CASE REPORT ARTICLE

VOLUNTEERING IN THE UNITED STATES OF AMERICA: AN EXPERIENCE REPORT

TRABAJO VOLUNTARIO EN LOS ESTADOS UNIDOS DA AMERICA: UN RELATO DE EXPERIENCIA

Paula Amaral Mussuemi¹, Beatriz Gerbassi Costa Aguiar², Sandra Maria do Amaral Chaves³, Wania Maria Antunes Ramos⁴

ABSTRACT
Objective: to report the experience of volunteering when knowing the services provided by Stanton HealthCare institution in the city of Boise, USA. Method: a descriptive study type experience report as a volunteer in the Clinic Stanton HealthCare in the US in 2011 resulting from Oral Communication course requirement of the Intensive English Program at Boise State University in the city of Boise. Results: at the end of the study, the significance of voluntary work was enlarged, it was the importance of the institution within the local community about health education and care of adolescents and women experiencing an unexpected pregnancy. Conclusion: The study broadened the vision of volunteerism and services offered by the clinic Stanton HealthCare. Volunteering at the Clinic Stanton HealthCare allowed knowledge of the nurse’s work, in a non-profit institution, and understanding the perspective of women who experience an unwanted pregnancy. Descriptors: Nursing; volunteers; Abortion.

RESUMO

RESUMEN
Objetivo: relatar la experiencia acerca del trabajo voluntario al conocer los servicios prestados por la institución Stanton HealthCare, en la ciudad de Boise, en los EUA. Método: estudio descritivo, tipo relato de experiencia como voluntaria en la Clínica Stanton HealthCare en los EUA en el año de 2011, resultante del requisito de la disciplina de Comunicación Oral del Programa de Inglés Intensivo de Boise State University en la ciudad de Boise. Resultados: al final del estudio, el significado del trabajo voluntario fue ampliado, se verificó la importancia de la institución dentro de la comunidad local en la educación en salud y al atendimiento de adolescentes y mujeres que experimentan un embarazo inesperado. Conclusión: el estudio amplió la visión sobre el voluntariado y servicios ofrecidos por la clínica Stanton HealthCare. El voluntariado en la Clínica Stanton HealthCare permitió el conocimiento del trabajo del Enfermero, en una institución sin fines lucrativos, y la comprensión de la perspectiva de la mujer que vive una gestación no deseada. Descritores: Enfermería; Voluntarios; Aborto.

¹Nurse, Substitute Professor, Graduation Course in Nursing/UFF, Master degree student in Nursing, Federal University of Rio de Janeiro State/Unirio. E-mail: paula musumu@icloud.com; ¹Nurse, Ph.D. Professor, Graduation-Post-Graduation Course in Nursing, Federal University of Rio de Janeiro State/Unirio. E-mail: paula@unirio.br; ²Nurse, Ph.D. Professor in Psychiatric and Mental Health Nursing, Fluminense Federal University /UFF. Niterói (RJ), Brazil. E-mail: nildo.ag@terra.com.br; ³Nurse, Ph.D. Professor in Psychiatric and Mental Health Nursing, Fluminense Federal University /UFF. Niterói (RJ), Brazil. E-mail: sandrachaves@id.uff.br; ⁴Obstetric nurse, Specialization in Obstetric Nursing, Maternity Hospital Carmela Dutra, Master degree student in Nursing, Federal University of Rio de Janeiro State/Unirio. Rio de Janeiro (RJ), Brazil. E-mail: wamaramos10@gmail.com
Volunteering in the United States of America...

In contemporary societies, state institutions and the market forces fail to meet social demands to ensure the population’s welfare. Thus, pro-social initiatives and actions in civil society emerge as an alternative to meet these demands, such as the volunteer work.¹

Volunteer work is fundamental to the growth and empowerment and can promote changes in societies but requires ethics, respecting the humanitarian values of solidarity around health care.

The Stanton HealthCare Clinic is a nonprofit organization that works with a community volunteer team, and its mission is to prevent adolescent pregnancy, the transmission of sexually transmitted diseases and promotion of health care for women facing an unexpected pregnancy.² The aim of the study was to increase knowledge about volunteering and the services provided by Stanton HealthCare institution with adolescents and women in the city of Boise in the United States of America (USA).

There are research to be held to highlight the importance of volunteer work that contributes to the quality of life in communities and societies, and for those who provide assistance to others, it is related to improved quality of health.

In recent years, in various fields of knowledge, there were several studies that emphasize the importance of volunteering to provide essential services for individuals, communities, and society. Volunteering has been linked to higher levels of health and optimism, as well as a longer life for those who offer assistance to others.¹ (275-6)

Volunteering establishes one form of prosocial behavior (2003), and it was defined "as any act that benefits a person or group, and it is considered by a significant portion of the population as a benefit of action and help."¹

Volunteering includes a free and active search for help opportunities and it is distinguished from other types of prosocial behavior by its planned, sustained and continuous character.¹

The Ipsos-Marplan Institute, 2005, indicates that 9% of Brazilians are involved in some volunteering and that the activity is likely to grow over the years. Law 9,608/1998 regulates the activity and contributes to its development by defining it as:

Unremunerated activity, provided by an individual to a public entity of any kind or a private institution of non-profit organization that has civic, cultural, educational, scientific, recreational or social assistance goals, including mutuality.¹ ²

Voluntary activity can be developed by intrinsic and extrinsic rewards that are associated with the welfare of those who perform it. Intrinsic rewards occur in the relationship of helping others, the work itself and the emotional benefit of the act. The awareness is contributing to a good cause is rewarding and creates a sense of joy in those who contribute, and it can also increase the determination and sense of individual responsibility because it is characterized by innovative and challenging activity for those involved.³

Extrinsic rewards of the activities are related to the benefits in the labor market. The NPOs tend to be particularly conducive to relationships advantages, as they allow meetings of individuals who have the same values, goals, and mutual trust. By volunteering, professional shows commitment to social causes, and also enables new business contacts as they are inserted in the labor market and this experience can be valuable to their resume and career.³

People can get involved in volunteer work without the expectation of an extrinsic reward in the future but to develop social interactions. The benefits of interactions are intangible results, of a communicative and affectonate nature. They cannot be produced, consumed or acquired by a single individual, because they rely on the interaction with each other and are used only if divided among themselves. The rewards acquire value through the sincerity and genuineness, which does not buy, in short, it is the relationship itself that is the benefit.

OBJECTIVE

● To report about the experience of volunteering when knowing the services provided by Stanton HealthCare institution in the city of Boise, USA.

METHOD

It is and experience report as voluntary in the Clinical Stanton HealthCare in the USA in 2011 resulting from Oral Communication course requirement of the Intensive English Program at Boise State University in the city of Boise in Idaho.
EXPERIENCE REPORT

Stanton HealthCare Clinic

The institution is the only one in the state of Idaho that offers pregnancy tests and free ultrasounds exams to the community. Women who seek the clinic for the first time are advised to fill out a registration, where personal information is required, socioeconomic data, health history of the patient, history of pregnancies and/or abortions and previous use of contraceptive methods.

After registration, the patient is guided to a collection diuresis for the rapid pregnancy test. When the result is positive, the woman is directed to the examination of ultrasound. During the procedure, there is the first contact with the mother, the professionals maintain a sphere of a host of loveliness through dialogue, answering questions, touch, help and comfort to these women. When the mother is accompanied by a partner or family member, they are allowed to enter the office to participate in the procedure. If the view of the embryo or fetus is not possible by the obstetric transabdominal ultrasound, the obstetric transvaginal ultrasound is performed to the patient becoming aware of gestational age and size of the embryo or fetus.

After the procedure, the woman is directed to the nursing consultations, which information about their emotional state on confirmation of pregnancy is collected. It is investigated the desire to continue with the pregnancy, listening attentively, respecting their forward emotions to their new reality. It is also observed how is the relationship of the women with their family and spouse, emotional, physical, financial, and how all these factors can influence the gestational process. A nurse guides on pregnancy, sexual practices, sexually transmitted diseases, family planning and condom use. In nursing practice, there are some prototypes proportional babies to the week of pregnancy so that the mother can see and feel in their hands the fetus size according to the gestational age.

Commonly, after confirmation of pregnancy, the pregnant women demonstrate the intention of aborting pressure or abandonment of a spouse, family conflicts, young age, social and financial problems, among other reasons. If the pregnant woman wishes to continue with the pregnancy, the nurse guides them according to each specific situation. Their actions are focused on guidelines for the alternatives that can improve their financial resources; referrals to prenatal and humanizing delivery services; emotional and psychological support in situations that family/spouse does not support the pregnancy and referral of the baby for adoption after its birth.

When the woman decides to continue the pregnancy, she receives a kit to support a pregnancy, with a series of information leaflets about the signs and symptoms of pregnancy, baby development each gestational week, medications that need to be taken during pregnancy, necessary laboratory tests, and blankets for the baby. It is verified if the pregnant woman is already presenting nausea or vomiting, and in these situations, antiemetic medications are provided as well as vitamin complexes to provide nutritional support to the patient.

The institution also offers other services such as counseling, assistance with baby layette, distribution of nutritional support for the baby, health education programs, advocacy services and post-abortion examinations.

Considerations on the abortion

The current legislation in all countries of the world has followed in different proportions and perspectives to changing social and scientific developments. There are countries that do not allow abortion, except when there is a risk to the mother’s life; countries that allow abortion, but with restrictions; and countries that allow for any reason.

The State of Idaho prospect in the United States despite the abortion rate remains below the national rate; it increased over the last decade. Being women in Idaho more likely to have an abortion in the age group of 20 to 24 years old, most abortions occur before the ninth week of pregnancy.4

The interruption of pregnancy is a matter of serious controversy, due to the complexities that the act brings, of the moral status of the fetus to the establishment of the meaning of the concepts of human life and human being.

The essence of abortion lies in moral dilemmas, because for this practice, there is no immediate solution for being a conflicting issue in the bioethical debate. Abortion is considered a conflicting issue and it is important the study of the problem so that it can solve the situations that lead to the practice of abortion.3

Bioethics is based on four principles for decision-making, procedures and actions in the health To resolve moral conflicts and ethical dilemmas in health sector:
beneficence, non-maleficence, autonomy and justice. In addition to the moral and ethical dilemmas, women experiencing an abortion suffer physical and psychological consequences and can affect and influence in their lives and are due to cultural, moral and religious conceptions. Among these effects, guilt and grief are experienced independent of how the event occurred. These emotions can lead women to depressive disorders, especially when they are responsible for terminating a pregnancy.1(16)

Currently, in the United States of America (USA), abortion is common, and it is estimated that three out of ten women have an abortion until their forty-five years old.7 In 2005, 1.21 million abortions were performed in the USA and all over 45 million legal abortions were performed from 1973 to 2005. Regarding the gestational period, 88% of abortions occur in the first 12 weeks of pregnancy; 6.7% occurs between 13 and 15 weeks, 3.5% occurs between 16 and 20 weeks, and 1.1% of abortions occur at 21 weeks or more.8

RESULTS AND DISCUSSION

The volunteer work performed in the Stanton HealthCare Clinic is an alternative to improve the care of women of the Boise community and brings multiple benefits to all who are engaged in it, being a tool for social transformation. The activity involves extrinsic rewards activity that is related to professional improvement and new opportunities in the labor market, while intrinsic rewards are geared to social interactions of affective and communicative nature. The awareness of contributing to a good cause is remarkable and transformative; volunteers continually demonstrate a spirit of gratitude, solidarity, which promotes a pleasant and welcoming environment favoring the well-being of all who work and enjoy the services offered.

The origin of Stanton HealthCare project was due to the real need to create an organization that would provide a safe and welcoming environment for women facing the abortion decision. The founder of the organization said that several times she witnessed reports of women emotionally shaken that would like to have had greater clarification and help at the time were subjected to induced abortion.

Women who have undergone an induced abortion can undergo serious psychological complications. Induced abortion may favor health problems related to sexual, reproductive and psychological issue and women who had induced abortion can generate more anxiety, depression and abuse of substances.9

Abortion is a common procedure in the USA, and Idaho abortion rate grew in the last decade, with women from Idaho more likely to have an abortion in the age group from 20 to 24 years old. The Stanton HealthCare institution was established in 2006 to provide care for women’s health formed by a team of competent professionals who would promote a sphere of comfort, safety and confidentiality and heed the demands of the community.

Most women seek medical Stanton Healthcare needing of guidance and support. After establishing a relationship of trust with the professionals of the institution, women proved to be freer to express their feelings and doubts related mainly to pregnancy, sexual activity, sexually transmitted diseases and condom use. Out of six women attending the clinic, one decides to abort.

The organization is expanding its project and already has units in California, Sun Valley, and Ireland. It was observed that there is an interest of the founder in the implementation of the project in Brazil. The biggest challenge of the institution is to raise financial resources for community services being maintained, but there are already many people and civil society institutions involved in the project financing process.

CONCLUSION

The study allowed a broader view of volunteering and services offered by the Stanton HealthCare clinic. Volunteering brings multiple benefits to all who are engaged in it, and it is a tool for social transformation. Volunteers of clinical work with gratitude, solidarity, commitment and responsibility, bringing great satisfaction to women who receive care. Working voluntarily brought great professional and personal enrichment being the outstanding citizenship of nurses and their contribution to transforming the social reality in which they were inserted.

I was important to the institution regarding women’s health and direction of adolescents and women the options available to an unexpected pregnancy. The implementation of Stanton HealthCare clinic in Boise, the capital of Idaho, was justified by its founder from the need for an organization that would provide a safe and welcoming environment for women facing the abortion decision. The biggest challenge of the institution is to raise financial resources for community services being maintained.
REFERENCES


