ABSTRACT
Objective: recognizing the experiences of mothers who have recently given the first birth in relation to nursing care provided in labor and birth. Method: a descriptive and exploratory research of a qualitative approach, having as study scenario the maternity of a hospital located in the Northwest of the State of Rio Grande do Sul and, as subjects, mothers who have recently given the first birth. The data will be produced by means of semi-structured interviews and after, the data will be analyzed by means of operative proposal. The research project has been approved by the Research Ethics Committee, CAEE 26452313.8.0000.5346.
Expected results: qualify the care to the parturient in hospitals. Descriptors: Nursing Care; Childbirth; Labor Birth; Nursing.

RESUMO
Objetivo: conhecer as vivências de puérperas primíparas em relação ao cuidado de enfermagem prestado no trabalho de parto e parto. Método: pesquisa de abordagem qualitativa, descritiva e exploratória, tendo como cenário de estudo a maternidade de um hospital localizado na Região Noroeste do Estado do Rio Grande do Sul, e como sujeitos puérperas primíparas. Os dados serão produzidos por meio de entrevista individual semiestruturada e após, os dados serão analisados por meio da proposta operativa. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAEE 26452313.8.0000.5346. Resultados esperados: qualificar o cuidado à parturiente no contexto hospitalar. Descritores: Cuidados de Enfermagem; Parto; Trabalho de Parto; Enfermagem.

RESUMEN
Objetivo: conocer las experiencias de las madres que han dado al primero nacimiento recientemente en relación con la atención proporcionada en el trabajo de parto y el nacimiento. Método: investigación de enfoque cualitativo, descriptiva y exploratoria, en el contexto del estudio de la maternidad de un hospital ubicado en el Noroeste del Estado de Rio Grande do Sul y madres parturientas primíparas. Los datos se producirá mediante una entrevista semi-estructurada y después, se analizarán los datos por medio de la propuesta operativa. El proyecto de investigación ha sido aprobado por el Comité de Ética de Investigación, CAEE 26452313.8.0000.5346. Resultados esperados: calificar la atención a la parturienta en los hospitales. Descriptores: Cuidados de Enfermería; Parto; Trabajo de Parto; Enfermería.
INTRODUCTION

Childbirth is a unique experience in the world of women and their relatives. This process, in most cases, is joy to the mother and family. At the same time, is a fenced stage of doubt and insecurity, particularly when treating primiparous women, for the fact they are experiencing this at the first time.

Nurse professionals play a key role in caring for these women, should provide guidance, answer questions, and receive and assist in the birth process. In this context, nursing care is understood in the sense of accepting the human being as a being only involving this into an integral, and differential humanized care, placing it in the center of attention.

Nursing care given to women during birth process configures in a search of a more humane and closer relationship to the laboring woman. Furthermore, it should allow a woman having control over her body in order to understand what happens at each stage of birth. It must also nurture the choice position in the birth and use of methods for pain relief. Nursing care also involves awareness of appropriate practices in each case and the harmful and ineffective behaviors, and a careful and sensitive listening, with a view to assisting the parturient this process. However, the current context has revealed gaps in caregiving care to women during childbirth. A woman in labor is increasingly far from the main part in the birth scene since she feels insecure, frightened and often undergoes orders without even understanding what is happening.

In this model of attention to labor prevails the routine use and inappropriate techniques such as trichotomy, enteroclisma, episiotomy, medicalization and the high rate of cesarean births. These procedures are carried out improperly, no plausible justifications and often without the awareness and consent of parturient and wounding ethical precepts.

The validity of this model of healthcare, overly medicalized and skillful at birth, has been criticized worldwide, in view of the risks and evils attributed to indiscriminate use of such techniques in the care to the woman. Accordingly, with the aim of establishing appropriate and safe practices for assistance at childbirth, the World Health Organization (WHO), in 1996, has produced a practical guide with recommendations based on scientific evidence of practices in natural childbirth. Among them are demonstrably beneficial practices which should be stimulated; harmful or ineffective methods that should be eliminated; procedures that have no scientific evidence to support your practice and that, therefore, should be used with caution until they are carried out new research; and, lastly, conduct often used improperly.

The Ministry of Health (MOH) has incorporated these practices created by WHO in health care programs focused on the process of parturition. Among these, the Program for Humanization of Prenatal and Birth (PHPN), whose main objective is to reorganize the care, formally linking the entire pregnancy and childbirth, increasing women’s access and ensuring quality of assistance.

The care given to laboring women should meet humanized practices that meet the actual needs of the public, including the presence of a companion as an emotional support; the quality of the relationship between professionals and women; providing information during care; greater participation of women in decision-making control over the care that involve your body; and turned to the woman and her family tour, aimed at humanizing care delivery and safe condition at parturition and birth.

It is necessary the involvement and awareness among health professionals, especially nurses, as mediators in changing institutional routines, in order to meet the needs of women and their relatives, providing a favorable environment for educational and humanized management based on dialogue, host is required and communication with parturient. Thus, it has been guiding question of the study: “What was the experience of primiparous postpartum women in relation to nursing care provided during labor and birth in a hospital in the countryside of the State of Rio Grande do Sul?”

OBJECTIVE

- Learn about the experiences of mothers who have recently given the first birth in relation to the nursing care provided in labor parturition and birth.

METHOD

- Study type

This is a study of qualitative approach, descriptive and exploratory. Considering that the aim of this study is directed to the analysis and interpretation of the “experiences of primiparous postpartum women in relation to nursing care provided during labor and birth”, we opted for a qualitative approach by
considering that from this approach will be possible to explore more deeply the subject.

It is understood that qualitative research considers the nature of the facts, which are understood as part of the social context in which the human being is distinguished not only for acting, but by thinking about what they do and to interpret their actions and events, within and from the lived reality and shared with their similar. 10

The descriptive approach seeks to know and understand the various situations and relationships that occur in social life. It is concerned to observing facts, registering them, sorting them, analyzing them and interpreting them. 11 Descriptive research is based on problems that can be solved and practices that can be improved through the description and analysis of data. 12

As for exploratory research, the same aims to build assumptions and make the subject easier to be approached, in addition to considering various aspects related to the fact studied. 10

◆ Research scenario

The setting for this study was done in a unit of a maternity hospital in the Northwest Region of Rio Grande do Sul (RS). We chose to perform the study in the hospital due to the author of this project have experienced much of his academic training at this institution.

Another aspect which prompted the choice for this scenario refers to the lack of scientific knowledge, with the central focus of this research in that institution studies, which can generate a product for reformulate care practices aimed at humanizing the birth process.

◆ Research subjects

The study will have as subjects women who have experienced childbirth for the first time (primiparous postpartum).

Among the inclusion criteria for participation in the study are: primiparous postpartum women who underwent vaginal birth in this institution and who are admitted to the maternity ward at the time of data collection; presenting psycho-cognitive conditions to participate in the study; primiparous postpartum women who underwent birth at term equivalent gestational age, and live births.

Among the exclusion criteria for participation in the study are: primiparous postpartum women who gave birth at another institution or home.

◆ Data production

The data production will be performed by means of semi-structured individual interviews, which allows the interviewee discuss the topic in question unanswered prefixed by the interviewer. 10 The instrument interview will consist of closed questions that aim to characterize the subjects and some care provided during labor and birth, and open questions about the topic under study.

It is aimed the realization of data collection in the months of February, March and April 2014. For data collection, the 24-hour period will be observed after birth. The lifting of primiparous women interned in motherhood will be performed by reading the medical records on the unit. By identifying the subjects of the study will be conducted personal and individual contact, analyzing their consistency in the inclusion criteria.

After, will be explained the purpose of the research, reading and explaining of the Statement of Informed Consent Form (ICF) for older than 18 years old and the responsible for those younger than 18. The participants younger than 18 it will also receive the Statement of Consent and after, will be invited to participate in this study.

The interviews will be conducted in a room attached to the unit, to ensure the confidentiality of information. The interviews will be recorded in MP3 and will later be transcribed, eliminating the vices of language. The sample size is defined as the time that the proposed objectives in research and also by saturation of data, which is the time at which data begin to be redundant or are achieved repetitive. 10

◆ Data analysis

The interviews will be analyzed by the operative proposed, 10 which is characterized by two operating times. The first and the second includes exploratory interpretive phase. In the exploratory phase of research seeks to understand the history of the group, their environments, their socioeconomic conditions, among others.

The interpretative phase has two stages, being the first called ordering the data and the second data classification. The ordering of the data is the transcription of material obtained through the data collection, the reading of the material, the organization of the reports, which led to the start of grading results.

The classification data includes horizontal and exhaustive reading of texts, thorough readings of floating passages, which allow to seize the relevant structures and the core ideas; cross reading, where the data are
separated by establishing relations between them and categorizing or establishing units of meaning, trying to discern the connections between them; the final analysis, where the data are compared with the theoretical framework and the data obtained; and to finalize the presentation of search results.

- Ethical aspects

The ethical care shall be observed in accordance with the precepts established in resolution No. 466/2012, of the National Council of Health, establishing parameters for research involving humans. This dissertation project of the graduate program in nursing, the Federal University of Santa Maria (UFSM), was approved by the Research Ethics Committee/UFSM in January 14th, 2014, under case number CAEE 26452313.8.0000.5346.

**EXPECTED RESULTS**

Promoting and qualifying the care for the mothers in hospitals, especially to those who have recently given the first birth.

**REFERENCES**


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