INTEGRATIVE REVIEW ARTICLE

PREVENTION OF PREGNANCY IN ADOLESCENCE: AN INTEGRATING REVIEW

PREVENCIÓN DEL EMBARAZO EN LA ADOLESCENCIA: UNA REVISIÓN INTEGRADORA

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ABSTRACT

Objective: to analyze the Brazilian scientific knowledge produced on the prevention of adolescent pregnancy.

Method: this is an integrative literature review study. Data were collected in September 2014 using the databases of the Medical Literature Online, Latin American and Caribbean Literature, Nursing Database, by previously established inclusion criteria, and the final sample consisted of five national studies. Results: the prevention of adolescent pregnancy is investigated in maternity hospitals, with the prevalence of research in basic health units. The predominant methodological approach was quantitative. Conclusion: the studies recommend the need for orientations directed to the young population about sexual and reproductive health, the organization of quality health services, qualified professionals, mainly nurses, prepared to take care of the adolescents. Descriptors: Adolescent Health; Postpartum Period; Family Planning; Contraception.

RESUMO

Objetivo: analisar o conhecimento científico brasileiro produzido sobre a prevenção da gravidez das adolescentes.


Descritores: Saúde do Adolescente; Período Pós-Parto; Planejamento Familiar; Anticoncepção.

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RESUMO

Objetivo: analisar o conhecimento científico brasileiro produzido sobre a prevenção da gravidez das adolescentes.

INTRODUCTION

The word adolescence comes from the Latin term adolescere, which means “to grow.” The World Health Organization (WHO), such as the Adolescent Health Program (PROSAD) defines adolescence as the age group between 10 and 19 years old, and the Statute of Children and Adolescents (ECA) - Law Nº 8,069 of July 13, 1990, between the age group of 12 and 18 years old, and WHO classification was adopted by the Ministry of Health.¹

Adolescence corresponds to the period of life in which profound changes take place in the life of the adolescent.² It is a period of transition between childhood and adulthood. It means “to grow to maturity,” and it is considered the psychological, social, and maturational process. Somatic growth and the development of psychomotor skills intensify, and hormones act intensely leading to relevant changes in form and expression, such as biological, psychosocial, cognitive, moral, and even spiritual changes.³

The adolescent should have autonomy and freedom over his body on sexual and reproductive issues, as a fundamental dimension of health, reproduction and sexuality, ensuring the right of choice as a principle of citizenship, in line with the 1988 Cairo Conference of WHO, in which the concept of reproductive health was established as a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity, in all aspects related to the reproductive system, its functions and processes.⁴

The health action strategies should be elaborated and executed in the three Federal, State and Municipal entities aiming at risk reduction, to which this segment of the population is most exposed, such as early pregnancy, induced abortion, and sexually transmitted diseases, in addition to drug use, accidents and different forms of violence.⁵

Adolescent pregnancy has had a direct impact on the health of this population, and it is increasingly precarious, a result of taboo sexuality, early menarche, sexual education deficiency, urban lifestyle and almost total absence of specialized health services aimed at adolescents.⁶

Thus, gestation in this population is related to socioeconomic, psychological and cultural factors. It is fundamental to dimension strategies for reducing fertility rates and, even, mortality among pregnant adolescents, through the development of effective public policies.⁷

Gestation in adolescence is considered a biological risk situation for both adolescents and newborns. The physiological and psychological characteristics of adolescence would cause a pregnancy during this period to be characterized as a gestation of risk. There is evidence that pregnant women may suffer more complications during pregnancy and even after this event than pregnant women of other age groups. Some complications such as abortion attempts, anemia, malnutrition, overweight, hypertension, pre-eclampsia and eclampsia, cephalopelvic disproportion and postpartum depression are associated with the experience of teenage pregnancy.⁸

Thus, it is necessary to have qualified attention and respect for sexual and reproductive rights.¹ ³ ⁴ Therefore, the provision of family planning services becomes essential for the adolescent and her partner, which is guaranteed by the Federal Constitution of 1988 and also by Law 9.263 of 1996, which establishes family planning as a set of actions that help those who intend to have children and also those who prefer to postpone family growth.⁴ In Brazil, the National Family Planning Policy was created in 2007, including the provision of free contraceptive methods (procedures, substances or devices) and the sale of contraceptives at reduced prices in the network of Popular Pharmacies.⁹

Thus, it is understood that prevention of pregnancy from sexual and reproductive rights is an exchange between health professionals and adolescents as an action based on the specific orientation for this group on safe and responsible sex, options and negotiations between the contraceptive methods, awareness of the consequences of unplanned pregnancies and sexually transmitted diseases. Annually in the country, there are about one million young people, between 10 and 19 years old, becoming mothers, and sometimes this condition ends up being recidivist even at this stage of life.⁹

In this sense, health services should provide the conditions to assist the education of young people, from a gender perspective, and the educational approach should be focused, especially in the affective-sexual area, since contributing to the acquisition of the possibilities and potential of women can help to postpone a pregnancy. It is understood that this is a fundamental change and it should be present in the education and health services.
It is necessary to go beyond mere reproductive or contraceptive information.\textsuperscript{10}

**OBJECTIVE**

- To analyze the Brazilian scientific knowledge produced on the prevention of pregnancy of postpartum adolescents.

**METHOD**

This is an integrative literature review study, being considered a strategy in the identification of existing evidence with the objective to base a health practice in the different specialties.\textsuperscript{11}

Six steps were followed for the elaboration of the study: identification of the theme and selection of the guiding question; establishment of criteria for inclusion and exclusion of studies and search in the pertinent literature; definition of the information to be extracted from the selected studies; critical evaluation of studies included in the integrative review; interpretation of results; review/synthesis of knowledge.\textsuperscript{12}

The first stage consisted in identifying the theme and selecting the research question, which developed from the adolescent postpartum topic about pregnancy prevention. Thus, the following guiding question was delineated: What is the Brazilian scientific knowledge produced on the pregnancy prevention of puerperal adolescents?

In the second stage, the Descriptors in Health Sciences (DeCS) were selected: Adolescent Health; Postpartum period; Family Planning and Contraception. The descriptors were combined in the following ways: Adolescent Health AND Postpartum Period; Postpartum Period AND Family Planning; Postpartum Period AND Contraception.

Also in this stage, the criteria for search in the literature were delineated through the selection of studies indexed in the Medical Literature online, Latin American and Caribbean Literature database, Nursing Database: published research addressing the theme(descriptors in the title and/or summary where the investigated subject was the adolescent, complete article, in national journals, in Portuguese, English, and Spanish; Published in the period from 2009 to 2014, available electronically during the month of September 2014. Non-accessible full papers, dissertations, theses and review articles, newspaper articles that were not scientific in nature, publications that did not fit the temporary cut basis. There were 58 articles found; only 5 met the established inclusion criteria.

In the third stage of this integrative review, the data were collected in the selected studies. This information was cataloged in an elaborated instrument that included journal, country, language, the level of evidence, year, title, professional category, method, main results and recommendations of new research, according to figure 1.
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<th>Journal</th>
<th>Country</th>
<th>Language</th>
<th>Level of Evidence</th>
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<tbody>
<tr>
<td>Anna Nery School Nursing Magazine</td>
<td>Brazil</td>
<td>Portuguese</td>
<td>IV</td>
<td>2012</td>
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<tr>
<td><strong>Title</strong></td>
<td>The Profile Of Adolescent Puerperal Assisted In A Reference Maternity Of Fortaleza-Ceará. Nurses/nursing academics.</td>
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<tr>
<td><strong>Method</strong></td>
<td>This is a cross-sectional, descriptive study with a quantitative approach. It was held in the Joint Housing - AC of the Maternity School Assis Chateaubriand - MEAC. The study population consisted of 200 adolescents.</td>
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<td><strong>Main results</strong></td>
<td>Most of them were between 15 and 19 years old (91.0%), lived in the capital (78.0%), lived with the father of their son (64.5%), had a low education (55.5%), They considered themselves as brown (61.5%) and housewife (53%). Regarding contraceptive methods, 73.5% used some method before becoming pregnant, 65.5% desired pregnancy and 32.5% planned pregnancy. During pregnancy, 18.5% were hospitalized, and 82.5% did not use drugs.</td>
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<td><strong>New research recommendations</strong></td>
<td>Given the above, there is a high number of pregnancies in adolescence, demonstrating the need for orientations directed to the young population, in clear and accessible language, about the reproductive process and family planning, highlighting the types of contraceptive methods and their use in an appropriate way, allowing a greater knowledge and empowerment regarding the decision making in the adoption of healthy sexual behavior.</td>
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<td><strong>Title</strong></td>
<td>Quality Assessment Of Adolescent Care At Pre-Natal And Puerperium. Nurses.</td>
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<tr>
<td><strong>Method</strong></td>
<td>This is an evaluative research, with a cross-sectional design, focusing on the evaluation of the process and the quality of prenatal and puerperal care. It was conducted through research in medical records and interviews with adolescents who gave birth at an integrated health unit belonging to the municipal public network of Teresina-PI. Data were obtained through analysis of 174 charts and interviews with 44 adolescents (30% of these charts), during a home visit. The formula was used to calculate the finite populations (n = N. Za². pq/(N - 1) d² + Za². pq), in which the degree of reliability adopted was 95%, and the sampling error was 5 %.</td>
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<td><strong>Main results</strong></td>
<td>The quality of care was categorized as adequate superior, adequate, intermediate and inadequate. It was identified that more than half of the women started prenatal care early and the number of prenatal consultations was inadequate. Most performed routine prenatal exams, 75% had breasts examined, and 88.6% were breastfeeding oriented. The puerperal care was intermediate for 38.6% of the women, 52.3% did not return to the health unit and did not receive home visits, 70.5% were oriented on contraceptive methods and 93.2% on maternal breastfeeding.</td>
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<td><strong>New research recommendations</strong></td>
<td>Considering the importance of this theme, it should be recommended that teenage pregnant women should be taken early, sensitized to the importance of returning to the service for puerperal review, to permanently educate the health professionals who assist these adolescents, and to create strategies and educational campaigns that facilitate adolescents’ access to health services to inform them, guarantee access to contraceptive methods, prevent health problems and prevent recidivism of teenage pregnancy. It is recommended to carry out studies on the quality of health care of adolescents during the pregnancy-puerperal cycle, and it is suggested to use quantitative methods with a larger sample number, which elaborate an evaluation matrix for this age group.</td>
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<tr>
<td>Journal of the Health Sciences Institute</td>
<td>Brasil</td>
<td>Portuguese</td>
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<td>2012</td>
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<tr>
<td><strong>Title</strong></td>
<td>Evaluation of contraceptive knowledge among pregnant adolescents in a basic health unit of the Federal District. Nurses.</td>
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<td><strong>Method</strong></td>
<td>The method used was quantitative, of a descriptive nature. The sample consisted of 50 pregnant adolescents, who answered a questionnaire containing questions about the topic. Data analysis showed that the mean age was 16 years old; Male and female contraceptives (68%), oral contraceptives (70%), injectables (70%) and emergency contraceptives (6-4%) were the most popular methods. Of the pregnant women, 54% reported that they did not use any method at the first sexual intercourse, justifying “forgetting” or “abstraction” during intercourse. However, 40% used frequent contraceptive methods before becoming pregnant, oral contraceptives being the most used by them.</td>
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<td><strong>New research recommendations</strong></td>
<td>In this context, it is important to emphasize that there is a need for the existence, preparation and organization of quality health services, as well as nursing professionals to seek constant improvement to optimize the relationship between...</td>
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adolescents and the health team, quality of the assistance provided, allowing the reception of these adolescents, creating a relationship of trust, support, commitment and respect to identify the real needs of these young people, helping them to make conscious choices.

### Journal Table

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<tr>
<td>Science, care, and health care.</td>
<td>Brazil</td>
<td>Portuguese</td>
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<tr>
<td>Gestational Recidivism In Adolescence: Perceptions Of The Young Mother.</td>
<td>Nurses.</td>
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<td>Professional category</td>
<td>Method</td>
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<td>4.</td>
<td>This is a descriptive-exploratory study with a qualitative approach. Sixteen adolescents with gestational recurrence participated in the study. Data collection took place in May 2009, through a recorded semi-structured interview and occurred in the basic health unit. Data were analyzed through content analysis.</td>
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<td>Main results</td>
<td>The results point to five categories: use of contraceptive methods by adolescents; Advantages of having children in adolescence; Disadvantages of having children in adolescence; Factors that led to gestational recurrence and; Changes in life after the birth of the first child.</td>
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<td>New research recommendations</td>
<td>In our approach to adolescents, we can confirm that adolescents are aware of the correct use of contraceptive methods, but they do not do it, although they point to consistent disadvantages in having children in adolescence, especially on school dropout, loss of freedom and increase responsibility. Thus, it is necessary for adolescent care policies to be more and more emphatic in family planning issues, requiring professionals, especially nurses, to be properly trained to avoid recurrence of gestation at this stage, and to the availability of differentiated contraceptive methods, enabling choices by the adolescents. The occurrence of gestational recurrence was evidenced mainly by the expressions: “carelessness” and “happened,” which reminds us that the adolescents are aware, but do not have the maturity to take responsible actions to prevent pregnancy.</td>
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<tr>
<td>Profile of adolescents with relapsed pregnancies assisted in the public sector of Indaiatuba (SP).</td>
<td>Nurses.</td>
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<td>Professional category</td>
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<td>5.</td>
<td>This is an exploratory, descriptive study with a quantitative approach performed with pregnant women aged 10 to 19 years old, with a history of a previous gestation, assisted in the UBS of the city of Indaiatuba (SP). Data collection was performed from March 20 to April 20, 2008, through the application of an interview with semi-structured questions.</td>
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<td>Main results</td>
<td>Thirty-two female adolescents, with a mean age of 18.1 years old, mean age of the menarche and the first sexual intercourse of 12.25 and 13.5 years old, respectively, participated in the study. It was evidenced that adolescents have a low level of education and high school dropout rate, as well as an unfavorable financial situation. Most had a stable marriage, but she became pregnant unexpectedly, although they all mentioned that they knew about contraceptive methods. The main reason for the recent gestation was the irregular use of contraceptive methods, mainly for feeling bad about using oral contraceptives and not liking the use of the male condom.</td>
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<td>New research recommendations</td>
<td>Although there is a clear limitation in this sample, it is believed that sexual re-education and a campaign of adherence to contraceptive methods are necessary, evaluating case by case and adapting the most appropriate method to each adolescent. Even so, it is suggested that new studies on the subject can be carried out to reach this population more effectively.</td>
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### Figure 1

Figure 1. Synthesis of publications included in the integrative review, according to the article title, methods, level of evidence, main results and conclusions. Niterói (RJ), Brazil, 2015.

### RESULTS AND DISCUSSION

The presentation of the data and discussion of the results was done in a descriptive and comparative way, based on the pertinent literature of the subject aiming to meet the objective of the study.

Regarding the professional category of the authors, it should be noted that all selected publications are authored by nurses, and in two studies13,14 the participation of undergraduates in Nursing was observed.
As for the year of publication, three studies were published in 2012, 13-15 a study in 2011 16 and the last one in 2009. 17 The predominant approach was the quantitative approach 13-15,17, and the qualitative approach 14 appears in only one study. The development of the articles pointed to a descriptive cross-sectional study, 11 an evaluation research, with a cross-sectional design, 14 one of the descriptive character 15 and two descriptive-exploratory studies. 16-7

Regarding the contexts where the studies were developed, two articles were held in maternities, 13,14 and three in basic health units, 15-7 One of the studies was developed in the northeast region, in the state of Ceará, 13 one in the northern region, in the state of Piauí, 14 one in the central-west region, in the Federal District, 15 one in the southern region, in Paraná, 16 and one in the southeast region, in São Paulo. 17

A study was carried out on the profile of adolescent puerperal women attending a maternity ward, 13 one study was on the assessment of the quality of health care for adolescents in prenatal, and puerperium, 14 one study was related to the evaluation of contraceptive knowledge among the pregnant adolescents, 15 one study was regarding the young mother's perception of gestational recurrence in adolescence, 16 and one study was regarding the profile of adolescents with recurrence of pregnancy. 17

From the presentation of the review/synthesis of the knowledge of the available evidence, of the selected articles, themes that were organized emerged, generating the categories: adolescents in puerperium and the adolescent in recidivism of pregnancy.

♦ Adolescents in puerperium

In the study on the profile of adolescent puerperal women treated in a maternity ward, 13 it was possible to infer that the profile of pregnant adolescents is women aged 15 to 19 years old, who have a low level of education and are consensually united to the partner.

It is worth emphasizing a sensitive adherence of the adolescents to the contraceptive methods before they experience the gestation. However, it is possible to infer the likely inadequate use of the methods. The desire to become pregnant of the young women was also evidenced, even though they did not plan a pregnancy, they considered it to be welcome, which indicates acceptance of the gestational process.

Regarding the risks involved in early pregnancy, it was noticed that most of them did not need hospitalization during the gestational process, despite experiencing the signs and symptoms common to gestation.

The study recommends the need for orientations directed to the young population, in clear and accessible language, about the reproductive process and family planning, highlighting the types of contraceptive methods and their use in an appropriate way, enabling a greater knowledge and empowerment regarding decision-making in the adoption of healthy sexual behavior.

The importance of nurses as a true health educator and their insertion in the school world with the objective of following up adolescents is highlighted, using a variety of health education strategies aimed at empowering them and making them autonomous in their promotion of health, avoiding the main problems affecting this age group, such as unplanned pregnancy and sexually transmitted diseases.

As for the study on the evaluation of the quality of health care of adolescents in prenatal and puerperium 16, the results point out the need to improve the organization of health services for the reception and follow-up of adolescents from prenatal to puerperium by a multidisciplinary team. It also recommends that teenage pregnant women should be taken early, sensitized to the importance of returning to the service for puerperal review, to permanently educate the health professionals attending this population, and to create educational strategies and campaigns that facilitate adolescents’ access to health services, with the objective of informing them, guaranteeing access to contraceptive methods, preventing health problems and preventing recidivism of teenage pregnancy.

♦ The adolescent in recidivism of pregnancy

About the article on the evaluation of contraceptive knowledge among pregnant adolescents, 15 the study pointed out that they have shown an inadequate understanding of some methods of contraception, low frequency, and misuse.

 Recommending the need for the existence, preparation and organization of quality health services, as well as the Nursing professionals to seek constant improvement to optimize the relationship between adolescents and the health team, improving care by capturing these young women, and creating a
relationship of trust, support, commitment, and respect to identify the real needs of that audience by helping them make conscious choices. Also, the investigation of the social, economic, cultural and institutional factors that permeate the precocious pregnancy was recommended.

The article dealing with the profile of adolescents with a recurrence of pregnancy brings the belief that there is a multifactorial influence that leads to the repetition of teenage pregnancy, such as the preconceived idea that nothing bad can happen to her, incorrect use of contraceptive methods available and even the desire for a new gestation.

Regarding the socio-demographic profile of the adolescents with recidivism of gestation, it was evidenced that they have a low level of education and high school dropout rate, as well as a low-income financial situation.

Data related to the marital situation of the pregnant women showed that most have a fixed partner, together through a stable union.

The gynecological and obstetric profile showed that the average age at menarche was 12.25 years old, occurring at the beginning of adolescence as well as the age at the first sexual intercourse average was 13.5 years old.

It was observed that the first gestation occurred between one and two years after the first sexual intercourse. All the adolescents participating in the study reported having knowledge about oral contraceptives and male condoms, but this information was not enough to prevent pregnancy.

A small proportion of the girls wanted pregnancy, and most of them became pregnant unexpectedly. The main reason for the recent gestation was the irregular use of contraceptive methods, mainly because they feel bad about using oral contraceptives and dislike the use of the male condom.

The study recommends an action of sexual re-education and campaign of adherence to contraceptive methods, the evaluating case by case and adjusting the most appropriate means for each adolescent, and as to the study of the young mother's perception of gestational recurrence in adolescence, the knowledge about the proper use of contraceptives emerged, but they did not use it, despite to draw consistent disadvantages to having children in their youth, especially on school drop-out, loss of freedom and increased responsibility.

The occurrence of gestational recurrence was evidenced mainly by the expressions: “carelessness” and “happened,” which reminded the authors of the confirmation that the adolescents are aware, but they do not have the maturity to take responsible actions to prevent pregnancy.

Therefore, the study recommends that adolescent care policies be increasingly emphatic in family planning issues, requiring specially trained nurses to avoid recurrence of gestation at this stage, in addition to the availability of differentiated contraceptive methods, making choices by the adolescents.

**CONCLUSION**

This research originated from the need to analyze the Brazilian scientific knowledge produced on the prevention of pregnancy of the puerperal adolescents. This was the object of this study to understand the implications for the assistance in the health services of young women, since the pregnancy in the adolescence in Brazil is considered a public health problem and a tendency to complications, risks and physiological, emotional, social and economic disorders, not only for the adolescent and her baby but also for the other subjects involved, due to biological immaturity and psychological factors of this age group. It is worth emphasizing that nowadays the importance of the prevention of pregnancy in adolescents, especially puerperal, is being given more importance, due to the possibility or occurrence of gestational recurrence, which can lead to spontaneous or induced abortion and even high gestation risk.

The category “adolescents in puerperium” identifies the profile of these women attending a maternity ward, such as women aged 15 to 19 years old, who have low education and who are consensually united to the partner, with inadequate use of contraceptive methods, with positive acceptance of the pregnancy process and without gestational intercurrences. It was also pointed out the need to improve the organization of health services for the reception and follow-up of the young women by a multidisciplinary team during the pregnancy-puerperal cycle.

The category “The adolescent in recidivism of pregnancy” was shown with a low level of education and a difficult financial situation, most of them having a stable partner. The gynecological and obstetric profile evidenced by age at the first sexual intercourse was on average 13.5 years old, and the primigravida
occurred between 1 and 2 years after sexual intercourse, unexpectedly. It also points out that young women demonstrate inadequate knowledge and use of contraceptive methods, perceived disadvantages about having children in this age group, loss of freedom and increased responsibility. They claim that the recent pregnancy was due to irregular use of contraceptive methods, but the authors indicate that gestational recurrence may be due to multifactorial influences.

In this way, the research met the established objective, finding as a limitation the scarcity of national studies on the subject. Therefore, it is concluded that the articles selected and analyzed recommend the need for orientations directed to the young population about sexual, reproductive and family planning processes, as well as the existence, preparation, and organization of quality health services, as well as professionals, mainly Nursing, prepared to take care of the adolescent population.

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