com/doi/full/10.1111/hex.12131>. Acesso em: 16 dez. 2021.

16. Mendonça RCM, Araújo, Telma ME. Análise da produção científica sobre o uso dos métodos contraceptivos pelos adolescentes. *Revista Brasileira de Enfermagem*, v. 63, p. 1040-1045, 2010.

17. Brasil. Ministério da Saúde (MS). Secretaria de Atenção em Saúde. Departamento de Ações Programáticas Estratégicas. Diretrizes nacionais

para a atenção integral à saúde de adolescentes e jovens na promoção, proteção e recuperação da saúde. Brasília: MS; 2010.

18. Jezo RFV, da Silva Ribeiro IK, Araújo A, de Assis Rodrigues B. Gravidez na adolescência: perfil das gestantes e mães adolescentes em uma unidade básica de saúde. *Revista de enfermagem do centro-oeste mineiro*, v. 7, 2017.