



NURSING CARE IN IMMEDIATE PUERPERIUM: THE REALITY OF A PUBLIC HOSPITAL

ASSISTÊNCIA DE ENFERMAGEM NO PUERPÉRIO IMEDIATO: A REALIDADE DE UM HOSPITAL PÚBLICO

Cuidados de enfermagem en el puerperio inmediato: la realidad de un Hospital Público

Alexandra do Nascimento Cassiano¹, Roberta Kaliny de Souza Costa², Cristyanne Samara Miranda de Holanda³

ABSTRACT

Objective: to understand the perceptions and practices of nurses about the nursing care provided to women in immediate puerperium at the of a public hospital. **Methodology:** exploratory and descriptive study, with qualitative approach. The study population will be composed by the nurses that work in the obstetrics clinic. Will be used as an instrument for data collection the semi-structured interview. Qualitative data will be organized and analyzed having as reference the thematic analysis. Data relating to the identification and characterization of nursing professionals will be subjected to calculations of frequency, percentage and arithmetic mean. The study was submitted to the Ethics Committee in Research of the State University of Rio Grande do Norte, authorized under protocol 053/11 with approval statement in 07/15/2011. **Expected results:** it is expected that the research enables to open space for discussion and evaluation of nursing care provided to women in the puerperium phase, in order to contribute to a diagnosis of reality in a way to identify strengths and weaknesses, providing an opportunity to re-think clinical practice. It is assumed that this research will enable the discussion about the care practices with a view to consolidating the policy of national attention to the humanization of labor and birth. **Descriptors:** nursing care; women's health; postpartum period.

RESUMO

Objetivo: conhecer as percepções e práticas dos enfermeiros a cerca da assistência de enfermagem prestada à mulher no puerpério imediato de um hospital público. **Metodologia:** estudo exploratório e descritivo, com abordagem qualitativa. A população do estudo será constituída pelos enfermeiros que atuam na clínica obstétrica. Utilizar-se-á como instrumento para a coleta dos dados a entrevista semi-estruturada. Os dados qualitativos serão organizados e analisados tendo-se por referência a análise temática. Os dados referentes à identificação e caracterização dos profissionais de enfermagem serão submetidos a cálculos de frequência, percentagem e média aritmética. A pesquisa foi submetida ao Comitê de Ética em Pesquisa da Universidade do Estado do Rio Grande do Norte e autorizada mediante o protocolo 053/11, com parecer homologado em 15/07/2011. **Resultados esperados:** espera-se que a pesquisa propicie a abertura de espaço para avaliação e discussão da assistência de enfermagem prestada à mulher na fase puerperal, no sentido de colaborar para um diagnóstico da realidade com o intuito de identificar potencialidades e fragilidades, estabelecendo oportunidade de repensar a prática assistencial. Presume-se que a presente investigação possibilite a discussão a cerca das práticas assistenciais, com vistas à consolidação da política de atenção nacional de humanização para o parto e nascimento. **Descritores:** cuidados de enfermagem; saúde da mulher; período pós-parto.

RESUMEN

Objetivo: conocer las percepciones y prácticas de los enfermeros acerca del cuidado de enfermería prestado a la mujer en el puerperio inmediato de un hospital publico. **Metodología:** estudio exploratorio y descriptivo, con enfoque cualitativo. La población del estudio será formada por los enfermeros que trabajan en la clínica de obstetricia. Se utilizará la entrevista semi estructurada como instrumento de recolección de datos. Los datos cualitativos serán organizados y analizados, tomando como referencia el análisis temático. Los datos relativos a la identificación y caracterización de los profesionales de enfermería serán sometidos a cálculos de frecuencia, porcentaje y media aritmética. El estudio fue sometido al Comité de Ética en Pesquisa de la Universidad del Estado de Rio Grande do Norte y autorizado por el protocolo 053/11, con propuesta homologada en 15/07/2011. **Resultados esperados:** se espera que la investigación conduzca a la abertura de espacio para la evaluación y discusión de los cuidados de enfermería prestados a las mujeres en el puerperio, con el fin de contribuir a un diagnóstico de la realidad para identificar puntos fuertes y débiles, proporcionando una oportunidad para repensar la práctica clínica. Se presume que esta investigación permita la discusión sobre las prácticas de atención, con el fin de consolidar la política de atención nacional a la humanización del parto y nacimiento. **Descritores:** cuidados de enfermería; salud de la mujer; el periodo posparto.

¹Student on Graduate Nursing Course at the University of Rio Grande do Norte, Campus Caicó, Scientific Initiation Student/PIBIC/UERN. State University of Rio Grande do Norte/UERN. Caicó-RN, Brazil. E-mail: alexia.enf@hotmail.com; ²Nurse. Student on Ph.D. in Health Sciences at the Federal University of Rio Grande do Norte (DINTER UERN / UFRN). Professor of Graduate Nursing at the University of Rio Grande do Norte, Campus Caicó. State University of Rio Grande do Norte/UERN. Caicó-RN, Brazil. E-mail: robertakcs@bol.com.br; ³Nurse. Student on Ph.D. in Health Sciences at the Federal University of Rio Grande do Norte (DINTER UERN/UFRN). Professor of Graduate Nursing at the University of Rio Grande do Norte, Campus Caicó. State University of Rio Grande do Norte/UERN. Caicó-RN, Brazil. E-mail: csmhn@hotmail.com

INTRODUCTION

The postpartum period can constitute as a time of great vulnerability for women, due to several biological, psychological and social changes that occur in the female organism.¹

The program humanization of labor and birth on the full assistance for women's health care recommends attention to prenatal and postpartum should be organized in order to meet the real needs of the mother and child. To do so, it requires the use of technical and scientific knowledge in addition to resources, infrastructure, committed professionals with a humanized way assistance, and a network of services that include levels of care in order to guarantee assistance to women in pregnancy and childbirth, respecting their integrity as a social subject.

The Health Ministry established as conditions for an effective prenatal and postpartum: the humanization of obstetric and neonatal care, early uptake of pregnant women for prenatal care in the first trimester of pregnancy, and the continuous and periodic monitoring of all women during pregnancy and puerperium.²

According to the current policy of assistance to women and children the whole housing system should be mandatory practice in health institutions, in which the newborn, which is not considered at risk, should remain 24 hours with its mother until hospital discharge of both.

This policy aims to ensure assistance to the mother and child, allowing the woman to acquire knowledge and information necessary for self care and the child care.

However, the reality of services, care in the postpartum period is directed to the child, not complying with that recommended by the Health Ministry, leading the mother to a secondary care.

In this sense, the responsibility of the service is being transferred to the woman, whereas the time of hospitalization is common in many hospitals in Brazil has been reduced (within 24 to 48 hours), given the reasonableness of costs and prevention of hospital infection. Conceiving labor as the main role of the institution, leaving the woman responsible for taking forward the process of self-care learning process.

Generally women in the postpartum period do not require complex care, involving hard technology, but the necessity of actions that include attention, and care of a full and unified way.

Throughout pregnancy and childbirth, nurses' actions should cover actions that help the mother of newborns to retake her life

with full vitality, as well as trained to provide care to the newborn. These actions include, above all, behaviors about answer questions, perform a complete physical examination, encourage breastfeeding immediately after birth, as the direct care techniques with breasts, encourage the presence of a companion in the hospital and the care of the newborn, guide intimate hygiene, and step in specific situations by detecting possible complications.⁴

The woman in the post-partum has physiological and psychological needs, so the care can not be designed solely for children, seeing his mother only as an secondary person in the supporting process.⁵ Many women follow this trajectory experiencing feelings of anxiety, emptiness and vulnerability, stressing that the assistance provided during pregnancy, childbirth should be planned in order to consider the vulnerability of women and the singularity in that moment.

It is necessary to understand that these mothers need, beyond clinical care for both mother and child, a learning about simple things, very essential so that they can care of themselves and their children, highlighting the importance of health education as a model for autonomy and the freedom of the subjects.⁶

For some authors, during this period "a scenery of psychosocial changes occur in the life of the woman who experiences the puerperium." For this reason, the assistance should not be restricted to a consultation of routine, as the puerperium is a "rite of passage" that must be experienced in its plenitude.⁷

In the daily nursing care is still present practices that relate to the traditional educational model, which does not happen a process of effective communication among professionals and users of the service. The technique of care assumes a position of priority causing dissatisfaction with the care provided to women who are experiencing postpartum time as they need a different look, which corresponds to the real needs of the postpartum period.

The practice of nursing is being undertaken in a piecemeal focused on the clinic, and on the biologicism, conceiving only the woman's physiological, which distances the nurse from the care and prioritizes the management of bureaucratic activities of the services.⁸

This practice goes against the official programs that guide the care of mothers, and who regard health education focused on the development of competencies and skills as essential for the manipulation of the mother for the care with her child.

It is important to infer that nursing care "precarious and far from that advocated by the official health and other scientific information and guidance" is embodied in a concern for the category.³

In this sense, it is necessary to open space for discussion and evaluation of nursing care provided to women in the postpartum period, to contribute to a diagnosis of reality in order to identify weaknesses, providing an opportunity to re-think the assistance practice.

GENERAL OBJECTIVE

- To understand the perceptions and practices of nurses about the nursing care provided to women in the immediate puerperium at the Dr. Carlindo Dantas Hospital Foundation, city of Caicó/RN.

ESPECIFICS OBJECTIVES

- To identify the design of the nurses about the nursing care provided to women in the immediate postpartum period at the FHCD.
- To describe the nursing care provided to women in the immediate postpartum period in nurses' perception of FHCD.
- To discuss nursing care immediately after delivery with a view to strengthening national policy for the humanization of labor and birth.

METHODOLOGY

This is an exploratory and descriptive survey with qualitative approach, which will be developed at the FHCD, reference delivery of low risk to Seridó region. The institution assists the majority of districts in the region of Eastern Seridó (25 counties), in the State of Rio Grande do Norte / RN.

The sector of obstetrics at the FHCD has a team of five obstetricians, five nurses and eight nursing technicians and five pediatricians.

♦ Population and sample

The subjects of our study are the five (5) nurses involved in postpartum care. We will work with the nurses by considering that the nursing staff plays an extremely important role in obstetric and childbirth to effect a policy of humanized care.

To obtain the sample, it will participate in the survey the nurses who are working at the FHCD directly or indirectly giving support to women in the postpartum period, and the ones who agree to participate.

It will be excluded from the sample those nurses who do not work in the obstetrics clinic at the FHCD, which at the time of enrollment of the subjects are removed from the institution due to leave or vacation, and are

not willing to signing the consent form, which becomes clear and free to do it.

♦ Data collection instrument

To obtain the data will be used as a tool for collecting the semi-structured interview. The interview will be structured in two phases: The first part will cover the identification and characterization data of the study subjects and the second will bring the questions that will be developed building on the proposed objective in the research and theoretical framework.

♦ Treatment and data analysis

Once collected, the data will be transcribed and printed. The audio of the interviews will be stored on DVD and thus with the forms shall be filed in the Department of Nursing at the Campus of Caicó / UERN, for a period of five years, under the responsibility of the research coordinator.

After obtaining the information, the qualitative data will be organized and analyzed by taking reference to thematic analysis. The data relating to identification and characterization of nursing will be submitted to calculations of frequency, percentage and arithmetic mean.

♦ Ethical considerations

The survey follows the recommendations of the ethical resolution Nr. 196/96 of the National Health Service (CNS / MS). This proposal was submitted to the Ethics Committee in Research of the State University of Rio Grande do Norte (CEP-UERN) and authorized by the protocol 053/11, approved on 15/07/2011.

Data collection will take place in accordance with the schedule established by the researcher and after signing the Consent Form (TCLE) by the participants.

Will be obtained a prior acceptance letter and authorization of the institution responsible for Health investigated, which will allow the access to the study subjects. The days and times possible for the interview will be determined in accordance with prior agreement between the subjects.

REFERENCES

1. Rodrigues DP, Pagliuca LMF, RM Silva. Roy Model in obstetric nursing: analysis from the perspective of Meleis. Rev Gaúcha Enferm [Internet]. 2004 Aug [cited 2011 Aug 13];25(2):165-75. Available from: <http://seer.ufrgs.br/index.php/RevistaGauchaDeEnfermagem/article/view/4503/2440>
2. Brazil. Health Ministry. Department of Health Policy. Childbirth, abortion and postpartum: humanized assistance to women. Brasília: Health Ministry; 2001.

3. Almeida MS. Nursing care to women in the postpartum period: analysis of needs as a subsidy for the construction of gender indicators [Thesis] Ribeirão Preto, Universidade de São Paulo. School of Nursing of Ribeirão Preto; 2005.

4. Meneghin AC, Tapia CEV. Pregnancy - purperal cycle and the nursing: Proposal for protocol. Rev enferm UFPE online [Internet]. 2008 Oct/Dec [cited 2011 Aug 13];2(4):445-53. Available at: <http://www.ufpe.br/revistaenfermagem/index.php/revista/article/view/332>

5. Parada CMGL, Tonete VLP. The Health care in pregnancy and childbirth from the perspective of users of public services. Interface - Comunic Saúde Educ [Internet]. 2008 Jan/Mar [cited 2011 Aug 13];12(24):35-46. Available from: <http://www.scielo.br/pdf/icse/v12n24/03.pdf>

6. Parada CMGL. Evaluation of prenatal and postpartum developed region in the interior of São Paulo in 2009. Rev Bras Saúde Matern Infant [Internet]. 2008 Jan/Mar [cited 2011 Aug 13];8(1):113-24. Available from: <http://www.scielo.br/pdf/rbsmi/v8n1/13.pdf>

7. Merighi MAB, Gonçalves R, Rodrigues IG. Experiencing the postpartum period: a comprehensive approach of Social Phenomenology. Rev Bras Enferm [Internet]. 2006 Nov/Dec [cited 2011 Aug 13];59(6):775-9. Available from: <http://www.scielo.br/pdf/reben/v59n6/a10.pdf>

8. Rodrigues DP, Fernandes AFC, Rodrigues MSP, Jorge MSB, Silva RM da. Representations of women on the nursing care received in the puerperium. Rev Enferm UERJ [Internet]. 2007 Apr/June [cited 2011 Aug 13];15(2):197-204. Available from: <http://www.facenf.uerj.br/v15n2/v15n2a07.pdf>

Sources of funding: PIBIC/UERN

Conflict of interest: No

Date of first submission: 2011/11/01

Last received: 2012/04/26

Accepted: 2012/04/27

Publishing: 2012/05/01

Corresponding Address

Alexandra do Nascimento Cassiano
Universidade do Estado do Rio Grande do Norte – Campus Caicó
Rua André Sales, 667 – Paulo XI
CEP: 59300-000 – Caicó (RN), Brazil