



THE NURSE'S WORK ON THE BANKS OF HUMAN MILK
ATUAÇÃO DO ENFERMEIRO NOS BANCOS DE LEITE HUMANO
ACTUACIÓN DEL ENFERMERO EN LOS BANCOS DE LECHE HUMANO

Juliana Aguiar Carvalho Pereira¹, Valdecyr Herdy Alves², Giovanna Rosario Soanno Marchiori³, Diego Pereira Rodrigues⁴, Adriana Duarte Gabriel⁵, Marcia Vieira dos Santos⁶

ABSTRACT

Objective: to identify the practices of nurses in Human Milk Banks. **Method:** descriptive and exploratory study, with qualitative approach, with nine nurses in the Human Milk Banks. The data produced from semi-structured interviews were analyzed by the Content Analysis Technique in the Thematic Analysis modality. **Results:** two categories emerged: << Organization of the practices by the routine of the nurse in the spaces of the human milk bank >> and << Continuing education as a presupposition for the practice in the practices in the human milk bank >>. **Conclusion:** Breastfeeding initiatives have been created for breastfeeding in recent decades, but continued investment and the involvement of skilled professionals are still needed. **Descriptors:** Nurse; Milk Banks; Nursing Care.

RESUMO

Objetivo: identificar as práticas dos enfermeiros em Bancos de Leite Humano. **Método:** estudo descritivo e exploratório, com abordagem qualitativa, realizado com nove enfermeiros nos Bancos de Leite Humano. Os dados produzidos a partir de entrevistas semiestruturadas, os quais foram analisados pela Técnica de Análise de Conteúdo, na modalidade análise temática. **Resultados:** emergiram duas categorias: << Organização das práticas pela rotina do enfermeiro nos espaços do banco de leite humano >> e << A educação continuada como pressuposto para a atuação nas práticas no banco de leite humano >>. **Conclusão:** as iniciativas em prol da amamentação vêm sendo criadas em prol da amamentação, nas últimas décadas, mas ainda são necessários um investimento continuado e o envolvimento de profissionais qualificados. **Descritores:** Enfermagem; Bancos de Leite; Cuidados de Enfermagem.

RESUMEN

Objetivo: identificar las prácticas de los enfermeros en Bancos de Leche Humano. **Método:** estudio descriptivo y exploratorio, con enfoque cualitativo, con nueve enfermeros en los Bancos de Leche Humano. Los datos producidos a partir de entrevistas semi-estructuradas, fueron analizadas por la Técnica de Análisis de contenido en la modalidad Análisis temático. **Resultados:** surgieron dos categorías: << Organización de las prácticas por la rutina del enfermero en los espacios del banco de leche humano >> e << La educación continuada como base para la actuación en las prácticas en el banco de leche humano >>. **Conclusión:** las iniciativas para la lactancia vienen siendo creadas para la lactancia, en las últimas décadas, pero todavía es necesaria una inversión continuada y el involucramiento de profesionales calificados. **Descriptor:** Enfermería; Bancos de Leche; Atención de Enfermería.

¹Nurse (egressa), Nursing School Aurora de Afonso Costa, Federal Fluminense University/UFF. Rio de Janeiro (RJ), Brazil. E-mail: juliana.pereira02@gmail.com; ²Nurse, Ph.D. in Nursing, Nursing School Aurora de Afonso Costa, Federal Fluminense University/UFF. Rio de Janeiro (RJ), Brazil. E-mail: herdyalves@yahoo.com.br; ³Nurse, Master in Maternal and Child Health Care, Professor at Faculdade Novo Milênio, Vila Velha (ES), Brazil. E-mail: giovannasoanno@gmail.com; ⁴Nurse, Master in Nursing, Nursing School Aurora de Afonso Costa, Federal Fluminense University/UFF. Rio de Janeiro (RJ), Brazil. E-mail: diego.pereira.rodrigues@gmail.com; ⁵Nurse, Master in Maternal and Child Health Care, Federal Fluminense University/UFF. Rio de Janeiro (RJ), Brazil. E-mail: adriannadg@gmail.com; ⁶Nurse, Master in Maternal and Child Health Care, Federal Fluminense University/UFF. Rio de Janeiro (RJ), Brazil. E-mail: enfa.marcia@oi.com.br

INTRODUCTION

The Human Milk Bank is a service space full of particularities, organized according to complex and systematized protocols ensuring the quality of the milk provided to the children who need it. The quality assurance of milk is essential to achieve the goals proposed by the milk bank in a safe and effective way.¹ Some guidelines are required by the National Health Surveillance Agency to guarantee this quality and should be followed carefully, as for example the selection of donors. The manual of Anvisa called “Human Milk Bank: Operation, Prevention and Control of Risks” means that the screening of the donors must be performed by a trained professional, in the first meeting with the nurse being at the HMB or Collection Point filling out the registration form containing the main information of the mother and the baby.²

Law number 7,498/86, which regulates the professional practice of nursing, emphasizes that the nurse performs all nursing activities, as members of the health team, performing systematic prevention and control of hospital infection and prevention and systematic control of damages that may be caused to clients during nursing care.³

It can be noticed that the HMB promotes assistance to the mother-baby binomial, until the distribution of the donated milk, that is, the role of the nurse is not only focused on the process of receiving, storing and pasteurizing this milk. The assistance is evidenced in all this process, in the promotion of care and prevention of possible complications, such as mastitis, fissures in the nipple region. However, these professionals are essential and active throughout the breastfeeding process.⁴

Throughout history, nurses have excelled by taking good care of their patients and in an organized way, involving discipline and scientific knowledge. Also, care guided their clinical practice even before being part of the body of nursing theories. Florence Nightingale had an important participation in the construction of nursing education, through knowledge and practices related to the profession. His contribution is undeniable in the face of his power of observation.⁵

The process of nurse training has evolved from the time of Florence to the present day. Initially, the nurse was involved in aspects of environmental control, with a greater emphasis on nursing tasks and procedures. Soon, he began to assume the work of supervision and control, solidifying his role as an intellectual worker in Nursing, who

possessed a knowledge that was initially about nursing techniques and now, with the institutionalization of teaching, has a complexity reflecting in the ability to administer and teach.⁶

This study has as a presupposition to identify the discourse of the nurse's practices in the HMB of the state of Espírito Santo, allowing new insights into the actions present in these health care environments of the binomial (mother-baby), with the perspective of contributing to the qualification of the service of nursing and the performance of nurses in the coordination exercise of the nursing teams.

The work in the HMB is characterized by the support to breastfeeding, and in this transforming space, the Nurse is inserted because he is a professional whose profile is of educator, caregiver, who assists.²

OBJECTIVE

- To identify the practices of nurses in human milk banks.

METHOD

This study is a descriptive and exploratory research with a qualitative approach, not of quantifying the data, but rather identifying phenomena that translate this conception, in a descriptive research.⁷ The study was carried out in seven Human Milk Banks located in Espírito Santo State. The choice was made due to the metropolitan region of Greater Vitória encompassing the first five HMB and there could be duplicity of field of action by the subjects involved in the study. Then, it was decided to add the other two HMBs that are located outside the metropolitan region, covering all Espírito Santo State.

The participants of the research were nine nurses working in the HMB. Inclusion criteria considered whether nurses had 6 or more months of experience in HMB and breastfeeding training; in the quality of coordination, supervision or assistance. Nurses who were off the service scale for leave, premium leave, maternity leave, leave for health treatment and marriage were excluded.

Data collection was performed with a semi-structured interview with the study participants. The collected data were submitted to content analysis with a thematic approach by Bardin.⁸ The organization of the analysis was carried out in three different poles, constituting a specific script: pre-analysis; Exploitation of the material; And

Pereira JAC, Alves VH, Marchiori GRS et al.

The nurse's work on the banks of human...

treatment of results, inference, and interpretation.⁸

The research was formally forwarded to the Research Ethics Committee of the Medicine School/Hospital Antônio Pedro (HUAP) of Rio de Janeiro, for evaluation and approval under number 27224214.9.0000.5243, dated May 21, 2014, as required by Resolution number 466/2012 of the National Health Council, establishing the Guidelines and Norms Regulating Research Involving Human Beings.⁹

The technique of analyzing the content of the interviews, in the thematic modality⁸ enabled to identify the most frequent thematic units, grouped into categories to allow an understanding of the nurses' performance and their practices in Human Milk Banks in Espírito Santo State.

In the first category, the thematic nucleus corresponds to the “practice of the nurse”. The thematic category “organization of practices by the routine of the nurse in the spaces of the HMB” is deployed. The second category has as its theme the “nursing update” category, “Continuing education as a prerequisite for the practice in the Human Milk Bank”.

RESULTS

Organization of practices by the routine of the nurse in the spaces of the human milk bank

In practice, the interviewed nurses reported to develop an excess of administrative activities and management, justifying the difficulty to carry out care actions.

When I arrive, these last months, what I have done is: organize, organize the bureaucratic part, it is like this [...] I have organized routines (E5)

However, it is known that care is not only a technique for managing breastfeeding, but also guidance is a form of care. It is important to implement new programs aimed at this theme to promote the setting of the verbally exposed orientation and specific skills.

We have been working hard to hear customer complaints, so you can work and develop on top of her complaints (E1)

My routine is very little, because I have more maternity assistance, right? So when there's a patient here that comes with mastitis or something more complicated, the girls call me and I give assistance (E4)

The nurses' role should be evidenced in the whole breastfeeding process, in the promotion of care and prevention of intercurrents since it is important to note that the actions of nurses have an emergency focus, as required by both the HMB and maternity. It is essential

to have the active participation of the health professional throughout the breastfeeding process, not only in cases of complications, but in the integral care of the woman throughout the breastfeeding process.

Continuing education as a prerequisite for performance in practices in the human milk bank

Regarding continuing education as a prerequisite for updating practices in HMB, the analysis of recent courses or training in breastfeeding (BF), most nurses reported not having participated in recent training courses in BF and passing on to the patients only the knowledge acquired during graduation or specialization.

There is a continuing training by the same milk bank network. So constantly, the milk bank network, even because the ministry too, the national network, requires this, it has been training employees and now for the annual accreditation, the network has required for the employee who is specific to the milk bank having certain capabilities. And also, the internet, we consult some sites that are reliable, the network of milk bank, Fiocruz national, then always comes with some specific themes and this also strengthens (E5)

All professionals report receiving theoretical information on breastfeeding, linked to the subjects of Women's Health or Children's Health.

DISCUSSION

In their statements about their routine, some nurses report their practice on breastfeeding. They refer to develop an excess of administrative and managerial activities, besides attending many daily requests, justifying the difficulty to carry out important actions, such as direct assistance in the breastfeeding process.

The managerial issues and organizational demands for the participating nurses require a lot of the coordinators and, with this, the nursing practices are submitted to situations where the complications occur, or when there is no other professional with the technical and scientific capacity to deal with the demands of the HMB.

An excess of administrative activities can be observed, hindering to carry out care actions. Since care is not only a technique for managing breastfeeding, but also guidance is a form of care. It is important to implement new programs aimed at this theme to promote the establishment of the oral orientation.¹⁰

Regarding the participants' statements, they reported that they are very overloaded

Pereira JAC, Alves VH, Marchiori GRS et al.

The nurse's work on the banks of human...

with administrative issues, and they end up working in the care when there is a shortage of professionals with technical and scientific capacity to deal with the demands of the HMB or when there is some intercurrency during the care of the mothers.

Another factor affecting the normal initiation and establishment of breastfeeding is the way health professionals approach mothers when breastfeeding counseling. In this approach, there is a need to develop a set of communication skills. Nurses play a key role in educating and assisting the population, including prenatal and puerperal consultations, conveying confidence, clarifying doubts and providing a peaceful environment.¹¹

The health professional hears and tries to understand how the mother feels, trying to help the mother to decide what is best for her, deciding what to do, and gaining self-confidence. The aim is to help the mother to live the breastfeeding process in a healthy way, both biologically, sensorially and psychically.^{10,12}

The nurses expressed the importance of being updated on the themes related to breastfeeding and, above all, on the commitment and skills to breastfeeding management, as well as being part of a structured service to carry out actions to support and promote breastfeeding. It is believed that professional specialization may contribute to the greater effectiveness of breastfeeding promotion practices.

The interviewees revealed that besides the institutional policy on the encouragement of breastfeeding, specific training is fundamental to the effectiveness of breastfeeding promotion work. The trained professional should extend the assistance, promoting and educating his community in a permanent and updated way. Being aware of the importance of breastfeeding does not replace the action of informing and supporting mothers in the breastfeeding process, including their adequate management.^{10,12,13}

Educating with the goal of transforming the work process is investing in improving the quality of services, care and health of its patients. Although it is not a tool or strategy for the promotion of breastfeeding, scientific knowledge, professional training and lifelong education are essential elements for the fullness of both health education and the humanization of care.^{14,15}

There is a need for systematic and continuous training on BF and lactation management. It is believed that the valorization of the BF by the health

professional, constituting the basis of the ideal model of care that considers the diversities of this practice, adapting the actions to the need of the nurse.^{13,14,16}

CONCLUSION

Regarding the objective of discussing the nurses' practices in the HMB of the State of Espírito Santo, this study proved to be fruitful, considering the various nuances perceived in the interviewees' speeches. As the HMB is a specialized area, the work developed by the nurses, according to the analysis, follows "an automation of procedures", evidencing difficulties to exercise the nursing consultation, as well as the lack of time for the nursing diagnosis and execution of the nursing process.

The first category allowed to understand the importance of nurses' practices in encouraging breastfeeding in the HMB and in the external environment after discharge from the hospital. It is pointed out that women need to be prepared to play the role of infant, and it is up to the nurse to provide this kind of care, which should have the sensitivity to observe the individual needs of each puerperal. The role of the nurse is not only focused on the process of receiving, storing and pasteurizing this milk, the care is evidenced throughout this process, in the promotion of care and prevention of possible complications, such as mastitis, fissures in the nipple region. However, these professionals are essential and active throughout the breastfeeding process.

The practices used by nurses in HMB are focused on the administrative demands of this space and also on the management of breastfeeding focused on emergency care. From the testimonies, it is observed that the administrative questions and organizational demands require a lot of the coordinators and, with this, the nursing practices are submitted to situations where the complications occur, or when there is no other professional with the technical and scientific capacity to deal with demands of the HMB.

As the nurse is one of the health professionals closest to the infant, the nurse needs to be aware of the possible complications, demonstrating emotional support and guiding this phase of major transformations. Thus, it is necessary to enable all professionals to promote quality guidance and counseling on the benefits of Breastfeeding.

The second category addressed continuing education and raises the need to consolidate a policy of favoring the actions of nurses in

HMB. It was asked about recent courses or qualifications in BF to investigate the interest in being updated. Most of the nurses reported not having participated in recent training courses in BF and passed on to the patients only the knowledge acquired during graduation or specialization. All professionals report receiving theoretical information about breastfeeding related to the subjects of Women's Health or Children's Health.

Besides the institutional policy on encouraging breastfeeding, specific training is essential for the effectiveness of breastfeeding promotion work. The trained professional should extend the assistance, promoting and educating his community in a permanent and updated way. It is believed that professional specialization may contribute to the greater effectiveness of breastfeeding promotion practices.

The nurse is the professional who must be able to identify and provide educational opportunities, facilitating adequate breastfeeding, diagnosis and treatment, considering that he is capable of breastfeeding, and that he can work with the population, not only providing assistance, but also promoting and giving effectively continuing education.

Research on the subject is recommended, since there is a need to sensitize nurses working in HMB on the importance of breast milk for the development of the newborn (nutritional, immunological, affective, etc.), the consequences of the act of breastfeeding for the mother (emotional, psychological, safety, etc.) and nurses' participation in the assessment of actions in qualified and humanized care, as well as attention to the binomial - woman and baby, during the puerperium.

Further research on the implementation of nursing care systematization in HMB is also indicated, with the inclusion of the theme in the debates of studies related to maternal health, with the aim of demarcating the role of nurses in facing their practice in the Human Milk Bank and professional training in women's health care, in a know-how critical view.

REFERENCES

1. Castilho RT, Vieira BD, Bergamo VM. Banco de Leite Humano: Uma Revisão Integrativa [Internet] 2009 [cited 2015 May 26]. Available from: <http://biblioteca.cofen.gov.br/wp-content/uploads/2015/04/Banco-de-leite-humano-uma-revisao-integrativa.pdf>
2. Ministério da Saúde (BR). Agência Nacional

de Vigilância Sanitária. Banco de leite humano: funcionamento, prevenção e controle de riscos. Brasília (DF): ANVISA, 2008. [cited 2017 Feb 27]. Available from: <http://www.redeblh.fiocruz.br/media/blhanv2008.pdf>

3. Fontinele J. Ética e bioética em enfermagem. 3rd ed. São Paulo: AB editora; 2007.

4. Carvalho KEG, Carvalho MEG, Cavalcanti SH, Araujo EC. História e memórias do banco de leite humano do Instituto de Medicina Integral Prof. Fernando Figueira (1987 - 2009) em Recife, Pernambuco, Brasil. Rev bras saúde mater infant [internet]. 2010 [cited 2017 Feb 27];10(4):477-81. Available from: <http://www.scielo.br/pdf/rbsmi/v10n4/08.pdf>

5. Costa R, Padilha MI, Amante LN, Costa E, Bock LF. Legado de Florence Nightingale: Uma viagem no tempo. Texto Contexto-Enferm [internet] 2009 [cited 2017 Feb 27];18(4):661-9. Available from: <http://www.scielo.br/pdf/tce/v18n4/07.pdf>

6. Santos FHE, Porto IS. De Florence Nightingale às perspectivas atuais sobre o cuidado de enfermagem: A evolução de um saber/ fazer. Escola Anna Nery RevEnferm [internet] 2006 [cited 2017 Feb 27];10(3):539-46. Available from: <http://www.scielo.br/pdf/ean/v10n3/v10n3a25.pdf>

7. Figueiredo NMA, Souza SRG. Como Elaborar Projetos, Monografias, Dissertações e Teses: da redação científica à apresentação do texto final. 2nd ed. Rio de Janeiro: Lumen Juris; 2008.

8. Bardin L. Análise de conteúdo. Revista e atualizada. Lisboa: Portugal: Edições 70; 2010.

9. Ministério da Saúde (BR). Conselho nacional de saúde. Normas para pesquisa envolvendo seres humanos. Resolução 466/2012. Brasília (DF); 2012.

10. Galvão DG. Formação em aleitamento materno e suas repercussões na prática clínica. Rev bras enferm [Internet]. 2011 [cited 2017 Feb 27];64(2):308-14. Available from: <http://www.scielo.br/pdf/reben/v64n2/a14v64n2.pdf>

11. Marques ES, Cotta RMM, Magalhães KA, Sant'Ana LFR, Gomes AP, Batista RS. A influência da rede social da nutriz no aleitamento materno: o papel estratégico dos familiares e dos profissionais de saúde. Ciênc. Saúde coletiva [internet]. 2010 [cited 2017 Feb 27]; 15(supl.1):1391-400. Available from: <http://www.scielo.br/pdf/csc/v15s1/049.pdf>

Pereira JAC, Alves VH, Marchiori GRS et al.

The nurse's work on the banks of human...

12. Alves VH, Rodrigues DP, Cabrita BAC, Vieira BDG, Branco MBLR, Sá AMP. Breastfeeding as an evaluative practice in know-how: a descriptive study. Online braz j nurs on line [Internet]. 2013 [cited 2017 Feb 27];12(4):902-10. Available from: http://www.objnursing.uff.br/index.php/nursing/article/view/4154/html_34
13. Corrêa MA, Monteiro MD, Soeiro RL. Promoção, apoio e incentivo ao aleitamento materno [Internet]. 2012 [cited 2015 Jan 15]. Available from: <http://www.uff.br/psienf/incentivoaleitamen.pdf>
14. Batista KRA, Farias MCAD, Melo WSN. Influência da assistência de enfermagem na prática da amamentação no puerpério imediato. Saúde em Debate [internet]. 2013 [cited 2017 Feb 27];37(96):130-8. Available from: <http://www.scielo.br/pdf/sdeb/v37n96/15.pdf>
15. Conceição CS, Alves VH, Silva LR, Martins CA, Mattos DV, Rodrigues DP. Quality care of the bank of human milk: the perception of users. J nurs UFPE on line [internet]. 2013 [cited 2017 Feb 15];7(5):1271-8. Available from: <file:///C:/Users/diegopc/Downloads/4280-40966-1-PB.pdf>. DOI: 10.5205/reuol.3960-31424
16. Rodrigues EMS, Rodrigues DP, Andrade M, Braga ALS, Alves VH, Santos MVS. The practice of nurse of breast milk bank: an experience report. J Nurs UFPE on line [Internet]. 2016 [cited 2017 Feb 27];10(8):3161-6. Available from: http://www.revista.ufpe.br/revistaenfermagem/index.php/revista/article/view/7956/pdf_10892 DOI: 10.5205/reuol.9373-82134-1-RV1008201647

Submission: 2016/12/14

Accepted: 2017/06/11

Publishing: 2017/07/01

Corresponding Address

Giovanna Rosário Soanno Marchiori
Rua Santa Leopoldina, 804
Bairro Coqueiral de Itaparica
CEP: 29102-040 – Vila Velha (ES), Brazil