CONTRACEPTION: KNOWLEDGE AND PRACTICE OF NURSING GRADUATES
MÉTODOS CONTRACEPTIVOS: CONHECIMENTO E PRÁTICA DE FORMANDOS EM ENFERMAGEM

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ABSTRACT

Objective: to relate the knowledge of graduates in nursing about contraception with the conduct adopted on an individual level. Method: descriptive, exploratory study with a qualitative approach. The information has built with form auto applicable, in May 2012, with nine graduates of the undergraduate program in nursing. Using the content analysis on thematic mode such as analytical resource. The Committee of ethics in research, opinion No. 25/2012, has approved the research project. Results: all the contraceptive methods, despite claiming that the content has addressed so insufficient during graduation. Only a senior used the condom in all sexual relations. Four ever used emergency contraception, although neither knew completely its mechanism of action. Conclusion: the seniors know the contraceptive methods, but do not adopt appropriately, therefore, are susceptible to the risks related to sexual behavior, as well as other young people. Descritores: Contraception; Nursing students; Sexuality; Education in Nursing.

RESUMO


RESUMEN

Objetivo: relacionar los conocimientos de los egresados en enfermería acerca de la anticoncepción con la conducta adoptada a nivel individual. Método: estudio descriptivo, exploratorio con un enfoque cualitativo. La información ha sido construida con forma autoaplicable, en mayo de 2012, con nueve egresados del programa de pregrado en enfermería. Utilizando el análisis de contenido en modo temático como analítico de los recursos. El proyecto de investigación ha sido aprobado por el Comité de ética en la investigación, opinión Nº 25/2012. Resultados: todos los métodos anticonceptivos, a pesar de afirmar que el contenido se ha abordado tan insuficiente durante la graduación. Sólo un senior usado el condón en todas las relaciones sexuales. Cuatro nunca usan la anticoncepción de emergencia, aunque ninguno de los dos sabía completamente su mecanismo de acción. Conclusión: los seniors conocer los métodos anticonceptivos, pero no se adoptan adecuadamente, por lo tanto, son susceptibles a los riesgos relacionados con el comportamiento sexual, así como otros jóvenes. Descritores: Anticoncepción; Estudiantes de Enfermería; Sexualidad; Educación en Enfermería.

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INTRODUCTION

Sexual and reproductive health includes the ability to have a healthy and safe sex life, experiencing her charges without discrimination, violence, risk of contracting sexually transmitted infections (ISTs), acquired immunodeficiency syndrome (AIDS), and/or unplanned pregnancy. It also implies the capacity to choose freely whether or not to have children and, if so, when and how often.¹

Only in 2009, in Brazil, 3,398 cases of AIDS were identified in the population aged between 13 and 24 years, being the sexual exposure the main way of acquiring the disease, amount to 73.8% in males and 94.0% female literacy.² concerning unplanned pregnancy in 2007 56.19% were carried out deliveries by the unified health system (SUS) in women of 20 to 24 years, 42.43% of women and 15 to 19 years.³

The growing index of Ist/AIDS and unplanned pregnancy are a serious public health problem, especially when it involves young people. Seeking to combat this problem, can be developed health education actions, focusing on prevention, guidance and encouragement of correct usage of contraception. In this scenario, nurse's play a key role, for both their training should start during the undergraduate program, the knowledge must applied on an individual level and health education, and should seek constant updating.

It is believed that the nursing students because they have greater access to knowledge about contraceptive methods, the use of correct form in his private life, seeking to avoid Ist/AIDS and unplanned pregnancy. To familiarize yourself with the contraceptive methods, the student may feel more comfortable by increasing its ability to promote the use in the community.⁴ Therefore, when arriving at the stage of completion of the course, it is expected that the future Nurse apply the knowledge problematizes over graduation, showing less susceptibility to the risks related to sexual behavior. This study aims to connect the knowledge of graduates of the undergraduate program in nursing about contraceptive methods, with the conduct adopted by them, on an individual level.

METHOD

Exploratory, descriptive study with a qualitative approach, developed at the Federal University of Rio Grande-FURG, with nine graduates of the undergraduate program in nursing that met the inclusion criteria: enrolled in ninth grade of the nursing course; have the maximum age of 24 full years and agree to participate in the study, signing an informed consent. The subjects identified by means of letter S (subject) plus the number corresponding to the sequence of delivery of the questionnaire and of the letters M (male) or F (female) to designate the sex.

Considering the degree of education of subject, devised a structured form auto applicable, with closed and open questions, concerning the demographic profile; the knowledge about contraceptive methods; the sexual initiation, the last sexual intercourse and to knowledge and use of emergency contraception. To validate the collection instrument, the same applied previously with an eighth grade education. Only after the test has carried out with the data collection during the month of May in the University environment in previously scheduled room. The instrument delivered to the participant and returned in a sealed envelope, opened only at the end of the collection when all were in possession of the researcher, safeguarding the privacy of participants and preventing bias in responses.

Using the content analysis on thematic mode such as analytical capability, completing the three stages of analysis: pre-analysis, period in which was held the initial reading of the data collected; exploration of the material, in which it was necessary to carry out the comprehensive reading of the data exhaustively aimed at deepening and the search for meaning; processing of the data obtained, on which were highlighted the keywords or phrases to impact the formation of units of meaning, which after being classified were aggregated in categories, ending with the interpretation of the same.⁵

The development of study attended national and international standards of ethics in research involving humans and approved by the committee ethics in research of FURG, under opinion No. 25/2012.

RESULTS

The results of this study presented in two stages. At first it was outlined the profile of subjects; on Monday, the two categories were presented seized, namely knowledge about contraceptive methods of trainees and the conduct adopted by the same individual-level.

†Demographic profile

Participated in this study, seven women and two men. The age ranged from 22 to 24
years. Only a senior was married. Most of them declared of the white race. About religion, two Catholics, two Evangelical Luthers, an evangelical, a spiritualist and three did not report.

The family income of six students was three to six minimum wages; the rest was up to six minimum wages. Six scholars exerted some kind of gainful activity. As to housing, three lived with friends, three lived alone and three with his parents.

Regarding the schooling of father, four had higher education, a high school, two incomplete high school, a middle school and an incomplete was not informed. Already in the education level of the mother, three had higher education, three high school, a high school incomplete and two two incomplete elementary education.

**Knowledge about contraception**

When replying about the contraceptive methods known, in general all were cited, however the male condom and oral contraceptive (ACO) were included in all the answers, the injectable contraceptive (injectable AC) and the intrauterine device (IUD) were mentioned by eight subject, the female condom for six and the emergency contraception (AE) by five. The diaphragm, method of rhythm method and withdrawal mentioned four times. In smaller proportion, were cited the methods of cervical mucus, basal temperature, the dermal contraceptive and sexual abstention, intradermal, vasectomy and tubal ligation.

As for the contraceptive methods most suitable for teenagers and young people, unanimously mentioned the use of a condom is associated with the ACO or AC injectable, justified by the responsibility of both partners to prevent unplanned pregnancy and the Ist/AIDS. Most participants, stating that do not have side effects, easy to use, low cost and safe, cited the benefits of using condoms. The other methods referred to as inadequate for present high rates of failure, or for being definitive, like tubal ligation and vasectomy.

Highlights that the injectable form of contraception mentioned as an ally to the youth, because your monthly or quarterly application becomes more difficult to be forgetful compared to using the ACO. Basic health units (UBS) appeared as collaborators in the distribution of condoms and contraceptives free of charge.

Five graduates stated that the contraceptive methods insufficiently worked throughout the degree course, what drives them to seek this knowledge in extracurricular activities. Just a person replied that the content worked in part, justifying that the methods presented with specific approaches. Three students considered that the content has sufficiently worked, citing on which disciplines the theme developed.

Graduates admitted the importance of knowledge of contraceptive methods to support the professional practice and his own personal life, so much that the pursuit of information through other alternative activities chosen as a way to fill possible gaps of knowledge.

As for the knowledge about emergency contraception (AE), all participants have heard about the method, most had the first information during adolescence and through friends; others received information in school activities in the elementary and secondary education, both in biology classes and in lectures on sex education. One intern obtained information with professional and a gynecologist during class.

Regarding the mechanism of action of AE, three trainees said they did not know him. Three reported that they knew, however to describe it, two did not know and a detailed instructions for use and the mechanism of action. Still, two trainees responded that the AE hampers nidation. Only one approached the right answer, describing just what the AE prevents the Union of the sperm with the egg and that characterizes the abortion.

To respond if they knew someone who had used the AE, seven trainees knew and reported that the use was for lack of prevention or forgetfulness of the ACO, all of which have purchased the medication at the pharmacy, at the recommendation of friend or boyfriend. Two did not know anyone and only one mentioned meet a friend that used AE, at the pharmacy, at the recommendation of friend or boyfriend. Two did not know anyone and only one mentioned meet a friend that used AE, at the pharmacy, at the recommendation of friend or boyfriend.

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**Conduct adopted on individual level**

The seniors have had sexual initiation between 14 and 23 years, with four of them reported having used a condom only on that occasion. Three used only the ACO and had sexual initiation with the boyfriend or husband. Both made use of the ACO associated with the condom.

All graduates maintain active sex life over the past 24 months. The question about the last sexual intercourse, all used some form of contraceptive method, and four used the ACO associated with the condom, four used only the ACO and a used condom only.
As for condom use in all sex, just a stated use in all sex, claiming it is for protection, because they forget to ingest the ACO. The others did not use a condom, stating that at the time did not possess any, willingly and by relying on partner and feel, more pleasure.

About using the AE, individually or by their partner, five trainees never used. Four have utilized a three times, motivated by the rupture of a condom, oblivion of the ACO for more than 12:0 and exchange for ACO.

About the last time it was used the AE; two subjects reported having used three years ago, one used in the last year and a not remembered. All purchased the medication at the pharmacy, at the recommendation of boyfriend or on its own initiative.

### DISCUSSION

It is observed that the trainees in their majority are single and female, coinciding with the result of another study in which 91.2% are single and 88.2% are female. the age ranged from 22 to 24 years, unlike another study in which the majority of students who had age between 18 to 21 years. subjects' sexual awakening occurred between 14 and 23 years, approaching another survey where the age ranged from 15 to 17 years, period of adolescence.

In most cases, the household income was three to six minimum salaries, and schooling, both the father and the mother, was high school or higher. It is known that the level of education influence in many aspects of life, especially as regards health disease process, particularly to sexual and reproductive health, enabling still have more opportunities to access to information.

It noticed that the seniors have adequate knowledge about the existence of different contraceptive methods, which allows us to infer that the level of education is fundamental for obtaining this knowledge. On the other hand, even with access to information during the curriculum subjects, a survey identified ignorance as to the variety of methods, with the most cited were also the male condom and the ACO. A study on contraception and AIDS, performed with Nigerian college students, found that, although the majority possess information about contraception and approve their use, only 34.2% used them.

With the technological advances related to contraception, it becomes essential to provide reliable information, safe methods and offer choice options and conditions for adolescents and young people take your own decisions.

These opportunities tend to encourage them to adopt responsible sexual behavior and pleasurable.

In this way, the graduates have the correct knowledge about the methods most suitable for adolescents and young people: the condom (male or female) associated with the ACO or injectable AC. Adolescents and young, healthy, can make use of any contraceptive method, but the ideal is one that has high efficacy, is safe, with few adverse effects and discreet usage.

The condom has high efficacy if used correctly. The male has the only contraindication to latex allergy and should be used in all kinds of sexual act, offers double protection, avoiding pregnancy and STIs. yet, the ACO also has high efficacy and ease of use, in addition to regularize menstrual cycles, slow the flow, improve dysmenorrhea and premenstrual syndrome. The injectable AC has considerable acceptance among the young due to high effectiveness, ease of use, do not ingest on a daily basis, in addition to lessen the menstrual flow and dysmenorrhea.

Corroborating the data found in this study, research conducted in Korea, among college students, identified that 76.3% of the scholars heard about AE. the fact that most have the first information about the AE through friends, differs from other surveys, in which this information was in high school, during the undergraduate program or with doctors. is relevant considering that information about the AE through friends is worrisome, because they are not always correct and complete information.

Note-If the ignorance with regard to the mechanism of action of AE, because only a senior replied that the AE prevents the Union of the sperm with the egg, not adequately explaining the mechanisms of action. Study of nursing scholars also had as a result the ignorance of 90% of the subjects in relation to the mechanism of action of AE. Other research identified in the participants a very basic knowledge regarding the AE and uncertainties about the safety.  

It is clear that the mechanism of action of AE varies according to the time of the menstrual cycle in which it administered. If used in the first phase of the menstrual cycle, before the peak of luteinizing hormone, the AE changes the development of follicles, preventing or delaying ovulation for several days, so the sperm has no contact with the egg. When the EA administered in the second phase of the menstrual cycle, when ovulation...
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has already occurred, the AE modifies the cervical mucus viscosity, making it thick and hostile, preventing and/or hindering the displacement of the sperm.\textsuperscript{17}

Justified the two answers that mention the effect of AE on the endometrium ( nidation), because the commercial presentations of Bull AE bringing reference to that effect. The Ministry of health (MS) claims that, by the time the Bulls were prepared, the understanding of the action of AE were nonexistent. However, currently it is proven the absence of effects of AE on the endometrium\textsuperscript{17}, and, even knowing how the mechanism, the Bulls were not updated. It is important that this limitation clarified to avoid erroneous concepts as found in this study.

Nurses and nursing students in Kenya (49%) considered the abortion\textsuperscript{18}AE; this study only one subject stated that the AE does not cause abortion. The AE does not act after fertilization and does not prevent the implantation of the egg, if fertilization occurs, then, is not an abortifacient\textsuperscript{17} method; the data presented lead to question whether that information was widely discussed with the subjects of this study.

Despite all having used some contraceptive method in your last relationship, most used only the ACO or a condom. Other research has identified that the majority of the subjects did not use any method at last intercourse.\textsuperscript{7} Note that despite having access, knowledge and indicate that the Association of the ACO and condom is better suited for the young population, its use in individual level didn't happen.

Similarly, surveys indicate that the latex male condom is not used in all sexual relations, under the justification of confidence in the partner\textsuperscript{6,7}, for having a stable relationship or because you don't like to use condoms.\textsuperscript{6} similar study identified that 39% of participants used the latex male condom at last intercourse, and only 34.3% make use routinely.\textsuperscript{19} these findings reaffirm that the behavior on the non-use of condoms by young people who study in the area of health, does not differ from young people with less schooling and with a history of pregnancy in adolescence.

As for AE, a study also identified that 13.2% of the subjects had already used.\textsuperscript{13} it is observed that the grounds for the use of the AE was the condom rupture, oblivion of the ACO for more than 12:0 and exchange for ACO, in addition to these, research complement each other, citing the absence of another method and insecurity regarding the effectiveness of the method of choice.\textsuperscript{14-15} in this way, you cannot associate the knowledge about the methods with its continued use. When the young man adopts a method that is unstable and fleeting, and soon abandoned for reasons ranging from adverse effects not adaptation.\textsuperscript{12}

Note that no participant had an indication of a health care professional to use AE, revealing that self-medication. This data is at alarming rates, given the unfamiliarity of the participants of this study evidence regarding the mechanism of action of AE. It should be noted that the frequent use of AE compromises its effectiveness,\textsuperscript{17} the fact AE have been gained by everyone in the pharmacy, suggests disinformation regarding their free provision of health services, as well as the right of the individual to confidentiality and secrecy about their sexual activity.\textsuperscript{17}

The conduct, individual-level of the subjects of this study, can compared to the results of other surveys that have found the possibility to exist untangling between knowledge about contraceptive methods acquired along the academic path and practice adopted about the correct use of the same.\textsuperscript{6,14-15}

CONCLUSION

Showed the relevance of the topic addressed both for academics and for professionals in the field of health, since you must know the correct usage of the various contraceptive methods, in order to spread knowledge among the general population. The methodology was adequate for the achievement of the goal, pointing as limiting the reduced number of participants, whereas the other trainees did not heed established inclusion criteria.

Highlights that the graduates of the undergraduate program in nursing, possess the knowledge about the existence of methods to prevent STDs and unplanned pregnancy, especially the methods most suitable for young people. However, to relate the knowledge with the conduct on an individual level, it was noted that, although know and have access to contraception, not adopt appropriately, therefore, are also susceptible to the risks related to sexual behavior.

As a contribution to nursing, it believed that the results of this study might generate motivation strategies for self-care among academics. As well as, become important to instill in teachers and coordinators of undergraduate courses, a distinguished look for more suitable approaches adopted about
contraceptive methods during curricular disciplines.

Also expected to contribute to future research are developed in order to correlate the theory and practice, and also raise awareness of nurses, future nurses and other health professionals of the importance of health education, both individual and collective level.

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