



MATERNAL AND NEONATAL HEALTH
SAÚDE MATERNA E NEONATAL
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The first edition of the book *Maternal and Neonatal Health*, published in 2014, with 252 pages, was organized by doctor Ariadne da Silva Fonseca, nurse, specialist in Pediatric Nursing, director of the journal *Nursing*, coordinator of the São Camilo Hospital Networks and education director of the Brazilian Nursing Association (ABEN-SP); and by the PhD student Rita de Cássia Silva Vieira Janicas, obstetric nursing, professor from the Anhembi Morumbi University and member of the board of directors of the Brazilian Association of Midwives and Obstetric Nurses (ABENFO-SP). The book is composed by ten chapters, and its construction had the participation of 24 authors trained in nursing.

Firstly, one should discuss the maternal mortality in Brazil by emphasizing its character of social injustice and violation of reproductive rights, the motherhood, the health and the woman's life, since the causes of the maternal mortality are overwhelmingly preventable and possible to prevent, due to the direct complications of pregnancy, having as preventability criteria the socioeconomic determinants and, therefore, the access to information, goods and services.

In this sense, the book is presented as a professional tool for multidisciplinary training of the care for maternal and neonatal health in the attempt to qualify health professionals to identify maternal risks, solve obstetric emergencies and minimize and/or eliminate negligence, imprudence and malpractice in

the diagnosis and treatment of cases. That is why one should offer care actions without considering the mother and the neonate as objects of care in a separate way, as well as ensuring the specific needs of each, and the interface established between this pair, since the neonatal mortality is related to the care actions in the pregnancy period, from the childbirth until the first 28 days of the child's life. Thus, it becomes crucial to strengthen the care of prenatal and childbirth in order to reduce the maternal and neonatal mortality.

Moreover, one should highlight the approach of family planning as a method of conception and contraception in which it is possible to detail the potential contraceptive methods that must be presented so that the couple can choose their most suitable method, since when the diagnosis of pregnancy is confirmed, it may provoke feelings of joy and welfare in some people, and sadness and feelings of helplessness in others, thereby making the mother and the baby vulnerable to complications.

The fourth and fifth chapters address one of the most attractive themes for the majority of students and professionals, mainly nurses of the Family Health Strategy, since, in addition to being essential for the maternal-infant health, the knowledge of the physiological alterations that take place in the maternal body is crucial to provide a qualitative prenatal care - the topic is approached in public tenders. This type of care may enable

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the detection and treatment of illnesses in a timely manner, besides the control of risk factors that cause complications for both maternal and infant health. Thus, the authors detail the nursing care for pregnant women and families by addressing the physical, emotional and sociocultural manifestations in a comprehensive, individualized and human manner.

The sixth chapter approaches the suitable and comprehensive care during labor and childbirth, where the obstetric nurse must provide direct care to the vaginal delivery of low-risk pregnancy by recognizing the physiology of childbirth, signs, symptoms and clinical periods that occur throughout labor and associating them with the available technology, without removing the leading role of the woman in the event, so that this moment can offer her a positive and enjoyable experience. Thus, it highlights that, if the childbirth happens without interurrences, the woman may choose the delivery position, the umbilical cord cutting can be conducted by the caregiver, and the health professional may allow the interaction of the mother with the newborn, as well as the skin-to-skin contact soon after the childbirth.

Furthermore, after the childbirth period, there are new experiences faced by the mother and by the newborn. In the chapters seven and eight, the book makes reference to the physical and emotional changes of the woman in the puerperal period, since this period encompasses a time to adapt to the motherhood and to make adjustments in relation to the new family structure. One should know the importance of nursing in this monitoring and in the interaction among mother, family and newborn, and especially of breastfeeding, because, when inferring about the benefits of breastfeeding in the clinical stability of the baby, it is possible to prevent the infant morbidity and mortality in the first months of life.

In the ninth chapter, the authors depict the care for the (NB) normal or pathological newborn and its family. Whenever possible, one should keep the mother closer to the baby for the establishment of the bond and of the breastfeeding by providing a comprehensive nursing care to the baby and the family. Thus, they indicate the care protocol designed by the World Health Organization as a safe reference for the care for NB.

Ultimately, the authors argue about the perinatal humanized care, where they report, through a historical series, the advances and challenges of the Brazilian Unified Health

System and the programs targeted to the deployment of health care humanization, such as Mother's Milk Bank, the Kangaroo Care and the Baby-Friendly Hospital Initiative, with a view to reducing the infant morbidity and mortality by means of a comprehensive care for the newborn within the hospital scope.

It is possible to infer that the approach used by the book is a source of professional qualification for the suitable monitoring of the maternal and neonatal health, since, from the technical-scientific background, the nurse, when conducting good practices, from the pre-conception until the healthy or pathological puerperium, may minimize the morbidity and mortality at all levels of health care. Accordingly, this type of study was raised to contribute with the critical reflections of readers on the issue, as well as with the disclosure of this information in the scientific community.

REFERENCE

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