



# Pregnant Woman Group in a Family Health Strategy in Schroeder - Santa Catarina

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## 1 INTRODUCTION

The goal of prenatal care is to monitor, prevent complications, prepare the pregnant woman for delivery, and identify as early as possible which patients are more likely to present an unfavorable evolution. In this way, the team can manage, refer, address psychosocial aspects, perform the necessary care, educational activities, and reduce unfavorable maternal-fetal outcomes. Fears involving the baby's health, delivery, and the new life as a mother are examples of the anguish suffered by women during and after pregnancy. Together with a network of professionals updated and respectful to provide a global care and the necessary support, the woman feels more secure and self-confident to deal with these fears.

## 2 OBJECTIVE

To hold meetings and knowledge exchange with pregnant women of a Family Health Strategy, to discuss the fears inherent to maternity, aiming to contribute to the promotion of health, well-being and self-confidence.

## 3 METHODOLOGY

This project was conducted over two days in July 2022, in the area covered by the Family Health Strategy (FHS) of the Center in the city of Schroeder, in the state of Santa Catarina. The project's methodology is theoretically based on the 2012 Basic Care Booklet No. 32, which refers to prenatal care. A review was conducted on the main points and fears during pregnancy among pregnant women in the neighborhood.

This project is an action research of collaborative and qualitative nature. The first element is due to the participation of the FHS team members, from the definition of the theme to be worked on to the execution of the proposed activities. The second component occurs due to the collection of qualitative information about the doubts and fears of pregnant women of the FHS-Center.

The target users of the project are the 13 pregnant women registered in the unit and their families. The proposed actions, of an awareness-raising and reflective nature, and not exactly instructive, address key topics of pregnancy and newborn care, in order to improve parental adherence in activities related to



care at this stage. These actions were carried out in the facilities of the FHS Center. In addition, they counted on the participation of the multiprofessional health team, invited specialists, and the community.

The activities developed during the project will be evaluated using forms that will be available to participants at the end of each activity.

#### **4 DEVELOPMENT**

In this project, it was organized with the ideology of bringing pregnant women closer to the health team of the unit, as well as promoting an interaction between them, favoring an enriching exchange of knowledge.

In the first meeting, the physiological changes of pregnancy were discussed, through illustrative images and explanations about the reasons for the changes as well as measures that can be taken to help cope with them. In addition, comments were made about the types of childbirth, recovery, risks, and benefits of each one. Finally, the unit's psychologist reflected on mental health during maternity.

On the second day, we talked about maternal vaccinations during pregnancy, as well as the importance of protecting the baby after birth. Finally, we talked about neonatal screening tests as well as breastfeeding techniques and good child care..

#### **5 CONCLUDING REMARKS**

Pregnancy is a mixture of emotion and uncertainty. It is necessary to have a good educational-professional support to give the right support to future mothers, which was successfully achieved in the meetings held in this project.



## REFERENCES

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