



BOOK REVIEW ARTICLE

**OBSTETRIC NURSING
ENFERMAGEM OBSTÉTRICA
ENFERMERÍA OBSTÉTRICA**

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The renowned nurse and author Gloria Leifer flatters nursing, especially the women's health field, with the work 'Obstetric nursing' (original title - **Maternity nursing: an introductory text**), published in 2013, in Brazil, screen review of object. Elsevier was the responsible for editing the same, now in its 11th edition. In the spaces of divulgation of the referred publisher it was announced that the book is intended to provide a broad-base of concepts and practice for students to complete nursing care in a safe, effective and comprehensive manner to mothers, newborns (NB) and their families. However, as can be seen, the author is not limited to approach solely issues related to midwifery and neonatal. It also implies other topics of interest in women's health, although to a lesser extent.

Gloria Leifer is a Certified Nursing Educator (CNE) and gives obstetric and pediatric nursing classes at Riverside City College. She began her career in 1958 and since then had interest in teaching and curriculum development. She became a Master in 1968 in Art of Teaching Maternal-Child Nursing. The author has an important track record/experience in her field, especially for having covered developing countries, in order to analyzing problems and prototypes related to obstetrics and pediatrics. She is internationally recognized for her excellence

as an educator, having received the coveted Caring Spirit Award.

Since this is a book elaborated based on reality (and context) of North America, precisely the United States of America (USA), Publisher Elsevier took care to seek an attentive revision to the Brazilian reality, done by midwives (also Masters and Drs/Doctorals) with extensive experience in this field. It sought to carefully adapt the book to the reality of Brazil, maintaining the integrity of the US proposal, as well, bringing answers to the socio-cultural context of our country.

The book consists of 21 chapters, divided into IX units, distributed in 480 pages. The Brazilian adapted version brings National Programs of the Ministry of Health of Brazil and recommendations of the National Health Surveillance Agency (ANVISA), and respect the Nursing Legislation and characterization of professionals involved in maternal and neonatal care. The book addresses the nursing process, with clinical cases (diagnosis, outcome and intervention), with step by step illustrations, notice boards, securities alerts, images, facilitating critical thinking and the reader's learning through evidence-based scientific interventions. The book offers at the end of every chapter, key points and review questions, reprising the purpose of the chapter and giving relevance to the concepts

discussed. In addition, chapters have, throughout their text, icons representing concrete actions related to nursing interventions.

The first chapter << **Contemporary considerations about family care, cultural and in the maternity** >> describes how the actual changes and trends in births situations brought a nursing care more focused on family and maternity care. So that changes in labor practices, allied to hospital technological advances, have boosted the survival rate of infants and at the same, ensuring safety and comfort. Still in the introductory chapter, it addresses the nursing-community relationship as a strategy for maternal and child preventive managements, ensuring reliability in the nursing community. The chapter deals with the therapeutic communication as the main tool in the nurse-person relationship, and is composed primarily of listening, observing and documenting. The documentation is treated as solid instrument for interventions, evolution of individuals and legal support.

Specifically, in the second chapter << **Anatomy and physiology of the reproductive system** >>, the author presents the theme of human reproduction, shows the process of puberty as a period of sudden changes in hormonal changes with the onset of sexual characteristics. Talks about the man, the woman, the female reproductive system (external genitalia: the vulva, internal reproductive organs, pelvis, endocrine and female reproduction), male reproductive system (external male genitalia, internal structures for men, endocrine and male reproduction) and physiology of sexual act (male and female).

The third chapter << **Fetal development** >> makes review about the beginning of human life, as well as other details about this process, which is well studied in the field of embryology. The author, when dealing with the embryonic period (from 2nd to 8th weeks) warns about signs of risk, guides good health practices, and stresses the importance of prenatal consultations and tests. Lectures on the fetal period (the 9th week until birth) and fetal membranes, essential for the intrauterine life, including the placenta. In further, that despite the third chapter, Leifer says that is the connection between the fetus and the placenta through the umbilical cord, as well as the change that occurs in the circulation of the fetus when the cord is clamped and transected. It also includes what is multifetal pregnancy (more than one fetus)

and how it is the twin pregnancy, identical or monozygotic.

In the fourth chapter << **Physiological and psychological changes during pregnancy** >> the author highlights the importance of knowledge that nurse needs to get on the changes occurring during pregnancy: psychological (appearance, functions, sensations and mobility) and physiological (especially endocrine and physical). This chapter also works the issue of confirmation of pregnancy (established by the diagnosis made by three signs: suspected - suggest, likely - indicate, positive - show). Nagele explains the rule, which is the calculation used to determine the probable date of birth (EDD).

The fifth chapter << **Health care and fetal assessment during pregnancy** >> emphasizes preconception and prenatal care performed by nurse, together with the role of the multidisciplinary team. Takes the view that this performance improves prognosis, reducing the risks in order to promote and sustain child and maternal health. It points to cultural competence as an aid in assistance. This chapter provides guidance on exercise (prenatal yoga, Kegel exercises, relaxation, etc.) and nutrition during pregnancy, in order to maintain physical and respiratory condition, strengthening the muscles. Talks about the importance of oral health and immunizations during pregnancy and stresses labor civil rights.

The sixth chapter, nicknamed as << **Normal parturition process** >> describes the process of birth labor, highlighting the factors that influence it: preparation, position, professional help, process and people. The author discusses the interrelationship of four important variables in labor: path (diameter and shape of the pelvis), object (size and position of the fetus, including the placenta, the membranes and amniotic fluid, motor (uterine contractions promoting dilation and effacement, generate the rotation of the fetus, cause his expulsion, take off and expel the placenta) and psyche (responsible for the ability to deal with the discomforts of childbirth, reduce fear/anxiety and promote relaxation). Although Leifer cites the terms passageway, passenger, power and psyche (the four Ps), it is, here, weaving a succinct critique about the language used in much of the text, the author - path, engine and object. Even if they are usual and famous terms, they are charged with meaning and reflect a technocratic paradigm that women's bodies is seen as a machine and that the labor

and childbirth have a mechanical functionality of their events.

Entitled << **Nursing care during labor birth** >> the seventh chapter is rich in information and proposals for the relationship between parents and professionals involved with the encouragement, promotion, guidance, care and successful completion of pregnancy. Mentions the different environments planned for the birth, whether: home birth, independent centers or hospitals. Attentive respect cultural diversity and focuses on the importance of the care plan in predictions, interventions and its foundations.

The << **Pain management in parturition** >> appoints to the eighth chapter and, briefly and succinctly, believes that pain and/or discomfort, even though an intensive process for a woman, it may be something memorable and happy in extent that the nurse encourage the woman to conduct preparatory courses for childbirth, offer interventions for pain relief and the woman comfort techniques.

Chapter nine << **Physiological adaptation and evaluation of the newborn nursing** >> emphasizes the understanding of normal adaptation of the NB to the extra-uterine life. It describes the adjustments of systems and bodily functions such as temperature regulation, gastrointestinal function, immune function, neurological function, endocrine function and kidney function, covering the before and after childbirth. It offers nursing interventions such as prevention of heat loss of the NB, identification of normal vital signs and full nursing assessment. It brings the assessment of gestational age (system and Ballard score); behavioral assessments; physical assessments; neurological evaluation and screening test that detects abnormal conditions.

The tenth chapter << **Nursing care for newborns** >> focuses on the importance of guidance on NB nursing care: food, hygiene, transportation and time to ask for help to the health professional, stressing safety precautions. Directs the promotion of the nursing care of the welfare of the NB and support to the families, encouraging bonding.

The eleventh chapter << **Feeding the newborn** >> refers to breastfeeding as the way responsible for the protection, nutrition, training and consolidation of mother-child bonding. It explains the influence that culture plays in this process, alert to the contraindications of breastfeeding and, when faced with these indicates the feeding infant formula and offers safety tips on the artificial feeding.

The twelfth chapter << **Postpartum assessment and nursing care** >> comes after delivery, defining it as the period up to six weeks after childbirth. The author presents nursing interventions and the importance of postpartum monitoring, in order that, through it, it is possible to determine the recovery and adaptation of the woman. The chapter is also dedicated to addressing the postpartum blues, occurred in about 70% of mothers, which, while not having determinant of evidence, there is treatment strategy for nursing.

The title << **Health problems complicating pregnancy** >> appoints the thirteenth chapter of the work. It is an extensive chapter with numerous pages devoted to address the risk of pregnancy. They are treated in the book: bleeding; pre-eclampsia / eclampsia; HELLP syndrome (Hemolytic, Elevated Liver Enzymes, Low Platelet Count); alloimmunization; thromboembolic disease; anemia; hyperemesis gravidarum; Gestational diabetes mellitus (GDM); TORCH infections (teratogenic); abuse of illegal drugs; smoking and alcoholism; accidents and traumas during pregnancy; the expected loss experience etc. The above problems, and treated by Leifer, are discussed in order to think of a nursing care and interventions appropriate to each case.

The fourteenth chapter discusses << **Complications during labor and birth** >>. It is of prematurity, this important public health issue once considered the high rate of perinatal mortality and the high cost related to the treatment of premature infants. It stresses the importance of adequate prenatal consultation to minimize consciously and preventive manner, the risk for preterm delivery, guiding and watching the woman on the warning signs. In the chapter, the author also addresses the issue of Premature Rupture of Membranes (RPM); dystocia; fetal abnormalities; excessive size or cephalopelvic disproportion; external version (changing the presentation of the fetus by management); labor induction, pros and cons; restrictive versus routine episiotomy; post-term delivery (after 42 weeks); uterine rupture; hydramnios and oligohydramnios; prolapse of the umbilical cord; cesarean section; Normal post-cesarean delivery (VBAC), among others.

The fifteenth chapter is called << **The newborn risk: disorders associated with gestational age and development** >>. These disorders can range from mild to severe, depending on factors such as: physical, predecessors or later problems during labor and prematurity. There are also some technological aids, among them,

ultrasonography and fetal doppler that enhance the ability to determine prognosis and the birth preparation. Then, the chapter point to some disorders such as necrotizing enterocolitis, that it is an intestinal inflammation, may lead to choking, ischemia and necrosis in areas of the intestine. Another complication mentioned is intraventricular hemorrhage, which occurs commonly, infants born in a shorter period than 32 weeks. The book has four other complications and describes. Finally, it stresses the importance of encouraging parents of newborns to establish connection with the baby through the kangaroo method.

The sixteenth chapter deals with the theme << **The newborn risk: congenital and acquired diseases** >> and starts showing the importance of the study of genetics, its challenges/disorders/ technology as an integral part of midwifery and obstetric medical practice. Birth defects occur in 3% to 4% of all live births are birth abnormalities may be of structure, function or metabolism, with the possibility to lead to physical or mental disabilities, be lethal or even shorten life. Among the defects in metabolism, the author highlights: galactosemia (NB has deficiency in turning galactose to glucose); phenylketonuria (PKU - there is no metabolism of phenylalanine amino acid); hypothyroidism (consequent maternal iodine deficiency or use of antithyroid drugs); tetralogy of Fallot; neonatal sepsis; among others.

The seventeenth chapter, called << **Postpartum complications** >>, emphasizes that, as a rule, in the maternity care, the hospital is given a few hours after birth. Thus, nursing plays a big role in the discharge process, ie, with guidance on common complications and instructions on preventive measures. Moreover, it has the task of assessing and identifying subtle signs of risk or complications that could delay discharge. Among the main problems is the bleeding. The consequence of hemorrhage is hypovolemic shock and immediate appropriate assistance is imperative. Infections in the postpartum period may be common due to normal physiological changes (occurring during pregnancy) and exposure to external environment (often the woman has lacerations, incisions). Thromboembolic disorders occur from complications postpartum due to changes in blood coagulation system.

The eighteenth chapter is dedicated, in summary form, the theme << **The pregnant teenager and midwifery in the community** >>. It defines adolescence as the period

between 10/13 years old, 17/20 years old. It is characterized by physiological and psychological changes. Among the main problems faced by adolescents are cited: lack of financial resources; involvement with drugs; sexual activity with multiple partners (increasing propensity to STD); inadequate nutrition and fear of the unknown. Nursing has evaluative role, educator, promoter and preventive community health.

Under the title << **Family planning and infertility** >>, the nineteenth chapter discusses this issue and its complexities from the use of contraception to attempts to get pregnant. The author presents reversible contraceptive methods (natural and synthetic) and reversible contraceptive methods (surgical sterilization). From the viewpoint of infertility and associated therapies in order to increase the chances for pregnancy, means are addressed: frequency of sexual activity, induction of ovulation through medicines, therapeutic insemination, in vitro fertilization (IVF), intrafallopian transfer gametes (GIFT). The author also brings complementary and alternative medicine (CAM), such as acupuncture, aromatherapy, Ayurvedic medicine, supplements.

The twentieth chapter presents current and relevant issues, with the title << **Women's Health**>>. It is a complex chapter that addresses various topics, compiled in a single moment, usually linked to women's health and the specialty of gynecology. Among them, we have: tobacco; toxic shock syndrome (TSS); premenstrual syndrome (PMS) or ovarian cycle syndrome; dysmenorrhea (menstrual cramps); irregular bleeding; leiomyomas; benign breast disorders; menopause; osteoporosis; endometriosis; Pelvic inflammatory disease (PID); breast cancer; human papilloma virus (HPV); hepatitis; STD and violence against women. Some screening methods and identification of cancers as presented: a Pap smear (Pap smear); vulvar self-examination; self-breast examination and mammography. There is talk of some surgical procedures, for example: lumpectomy, simple mastectomy, modified radical and radical.

The twenty-first is the last chapter of the book of Leifer, and is entitled << **Alternative and complementary therapies** >>. The interaction between the measures allopathic and complementary/alternative therapies are known as comprehensive care. Another aspect addressed is the natural alternative care (CAN), which consists of practices (bibliotherapy, daily, prayers, and positive thoughts) not rooted in evidence-based research. When associated with

complementary and alternative medicine becomes referred to as CANMCA. The author explains that complementary and alternative therapies are gaining more and more strength in the nursing stage and, therefore, it is relevant that nurse is familiar to these measures in order to provide integral assistance. Among them, the author highlights: acupressure; acupuncture; aromatherapy; biofeedback; hypnotherapy; transcutaneous electrical nerve stimulation (TENS); Magnet Therapy; reflexology; hydrotherapy; yoga; massage and touch therapy; visualization and guided imagery; expressive therapy and sound therapy; homeopathy; herbal medicine and nutrition. The author concludes by addressing the relevance of the nurse's information and knowledge about the MCA, since many of these measures are used in labors, in childbirth, during pregnancy and even in faced complications on women's health, in and outside the hospital and home environment.

The book approaches the nursing community with an elaborate and expanded view of exercise to health care for women and newborns, it is called to generate the capacity to think, reflect, change, act and commit to the extent that the reader is a professional midwifery. Thus, it spreads the hard way that has been built within the midwifery field in order to contribute to the advancement curriculum, invest in professional development and enhancement of the role of midwifery, integrated with longing for better living conditions for community.

The work is made valid as a theoretical and scientific framework for midwifery, contributing to the improvement, information and professional practice of nursing, in order to cooperate for promotion, prevention and quality of women's health, the NB and family as proposed. It is suggested to use in graduate and postgraduate programs in the area, since this type of publication, specific/ to nursing, is scarce. However, it is essential to point out that the book should not be used in isolation, without the support of the foundation for other important works in this field, as well as evidence-based research, which has a more dynamic character in the production of knowledge, specially in obstetrics, this has long thrived in soil cultural beliefs and dogmas, resulting in practices/interventions without support/scientific stuff. All production in this area mainly focus should be under constant update, observation and critical imperative.

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