Objective: to analyze the application of the nursing process Promotion Model of Health Theory (PMHT) prenantly. Method: a descriptive cross-sectional study, a qualitative approach, which will be carried out with pregnant women registered in the usual risk of prenatal units of the Family Health Strategy of the municipality of Alagoas, Brazil. For the collection of information, will be used semi-structured scripts developed based on PMHT, with this theory, also used as a theoretical framework for the analysis of information. This project was approved by the Research Ethics Committee, CAAE 54919316.0.0000.5013, and will be developed in the period from May 2016 to December 2017. Expected results: identify the application of the nursing process of PMHT in prenatal care, offering support for a new care model in this period focused on the promotion of health and quality of life of pregnant women. Descriptors: Health Promotion; Prenatal Care; Nursing Theory.

ABSTRACT

Objective: to analyze the application of the nursing process Promotion Model of Health Theory (PMHT) prenantly. Method: a descriptive cross-sectional study, a qualitative approach, which will be carried out with pregnant women registered in the usual risk of prenatal units of the Family Health Strategy of the municipality of Alagoas, Brazil. For the collection of information, will be used semi-structured scripts developed based on PMHT, with this theory, also used as a theoretical framework for the analysis of information. This project was approved by the Research Ethics Committee, CAAE 54919316.0.0000.5013, and will be developed in the period from May 2016 to December 2017. Expected results: identify the application of the nursing process of PMHT in prenatal care, offering support for a new care model in this period focused on the promotion of health and quality of life of pregnant women. Descriptors: Health Promotion; Prenatal Care; Nursing Theory.

RESUMO


RESUMEN

Objetivo: analizar la aplicación del proceso de enfermería de la Teoria Modelo de Promoción de la Salud (TMPS) en el periodo prenatal. MÉTODO: estudio transversal descriptivo, de abordaje cualitativa, que será realizado con mujeres embarazadas registradas en el periodo prenatal de riesgo habitual de las unidades de la Estrategia Salud de la Familia de un municipio de Alagoas, Brasil. Para la coleta de informaciones, serán utilizados roteros semiestruturados elaborados con base en la TMPS, siendo esta teoría también utilizada como referencial teórico-metodológico para el análisis de las informaciones. Ese proyecto fue aprobado por el Comité de Ética en Pesquisa, CAAE 54919316.0.0000.5013, y será desarrollado en el periodo de mayo de 2016 a diciembre de 2017. Resultados esperados: identificar la aplicabilidad del proceso de enfermería de la TMPS en período prenatal, ofreciendo subsidios para un nuevo modelo de asistencia en este periodo, centrado para la promoción de la salud y calidad de vida de las mujeres embarazadas. Descriptores: Promoción de la Salud; Atención Prenatal; Teoría de Enfermería.
INTRODUCTION

Pregnancy is a physiological phenomenon that, despite involving several changes should be seen, by pregnant women and health professionals, as part of a healthy life experience. Being a period of profound physical, psychological, social and emotional turmoil in women’s lives the need and the benefits of getting healthier life styles can be seen more easily by them in this phase. During pregnancy, women tend to be more attentive to directions and highly motivated to carry out the activities to promote their health and well-being. Thus the prenatal period should be considered an ideal opportunity for health professionals to perform actions to encourage the adoption of behaviors that are closely related to the healthy development of the pregnancy.

Prenatal care is the set of actions taken by health professionals during pregnancy, which must meet the principle of comprehensiveness, exceeding technicists conduct that prioritizes only care procedures geared to the biological aspects, and also including the psycho-sociocultural aspects, as well such as educational and promotional health activities.

In the theoretical model of Nola Pender, health promotion is understood as a behavior motivated by the desire to increase the well-being and enhance the potential for the state of optimum health. In this perspective, emerges the role of nursing as being able to help individuals take care of themselves, encouraging and teaching the adoption of healthy lifestyles.

The lifestyle guidance provided prenatally has a positive impact on women's nutrition and physical activity for the same. Thus, such actions, by the professionals involved in prenatal care makes it extremely important before the relationship between the style of life and maternal gestational health and the new born.

In a study that examined the mother's lifestyle during pregnancy, it was concluded that the appropriate level of leisure time physical activity during pregnancy has a positive impact on the health of the newborn, while exposure to tobacco compounds and low maternal weight results in a decrease in psychomotor development of the child. Another factor that can be modified by interventions in lifestyle, is the body mass index (BMI), which was considered as a significant risk factor to a high infant weight at birth and development of gestational diabetes. In this perspective, adherence to a healthy lifestyle during pregnancy is associated with a reduced risk of developing this disease, and therefore, should be seen as an effective strategy for its prevention.

In addition to the relationship between the style of maternal life and high infant birth weight, it is also possible to identify lower risk of premature birth due to physical activity in pregnancy. Noted also that the babies of women who, during pregnancy, followed guidance related to lifestyle were significantly less likely to develop respiratory distress syndrome and had a shorter post-natal hospital stay.

Based on the above, it is observed that pregnancy should be seen as an opportunity to promote the quality of life and the adoption of healthier lifestyles and thus, also considering that the theories and models should be the base of assistance nursing, this study seeks to understand and reflect on the following question: What results can be obtained from the application of the Health Promotion Model Theory (HPMT) Nola Pender prenatal care?

OBJECTIVE

- To review the application of the nursing process Health Promotion Model Theory in prenatal care.

METHOD

A cross-sectional study, descriptive, qualitative approach, to be held in Basic Health Units comprising the coverage of the Family Health Strategy (FHS) a city of Alagoas, Brazil.

Participated in the study, women diagnosed with confirmed pregnancy, enrolled in prenatal usual risk in the months from March to May 2016, being excluded from the sample those under the age of eighteen, or during the process, realize municipality change prenatal care; to experience a miscarriage; will not make the minimum six prenatal visits recommended by the Ministry of Health; or may be referenced in any pregnancy with prenatal high risk.

The information will be collected during prenatal visits, from the interview technique with the subject, following semi-structured scripts developed based on HPMT, being used, as seizure of information instrument, the voice recorder, which will enable the transcript in full and the best analysis of the interviews.

The study will use, as theoretical framework for the analysis of information, the Health Promotion Model Theory, theoretical...
Health promotion in pregnancy: enforcement...

of health and quality of life of pregnant women. Furthermore, by pointing out the very knowledge of nursing as a foundation for care actions developed in usual prenatal risk, it seeks to promote the development of this profession as a science.

REFERENCES


RESULTADOS ESPERADOS

It is hoped, that this study, identifies the application of the nursing process of HPMT in prenatal care, offering support for a new care model in this period focused on the promotion of

Nola Pender Nursing, which appears as a proposal to plan, implement and evaluate health promotion actions, identifying, from the biopsychosocial context of each individual, the factors influencing the adoption of healthy behaviors.3

To this end, in order to systematize and operationalize the concepts inherent in the theoretical model adopted, the study will follow the nursing process presented implicitly the same. Thus, the data collection will occur continuously throughout the process, starting at the first prenatal consultation, in which through the personal characteristics and experiences of pregnant women will be identified their previous behavior and personal factors (biological, socio-cultural and psychological).

Then the researcher will identify health promoting behaviors that need to be made by the mother and the nursing diagnoses will be prepared based on the International Classification for Nursing Practice (ICNP).

In the second consultation, to be appointed by the nurse’s desirable health promoting behaviors, and the reasons for such recommendation, there will be a survey of feelings and pregnant women’s knowledge about them, such as: the benefits and perceived barriers to determined action; perceived self-efficacy; feelings related to the pointed activity, and interpersonal and situational influences. The planning, the third phase of the nursing process, will give then this time jointly, between nurse and pregnant women, by building an action plan with health promoting behaviors that the mother intends to take.

Subsequent prenatal consultations will be held in the procedural evaluation of the implementation of agreed behavior and can be raised as immediate competitive demands and preferences involving the need to plan adjustment. The final evaluation of health promoting behaviors, that were assumed by pregnant women, will be held in the last prenatal consultations held between the 37th week of gestation until birth.

This project was approved by the Ethics Committee of the Federal University of Alagoas, under the CAAE 54919316.0.0000.5013, and will be developed in the period from May 2016 to February 2017.

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