



## **The importance of prenatal care in primary health care**

### **A importância da realização do pré-natal na atenção primária à saúde**

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#### **ABSTRACT**

Prenatal care is an essential follow-up for pregnant women, in order to ensure the healthy development of pregnancy and the birth of a healthy baby, resulting in a greater reduction in maternal and infant mortality rates. The assistance to the pregnant woman and the fetus must always count on a qualified, humanized and hierarchical health team, according to the needs imposed by the pregnancy.

**Keywords:** Prenatal, Health, Pregnancy.

#### **RESUMO**

O pré-natal é um acompanhamento imprescindível para as gestantes, afim de garantir o desenvolvimento saudável da gestação e o nascimento de um bebê sadio, tendo como consequência uma maior redução das taxas de mortalidade materno e infantil. A assistência para com a gestante e o feto deve sempre contar com uma equipe de saúde qualificada, humanizada e hierarquizada, mediante as necessidades impostas pela gravidez.

**Palavras-chave:** Pré-natal, Saúde, Gravidez.

#### **1 INTRODUCTION**

Prenatal care is an essential follow-up for pregnant women, in order to ensure the healthy development of pregnancy and the birth of a healthy baby, resulting in a greater reduction in maternal and infant mortality rates. The assistance to the pregnant woman and the fetus must always count on a qualified, humanized and hierarchical health team, according to the needs imposed by the pregnancy. In addition, a multidisciplinary team should always facilitate the access and communication of the pregnant woman with the Health Unit, as well as ensure the adequate supply of care with pregnancy and childbirth through decisive



and receptive actions, being the team's competencies: disease prevention, health promotion, treatment of injuries occurring during the gestational period to the puerperium and attention and care for the baby. Thus, the following study seeks to present the importance of prenatal care in the primary care network, with the objective of monitoring the pregnant woman and the development of the fetus throughout pregnancy, thus ensuring a quality prenatal care.

## **2 GOAL**

To conduct a literature search on the importance of prenatal care in primary care.

## **3 METHODOLOGY**

This is a literature review, developed with articles published from 2020 to 2023 in the electronic databases: Medline and Lilacs, using the descriptors: prenatal, primary care, pregnant woman and their respective synonyms, in Portuguese and English using the Boolean AND. Only published articles that dealt with the subject and were available in online form were included. Articles outside the proposed period, which did not deal with the topic, were not available online and repeated articles found in different databases were excluded.

## **4 DEVELOPMENT**

Of the 354 articles initially found, after the application of the eligibility criteria, there was a reduction to 7 publications and, after the exclusion of 4 articles due to incompatibility with the proposed theme and presentation of case studies, considered too particular for the study, a final corpus of 3 final articles for analysis was totaled. Of the selected articles, two were an experience report based on the activities and orientations developed by the family health team during prenatal care and one on strategies in the scope of Primary Care, to value and expand the principles of the Unified Health System during prenatal consultations performed in primary care.

The selected articles point to the importance of prenatal care as a fundamental tool during pregnancy to detect possible maternal and fetal pathologies, preventing new diseases and treating existing ones, aiming at reducing risks and adequate development for the fetus. Thus, according to the recommendations evidenced, prenatal care should be given through the incorporation of welcoming behaviors; the development of educational and preventive actions, without unnecessary interventions; early detection of pathologies and situations of gestational risk; establishing a link between prenatal care and the place of delivery; and easy access to quality health services, from primary care to high-risk hospital care (MARQUES *et al.*, 2021). Thus, it is perceived that Primary Health Care (PHC) is the fundamental component of the Unified Health System (SUS) and closer to the territories and, therefore, has the potential



to know the families enrolled in the units and to reinforce this health care, through the rapid identification of pregnant women in the region and encouragement of prenatal care, thus avoiding negative outcomes during pregnancy (FERREIRA *et al.*, 2021). In addition, during the performance of practices and monitoring of pregnant women, it is verified when necessary, the integration of prenatal care with other services of the health network, offering comprehensive care to pregnant women considered at risk, who should be referred and attended in reference services. According to Almeida et al., (2021), the two proportions of pregnant women oriented about the place of hospitalization for childbirth and those who were attended in these services are of high prevalence, as well as the need to seek more than one service at the time of hospitalization, considering that during the evaluations the orientations and referrals given and executed by the medical professional interspersed with the primary care nursing professional occur, aiming at the needs of each woman and the gestational age in which she is (ALMEIDA *et al.*, 2021). Therefore, it was observed the benefits created by the follow-up performed to the pregnant woman during this gestational period in the primary health care network.

## **5 FINAL CONSIDERATIONS**

Prenatal care in the primary care network is essential to evaluate the development of the baby and the care with pregnancy, prevent maternal and fetal diseases, and reduce risks, and should include welcoming conducts, educational and preventive actions, as well as the early detection of pathologies and the establishment of a link between prenatal care and the place of delivery. Thus, primary care plays a crucial role in this care, as it is closer to families and can quickly identify pregnant women in the region, encouraging consultations and avoiding negative outcomes during pregnancy.



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