THE EDUCATIONAL ACTION OF THE NURSE IN HOME VISIT FOR COLLECTION OF HUMAN MILK: AN EXPERIENCE REPORT

AÇÃO EDUCATIVA DA ENFERMEIRA NA VISITA DOMICILIAR PARA A COLETA DE LEITE HUMANO: UM RELATO DE EXPERIÊNCIA

EL PAPEL EDUCATIVO DE LAS ENFERMERAS EN VISITAS A DOMICILIO PARA RECORDER LA LECHE MATERNA: UN RELATO DE EXPERIENCIA

REALIZAÇÃO PROFISSIONAL: EXPERIÊNCIA DE ENFERMAGEM EM VISITAS DOMICILIARES PARA RECERTAR LEITURA HU

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ABSTRACT

Objectives: to describe how occurs the home collection of human milk. Method: it is an experience developed in the Milk Bank of the Hospital Universitário Antônio Pedro (HUAP), from Universidade Federal Fluminense (UFF). Results: we seek to build a network of knowledge and practices, characterized by reciprocal and effective exchange of experiences, allowing the building of a space of assistance geared to the actual needs of the individual, committed to the integrity of care. Conclusion: it should be emphasized the importance and essential role that the nurse plays as an educator in home visit for collection of human milk, as a necessary contribution that generates impact on society, from the perspective of attention not only for the family that donated the human milk, but to all those newborns who receive this precious donation, that could mean life. Descriptors: Nursing; Home Visits; Human Milk; Health Education.

RESUMO

Objetivo: descrever como ocorre a coleta domiciliar de leite humano. Método: um relato de experiência desenvolvida no Banco de Leite do Hospital Universitário Antônio Pedro/HUAP, da Universidade Federal Fluminense/UFF. Resultados: buscamos construir um rede de saberes práticas, caracterizadas pela troca de experiências recíproca e eficaz, possibilitando a construção de um espaço de assistência voltado para as reais necessidades da nutriz e do recém-nascido, em compromisso com a integralidade do cuidado, possibilitando uma doação de leite humano para alimentar outras crianças necessitadas. Conclusão: enfatiza-se a importância e o papel fundamental da enfermeira durante a visita doméstica para a coleta de leite humano, como contribuição necessária que gera impacto na sociedade, pela perspectiva de atenção não só à família que doa o leite humano, mas a todos os recém-nascidos que recebem essa preciosa doação, que poderá significar a vida. Descritores: Enfermagem; Visitas Domiciliares; Leite Humano; Educação em Saúde.

RESUMEN

Objetivos: describir las formas en que se recoge domiciliar la leche humana. Método: informe sobre la experiencia desarrollada en el banco de leche del Hospital Universitario Antonio Pedro (HUAP), de la Universidad Federal Fluminense (UFF). Resultados: buscamos construir una red de conocimiento y la práctica, que se caracteriza por el intercambio mutuo de experiencias y eficaces, lo que permite la construcción de un área de la atención se centró en las necesidades reales de la madre lactante y el recién nacido, en el compromiso a la atención integral, lo que permite la donación de leche materna para alimentar a otros niños necesitados. Conclusión: se hace hincapié en la importancia y el papel crítico que desempeñan las enfermeras en la educación, como visitas a domicilio para recoger la leche humana, como una contribución necesaria que genera impacto en la sociedad, desde la perspectiva de la atención no sólo de que la familia que donó la leche materna sino a todos los recién nacidos que reciben este don precioso, que podría significar la vida. Descriptores: Visitas a Hogares; Leche Humana; Educación en Saúde.

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The home visit has been one of the tools historically used in ambit of the assistance of nursing intervention of public health, preferably, focusing on the family as the focus of attention. The care given to the health in home provides the insertion of the team in the daily of the customer; identifying needs and potentialities of family, in an atmosphere of therapeutic partnership, by occurring humanization of the care.

Despite all the campaigns in favor of breastfeeding, breastfeeding rates in Brazil, especially the ones on exclusive breastfeeding, are well below recommended. The breastfeeding average in Brazil, according to a study of 2001, was ten months and, of exclusive breastfeeding, only 23 days.

An effective alternative to circumvent this statistic is the Human Milk Bank (HMB), which according to the Brazilian Ministry of Health, is a specialized center, necessarily tied to a maternal hospital and / or of infants, responsible for the promotion of breastfeeding and execution of collection activities, processing and quality control of colostrum, transition milk and mature human milk, for later distribution, prescription of the doctor or of a nutritionist. It is a non-profit establishment, and buying or selling in the acquisition and distribution of its products is forbidden.

Taking as target of the home visit for collecting of human milk: mother, son, partner and the family, the object of this study is the performance of the nurse in collecting of human milk, held at the residence of the donor woman. It is noteworthy to highlight that this practice is based on the view that the health education should provide to the citizens an expertise for allowing not only take care of their health / disease, including its causes and solutions, but also encourage a critical assessment about the quality of the actions developed.

OBJECTIVES

- To describe how occurs the home collection of human milk.
- To assess the impact of nurses' actions as an educator in home visit for collection of human milk.

RESULTS AND DISCUSSION

- The performance of the nurse in the home collection of human milk

In Brazil, despite the implementation of several programs for encouraging the breastfeeding, still there is a decline in the number of women who can breastfeed their infants until six months of age. A study published about the home orientation, with a focus on the breastfeeding, has proved that the home visits in the postpartum period had as outcome the increase in the time of exclusive breastfeeding.

Since 1985, a new paradigm has guided the actions of human milk banks in Brazil - they are no longer simply a place for collection of a product that was marketed to engage in the promotion of breastfeeding, becoming an important strategy of government policy in favor of the breastfeeding. The work developed by the National Network of Human Milk Bank - Rede Nacional de Banco de Leite Humano (RNBLH) from Brazil has been recognized internationally, and it was

One of the priorities of HMBs in Brazil is to meet the mothers of preterm newborns and, with low weight, admitted to the hospitals units. Until recently, breast milk was few valorized in the feeding of newborns with low weight. Nowadays, however, the literature is almost unanimous in recommending breast milk for preterm infants, including those ones with low weight. It is believed that this is due to the growing number of epidemiological evidences that show the importance of the maternal breast milk, preferably for these newborns, not only for their survival, but for their life quality.

The home collection of human milk, conducted by nurse of the Milk Bank of the Hospital Universitário Antônio Pedro (HUAP), includes the nursing consultation, dispelling doubts of the mother in relation to the breastfeeding; guidelines regarding the breasts massage, how to avoid engorgement; on the proper latch of the baby; regarding the positioning during feedings; guidance on the technical of depletion of milk, nipples assessment, orientation to the donor in relation to the milking and milk storage, as well as its donation to the human milk bank.

The nursing consultation is an independent activity, performed by the nurse, privately, which aims to provide conditions for the improvement of life quality, through a contextualized and participatory approach. Beyond technical competence, the professional nurse must demonstrate interest by the human being and its way of life, from the reflexive awareness of its relationships with the individual, family and community.9

The Human Milk Bank of the HUAP is an active member of the RNBLH; its activities take place daily between the hours of 08h to 19h, counting on an interdisciplinary team which is comprised of doctors, nurses, nutritionists, nurse technicians and of lactation matters, secretary and driver. The action areas are concentrated in the maternity, which includes the nurses for the high-risk pregnant women, and collective housing. It also includes the neonatal intensive care unit and intermediate unit, pediatrics, pediatrics emergency and any sector of the hospital where a puerperal woman is admitted, regardless of her pathology.

The home visit in the context of Hospital Universitário Antônio Pedro happens daily, after prior telephone contact with a mother and after her consent. Thus, the nurse of the Milk Bank visits the home, in order to guide the woman - mother, assess the general condition of the dyad - mother and child - and collect the human milk. This visit made by the nurse includes a set of actions aimed at health care, both educational as assistential. Through it, the physical and environmental conditions in which the individual and its family live are evaluated.11

Thus, the nurse establishes praxis on the line care of woman, baby and family, effecting the promotion, protection and support to the breastfeeding, in the breastfeeding process, which, while seems to have simplicity and singular physiological autonomatism, requires a complex set of interactional conditions in the social context of the woman and her son.8

Optimizing the time of the home visit and looking for quality in their work, the nurse ceases to be merely a milk collector to become a health educator, providing support, protection and promotion of breastfeeding, as well as providing information of technical and scientific nature to the lactating woman, aiming to contribute to the increase of breastfeeding rates.10

In this perspective, the nurse moves using a vehicle of the Universidade Federal Fluminense, which carry a thermal box containing reusable ice for transport in low temperature and a regulator thermometer. Besides these, other stuffs are needed, such as: mask, cap, one balance with the capacity to weigh an adult and also the baby, sterilized glasses, stickers and explanatory folders.

It is important to emphasize that the first days after the childbirth are crucial to the successful in breastfeeding, because it is during this period that the lactation is established, and furthermore it is a period of learning the mother and adaptation to the newborn. Hence, the importance of intensive monitoring in the postpartum period, through home visits after the hospital discharge, since many doubts and troubles can arise and make the woman vulnerable and insecure.12

At this meeting, the nurse asks to the mother if she was oriented about breastfeeding in the prenatal period and, regardless of the answer, reinforces the importance of exclusive breastfeeding up to sixth month of age of the baby, as recommended by the World Health Organization. The importance of this meeting stems from the opportunity to access a technological knowledge, providing guidelines that print security for the breastfeeding.8

Thus, the nurse can intervene by reinforcing
these guidelines, seeking to solve problems, helping to overcome the difficulties of the puerperal women, thus avoiding the use of supplements and their potential harmful effects.12

From the third month of monitoring, the blood test is requested (biochemistry and hematology), for assessment of the nutritional status of the mother. Blood is collected and sent to the HUAP, where the tests will be carried out, whose results will be entered in the medical chart and delivered to the mother at the next meeting, which will be scheduled within a range about 08 days. During the home visit for the collect of human milk, the nurse checks the test outcomes.

During the visit, the newborn is also assessed and the condition of housing is observed, which in view of the possibility of donation of human milk, the availability of refrigerator or freezer is verified, that is to say, the condition of storage. At this meeting, the nurse experiences a new phase of women's lives, who present some questionings. The main points highlighted by mothers are: questions concerning the proper latch of breast, timing and durability of breastfeeding, supplying of the nutritional needs of the baby, contraception during the puerperium and breastfeeding, and demeanor in problems with the breasts.

It is important to emphasize that the health team of the Milk Bank of the HUAP, from the register of visits, becomes a partner for the mother. If, perchance, they conclude in assessing that the donation of excess of milk may not be done, for whatever reason, it is considered that, even so, the home visit was not in vain, since the nurse is regardful to any doubt in the period of breastfeeding, such as engorgement, clefts or mastitis, she will take the opportunity to answer questions and offer the necessary educational support to assist the mother in her important activity of breastfeeding the child safely. Thus, the fact that the mother could not donate during the home visit should not be set in hindrance for that the welcome is effective, since the support for exclusive breastfeeding is crucial in the first six months, and it should be extend up to 24 months of baby's life.

It should be highlighted opportunely in the home visit that the content of the donation is the excess of milk of the mother. So, the mother only donates the excess of milk, thus, relieves the discomfort that the engorgement brings out.12 The nurse provides guidance regarding the milking, which must be preceded by massage done in a circular manner, from the halos, and, thus, it should be emphasized the importance of this solidarity action and the key role that this woman, mother and donor of milk has on the society as a representation the greater good that is human life.

Besides the technical competence, the nurse must demonstrate interest by the human being and its way of life, putting as participant and interested, valorizing and encouraging this moment so particular and unique, regardless of previous pregnancies, from the reflexive awareness of its relationships with the individual, family and community. Thus, we seek to build a network of knowledge and practices, characterized by reciprocal and effective exchange of experiences, allowing the building of a space of assistance geared to the actual needs of the individual, committed to the integrity of care.

CONCLUSION

The performance of the nurse in the home collection of human milk in the Milk Bank of the HUAP is an activity recognized by the donors, in the own hospital and in the community, by being a qualified practice, since it is developed by a professional with technical and scientific knowledge, associated to the educational practice in health and ability to establish in the relational dimension an emotional bond with the woman - mother, resulting in a donation of breast milk, which goes beyond the mother-child bond to meet other babies, who need so much of this solidary and citizen action.

Several doubts are clarified to the woman at home and during these guidelines, they do not talk only about the act of donating, but the involvement of the mother in the donation is emphasized, that is to say, her willingness to donate. So, it should be emphasized its importance and essential role that the nurse plays as an educator in home visit for collection of human milk, as a necessary contribution that generates impact on society, from the perspective of attention not only for the family that donated the human milk, but to all those newborns who receive this precious donation, that could mean life.

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