

PREGNANT WOMEN'S PERCEPTION REGARDING THE NURSING CONSULTATION IN PRIMARY HEALTH CARE

PERCEPÇÃO DAS GESTANTES COM RELAÇÃO À CONSULTA DE ENFERMAGEM NA ATENÇÃO PRIMÁRIA À SAÚDE

PERCEPCIÓN DE LAS MUJERES EMBARAZADAS ACERCA DE LA CONSULTA DE ENFERMERÍA EN LA ATENCIÓN PRIMARIA DE SALUD

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ABSTRACT

Objective: to know the perception of pregnant women in relation to the prenatal nursing consultation carried out in Primary Health Care. **Method:** This is descriptive exploratory research, with a qualitative approach, carried out with 10 pregnant women in the second and third trimester of pregnancy who agreed to participate in the research and met the inclusion criteria. **Results:** Four categories were evidenced: Knowledge; Confidence in nursing care; Professional Competence; and Continuity of Care. The pregnant women considered that the nursing consultation carried out by the nurse is very important for the monitoring of the pregnancy, being a moment in which they can clarify their doubts but highlight the qualification of interactions as an important point. They aim for health care to be permeated by actions that convey security, affection and respect for the moment experienced. They emphasize confidence in resolute and scientifically based nursing care. The pregnant women list that the professional nurse is competent for care during pregnancy and all reported that they would recommend such care to other people. **Considerations:** Nurses have been increasingly active within this process, enabling pregnant women to adhere to prenatal care and qualifying health care.

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Descriptors : Primary Health Care. Nursing. pregnant women Perception. Nursing Consultation.

RESUMO

Objetivo: conhecer a percepção das gestantes em relação a consulta de enfermagem pré-natal realizada na Atenção Primária a Saúde. **Método:** Trata-se de uma pesquisa de natureza exploratória descritiva, com abordagem qualitativa, realizada com 10 gestantes do segundo e terceiro trimestre de gestação que aceitaram participar da pesquisa e se encaixaram nos critérios de inclusão. **Resultados:** Foram evidenciadas quatro categorias: Conhecimento; Confiança na assistência de enfermagem; Competência Profissional; e Continuidade do Cuidado. As gestantes consideraram que a consulta de enfermagem realizada pelo enfermeiro é muito importante para o acompanhamento da gestação sendo um momento em que podem esclarecer suas dúvidas, porém destacam a qualificação das interações como ponto importante. Almejam que a assistência em saúde seja permeada por ações que transmitam segurança, afeto e respeito ao momento vivenciado. Destacam confiança no atendimento de enfermagem resolutivo e embasado cientificamente. As gestantes elencam que o profissional enfermeiro é competente para o cuidado na gestação e todas informaram que indicariam tal cuidado a outras pessoas. **Considerações:** O enfermeiro vem se mostrando cada vez mais atuante dentro desse processo, viabilizando a adesão das gestantes ao pré-natal e qualificando a assistência em saúde.

Descritores: Atenção Primária à Saúde. Enfermagem. Gestantes. Percepção. Consulta de Enfermagem.

RESUMEN

Objetivo: conocer la percepción de las gestantes con relación a la consulta de enfermería prenatal realizada en la Atención Primaria de Salud. **Método:** se trata de una investigación descriptiva exploratoria, con abordaje cualitativo, realizada con 10 gestantes en el segundo y tercer trimestre del embarazo que aceptaron participar en la investigación y cumplieron con los criterios de inclusión. **Resultados:** se evidenciaron cuatro categorías: Conocimiento; Confianza en el cuidado de enfermería; Competencia profesional; y Continuidad de la Atención. Las gestantes consideraron que la consulta de enfermería realizada por el enfermero es muy importante para el seguimiento del embarazo, siendo un momento en que pueden aclarar sus dudas, pero destacan la calificación de las interacciones como punto importante. Pretenden que el cuidado de la salud sea permeado por acciones que transmitan seguridad, cariño y respeto por el momento vivido. Destacan la confianza en el cuidado de enfermería resuelto y con base científica. Las gestantes mencionan que el enfermero profesional es competente para el cuidado durante el embarazo y todas relataron que recomendarían tal cuidado a otras personas. **Consideraciones:** los enfermeros han sido cada vez más activos en este proceso, posibilitando que las gestantes se adhieran al prenatal y calificando la atención de salud.

Descritores: Atención Primaria de Salud. Enfermería. Mujer embarazada. Percepción. Consulta de enfermería.

INTRODUCTION

Throughout the life cycle, women experience conditions peculiar to the female universe. Among them we can highlight the pregnancy period, which is a time of waiting, where significant physiological changes and transformations occur in the woman's body. It is defined as a unique phenomenon, requiring adaptations in the physical, emotional, sexual, and family dimensions. As the woman finds herself in this period of changes, doubts and uncertainties arise that are confronted with the new reality. These a priori changes produce different feelings that will be shared with the health professional, in this case, with the nurse, at the time of the prenatal consultation ⁽¹⁾.

Nurses' contributions to prenatal care have been successful and expressive, characterized by monitoring, guidance, clarification of doubts and increased safety during pregnancy. These characteristics are linked to the holistic and humanistic training of this professional, which allows for a thorough and immersed attention in the needs and wants of the pregnant woman, providing her with a greater role and expanding her perception of the gestational process ⁽²⁾.

Talking about perception becomes very relative, taking into account the uniqueness of each being and the way in which it is projected in the face of reality, especially when this reality is linked to a series of changes, since the pregnant woman seeks to understand your new image, along with other elements, that can produce negative feelings. At this moment, the nurse, through qualified listening, plays a fundamental role in prenatal care, being able to reduce or even stop these negative feelings and their probable consequences through precise guidelines on the gestational process ⁽³⁾.

The professionals who are part of the team that will support prenatal care at the Basic Health Unit (UBS) are the community health agent, nursing assistant/technician, nurse, doctor, and surgeon-dentist. It is important to emphasize that the attributions of professionals are of great value in the gestational process. Each team member within the individual and collective activities must carry out comprehensive care and health promotion actions, prevention of diseases and qualified listening to the needs exposed by pregnant women, providing humanized care and enabling the establishment of a bond ⁽⁴⁾.

The nurse's performance requires the use of different knowledge, theoretical knowledge, technical competence, sensitive listening, ethical positioning, regardless of the situation that the patient exposes. In Brazil, nurses have stood out as professionals who work directly or indirectly in the health and disease process, as well as in the management and implementation of the SUS, and, in the context of Ministerial Programs, they are part of the multidisciplinary team of the Family Health Strategy (ESF) ⁽⁵⁾.

The research is born from the desire to know the perceptions of pregnant women regarding the prenatal consultation carried out in Primary Health Care (PHC) by nurses . Its general objective is: To know the perception of pregnant women in relation to the prenatal nursing consultation in PHC.

METHOD

This is descriptive exploratory research, with a qualitative approach, aiming to know the perception of pregnant women in relation to the nursing consultation in primary health care. The study was carried out in a public institution in the city of Lages/ Santa Catarina/ Brazil.

Ten pregnant women participated in the study and met the inclusion criteria; age equal to or above 18 years old, accept to participate in the research, sign the Free and Informed Consent Term and have had a prenatal consultation with the UBS nurse.

Data collection took place in 2019, randomly, inviting pregnant women who were in the waiting room for care and identifying which ones met the inclusion criteria. After identification, we took them one at a time to the room where we conducted the interviews according to the semi-structured questionnaire prepared.

Data analysis was based on Bardin's method, dividing the results into categories for better visualization and analysis of the results obtained in the research, namely pre-analysis , material exploration, treatment and interpretation of results. To identify the participants, the names were replaced by the letter G, followed by a number from 1 to 10. The research was submitted to the Research Ethics Committee for consideration and approval (CAAE n.º 23210319.6.0000.5368, Opinion n.º 3660880), respecting all principles of ethics and confidentiality.

RESULTS

Seeking to demonstrate in a clear and understandable way, the data were separated and analyzed through categories, with the questions as guidelines for categorization.

Knowledge

From the analysis of the pregnant women's speeches, it was highlighted that the nursing consultation is for them a follow-up of their baby, being an important moment to remove their doubts, as observed below:

“For me it is very important, because we follow the development of the fetus, at home we do not have access to that device to listen to the little heart to see if everything is ok, tests are carried out that we know are necessary during pregnancy, sometimes We think it's boring, but it's all necessary and during pregnancy I've had more than ten consultations because I know I have to do it, right”. G4

“ She is very important, I often think she is better than the doctor's, my nurse is very attentive, and it is a moment of total importance”. G7

“ For me it's very good, because we know how the baby is, you know if there's any problem, and from the nursing consultation we get to know more”. G9

“ It is a follow-up that I have to know how the baby is doing, I spend a month with the nursing staff, a month with the obstetrician and for me this is very important”. G10

Regarding the category “knowledge”, the contact between the nurse and the pregnant woman in the prenatal consultation is very important so that there is greater safety for the mother during pregnancy. Prenatal care aims to identify, in an adequate and early way, those pregnant women most likely to have complications during pregnancy and to welcome them from the beginning, offering quality care.

The knowledge of some pregnant women regarding health care actions in prenatal care is still limited, and the nurse becomes a key player in guiding them in order to reduce complications. Therefore, the participation of nursing has a fundamental role as educators, acting in the prevention of complications for the pregnant woman and for the embryo/fetus.

In addition, the professionals involved in this care need to listen carefully to patients, giving them support and confidence through conversation, an attentive look, affection, touch, and respectful gestures that allow the pregnant woman to feel welcomed and comfortable. to expose their doubts, which favors the formation of the bond, making the positive points surrounding the prenatal care provided by the nurse perceptible by the pregnant women ⁽²⁾.

Confidence in nursing care

The satisfaction with the prenatal nursing consultation was expressed by the pregnant women, making evident the safety that the nurse conveys with the monitoring provided, as observed in the following statements:

“I am very well treated, all the nurses are very attentive with all our doubts”. G9

“My nurse is excellent, she is very good”. G10

“I trust him, because he knows what he's doing.” G8

“Yes, I trust it because it matches everything the doctor told me, with the ultrasound results, and it makes me feel very safe”. G6

"I trust, she gives me more confidence than my obstetrician today, she sees all the signs, examines everything, gives the exams, everything is calm". G10

The nurse who performs the prenatal consultation needs to be based on attentive therapeutic listening, carrying out education and health actions, transmitting support and trust. Some of the study participants are in their first pregnancy, a factor that was reported as a source of anxiety, as everything is new and they are discovering a new phase in their lives. The nursing consultation becomes a propitious moment for nurses to show confidence and interest, enhancing learning opportunities ⁽⁴⁾.

Professional Competence

This category sought to highlight the perception of pregnant women about the repertoire of competence that nurses have to perform the nursing consultation in prenatal care. In the following statements we observe:

"Yes of course. Because then they become very experienced in the business and understand a lot". G1

"Yes, he is a prepared professional." G8

"Yes, as I mentioned earlier because she is very attentive, right, passes all the exams I have to do, explains everything I have to know, she is great". G10

"Yes, because they have training, and some of them have training in obstetric nurses". G7

The Nursing consultation has undergone changes in its conception, methodology and, mainly, its insertion in the health services, moving to the prestige and acceptance of the professional nurse in its work and assistance, consolidating its importance and reaffirming its work based on scientific knowledge ^(6,7).

In the criterion "trust in care", pregnant women trust the care provided by nurses during prenatal consultations, they were welcomed by them, so that they felt safe and had their complaints and doubts dealt with and clarified respectively.

Converging on the same thought regarding "professional competence", the pregnant women interviewed report that the nurse is, indeed, a qualified professional to carry out prenatal consultations, as they convey security, thus making them believe in the assistance provided by them. it, strengthening a bond of trust with the pregnant woman during the entire gestation period ⁽¹⁾.

Continuity of Care

The continuity of care aims at the perception that the interviewee must indicate or not to other people the care provided by the nurse during the prenatal period. Unanimously, the interviewees reported that yes, they would indicate, due to the attention provided to them, the clarification of their doubts and because they feel safe when consulting with the nurse, as described below:

“Yes, I would recommend it because she is great, attentive, I would recommend it so that everyone could consult with her”. G10

“Yes, because she is super attentive, she always answers all my doubts, wow, as I said, I find the nurse's consultation much more complete than the doctor's”. G7

“Yes, a lot, I would recommend it to many people, because she is very good, in consultations with her I feel safe”. G6

“I would, because if I like to consult with him, I would like to know that other people will also be able to consult with him”. G8

It can be observed that according to the pregnant women's considerations, the characteristic of attention is present, which leads to a reflection on the nurses' work process; the care that is being offered to women in prenatal care must use mechanisms that can bring the of a humanized and quality practice, through of a systematic, individual and contextualized, demonstrating to the pregnant woman attention that goes beyond the clinical perspective, weaving an effective communication between nurse and client ^(2,5).

FINAL CONSIDERATIONS

The construction of this article made it possible to know the perception of the pregnant women interviewed about the nursing consultation carried out in Primary Health Care, allowing them to reflect on the path that is being followed.

It is worth noting that the adherence of pregnant women to prenatal care is related to two factors, the quality of care provided and the sensitivity of professionals to meet the expectations of pregnant women. This shows up as a great gain for the profession, becoming a protagonist in the gestational follow-up, emphasizing their technical-scientific competences and the values of the profession. Nurses have been increasingly active in this process, enabling pregnant women to adhere to prenatal care, qualifying health care and strengthening the bond between nurses and pregnant women.

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