



## INTERWINING KNOWLEDGE AND CARE PRACTICES IN CLIMACTERIC

### COSTURANDO SABERES E PRÁTICAS DE CUIDADO NO CLIMATÉRIO

### COSIENDO SABERES Y PRÁCTICAS DE CUIDADO EN EL CLIMATERIO

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#### ABSTRACT

**Objective:** to know the knowledge and care practices in climacteric of women enrolled in a Family Health Strategy of a municipality of the State of Rio Grande do Sul. **Method:** descriptive field study with qualitative approach. The study setting will be a Family Health Strategy and the participants will be women in climacteric. Data will be collected through individual semi-structured interview and group interview during a rag dolls workshop, which will be used as the main technique for compiling the data. The data will be analyzed using the operative proposal. The research project was approved by the Research Ethics Committee, CAEE 39318614.0.0000.5346. **Expected results:** to enable understanding about the fundamental knowledge and care practices to the health of women in climacteric period. **Descriptors:** Women's Health; Nursing; Nursing Care; Climacteric; Culture.

#### RESUMO

**Objetivo:** conhecer os saberes e as práticas de cuidado no climatério de mulheres vinculadas a uma Estratégia de Saúde da Família de um município da serra gaúcha. **Método:** estudo de campo, descritivo, com abordagem qualitativa. O cenário do estudo será uma Estratégia Saúde da Família e as participantes serão mulheres em climatério. Os dados serão coletados por meio de entrevista semiestruturada individual e entrevista grupal, durante uma oficina de bonecas de pano, a qual será utilizada como técnica principal para produção dos dados. Os dados serão analisados por meio da proposta operativa. O projeto de pesquisa foi aprovado por Comitê de Ética em Pesquisa, CAEE 39318614.0.0000.5346. **Resultados esperados:** possibilitar o conhecimento acerca dos saberes e práticas de cuidado fundamentais à saúde da mulher em fase de climatério. **Descritores:** Saúde da Mulher; Enfermagem; Cuidados de Enfermagem; Climatério; Cultura.

#### RESUMEN

**Objetivo:** conocer los saberes y las prácticas de cuidado en el climaterio de mujeres vinculadas a una Estrategia de Salud de la Familia de una ciudad de la sierra gaúcha. **Método:** estudio de campo, descriptivo, con enfoque cualitativo. El escenario del estudio será una Estrategia de Salud de la Familia y las participantes serán mujeres en climaterio. Los datos serán recogidos por medio de entrevista semi-estructurada individual y entrevista grupal, durante un taller de muñecas de paño, la cual será utilizada como técnica principal para producción de los datos. Los datos serán analizados por medio de la propuesta operativa. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, CAEE 39318614.0.0000.5346. **Resultados esperados:** posibilitar el conocimiento acerca de los saberes y prácticas de cuidado fundamentales a la salud de la mujer en fase de climaterio. **Descriptor:** Salud de la Mujer; Enfermería; Cuidados de Enfermería; Climaterio; Cultura.

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## INTRODUCTION

The climacteric is a period of great significance for women, so it needs to be lived to its fullest. In this perspective, one must understand the sociocultural context of each woman in order to contribute for the nurse to develop their practices based on increased understanding of the determinants of health-disease process. Therefore, it should be emphasized that, in addressing the woman in the climacteric, it is fundamental not be restricted to the physiological aspect, as in the aging process the bodily changes are surrounded by psychological and cultural aspects, as well as by myths and social and gender inequalities.<sup>1-2</sup>

Accordingly, authors emphasize that climacteric is not determined solely by chronology or by the interruption of menstruations, but by the socio-cultural conditions in which the woman is inserted, so that the perception of complaints, when they occur, vary according to culture, socioeconomic status and individual factors.<sup>3</sup>

According to estimates, Brazil has 97 million women; of these, just over thirty million are in climacteric period. It must be highlighted that the life expectancy of women has risen to 78.3 years.<sup>4</sup> This increase in life expectancy is consistent with data showing that Brazil has reduced female mortality by 12% over the past decade, as from 2000 to 2010 there was a reduction in mortality rate of 4.24 to 3.72 deaths per 100 thousand women. These figures are part of Health Brazil study, 2011 edition, in which it was found that the greatest reduction occurred in the South region, with drop of 14.6%, followed by the Southeast region, 14.3%.<sup>5</sup>

Thus, it is recognized the importance of preserving the welfare and quality of life during climacteric, in view of the increase in women who are experiencing this period and facing the changing in population profile, due to the increase in life expectancy of Brazilian women and of the world population.<sup>6</sup> For the same authors,<sup>6</sup> there is also lack of public policies on women's health that address this period because there is a variety of morbidities that can afflict them during the climacteric, with significant impact on public health.

In this direction, in launching different views on women in climacteric, the agenda of priorities in health research in the Ministry of Health stresses the need for research of biological and sociocultural determinants of health problems associated with climacteric and also regarding the care practices to

women's health during this period.<sup>7</sup> However, despite government efforts to implement humanization and qualification strategies in care to climacteric, linked to the National Health System, many existing services in the current scenario are not able to support the complexity related to the health of women that are in the climacteric period, and that have their many specifics, needs and differences.<sup>8</sup>

In this sense, the nursing care must also comprise users in the context of this discussion, adopting a dialogic practice in order to know what they think, know, want and how they participate or whether they expect to fully participate in this selection process.<sup>9</sup> Thus, as regards the menopause or the climacteric, the cultural issue that accompanies, among others, the bodily changes such as aging and physical beauty, goes beyond the social construction of an idealized body reference that isolates, to a certain way, women who do not see themselves inserted into the standards dictated by society.<sup>10</sup>

In this sense, the anthropological questions lead us to think that, when faced with different cultures, there should be no value judgments taken based on the cultural system itself. We need to look at other cultures, according to their own values and knowledge, as each culture expresses a unique vision of the world, which guides their practices, knowledge and attitudes.<sup>11</sup>

Regardless of the cultural context that this woman may be inserted, during the climacteric, she is faced with changes arisen from hormonal changes such as the loss of reproductive capacity and the transition to a more advanced age. In the social sphere, women often have to face other issues, including children leaving home, diseases that arise, the loss or illness of parents and relatives, and sometimes the stress and misunderstanding in marriage.<sup>12</sup> On the other hand, there are women who experience this period in a healthy way, with quality of life, affection and understanding of family.

From the mentioned issues, we present the guiding question of this research << What are the knowledge and care practices in the climacteric of a group of women enrolled in a Family Health Strategy of the municipality of Rio Grande do Sul State >>?

## OBJECTIVE

- To know the knowledge and care practices in climacteric of women enrolled in

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a Family Health Strategy of the municipality of Rio Grande do Sul State.

## METHOD

From the objective of this research, we opted for the field study with descriptive qualitative approach. As regards the field study, it provides social interaction with the researcher, in which the study design has greater flexibility, allowing the objectives to be reshaped along the research.<sup>13</sup> Concerning the descriptive study, this seeks to know the different situations and relationships that occur in social, political, economic and in the different aspects of human behavior.<sup>14</sup>

The qualitative approach addresses particular issues, related to the study of history and relationships, representations, beliefs, perceptions and opinions, which are the result of interpretations that individuals attribute to their experiences, about themselves and about what they feel and think.<sup>13</sup>

It comprises a Family Health Strategy (ESF) set in a town in the Rio Grande do Sul State. Through the Primary Care Information System (SIAB), we chose an ESF that has the highest number of women in the climacteric period, which were about 400 women. We highlight that the ESF had in 2013, according to the SIAB, 743 families registered, which together totaled 2,386 people.

Study participants will be women enrolled in that ESF, who are experiencing the climacteric period, aged from 40 to 65 years old, which according to the Ministry of Health corresponds to that period.<sup>15</sup> Inclusion criteria are: women who are going through the climacteric period, residents in the ESF coverage area. Exclusion criteria will be: women with psychocognitive limitations and who do not experience the process of climacteric/physiological menopause, due to surgical intervention (oophorectomy or hysterectomy). Regarding the number of participants, it is estimated that it will involve around eight women, highlighting that this reference is based on studies that used data collection techniques similar to those chosen for this study.<sup>16-17</sup>

The line sewing the production of data of this study focuses on the context of the rag dolls workshop, which has its theoretical base from a look towards the pedagogical or educational workshop.<sup>16-17</sup> The choice of building the rag doll is due to the possible particular representations that it can enable. It is understood, therefore, that the rag doll is

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somehow culturally linked to the female figure.

Therefore, when creating or learning to create their rag dolls, participants, while sewing, choosing the color, the shreds to make the dolls' clothes, the ornaments, the form, the dolls' facial expression, represent their own experience. So they reflect on the materiality, on their knowledge, on their practices or beliefs, as they reflect and discuss care during climacteric.

When thinking about the pedagogical or educational workshop, it is pertinent to look at the problem-raising learning process, which recognizes the individual as the subject of action by stimulating critical participation, so that their knowledge are welcomed and valued.<sup>16</sup>

In the meantime, the workshop coordinator must enable a favorable environment for discussions, where relationships can be horizontally build.<sup>17-18</sup> In addition, the coordinator presents the theme, issues and encourages participants to clarify doubts about the proposed workshop or artistic work, without interfering in the participants' opinions.

It is noteworthy that, at first, an individual semi-structured interview will be performed, which will help in the sociodemographic characterization of women. Then, in order to have an initial understanding of the theme under study, that is, on the care at this period, and also to base the discussions, group interviews will be held during the course of the rag dolls workshops.

We decided to hold a minimum of three meetings, and the determinant for closing meetings will be to have achieved the objective of the study and the completion of the rag doll manufacturing. Thus, the meetings will have weekly intervals and duration will vary from 1:30 to 2:30 hours. In addition, the workshops will have a script with the themes and issues that will guide the discussions.

It is noteworthy that we will follow a few steps for the completion of the workshop, namely: Configuration of space as sacred territory; Awareness; Artistic experience; and Verbal expression about the experienced moment.<sup>16</sup> Although the quoted author<sup>16</sup> does not provide for the socializing phase, at the end of each meeting the women will be invited to have a snack together, in order to strengthen the living space.

As stated above, during the rag dolls workshop, we are planning to carry out a group interview, whose main feature is to

capture and interpret collective experiences.<sup>19</sup> By taking the reports as a source of research, it is necessary to extract that which is subjective and personal, and that which also allows to reflect on the collective dimension, whose relationships are established and respondents interact around the issue at hand, in a particular time and place.

The recording of data will be done through recorder, which captures all oral expressions, leaving the interviewer free to pay attention on the participants.<sup>20</sup> It will also be used daily field journal, in which the researcher will write down what she observes. She will record her impressions, the behaviors that are contradictory with speeches or any other nonverbal expression.<sup>13</sup> It is important to say that there will be an assistant researcher that will help in the notes of participants' speeches to facilitate subsequent transcription; and also to help in the preparation of the environment and of the recorders.

The study results will be analyzed from the operative proposal, which takes into account the context and what derives from the common experience of everyday life. The proposal is divided into two phases: exploratory and interpretative.<sup>13</sup>

The exploratory phase includes the socio-historical context of the group being studied. This time will enable the search for understanding of the history of the group, their environment, socioeconomic conditions, participation and inclusion in society, among others.

In the interpretative phase, it will be held the gathering of the experiences and the observed facts in order to find the internal logic, the projections and interpretations of participants' speeches. This phase will be divided into two stages, which are ordering of data, which shall include the time in which the participants' testimonies and observation data will be transcribed and organized, thus creating a horizontal map of discoveries in the field work; and data classification, in which researchers will need to consider whether the uncovered information already exist and already bring a building of questions and answers.

The qualifying time will be subdivided into four steps: horizontal and thorough reading of the texts, cross-reading, final analysis and reporting. These steps relate respectively to the reading of all the material produced in the field and the record of first impressions in order to grasp the relevant structures and the central ideas; the clipping of each speech in

meaning unit; the comparison of data obtained with the theoretical assumptions about the theme; and presentation of research results.

We will respect the legal provisions of the National Council of Health number 466/2012, which provides for regulatory guidelines and requirements of research involving the participation of human beings.<sup>21</sup>

This dissertation project is linked to the Graduate Program in Nursing of the Federal University of Santa Maria (UFSM), and was approved by the Research Ethics Committee, on December 8, 2014, under the case number CAAE 39318614.0.0000.5346.

## EXPECTED RESULTS

It is hoped that this research will contribute especially for a nursing practice that considers the comprehensive and specific needs of women experiencing the climacteric, so that the understanding generated about the knowledge and health care practices carried out by them serve to guide the actions of the nurse, overlapped in cultural issues of each woman and each community in which they are inserted.

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