



CONSTRUCTION OF NURSING MOTHER'S KNOWLEDGE ABOUT BREASTFEEDING IN PREGNANCY AND CHILDBIRTH

A CONSTRUÇÃO DO CONHECIMENTO DE NUTRIZES ACERCA DO ALEITAMENTO MATERNO
NO CICLO GRAVÍDICO-PUERPERAL

LA CONSTRUCCIÓN DEL CONOCIMIENTO DE LAS MADRES SOBRE LA LACTANCIA MATERNA EN EL
CICLO GRÁVIDO PUERPERAL

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ABSTRACT

Objective: to know how knowledge was built concerning breastfeeding during pregnancy and childbirth from the perspective of mothers. **Method:** field study, descriptive, with a qualitative approach. The study setting will be a Basic Health Unit and a Family Health Strategy, located in the city of Santa Maria-RS, Brazil. Participants will be mothers who are experiencing the immediate postpartum period. Data will be collected through semistructured individual interviews and analyzed according to the operative proposal. The ethical principles of human research will be observed according to Resolution No. 466/2012 of the National Health Council **Expected results:** promote discussion and reflection on the theme, contributing to the nursing care related to breastfeeding in the pregnancy-puerperal cycle. **Descriptors:** Breast Feeding; Pregnancy; Postpartum Period.

RESUMO

Objetivo: conhecer como foi construído o conhecimento relativo ao Aleitamento Materno durante o ciclo gravídico-puerperal, na perspectiva das puérperas. **Método:** estudo de campo, descritivo, com abordagem qualitativa. O cenário do estudo será uma Unidade Básica de Saúde e uma Estratégia Saúde da Família, localizadas no município de Santa Maria-RS, Brasil. As participantes serão puérperas que estão vivenciando o puerpério imediato. Os dados serão coletados por meio de entrevista individual semiestruturada, e analisados de acordo com a proposta operativa. Os preceitos éticos de pesquisa com seres humanos serão observados conforme a Resolução nº 466/2012, do Conselho Nacional da Saúde. **Resultados esperados:** promover a discussão e reflexão acerca da temática, contribuindo para a assistência de enfermagem relativa ao aleitamento materno no ciclo gravídico-puerperal. **Descritores:** Aleitamento Materno; Gravidez; Período Pós-Parto.

RESUMEN

Objetivo: conocer como fue construido el conocimiento sobre la lactancia materna durante el ciclo grávido puerperal, en vista de las madres recientes. **Método:** estudio de campo, descriptivo, con un enfoque cualitativo. El escenario del estudio será una unidad básica de salud y una estrategia salud de la familia, ubicadas en el municipio de Santa Maria-RS, Brasil. Los participantes serán las madres en el período puerperio que están experimentando la atención postnatal inmediata. Los datos serán recogidos a través de entrevistas individuales semiestructuradas y analizados según la propuesta operativa. Los principios éticos para la investigación con seres humanos deben ser respetados según resolución no. 466/2012, el Consejo Nacional de salud. **Resultados esperados:** promover la discusión y reflexión sobre el tema, contribuyendo con la asistencia de enfermería en lactancia materna en el ciclo grávido puerperal. **Descriptor:** Lactancia Materna; Embarazo; Periodo Posparto.

INTRODUCTION

The pregnancy and childbirth cycle is a unique experience for each woman and therefore requires specific care. This moment is surrounded by several transformations and changes, which provide unique feelings and sensations. Therefore, this care can be carried out by health professionals, family and friends, representing an essential care.¹

The guidelines and dialogue provided during pregnancy and childbirth represent an effective way to care for, given that their absence may come to pass in an unnecessary uneasiness for the woman. In this sense, if there is time to answer questions, exchange knowledge and experiences, as well as the ability to express desires, this phase may be experienced more safely and happily. Therefore, knowledge built during this period, it is essential to answer questions, reduce anxieties and promote the health of the mother and the baby.

The Ministry of Health recommends that children up to six months should be fed exclusively on breast milk and no other liquids or solids. After this age, the recommendation is that all should receive complementary foods, concomitant with breast milk up to two years. However, those guidelines and recommendations are still considered a challenge in professional daily practice.²

It is understood that to overcome this challenge, it is necessary for the theme of Breast Feeding to be addressed and discussed, through exchange of experiences and knowledge among women and their families with health professionals in order to promote and maintain this practice.³

It is known that, in addition to breast milk being the most complete food for the baby's health, it also promotes the establishment and strengthening of the mother-baby bond, contributing to the development of the child and their interpersonal relationships. The breast milk also assists in oral training and supplies the nutritional needs of the baby.⁴

Despite Breast Feeding providing numerous benefits and being considered a natural act, its practice is not instinctive as it requires learning. At this stage, there are other factors that may interfere with breastfeeding and even cause its interruption.⁵ In this aspect, the family is constituted as unit of care and support to its members, by virtue of its own way of providing guided care values and beliefs and also in the construction of informal knowledge,⁶ so the family promotes and practices care actions and mainly

participates in the construction of knowledge of its members, teaching to live, feel, love and care for themselves and caring for others.⁷

Health professionals also work on the construction of knowledge related to breastfeeding, either through guidance, the host in units of home visits during pregnancy and childbirth and Breast Feeding aid. All these factors are as crucial for better adhesion of women to Breast Feeding.⁸⁻⁹

In addition to these factors, it highlights the importance of cultural influence on the construction of women's knowledge. It is understood that, for care to be effective it is necessary that health professionals understand the daily life and the socio-cultural context in which the woman is inserted, as well as their questions and expectations.

It is assumed therefore that when they know how knowledge about Breast Feeding is constructed, they can identify the problems that pervade this act, and thus help women breastfeed and avoid early withdrawal, ensuring a pleasurable practice to both the mother and the baby. Added to this rationale, the National Agenda of Priorities in Health Research prioritizes studies involving Breast Feeding and the child's complementary food.¹⁰

It is hoped that this study will provide information so that health professionals and students can contribute to the accession, maintenance and coping difficulties related to Breast Feeding. Thus, this study seeks to answer the following research question: << How to build knowledge about Breast Feeding during pregnancy and childbirth? >>

OBJECTIVE

- Knowing how knowledge is constructed concerning Breast Feeding during pregnancy and childbirth from the perspective of mothers.

METHOD

Field of study, descriptive, qualitative approach, to be held in a Family Health Strategy (FHS) and a Basic Health Unit (BHU) in the city of Santa Maria / RS, Brazil.

Study participants will be mothers, according to the following inclusion criteria: women linked to health services chosen for the data collection, have breastfed or are Breast Feeding and that are experiencing the immediate postpartum period. Exclusion criteria: cannot present cognitive conditions to participate in the study. The immediate

postpartum period comprises 42 days after delivery, according to the literature used.¹¹

The number of participants in this study will be determined from the data saturation criterion, what happens when the data begins to be redundant or repetitive, and when the goal of the study is reached.¹²

The women will be selected at the services, while waiting for childcare consultation, newborn screening, puerperal consultation, heel prick test and / or immunization of their babies. They will be contacted and informed about the study, highlighting the importance of this and their assistance in data collection. They will also be counseled about the possibility of data collection on the same day and the service itself, in a room made available by the team for this purpose.

Data collection will be conducted through semi-structured individual interviews with pre-prepared scripts and a clear sequence, with open and closed questions, facilitating the research approach with the interviewees.¹² The interviews will be recorded digitally, with permission of participants, and after, will be transcribed for data analysis, which will be a reference, a content analysis, thematic modality, a operative proposal.¹²

This study shall respect in all its stages, the legal provisions of the National Council of Resolution No. 466/2012 of Health, which sets the guidelines and regulatory standards of research activities involving beings human.¹³ The project was approved by the Committee ethics in Research with CAAE No. 51549615000005346.

EXPECTED RESULTS

The results provide reflection and discussion on the theme, helping to build the nursing care knowledge and successively in assistance to women, their family and their baby during Breast Feeding practices. Furthermore, it aims that the knowledge produced in this study can strengthen the work of nurses and contribute to improve care during pregnancy and the puerperal period.

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