PROMETING BREASTFEEDING IN A CONJUNCTION LODGING: AN EXPERIENCE REPORT

ABSTRACT

Objectives: reporting the cases experienced by residents in obstetrics nurses in implementing an educational activity on breastfeeding and highlighting the role of the nurse in promoting breastfeeding. Method: a report of an experience lived in the lodging Antônio Pedro University Hospital/HUAP in Niterói/RJ, Fluminense Federal University/UFF. Results: possibility of guiding women in a humane and a comprehensive manner, providing care not only to puerperal, but also to the father and other family members who are living this very particular moment. Conclusion: it was understood that the role of the nursing staff in care of women in their pregnancy and childbirth is critical and must be fully realized in a unique way and in a holistic perception. 

Descriptors: Lodging; Breastfeeding; Health Education; Nursing.

RESUMO

Objetivos: relatar a experiência vivenciada pelas enfermeiras residentes em obstetrícia na execução de uma atividade educativa sobre aleitamento materno e evidenciar o papel do enfermeiro na promoção do aleitamento materno. Método: relato de experiência vivenciado no alojamento conjunto do Hospital Universitário Antônio Pedro/HUAP em Niterói/RJ, da Universidade Federal Fluminense/UFF. Resultados: possibilidade de nortear as mulheres de forma humanizada e integral, oferecendo o cuidado não apenas à puérpera, mas igualmente ao pai e demais membros da família, que estão vivendo este momento tão particular. Conclusão: compreendeu-se que o papel da enfermagem na equipe de atenção a mulher no seu ciclo gravídico-puerperal é fundamental e que deve ser realizado integralmente, de modo singular e com a percepção holística. Descriptores: Alojamento Conjunto; Aleitamento Materno; Educação em Saúde; Enfermagem.

RESUMEN

Objetivos: describir la experiencia vivida por los residentes de las enfermeras de obstetricia en la implementación de una actividad educativa sobre la lactancia materna y poner en relieve el papel de la enfermera en la promoción de la lactancia materna. Método: relato de una experiencia vivida en el alojamiento conjunto del Hospital Universidade Antônio Pedro/Huap en Niterói/RJ, Universidad Federal Fluminense/UFF. Resultados: la posibilidad de guiar a las mujeres de manera humana y comprensiva, la prestación de atención no sólo a la puérpera, sino también a su padre y otros miembros de la familia que están viviendo este momento tan especial. Conclusión: se entendía que el papel del personal de enfermería en el cuidado de la mujer en el embarazo y el parto es fundamental y debe ser plenamente realizado de una manera única y en la percepción holística. Descriptores: Alojamiento Conjunto; La Lactancia Materna; Educación para la Salud; Enfermería.
INTRODUCTION

In 1993 the Ordinance MS/GM No 1016/93 has been published by the Health Ministry considering the need to encourage lactation and breastfeeding, encouraging mom / son and the development of educational programs for health relationship, defining rooming (AC) as a hospital system in which the healthy newborn is in the same room with his mother for 24 hours a day, from birth until discharge, enabling the conduction of all care, and favoring the guidance to the mother about her health and of the son.

This environment becomes conducive to the thematic approach inherent in this moment experienced by the mother and child, since the advantages of AC listed by the Ministry of Health aimed at promoting breastfeeding, the bond between the child and the family and education health by nursing professionals, among others.

According with the above, a very important aspect to be addressed in AC is breastfeeding, which is an effective strategy that provides bonding, affection, protection and nutrition for the child, besides being economical and reducing infant mortality, allowing intervention in promoting the health of the mother/baby and satisfying the whole society. Faced with this, the increase in breastfeeding rates is one of the factors contributing to the decline in infant mortality in Brazil, reducing up to 13% of children’s deaths under five years old by preventable causes.

Despite the superiority of breastfeeding, comparing with other ways to feed the baby, and its promotion carried by several national and international agencies; rates of breastfeeding in Brazil, are much below the recommended, especially exclusive breastfeeding. Thus, health professionals, has an important role in increasing these rates.

Although health professionals judge themselves favorable to the breastfeeding, some women are unhappy with the type of support received, because at the moment the mothers need to feel confident with an active support, including emotional support; however the support tends to be more passive.

If the health professional really wants to support breastfeeding, he should understand what kind of support and information the mothers want, need or expect from them, he must seek ways to interact with the population in order to inform them about the importance of adopting the healthy practice of breastfeeding, identifying and understanding the process of breastfeeding in the sociocultural and family context, taking care of both the mother and baby as a family.

Proper communication depends on how the information is being transmitted; there must be respect for the thoughts, beliefs and culture of women. Therefore, health professionals should provide more information, they need to help mothers to assessing the causes of any difficulties you may have and recommend ways they that can help to solve them, given that there is not always a problem to be appointed , the sometimes women just need to know who is doing well. From this, we can highlight the various ways of achieving the educational work in the wards of AC , including group discussions , role plays and other dynamics that facilitate speech and exchange of experiences between components of the group.

In nursing, the purposes of group activities with the clientele can be educational or information, consideration and supportive. Thus in working with group of postpartum nurses have the ability to guide the women of a more humane and comprehensive manner, providing care not just postpartum, but also his father and other family members who are living this moment so private.

The premise of a quality care depends crucially on the nurse as he is responsible for the qualification of his team. In this context, we feel the need to highlight the important role of the nurse care management in the care of women during the postpartum period, plotting how objectives of this study report the situation experienced by nurses resident in obstetrics at the Nursing School Aurora de Afonso Costa (EEAAC), Fluminense Federal University (UFF) in the implementation of an educational activity on breastfeeding postpartum women next to the rooming of HUAP and highlighting the role of the nurse in promoting breastfeeding.

METHOD

This study consists of an experience report experienced by residents in obstetrics nurses of the Nursing School Aurora de Afonso Costa (EEAAC), Fluminense Federal University (UFF), in April of the year 2013 to carry out an educational activity with the mothers in a ward of the rooming of Antônio Pedro University Hospital (HUAP), in Niterói - RJ.

This activity focused from the discussion of residents about the content and the approach

English/Portuguese
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to the puerperal. The group was composed of five puerperal women and their companions, of which four were primiparous and one multiparous, where two primiparous had vaginal birth and cesarean section too.

To turn the practice more didactic, some materials that have been separated to facilitate the understanding, for example, both breasts made of fabric that have structures designs that store and produce milk, and a doll similar to a newborn size.

RESULTS AND DISCUSSION

The activity began seeking to recognize the knowledge of the mothers regarding breastfeeding. The question: “What do you know about breastfeeding?” was used to introduce the subject, and from there new questions to provide greater interaction between all emerged, favoring the direction the matters to be addressed. From this, there was the exchange and extension of information among puerperal women, caregivers and residents, on various points relating to breastfeeding and its importance to both mother and baby.

We emphasize that exclusive breastfeeding up to six months is essential for the baby growing strong and healthy, because breast milk is a complete food. The World Health Organization (WHO) and the Ministry of Health indicate exclusive breastfeeding for six months and supplemented by two years or more, because there are no proven benefits to initiating complementary foods before six months and may even be compromising the health of the child for the early start other foods greatest episodes of diarrhea may occur; more hospitalizations for respiratory disease; risk of malnutrition; less absorption of important nutrients such as iron and zinc; decreases the efficiency of lactation as a contraceptive method; attenuates the permanence of breastfeeding.²

We still note that breastfeeding is also beneficial for women as it helps the uterus regain its normal size, reducing the risk of postpartum hemorrhage, reduces weight faster and the risk of developing breast and uterine cancer.

We demystify beliefs and myths about breast milk and breastfeeding, emphasizing that there is no weak milk, and it is divided into stages from milk, which at first is called colostrum, which contains more protein and less fat than mature milk, which is the milk secreted from the seventh to tenth postpartum day.² This fact is what makes often mothers feel insecure about the quality of their milk, and actually all these stages have nutrients needed for the baby and the more he sucks, the more milk is produced. Hence the importance of letting the nurse on demand, whenever you want, while the woman is required to ingest enough fluid. Moreover, it is also essential that the breast is emptied as well, since the concentration of fat in milk increases during a feeding, the milk being the end of richer in calories breastfeeding, best satiating the child, and consequently gaining weight.²

Due to contain in the group, postpartum women who had cesarean parturition, also explained that the types of birth may influence a bit in milk letdown, as in the case of a normal birth, with the birth of the child and the physiological way of the placenta, there are steep drop in maternal blood levels of progestin, with consequent release of prolactin by the anterior pituitary, initiating lactogenesis and milk secretion.² The cesarean section, it can be a little time consuming, it is a surgical procedure and the body does not recognize that the “baby was born” but that as the baby sucking will be releasing hormones, production and flow of milk.

It is stressed the importance of the position and handle / correct suction breast. To address this issue, one puerperal woman was willing to demonstrate to other women the proper position, which made it a very interesting dynamic, because from there we were able to perform clinical management and advise them that the child should be well aligned with the body, fully facing mother, the baby's mouth wide open in order to grab all the nipple and much of the areola, getting more visible above than below, so as to ensure adequate feeding and avoid cracks in the nipple. Although sucking is a reflex, it should be learnt how to remove the breast milk efficiently. Thus, the handle / baby suction and the way the mother / baby stands are essential so that he can remove the milk from the breast without nipples hurt.²

Some problems can be faced by nursing mothers during breastfeeding if not identified and treated early and thus negatively affect breastfeeding.² Thus, when the mothers reported fears and anxieties, especially relating to possible cracks in the breast, questioning about how to overcome this case, the advice to spend their own milk on the nipple before and after feedings, because it has healing properties, there is no need to use soaps, creams and ointments.

We also discuss the importance of the Human Milk Bank (HMB) and its work,
encouraging the donation of breast milk, if produced in excess, that because some women are breastfeeding when producing a volume of milk beyond the need for the baby.\textsuperscript{8} Yet, the woman must not only submit excess milk; it needs to be healthy, not in use of medications that prevent the donation and meet willing to donate milk.\textsuperscript{9}

At the end, we conducted the clinical management with all participants, in order to assist them in practical ways, specifically in the positioning and grip / baby suction, giving end to our activity.

CONCLUSION

Given this experience, we can see the importance of nursing in the care of nursing mothers, where the professional role as educator must answer questions on breastfeeding, cozily.

As resident nurses, we realize that these activities comprise the management that focuses on health promotion, providing an opportunity for exchanging knowledge facilitating the process of teaching and learning among team members and the mothers. Thus, the wheel of conversation becomes a facilitator for the nurse and her team, enabling the approach and interaction with users, promoting health education in addition to providing meaningful exchanges able to answer questions.

We note that for the participating puerperal it was possible to provide an exhibition space where the exchange of feelings of experiences promoted learning, and realizing the importance of the collaboration of the companions, who actively participated, not just being an icon of figuration. As for the resident nurses, wheel discussion favored the professional experience of the responsibility of organizing activities and leading a group. Therefore, we understand that the role of nursing staff in the care to women in their pregnancy and childbirth is critical, and should be fully realized in a unique way and of a holistic perception.

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