

THE CARE AND IMPORTANCE OF THE NURSE IN HUMANIZED BIRTH

O CUIDADO E A IMPORTÂNCIA DO ENFERMEIRO NO PARTO HUMANIZADO

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Abstract

Objective: To verify the importance of nurses in humanized labor. **Methods:** The present study is a literature review where six studies were carried out in the electronic database of Latin American and Caribbean literature on health sciences (LILACS) using the keywords: "humanized childbirth", "obstetrician" and "nursing". The articles used were from the period of 2015 to 2019. **Results:** After analyzing the material, it was verified that the nurse is an important precursor to make the gestation process as natural and healthy as possible for the mother and the child. **Conclusion:** Studies were able to prove that humanized childbirth is a process that begins with the planning of gestation by the mother and goes until the child is born. It is important to emphasize that nurses have a fundamental role in what concerns the choices that the pregnant woman imposes, which must always motivate the mother, rescuing her autonomy and always be as empathic as possible.

Keywords: Humanized delivery. Nurse. Obstetrics.

Resumo

Objetivo: Verificar importância do enfermeiro no parto humanizado. **Métodos:** Trata de uma revisão de literatura onde foram feitas análises de seis estudos na base eletrônica de dados Literatura Latino-Americana e do Caribe em ciências da saúde (LILACS) utilizando as palavras-chave: "parto humanizado" "enfermeiro obstetra" e "enfermagem". Os artigos utilizados foram do período de 2015 a 2019. **Resultados:** Após análise de material, ficou constatado que o enfermeiro é um importante precursor para que o processo da gestação seja o mais natural e saudável possível para a mãe e para a criança. **Conclusão:** Estudos foram capazes de comprovar que

o parto humanizado é um processo que se inicia com o planejamento da gestação pela mãe e vai até o nascimento da criança. É importante salientar que o enfermeiro possui um papel fundamental no que se diz respeito às escolhas que a gestante impõe.

Palavras-chave: Parto humanizado. Enfermeiro. Obstetrícia.

1. INTRODUCTION

Studies show that Brazil is a leader in the world ranking in cesarean sections and, in this scenario, humanized childbirth is increasingly addressed, as it is a healthy method and demonstrably more suitable for parturients ¹.

Humanized childbirth begins at the time of prenatal care, where the nurse begins guiding actions regarding the moment of childbirth and also the postpartum period. The objective of these actions is to restore autonomy to women, thus respecting their culture and ideology, making the process of pregnancy as pleasant as possible ².

The obstetric nurse makes use of non-invasive technologies during childbirth in order to promote a physiologically natural practice in the process of labor and birth. Such technologies include allowing the parturients to walk freely, breathing exercises, Swiss balls, and all this, in order to obtain an environment that is as calm and welcoming as possible ².

In this context, the objective of this study is to verify the importance of the nursing professional during the humanized delivery process.

2. METHODS

The present study is qualitative, descriptive and deals with a literature review. This type of study allows for a broader analysis of the established theme, as it allows theory and application to be carefully reviewed. Therefore, this study focused on the existing protocol introduced in 2009 by Pompeo, Rossi and Galvão ³.

Lilacs database from 2015 to 2020. After analyzing the titles and abstracts, six articles of greatest importance were selected and that obeyed the pre-established criteria.

After the selection phase of the articles, all of them were read to verify if, in fact, they corresponded to the problem of the study, according to what the study by Bardin ⁴ says.

3. RESULTS AND DISCUSSION

Six articles found in the online database of Latin American and Caribbean Health Sciences (LILACS) were selected using the keywords: "humanized childbirth", "nurse obstetrician" and "nursing". The research was carried out with studies that fell within the period from 2015 to 2020 and were organized in Table 1, with their respective data, containing title, authors, journal of publication and year of publication.

Table 1 – list of articles selected for the study.

Title	authors	periodical	Year
Obstetric care in the process of delivery to birth	Oliveira JC; Paula ACS; Garcia ESGF; et al	Research journal Care is key	2018
Contribution of obstetric nurse in good practices of childbirth and birth assistance	WMA branches; Aguiar BGC; Conrad D; et al	Online research journal fundamental care	2018
Contributions of nurses in prenatal care to achieve the empowerment of pregnant women	MJA Garden; Silva AA; Fonseca LMB; et al	Research journal Care is key	2019
Reference system for hospital delivery of the carioca network program: postpartum women's perspective on nurse care	Silva MA.	Masters dissertation	2018
The approach of the nursing team about the humanized childbirth during the prenatal period: a narrative review	Ragagnin MV; Marchiori MRCT; Diaz CMG; et al	Online research journal fundamental care	2017
Analysis of deliveries accompanied by obstetric nurses from the perspective of the humanization of labor and birth	Kings CSC; Souza DOM; Walnut MFH; et al	Research journal Care is key	2016

Source: Integrative Literature Review, Lilacs , 2020.

3.1 Empowerment of pregnant women during prenatal care

In a predominantly patriarchal society, it becomes increasingly important to implement humanized childbirth from the discovery of pregnancy to the time of delivery itself. The autonomy of the pregnant woman is taken into account, since female submission can cause traumatic experiences during childbirth and also during the child's life. Therefore, the nurse's role during prenatal care is increasingly important, and the nurse must respect and encourage the pregnant woman's choices².

In this context, the Ministry of Health encourages the practice of nurses as an incentive to the natural and innate capacity of women to give birth, and in 2011 an Ordinance was created, the Rede Cegonha, which aims to implement a network of care for women to have the right to reproductive planning and humanized care during pregnancy, childbirth and the postpartum period and, for children, the right to a safe birth and healthy growth and development⁵.

3.2 Stork Network

As previously mentioned, Rede Cegonha aims to care for women with the right to reproductive planning, humanized care during pregnancy, childbirth and the puerperium, as well as ensuring that the child has a safe birth and healthy development⁵.

the art. 6 of the Ordinance provides for four components for the Stork Network, and they are: Prenatal care, where there is a guarantee of care for pregnant women in the UBS and the performance of exams linked to prenatal care; Childbirth, where the pregnant woman can have a companion, even if he is male, and the guarantee of sufficient beds; Puerperium and Child Care, which encourages breastfeeding, provides for the follow-up of children from 0 to 24 months and carries out the search for vulnerable children and the last component, Transport and Regulation, provides that the RC establishes financial support for travel to consultations prenatal care and where the delivery site will be⁵.

3.3 The importance of nurse training

Obstetric violence is still quite common in maternity hospitals, both in public and private hospitals. Studies show that rude professionals lead mothers to abandon prenatal care, thus exposing children to severe risks⁶.

In view of this situation, it is necessary to train professionals who actually welcome the pregnant woman, providing the necessary assistance so that she feels welcomed and, above all, confident about the decisions to be taken during pregnancy⁶.

3.4 The nurse's role in humanized childbirth

Brazil leads the ranking of cesarean sections, reasons that range from the over-invoicing of the procedure to the lack of information of parturients¹. In this context, the nurse must be attentive to all complaints and possible manifestations that indicate some risk, informing the pregnant woman about the evolution of labor and teaching about the conduct to be taken during the period of dilation. The literature also indicates the importance of the nursing team being focused on the well-being of the mother/baby binomial, prioritizing empathic relationships as much as possible^{7,8}.

Another important point to be highlighted is that during contractions, the nurse must give clear and concise instructions, so that future mothers understand and feel the calm that is transmitted through the professional^{7,9}.

CONCLUSION

In view of the entire discussion, the importance of nurses throughout the birth process was verified, where their fundamental role is to guide the pregnant woman, respect her conditions and desires, be a facilitating agent so that the process is as natural as possible and, mainly, to return the autonomy of the pregnant woman with welcoming words and gestures.

It is concluded that the nurse has a very important role in the parturition process, the nurse's activities constitute the humanization of care in addition to transmitting tranquility and security to the parturient.

This has, among other skills, the role of protecting and ensuring that good practices are used, and must also take care and guide the parturient throughout the process, allowing her to decide what she wants for herself and her child, in favor of a humanized moment and full happiness for the parturient.

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