REPORT OF EXPERIENCE OF A GROUP OF RESIDENTS IN OBSTETRIC NURSING ON PRACTICES OF ORGANIZATION OF THE WORK PROCESS

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ABSTRACT
Objective: to present the qualification of the work process of the professionals of a health unit in the promotion, protection and support of breastfeeding by the residents of Obstetrical Nursing. Method: a study of descriptive nature, of experience report type. Results: the team showed interest in fortifying their actions in relation to support and encouragement of breastfeeding. A project was developed in which a support room for working women who breastfeed and a collection point for human milk were created. Support and incentive workshops on breastfeeding were offered with the following themes: importance of breastfeeding, difficulties, myths, milking and storage of human milk. Conclusion: the unit team is more sensitized and empowered to support women and their families in relation to breastfeeding.

Descriptors: Health Professionals; Breast Feeding; Obstetric Nursing.

RESUMO
Objetivo: apresentar a qualificação do processo de trabalho dos profissionais de uma unidade de saúde na promoção, proteção e apoio ao aleitamento materno pelas residentes de enfermagem obstétrica. Método: estudo de natureza descritiva, tipo relato de experiência. Resultados: a equipe demonstrou interesse em fortalecer suas ações em relação ao apoio e incentivo ao aleitamento materno. Foi elaborado um projeto em que se deu a criação da sala de apoio à mulher trabalhadora que amamenta e posto de coleta de leite humano. Foram ofertadas oficinas de apoio e incentivo ao aleitamento materno com os seguintes temas: importância do Aleitamento materno, dificuldades, mitos, ordenha e armazenamento do leite humano. Conclusão: a equipe da unidade está mais sensibilizada e empoderada para apoiar as mulheres e suas famílias em relação ao aleitamento materno.

Descritores: Profissionais de Saúde; Aleitamento Materno; Residentes em Enfermagem Obstétrica.
INTRODUCTION

Studies refer to the effectiveness in the development of activities to promote breastfeeding in primary care units, as well as the importance of the performance of family health strategy professionals in promoting and supporting breastfeeding, which determines the need for capacity building throughout the family, systematically.¹

The Brazilian Ministry of Health recommends breastfeeding exclusively until the sixth month of life and associated with other foods until the second year of life. In their National Policy for the Promotion, Protection and Support of Breastfeeding, they seek partnerships aimed at increasing breastfeeding rates and reducing child morbidity and mortality.²

Human milk is the food that meets the ideal nutritional characteristics, with an adequate balance of nutrients, and develops numerous important immunological and psychological advantages in the reduction of infant mortality. Breastfeeding is a natural linking, affection, protection and nutrition strategy for the newborn. It is the most economical and effective form of intervention in the reduction of infant morbidity and mortality and it has a great impact on the promotion of the baby's overall health.³

Public policies were established with the objective of making services more efficient, offering a more resolute and qualified attention, aiming at the transformation of health practices, such as the National Policy on Permanent Education in Health (NPPEH), National Humanization Policy (NHP), National Policy for Integral Attention to Children's Health (NPIACH), strategies such as the Breastfeeding and Feeding Brazil-EAAB Network and the Support Room for Working Women who Breastfeed - WWB, among other policies of the Ministry of Health.

The Ministry of Health, through ordinance 1,920, of September 5, 2013, establishes the national strategy for the promotion of Breastfeeding and Healthy Complementary Feeding in the Unified Health System (UHS).

Breastfeeding becomes easier when the mother is supported by the whole family and has guidance from health professionals about healthy practices. Among the benefits provided in this activity is the physical contact that conveys a feeling of love and affection between the mother and the baby, decreases the chances of the mother to have breast and ovarian cancer, and provides protection to the baby against various diseases, respiratory infections and otitis.⁴

The Family Health Strategy/FHS is a priority for the reorganization of Primary Care in Brazil, having a substitutive character in relation to the traditional primary care network and should act in the territory under its responsibility with focus on family and community. In the current context, the work has undergone constant transformations, requiring increasingly diversified activities. In this sense, nurses have been widely asked to occupy strategic spaces for the implementation of social policies.⁵

It is not enough to qualify health professionals in breastfeeding, and in the form of communication between professionals. With the exchange of experiences, the professional establishes trust with the users, who feel welcomed, effectively, generating, the bond that favors breastfeeding.⁶

In view of the difficulties presented in this scenario, the objective of this study is to present the qualification of the work process of the professionals of a health unit in the promotion, protection and support of breastfeeding by Obstetric Nursing residents.

METHOD

A descriptive study, of experience report type, carried out at a Family Health Unit 403 Norte, in Palmas (TO), capital of the State of Tocantins, Brazil. To elaborate this report, the following techniques were used: insertion in this field of practice, participation in educational activities for health professionals and community related to breastfeeding.

Experience report is a descriptive research tool that presents a reflection on an action or a set of actions that address a situation experienced in the professional scope of interest of the scientific community.⁷,⁸

The first Obstetric Nursing residence lasted for two years, beginning in March 2014, a partnership between Fundação Escola Palmas / FESP, with the Lutheran University of Brazil - ULBRA in Palmas and with the Ministry of Health / MH.

The field chosen to present the residency experience in Obstetric Nursing was Primary Care.

The Family Health Unit (FHU) located at 403 Norte in Palmas, Tocantins, provides care to the resident population in its area of coverage, as well as being a practice field for Obstetric Nursing residency.

With the arrival of the Obstetric Nursing residency, the team showed an interest in strengthening their team in supporting and encouraging breastfeeding. Based on this demand, it was defined that the residents
would develop permanent education activities for the professionals of the FHU teams, since some professionals were unmotivated and had many doubts.

At the health unit, the Obstetric Nursing residents performed prenatal consultations, pregnant couples, puerperal follow-up, childcare, home visits, and continuing education activities for health professionals in relation to breastfeeding: implementation of the Child Care group; implementation of the group of pregnant couples; preparation of an intervention project with the creation of the Support Room for Working Women who Breastfeed - WWB and Human Milk Collection / PCLH.

**RESULTS**

A project was created in which the support room for working women who breastfeed for FHU women and for the population of the northern region of Palmas (TO), Brazil, was created in order to sensitize and strengthen the teams and community. The project was approved and supported by the Municipal Health Department of Palmas and the room was inaugurated at the opening of the (WBFW) World Breastfeeding Week in Palmas, in August 2015. The project received support and partnership from the Ministry of Health, the State Department of Health, through the Technical Areas of Health of Children, Food and Nutrition and Human Milk Bank / HMB of the Hospital and Maternity Dona Regina - HMDR.

The workshops were scheduled and agreed with the manager and teams of the unit, with hours and pre-defined dates that did not harm the community service.

The activities developed by the residents were: support and incentive workshops for breastfeeding professionals (community health agents, nursing technicians, oral health technicians, nurses, doctors, dentists, managers, trainees). The preceptor nurse participated in the workshop and became a tutor of the Breastfeeding and Feeding Brazil Strategy, working, in partnership with tutors from the State Department of Health and the Municipal Health Secretariat, and held the 6-hour workshop for more than 80% of the FHU team, with the assistance of residents. The topics discussed were: importance of exclusive breastfeeding up to six months and supplement to two years or more; support and protection for puerperal women and their families; difficulties in breastfeeding; breastfeeding myths for professionals, women and their families; support for milking and storage of human milk; surplus milk donation; sensitization of managers and all staff in supporting BF.

**DISCUSSION**

The experience and exchange of knowledge in this field of internship was very valid, both for the residents of Obstetric Nursing, as for the FHU team.

Several training and awareness workshops were offered to FHU professionals regarding breastfeeding. After the inauguration of the MTA and PCLH room and the elaboration of the flow charts, an improvement in the service of the users was noticed; inauguration of the support room and PCLH at the opening of the World Breastfeeding Week - SMAM; visits to publicize the service to 05 FHU of the northern region of Palmas, distribution of pamphlets and folders on breastfeeding; Dissemination of media space; presentation of music created by the FHU team at HMDR in SMAM; Participation of a nurse as EAAB multiplier; six hour workshop at EAAB for more than 80% of FHU professionals; Presentation of the room as a successful experience in the meeting of Tutors of the Strategy Breastfeeding and Feeding Brazil in Palmas.

Breastfeeding is more than just feeding. In addition to nourishing, breastfeeding promotes the affective bond between mother and child and has repercussions on the child's ability to defend itself against infections, its physiology and its cognitive and emotional development, and also on the physical and mental health of the mother.⁸

In order for women workers to follow the recommendation of the World Health Organization (WHO) and the Ministry of Health to breastfeed for two years or more, being exclusively breastfeeding in the first six months, it is crucial that, after maternity leave, they have the support from employers. One way to help is to provide breastfeeding support rooms in order to provide a warm and suitable environment for the collection and storage of milk so that it can be offered to their child afterwards with safety and quality.⁹

In addition to breastfeeding promotion and support actions, important measures were created to legally protect breastfeeding, such as the approval of the Brazilian Standard for the Marketing of Foods for Infants and Young Children (NBCL), seeking to ensure food security as a human right, supporting public policies to minimize abusive marketing and the pressures of large industries to institutions that provide services to the mother / baby...
binomial at both the public and, private levels. Based on the International Code of Marketing of Breastmilk Substitutes, recommended by the World Health Organization (WHO), NBCAL is one of the priority actions of the Ministry of Health aimed at the protection of breastfeeding.10

The implementation of the MTA and PCLH support room and the training of the FHU staff by the residents contributed to the improved qualification of care for women and children, especially, with regard to breastfeeding.

CONCLUSION

The FHU team is more empowered to support women and their families in encouraging breastfeeding. The improvement workshops, the creation of the Support Room for Working Women Breastfeeding and the Collection Post of Human Milk provided improvement for health professionals, women and their families as well as a welcoming space.

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