



## **Welcoming adolescents in the gestational period in primary health care by nurses: A bibliographic review**

### **Acolhimento às adolescentes em período gestacional na atenção primária em saúde pelo enfermeiro: Uma revisão bibliográfica**

**Elisandra Alves Kuse**

**Anny Carolina Ricas Campos Herminio**

**Maria Eduarda Vieira Neto**

#### **ABSTRACT**

Adolescence is the process of growth and maturation to adulthood, and according to the Statute of the Child and Adolescent (ECA) this period comprises the age group between twelve and eighteen years (ESTATUTO DA CRIANÇA E DO ADOLESCENTE, 1990), however, the Ministry of Health (MS) determines that for the receptions that occur in Primary Health Care (PHC), the age range between ten and nineteen years is considered, which is subdivided between pre-adolescence (10 years to 14 years) and adolescence (15 years to 19 years) (BRASIL, 2018). This phase of human development is a period of biopsychosocial and physiological changes, where the individual seeks to understand the changes of the body in addition to establishing their identity as part of society (BATISTA, 2021).

**Keywords:** Welcoming, Adolescents, Primary Health Care, Nurses.

#### **RESUMO**

A adolescência é o processo de crescimento e amadurecimento para a fase adulta, sendo que, de acordo com o Estatuto da Criança e do Adolescente (ECA) este período compreende a faixa etária entre doze e dezoito anos (ESTATUTO DA CRIANÇA E DO ADOLESCENTE, 1990), contudo, o Ministério da Saúde (MS) determina que para os acolhimentos que ocorrem na Atenção Primária à Saúde (APS), considera-se a faixa etária entre dez e dezenove anos, o qual é subdividida entre pré-adolescência (10 anos aos 14 anos) e adolescência (15 anos aos 19 anos) (BRASIL, 2018). Essa fase do desenvolvimento humano é um período de mudanças biopsicossociais e fisiológicas, onde o indivíduo busca compreender as mudanças do corpo além de estabelecer a sua identidade como parte da sociedade (BATISTA, 2021).

**Palavras-chave:** Acolhimento, Adolescentes, Atenção Primária em Saúde, Enfermeiro.

## **1 INTRODUCTION**

Adolescence is the process of growth and maturation to adulthood, and according to the Statute of the Child and Adolescent (ECA) this period comprises the age group between twelve and eighteen years (ESTATUTO DA CRIANÇA E DO ADOLESCENTE, 1990), however, the Ministry of Health (MS) determines that for the receptions that occur in Primary Health Care (PHC), the age range between ten and nineteen years is considered, which is subdivided between pre-adolescence (10 years to 14 years) and adolescence (15 years to 19 years) (BRASIL, 2018). This phase of human development is a period of



biopsychosocial and physiological changes, where the individual seeks to understand the changes of the body in addition to establishing their identity as part of society (BATISTA, 2021).

Curiosity about topics related to sexuality is increased at this stage, in addition to the fact that coitarchy among adolescents is occurring on average at 14 years of age and studies indicate that the tendency is for them to occur earlier and earlier (BARRETO *et. al.*, 2019); (MOOR *et. al.*, 2021). Statistics show that in 2019 about 419,252 cases of pregnancy were registered in Brazil between the ages of 10 and 19 years, with 19,330 between 10 and 14 years and 399,922 between 15 and 19 years (SECRETARIA DE SAÚDE, 2021); (FEBRASGO, 2021).

Teenage pregnancy causes important impacts during pregnancy for both the mother and the fetus, as well as a great impact on the development and social interaction of the adolescent, thus making it a public health problem. It is also relevant the injuries that can occur throughout pregnancy and puerperium in adolescence, namely: increased vertical transmission of infectious diseases, maternal anemia, fetal suffering, obstetric complications, development of preeclampsia, prematurity, overweight, malnutrition, placenta previa, congenital malformations, postpartum complications, among other pathophysiological complications (BARRETO *et. al.*, 2019); (BATISTA, 2021) .

The relationship developed between society and the family towards the pregnant adolescent can have impacts on psychosocial development, such as not being accepted in the social environment and family, even occurring the abandonment of family life and in most cases there is school dropout. In coping with these factors associated with an early pregnancy, the adolescent may come to negatively understand the pregnancy, a fact that can develop rejection of the fetus, triggering a possible abortion, the non-performance of follow-up during prenatal care and the non-development of the bond with health professionals (BARRETO *et. al.*, 2019); (DUARTE *et. al.*, 2018); (BATISTA, 2021).

PHC is a health service of access to most pregnant women in our country, so health professionals (doctor, nurse, nursing technician, community health agent, among others) play a fundamental role during pregnancy in adolescence, acting directly in welcoming, monitoring, prenatal consultations and referrals to specialized services. Aiming to provide a relationship of trust, through active listening and resolution of basic individual needs, allowing the adolescent to expose their doubts, feelings and uncertainties during the gestational period, it is the duty of health professionals to welcome her without judgment, in a neutral way and considering professional ethics (MOURA *et. al.*, 2021); (JUNIOR *et. al.*, 2018).

Due to the difficulties faced by the PHC health team in the care of pregnant adolescents, the risks of obstetric complications, and the social and family problems faced during pregnancy at this stage of life and all the implications in Brazilian public health that this situation brings, we understand as researchers that it is necessary to understand more deeply how the phenomenon of welcoming is carried out by nurses



in order to minimize the challenges and offer a comprehensive and individualized health service to pregnant adolescents.

## 2 GOAL

To know through the Brazilian national literature how the nurse's reception occurs in Primary Health Care to pregnant adolescents.

## 3 METHODOLOGY

This is a systematic bibliographic review, of qualitative character and basic nature, which aimed to verify through the Brazilian national literature how the reception to adolescents in gestational period is provided in the (PHC) by the nurse. The bibliographic review consists of a research on a certain subject through articles, books and other materials already published (GIL, 2010).

Data collection occurred from February to April 2023, through the following databases: *Business Source Complete* (EBSCO), *Latin American and Caribbean Literature in Health Sciences* (LILACS) and *Scientific Electronic Library Online* (SciELO). The recommendations of *The PRISMA 2020 Statement: an Updated Guideline for Reporting Systematic Reviews* were adopted. The PRISMA statement aims to ensure transparent reporting of systematic reviews, their methods and findings. The PRISMA 2020 guideline defines the minimum ratio of evidence-based items for the publication of systematic reviews and meta-analyses (GALVÃO; TIGUMAN; SARKIS-ONOFRE, 2022). To search for the articles, the following descriptors registered in the *DeCS* (Health Sciences Descriptors) were used: Pregnancy in adolescence, Prenatal care, Primary Health Care and Adolescent Health. The search and selection criteria of the articles for the analysis and discussion were:

- Inclusion: articles and/or books that respond to the need to solve the guiding question, through publications, texts, journals, related to the guiding question, integrally, in Portuguese, of methodological review, published between the years 2018 and 2022.
- Exclusion: articles excluded with the year of publication lower than the year 2018 and its duplicates, as well as articles that are not in Portuguese and fully available or that did not allow download, free of charge, as well as articles that are not correlated with the theme presented.

Data analysis was performed through thematic analysis. According to Minayo (2014), thematic analysis consists of discovering the nuclei of meaning of an information, whose presence or frequency means something for the object of study. It is divided into: pre-analysis, exploration of the material and treatment of the results obtained and interpretation.



## 4 RESULTS AND DISCUSSION

Through the search of the descriptors listed in the databases, the number of 316,330 literatures, articles, monographs, and journals was totaled, thus, following the inclusion and exclusion criteria, 13,004 were selected in the first stage. Of these, 46 studies established the objective of analysis at first, resulting in the reading of their titles and abstracts. The remaining studies did not meet the inclusion criteria, so they were excluded. In the third stage of analysis of the selected articles, after careful reading, 09 articles that achieved the objectives of this research were selected for discussion (FIGURE 1).

The qualitative analysis of the articles occurred in three stages: pre-analysis (made it possible to select and structure the study material, through the database), exploration of the material (performed the reading, to structure the categories) and interpretation (carried out the discussion with the other authors).

Based on the studies chosen, the synoptic table (CHART 1) was constructed, with the results obtained in the analysis of scientific articles regarding the year of publication, authors, journals, title, objective, types of studies and main results. All 09 articles were analyzed.

Figure 1 – Filtering of selected articles in the 2018/2022 databases.

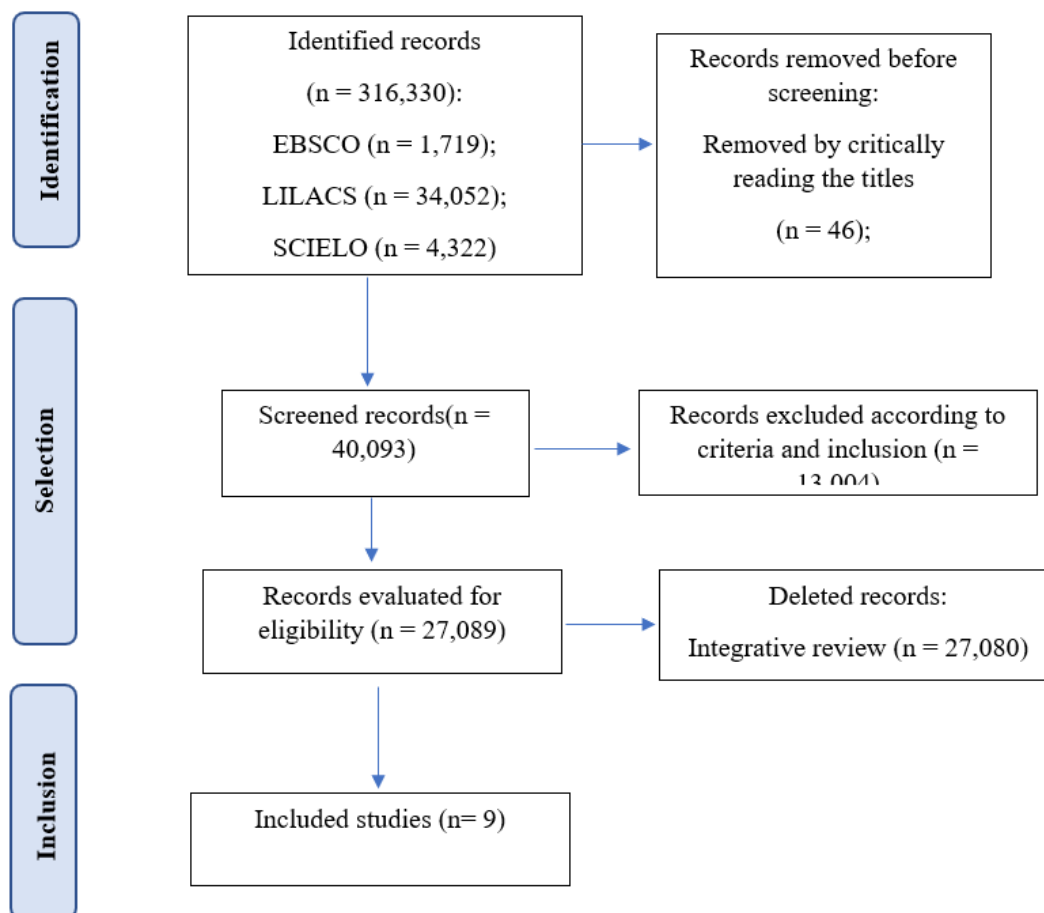




Table 1. – Selection of Articles from the *Corpus* of Analysis

N	Year of publication	Journals	Authors	Title	Goals	Type of study	Major results
01	2018	Perspective Journal: Science and Health	BIFF; MELLO e RIBEIRO.,	Nursing embracement to adolescent health in a family health strategy	To identify the role of nurses in the reception of adolescents in a Family Health Strategy of the Municipality of Torres/RS	This is a qualitative, descriptive study.	Due to the great demands of care of the Family Health Strategy and the difficulty of an adequate approach and specific knowledge about this specific population, they present difficulties in performing qualified listening and effective welcoming of adolescents.
02	2018	Nursing Brazil	LAGO et. al.,	Primary health care as a source of social support for pregnant adolescents.	To investigate the role of nurses in the social support network for pregnant adolescents and the role that nursing professionals play in this specific group.	Exploratory and descriptive research, with qualitative approach and systematic observation.	It was analyzed that the support network offered in Primary Care, through nursing professionals, contributed to coping with the needs and difficulties that pregnant adolescents presented. However, in some moments the bond between professional and pregnant woman became fragile and ineffective for understanding the maternal role of the adolescent, being a negative point.
03	2019	ReBIS	BARRETO et.al.,	Pregnancy in adolescence and the performance of excellence of the nursing professional.	Inform, guide and raise awareness among the adolescent population that is part of the risk group for early pregnancy about the	Integrative literature review.	In order to mitigate the risks and help adolescents in the pregnancy period, it is necessary to establish specific strategies and care for this population, seeking a humanized and integral care.



					importance of the nursing professional.		
04	2020	Research, Society and Development	GUERRA et. al.,	How should the assistance provided to pregnant adolescents in primary care?	To understand the nurses' care process in the face of adolescent pregnancy in Primary Care and to identify the main difficulties faced when welcoming this group.	Exploratory and descriptive research of qualitative nature.	It was noticed that most of the nurses interviewed had insufficient and ineffective knowledge to perform the welcoming of pregnant adolescents. Since most professionals do not have a differentiated approach to this group, generating numerous difficulties to obtain quality care preventing the formation of the relationship between professionals and adolescents, as well as lack of family support, little commitment, lack of adherence to prenatal care, lack of interest in the delivery plan and puerperium.
05	2020	Nursing in focus.	CARVALHO e OLIVEIRA.,	Perception of pregnant adolescents about prenatal nursing care.	To describe the perception of pregnant adolescents about prenatal nursing care.	Qualitative study of descriptive analysis.	Based on Minayo's thematic analysis, three categories were determined: the search for prenatal care; positive and negative points; and, clarification of doubts during consultations. It was understood that there is still a lack of information and knowledge about the importance of prenatal care; there is a strong influence of the family on adherence to prenatal care; and that there are positive and negative points in nursing consultations.
06	2020	REVEALS	CALDAS; ELIAS e SANTOS.,	The Nurse's Role Regarding comprehensive care for pregnant adolescents.	Systematize the scientific knowledge produced about the main risk factors for	Integrative literature review	Several factors that can enable pregnancy in adolescence were evidenced, such as family history of early pregnancy, family fragility, low level of



					the occurrence of pregnancy in adolescence.		education, among others, and these factors negatively influence adherence to prenatal consultations. Thus, it is up to the nurse to create strategies that can fully attend to adolescents, especially pregnant women, which aim from the reception in primary care, as in the delivery plan and in the puerperium.
07	2020	Brazilian Journal of health Review	SANTOS et. al.,	Nurse's Approach in Adolescent Pregnancy.	To identify the care provided by nurses in the face of adolescent pregnancy and the factors that influence it, proposing the idea of a flowchart of care to this public of the Family Health Strategy nurse.	Bibliographic review of exploratory, descriptive and qualitative character.	Due to the lack of guidance of the tripod formed by the family, community and school on the sexual and reproductive choices of adolescents, the nurse of the Family Health Strategy plays a fundamental role during the reception and monitoring of adolescent pregnancy.
08	2022	Research, Society and Development	SILVA et. al.,	Nurses' actions in the prevention of adolescent pregnancy in Primary Care.	To analyze the role of the primary care nurse in the prevention of teenage pregnancy.	Literature review in the integrative modality.	It is understood that the nurse of the Family Health Strategy has a fundamental role in the development of strategies that address the prevention of pregnancy in adolescence.
09	2022	Diversitas Journal	ARAUJO; COELHO e SANTOS.,	The challenges of the professional nurse in the prenatal care of pregnant adolescents: an integrative review.	To identify in the current literature the challenges faced by the professional nurse in the prenatal care of pregnant adolescents.	Integrative review of exploratory and descriptive character.	The adolescents were not prepared for motherhood, having difficulties in accepting the pregnancy and being impaired by the lack of family support, resulting in a late start of prenatal care. Thus, the role of the nurse becomes paramount during the prenatal care of this specific group,





							because it establishes a bond with the pregnant women, presenting a broad view when looking at pregnant adolescents in their integrality and in a psychosocial way.
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## 5 DISCUSSION

Based on the articles selected and analyzed, it was possible to carry out the detailed discussion from the perspective of three main categories: *"The Reception of Pregnant Adolescents in Primary Health Care"*; *"The difficulties faced by nurses during the reception and prenatal care of pregnant adolescents"*; *"The improvements needed for the Reception of Pregnant Women in Primary Health Care"*.

### 5.1 THE RECEPTION OF PREGNANT ADOLESCENTS IN PRIMARY HEALTH CARE

Welcoming is considered as part of the qualified care provided to users of the primary care network, based on public policies already established with legal support, with the objective of clarifying the doubts of pregnant adolescents, preventing health problems, promoting initiatives consistent with the issues raised by this specific group, and through the survey of needs, propose clear and objective solutions that adolescents can achieve. Thus, it is considered a tool of the health work process that enables its reorganization, aiming to consolidate improvements in user care, thus becoming an important factor for humanization (BIFFI; MELO and RIBEIRO, 2018); (SANTOS *et. al.*, 2020)

Welcoming should be favorable to adolescents, making them feel safe while living the process of motherhood, allowing dialogue and clarification of doubts, feelings and experiences. Thus, the role of the nurse during the performance of the welcoming is to listen and assist in the resolution of needs, through the establishment of the relationship of trust. It is at the time of nursing reception that referrals to other team members should be made, as well as guidance on the pregnancy process, so it is important to have the possibility of consultations with a hebiatra, who is specialized in adolescent care (BARRETO *et. al.*, 2019); (GUERRA *et. al.*, 2020); (ARAÚJO; COELHO; SANTOS., 2022); (SILVA *et. al.*, 2022).

The nurse plays the role of helping to direct the adolescent in the face of the biological and psychosocial difficulties of the pregnancy period, in addition to developing care care, taking into account professional ethics, and family involvement, through interdisciplinary actions that integrate family, school and community, focusing on prevention and promotion, in which it seeks to establish the active search, both on the part of the professional and the pregnant adolescent on health issues, a fact highlighted by (LAGO *et. al.*, 2018); (WAR *et. al.*, 2020); (CALDAS *et. al.*, 2020); (SILVA *et. al.*, 2022).





On the other hand, CALDAS; ELIAS and SANTOS., (2020) and SANTOS *et. al.*, (2020 ), argue that welcoming should be related to the couple's lifestyle, when the adolescent maintains a stable relationship, clarifying doubts about sexual life during pregnancy, and postpartum care, reducing the knowledge deficit about teenage pregnancy. Thus, the role of the nurse is based on the monitoring of health conditions, surveying, monitoring of problems and the practice of communicative nursing, developing activities related to care, such as interdisciplinary interventions, health promotion and prevention strategies. In addition, nurses should promote welcoming consultations, with educational and preventive information, early detection of risk situations and pathologies, with the focus of developing the bond between professionals and pregnant adolescents (ARAÚJO; COELHO; SANTOS., 2022).

Welcoming, in order to be effective and of quality, must have the following basic components pointed out by the studies chosen: Ethical conduct, qualified listening, welcoming focused on basic needs, problem-solving capacity of diseases, humanized and integral care, respect for adolescent privacy, subjectivity of care, family involvement, welcoming/home visit, knowledge of the history of the pregnant woman, family history, life habits, beliefs and emotional support, competence to deal with pregnant adolescents, orientations, considering cultural and socioeconomic aspects, development of clear ideas and easy applicability to reality, bonding, flexibility in attracting adolescents and development of the role of educator and advisor.

BIFFI studies; MELLO and RIBEIRO., (2018), CARVALHO and OLIVEIRA., (2020), and SILVA *et. al.*, (2022), emphasize the importance of respecting the privacy and reliability of adolescents for the establishment of relationships of trust between professionals and the pregnant adolescent. Thus, in the moments when welcoming occurs in an integral way, taking into account the individualities of the adolescent, they feel more welcomed and can have a positive development during the pregnancy period, reducing the risks of death and ensuring the healthy development of the baby (LAGO *et. al.*, 2018); (ARAÚJO; COELHO; SANTOS., 2022).

## 5.2 THE DIFFICULTIES FACED BY NURSES DURING THE RECEPTION AND PRENATAL CARE OF PREGNANT ADOLESCENTS

The nurse plays an important role during prenatal consultations, but by not performing the targeted care and by having difficulties in the initial approach and in the specific knowledge about the needs of pregnant adolescents. He, the professional, assumes a secondary or almost non-existent role, because the reception is focused on the verification of examinations and evaluation of the general state of health, following the biomedical model of care, not considering the psychological and social situations during the gestational period (BIFFI; MELLO and RIBEIRO., 2018); (LAGOS *et. al.*, 2018); (GUERRA *et. al.*, 2020); (CALDAS; ELIAS and SANTOS., 2020).



During the prenatal consultations, the existence of difficulties directed to the family or guardians is highlighted, and the adolescents may feel their privacy violated when the consultation is carried out with the presence of family members or guardians. In the same way, family neglect towards adolescents may occur, due to the conditions that led them to pregnancy (BIFFI; MELLO and RIBEIRO., 2018); (GUERRA *et. al.*, 2020); (SANTOS *et. al.*, 2020); (ARAÚJO; COELHO and SANTOS., 2022).

It is highlighted by the authors, BIFFI; MELLO and RIBEIRO., (2018), LAGO *et. al.*, (2018), GUERRA *et. al.*, (2020), CALDAS; ELIAS and SANTOS., (2020), SANTOS *et. al.*, (2020), and ARAÚJO; COELHO and SANTOS., (2022), that the difficulties faced occur due to the lack of resources and infrastructure to carry out the consultations and educational actions aimed at this public, in addition to the high demand for care that causes little time for the realization of the consultations, as well as the absence of clear and objective Guidelines and Public Policies.

The lack of educational practices, and superficial and impoverished actions, reveal the team's lack of interest in pregnant adolescents. This fact is reflected in the lack of bond between the professional and the client, affecting the freedom of communication during the consultations, the pregnant woman's lack of interest in the proposed activities, motivating the pregnant women to feelings of embarrassment and distrust (BIFFI; MELLO and RIBEIRO., 2018); (LAGOS *et. al.*, 2018); (BARRETO *et. al.*, 2019); (GUERRA *et. al.*, 2020); (CALDAS; ELIAS and SANTOS., 2020); (SANTOS *et. al.*, 2020).

Due to the lack of information and knowledge about the importance of prenatal care, pregnant adolescents start follow-up late, which directly influences the number of consultations performed, being only from 3 (three) to 5 (five), emphasizing that the recommended by the Ministry of Health is at least 6 (six) consultations. Concomitantly, the inadequate coverage of the recommended quarterly examinations, as well as the difficulty of access to health services directly impact the quality of care (BIFFI; MELLO and RIBEIRO., 2018); (LAGOS *et. al.*, 2018); (BARRETO *et. al.*, 2019); (GUERRA *et. al.*, 2020); (CARVALHO and OLIVEIRA., 2020); (CALDAS; ELIAS and SANTOS., 2020); (SANTOS *et. al.*, 2020); (SMITH *et. al.*, 2022); (ARAÚJO; COELHO; SANTOS, 2022).

It is worth mentioning that some nurses assume an unethical stance, disregarding the principles of beneficence, non-maleficence, autonomy and justice in the face of the living conditions that led the adolescent to become pregnant. This fact triggers a welcoming without humanization, not effective and of low quality, which directly interferes in the development of pregnancy (LAGO *et. al.*, 2018); (CALDAS; ELIAS and SANTOS., 2020); (ARAÚJO; COELHO; SANTOS, 2022).



### 5.3 THE NECESSARY IMPROVEMENTS FOR THE RECEPTION OF PREGNANT WOMEN IN PRIMARY CARE

The reception during the prenatal care of adolescents should be much more than mere protocols, procedures or techniques developed, care should be centered on humanization, respecting the individuality and the physical and psychological conditions of each pregnant adolescent, allowing the development of autonomy, decision and recognition (CALDAS; ELIAS and SANTOS., 2020).

The identification and understanding of biopsychosocial changes is indispensable by the multidisciplinary team of Primary Care, because thus, it is possible to offer a qualified, supportive welcome, with emotional support, comfort and human warmth. Focusing on the centralization of care focused on the particularities and individualities of each pregnant adolescent. The nurse should use effective communication and qualified listening, emphasizing the sharing of difficulties, doubts and feelings, as well as the rights of choice of the adolescent in the face of pregnancy (BIFFI; MELLO and RIBEIRO., 2018); (LAGOS *et. al.*, 2018); (BARRETO *et. al.*, 2019); (CARVALHO and OLIVEIRA., 2020); (CALDAS; ELIAS and SANTOS., 2020); (SANTOS *et. al.*, 2020); (SMITH *et. al.*, 2022).

According to the authors BIFFI; MELLO and RIBEIRO., (2018), LAGO *et. al.*, (2018), BARRETO *et. al.*, (2019), GUERRA *et. al.*, (2020), CALDAS; ELIAS and SANTOS., (2020), SANTOS *et. al.*, (2020), and SILVA *et. al.*, (2022), it is necessary to develop educational practices carried out by the Family Health Strategy, in schools, households or other spaces of the community. Enabling the nurse to assume the posture of educator, sharing knowledge and providing confidence and autonomy for adolescents to experience pregnancy in a healthy way.

It is necessary to create projects and programs of Public Health aimed at adolescents, and that these are effective. At the same time, there must be an adequate organization in the demands of care, allowing nurses space in their schedules; the training of professionals to perform adequate welcoming; and the availability of materials and infrastructure for prenatal consultations (LAGO *et. al.*, 2018); (BARRETO *et. al.*, 2019); (GUERRA *et. al.*, 2020); (CARVALHO and OLIVEIRA., 2020); (CALDAS; ELIAS and SANTOS., 2020); (SAINTS *et. al.*, 2020); (ARAÚJO; COELHO; SANTOS, 2022).

With the use of the active search of pregnant women, all family social support should be considered, encouraging them to participate in consultations and group activities, providing their involvement during prenatal care, thus enabling the development of family planning and a social interrelationship between the family group (BIFFI; MELLO and RIBEIRO., 2018); (LAKE *et. al.*, 2018); (WAR *et. al.*, 2020); (CALDAS; ELIAS and SANTOS., 2020); (SMITH *et. al.*, 2022).



## 6 FINAL CONSIDERATIONS

Welcoming is understood as a tool of the work process developed by the nursing professional in the Primary Health Care network, based on public policies, focused on establishing the relationship of trust with the pregnant adolescent, however, it was evidenced in the literary search that the nurse does not provide a quality and integral welcoming, due to his routine wrapped in high demands, not allowing the possibility of time for consultations directed to individual needs and end up focusing only on the evaluation of examinations, evaluation of the state of health in general and examinations that verify the development of the baby. In addition, it is verified that the lack of training of the nurse does not allow the development of specific strategies for this age, therefore, for pregnant women, the nurse does not have an essential role in the development of prenatal care, and the PHC team in health has no interest in the subject.

The lack of a specific approach for adolescents and their families, associated with the lack of knowledge of pregnant women about prenatal care, makes it difficult to adhere to the follow-up of consultations, directly influencing the development of the pregnancy period. Concomitantly, the poor quality of qualified listening and the unethical posture of the nurse directly interfere in the adherence to prenatal care by adolescents, and may even lead to the abandonment of prenatal care.

It is understood that the discussion on the subject "Welcoming adolescents in the gestational period in Primary Health Care by the Nurse" is extremely important, because it is at this moment that the nurse can establish a relationship of trust with the adolescent, as well as instruct her with information and guidance about the pregnancy period. Thus, it is up to the nurse to develop care based on humanization, quality and directed to the individual needs of each pregnant adolescent, respecting privacy.



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