



Prenatal care in primary care: An experience report

Pré-natal na atenção primária: Um relato de experiência

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ABSTRACT

Prenatal care aims to ensure the healthy development of pregnancy in order to allow delivery with lower risks for the mother and baby, since about 830 women die every day from complications related to pregnancy or childbirth worldwide, according to data released by the Pan American Health Organization (PAHO). With the Previne Brasil program, indicators for prenatal follow-up were included, such as routine testing for HIV/Syphilis, early recruitment of pregnant women up to 12 weeks of gestation, follow-up of at least six prenatal consultations and dental visits. At the time of discovery of pregnancy, the pregnant woman should seek the nearest health unit to start the follow-up, which in the first consultation should be performed a detailed anamnesis in order to know its particularities, such as place of residence, socioeconomic characteristics, support network, understand and offer support for the gestational period still in the first trimester, There is also the opening of the vaccination booklet and prescription of complementary tests.

Keywords: Prenatal, Pregnancy, Women, Health.

RESUMO

O pré-natal tem como objetivo garantir o desenvolvimento saudável da gestação, a fim de permitir o parto com menores riscos para a mãe e para o bebê, visto que cerca de 830 mulheres morrem todos os dias por complicações relacionadas à gravidez ou ao parto em todo o mundo, segundo dados divulgados pela Organização Pan-Americana da Saúde (OPAS). Com o programa Previne Brasil, foram incluídos indicadores para o acompanhamento do pré-natal, tais como testagem de rotina para HIV/Sífilis, captação precoce de gestantes com até 12 semanas de gestação, acompanhamento de pelo menos seis consultas de pré-natal e consultas odontológicas. No momento da descoberta da gravidez a gestante deve procurar a unidade de saúde mais próxima para iniciar o acompanhamento, o qual na primeira consulta deve-se realizar uma anamnese detalhada com finalidade de conhecer suas particularidades, como local de moradia, características socioeconômicas, rede de apoio, compreender e oferecer suporte para o período gestacional ainda no primeiro trimestre, ocorre, também, a abertura da caderneta vacinal e prescrição de exames complementares.

Palavras-chave: Pré-natal, Gestação, Mulher, Saúde.



1 INTRODUCTION

Prenatal care aims to ensure the healthy development of pregnancy in order to allow delivery with lower risks for the mother and baby, since about 830 women die every day from complications related to pregnancy or childbirth worldwide, according to data released by the Pan American Health Organization (PAHO). With the Previne Brasil program, indicators for prenatal follow-up were included, such as routine testing for HIV/Syphilis, early recruitment of pregnant women up to 12 weeks of gestation, follow-up of at least six prenatal consultations and dental visits. At the time of discovery of pregnancy, the pregnant woman should seek the nearest health unit to start the follow-up, which in the first consultation should be performed a detailed anamnesis in order to know its particularities, such as place of residence, socioeconomic characteristics, support network, understand and offer support for the gestational period still in the first trimester, There is also the opening of the vaccination booklet and prescription of complementary tests.

2 GOAL

To describe the experience of medical students in monitoring the performance of prenatal care in Primary Health Care.

3 METHODOLOGY

The present experience report brings the experience of students in a Family Health Unit (FHU), in order to describe the practical experience on the monitoring of prenatal care to pregnant women in primary care, through the axis Integration Teaching, Service and Community, of the Undergraduate Course in Medicine. In all days of the internship, reports of the experiences were constructed and reported in the field diaries. The experiences took place in the months of March and April, with medical students of the fourth period of the Faculty of Medical Sciences of Paraíba - FCM/AFYA.

4 EXPERIENCE REPORT

In the consultations held at the FHU during the internship period, on Tuesday mornings, the students performed some prenatal care in four days. In these meetings, the service was carried out step by step. Initially, the form was filled out in the primary care health information system (SISAB) through the electronic medical record (PEC) by the students themselves at the beginning of the consultation. Then, the welcoming of the pregnant woman was performed, a moment of active listening about her life, pregnancy and complaints, weight, and blood pressure (BP) were verified, the vaccination card and the exams presented by the pregnant woman were checked. In addition, gestational age was calculated using the parameters of USG (when performed) and date of last menstruation (LMP). On physical examination, fetal heartbeat was evaluated with the aid of sonar apparatus, measurement of the uterine fundus using a tape measure and



identification of edema by palpation of the lower limbs. Subsequently, the entire anamnesis was digitized, and information was entered into the system according to the SOAP method (Subjective/Objective/Evaluation/Plan). After this stage, data were transcribed into the pregnant woman's booklet. Finally, the pregnant women were instructed to provide information about general care during pregnancy and indication of exclusive vitamin supplementation for each stage of pregnancy as needed by the women. In addition, complementary tests such as obstetric and morphological USG, urine culture, urine summary, blood count, blood glucose, serology for congenital infections - syphilis, HIV, toxoplasmosis, cytomegalovirus, and hepatitis - and referral to the vaccination room were also prescribed. During the students' experience, difficulties were faced to perform prenatal care in the unit due to the lack of equipment, such as sonar, which in the unit there were only two pieces of equipment and a sphygmomanometer to verify BP to be used in the FHU. In addition, another situation that negatively affects the fullness of learning is the high number of students within the service room. However, the experience lived by the students allowed the practical application of the knowledge acquired in the classroom about prenatal care, considering that the students themselves performed the consultations under the supervision of the preceptor, which made the internship even more enriching.

5 FINAL CONSIDERATIONS

In short, the experience of the students in monitoring the performance of prenatal care in primary care was described, which enabled the personal and professional development of the students, by associating theoretical knowledge with practical experience, adding value and contributing positively in the scope of listening and welcoming the patient, effectively complying with the principles of the SUS. Thus, it can be seen that this experience allowed a mutual benefit to those involved, by enriching the teaching and learning process, and also benefiting the pregnant women belonging to the area covered by the FHU, due to the contribution with the realization of prenatal consultations of excellence.



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