



Educational activity about low-risk prenatal care in Primary Health Care

Atividade educativa acerca do pré-natal de baixo risco na Atenção Primária à Saúde

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ABSTRACT

The article describes an educational experience carried out by medical students during their internship in Teaching-Service-Community Integration (IESC) IV. The aim of the activity was to raise awareness of low-risk prenatal care in Primary Health Care, in accordance with national guidelines, with a view to ensuring a healthy and safe birth. As well as reporting on partner prenatal care, which was also addressed as an innovative strategy introduced by the Ministry of Health, seeking to involve men in reproductive planning actions and improve access to health services. The activity included role-playing, dynamics about myths and truths related to prenatal consultations, talks about care during pregnancy, vaccinations, health checks and breastfeeding promotion. In addition, the article emphasizes the importance of integrating teaching, services and the community to promote maternal and child health and points out that the experience was enriching for both the students and the community.

Keywords: Permanent education, Prenatal care, Primary health care.



RESUMO

O artigo descreve uma experiência educativa realizada por estudantes de medicina durante seu estágio em Integração Ensino-Serviço-Comunidade (IESC) IV. A atividade teve como objetivo promover a conscientização sobre o pré-natal de baixo risco na Atenção Primária à Saúde, conforme diretrizes nacionais, visando garantir um parto saudável e seguro. Bem como relatar o pré-natal do parceiro que também foi abordado como uma estratégia inovadora introduzida pelo Ministério da Saúde, buscando envolver os homens nas ações de planejamento reprodutivo e melhorar o acesso aos serviços de saúde. A atividade incluiu dramatizações, dinâmicas sobre mitos e verdades relacionados às consultas de pré-natal, palestras sobre cuidados durante a gestação, vacinação, exames de saúde e promoção do aleitamento materno. Ademais, o artigo enfatiza a relevância da integração entre ensino, serviço e comunidade para promover a saúde materno-infantil e ressalta que a experiência foi enriquecedora tanto para os estudantes quanto para a comunidade.

Palavras-chave: Educação permanente, Pré-natal, Atenção Primária à Saúde.

1 INTRODUCTION

Given the importance of care during prenatal and puerperium in primary care. Thus, it is a criterion to reduce the rates of complications during and after pregnancy, reducing the chances of abortion, premature birth and maternal death. On the other hand, the lack of assistance or inadequate assistance during prenatal care can cause serious consequences for the health of the mother-baby binomial.

2 OBJECTIVE

To present the experience in carrying out an educational activity about low-risk prenatal care in Primary Health Care.

3 REPORT OF EXPERIENCE

This is an experience report type study conducted during the months of August to September 2022 in the curricular internship of the Teaching-Service-Community Integration (IESC) IV module by students of the fourth period of medicine of the Faculty of Medical Sciences of Paraíba – FCM/Afya. From this context, an educational activity was carried out in a Family Health Unit (FHU), on 10/25/2022, from 8:00 a.m. to 11:00 a.m. Thus, at the first moment, the pregnant women were welcomed at the FHU, followed by a theater dramatization, with some members of the IESC IV discipline, where they dramatized a case of a relapsed pregnant woman and a participatory husband who accompanied her in the prenatal consultations. This dramatization consisted of the participation of some pregnant women, who participated in a very interactive way. In Brazil, Primary Health Care (PHC), guided by the National Policy of Primary Care (PNAB), highlights that it is the competence of the health team to welcome and care for the health of pregnant women and children, encompassing the prevention of diseases, health promotion and treatment of injuries occurring during the gestational period until the puerperal period and the care of the child, ensuring



comprehensive care and increasing the potential for resolution, aiming at the birth of a healthy baby with minimal risk to the mother. (GUSSO AND LOPES, 2019; MARQUES, 2020). It was also seen the importance of the partner's prenatal care, an innovative strategy, instituted by the Ministry of Health in 2016, which seeks to contextualize the importance of the conscious and active involvement of men in all actions aimed at reproductive planning and, at the same time, contribute to the expansion and improvement of access and reception of this population to health services, with a focus on Primary Care (LIMA, 2021). In a second moment of the activity was carried out a dynamic about myths and truths regarding prenatal consultations, which according to the Ministry of Health (2012) should be interspersed between the doctor and the nurse and contain at least 06 consultations, one in the first trimester, two in the second trimester and three in the third trimester as well as the most important conducts to be performed during pregnancy. With this activity it was possible to observe a good previous knowledge on the part of the pregnant women, even sometimes they reported not performing what the doctor (a) and nurse (a) recommended for the appropriate conducts according to their gestational age. After this dynamic, a closing lecture was addressed, reinforcing the foundations that were instigated in the dynamics of myths and truths and in the dramatization, focusing mainly on the importance of attending prenatal consultations whenever scheduled, as well as the vaccinations recommended by the Ministry of Health during the gestational period, having as a vaccination schedule, according to Brasil (2022), the recommended immunological ones: dT, Hepatitis B, Influenza and COVID-19. Next, the topic of cytology and breast self-examination, consultation with a dentist for oral health, healthy eating and non-self-medication and the non-use of illicit and non-illicit drugs, as well as the practice of physical activity and the importance of exclusive breastfeeding were addressed. In addition, at the end, a moment of integration was held for a healthy morning snack between the students, the pregnant women and the FHU teams.

4 FINAL CONSIDERATIONS

In short, the realization of the educational activity about low-risk prenatal care, as well as the prenatal care of the partner in Primary Health Care proved to be an enriching experience for not only the community, but also for us, medical students and future medical professionals, where we observed the importance of this type of activity and emphasizing the need to promote adequate prenatal care, preventing complications, ensuring a healthy pregnancy and also treating the partner and putting him as a bridge in this mother-baby binomial and being part of this bond. In addition, we highlight the relevance of the integration between teaching, service and community in this process of promotion and prevention of maternal and child health problems.



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