



Protagonism of the nurse in the health education of pregnant adolescents

Protagonismo del enfermero en la educación en salud de las adolescentes embarazadas

Protagonização do enfermeiro na educação em saúde da gestante adolescente

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Abstract

The aim was to understand the role of nurses in the health education of pregnant adolescents. This is an integrative review research, it includes the theoretical concepts of approach, the set of techniques that enable the construction of reality and the divine breath of the creative potential of the investigated. Related to the period from 2015 to 2019, 15 articles in Portuguese were evidenced, related to the theme of the study. For a better understanding of the study, it was decided to divide the topic in question into three different moments for discussion, which are Nurses' role in health education for pregnant adolescents; Role of the nurse as an educator in the health of pregnant adolescents and Nurse's guidelines regarding the prenatal care of pregnant adolescents. Health education is essential for the prevention of early pregnancy in Brazil and in the world. It is noteworthy that education should not be the competence of only one professional category, but of the entire multiprofessional team.

Descriptors: Pregnancy in Adolescence; Contraception; Health Education; Nursing; Sexual and Reproductive Health.

How to cite this article:

Felipe TDA, Silva FB, Ribeiro WA, Souza FS, Silva MRB, Ramado ADA, Mendes RSA, Gomes EACS. Protagonism of the nurse in the health education of pregnant adolescents. Glob Clin Res. 2022;2(1):e17.

Chief Editor: Caroliny dos Santos Guimarães da Fonseca

Executive Editor: Kátia dos Santos Armada de Oliveira

Submission: 01-21-2021

Approval: 03-02-2021



Resumén

El objetivo fue comprender el papel del enfermero en la educación en salud de las adolescentes embarazadas. Esta es una investigación de revisión integradora, incluye los conceptos teóricos de abordaje, el conjunto de técnicas que posibilitan la construcción de la realidad y el soplo divino del potencial creador de lo investigado. Relacionado con el período de tiempo de 2015 a 2019, se evidenciaron 15 artículos en portugués, relacionados con el tema del estudio. Para una mejor comprensión del estudio, se decidió dividir el tema en cuestión en tres diferentes momentos de discusión, a saber: el papel del enfermero en la educación en salud de las adolescentes embarazadas; Rol del enfermero como educador en salud de las adolescentes embarazadas y Directrices del enfermero en cuanto al cuidado prenatal de las adolescentes embarazadas. La educación en salud es fundamental para la prevención del embarazo precoz en Brasil y en el mundo. Se destaca que la educación no debe ser competencia de una sola categoría profesional, sino de todo el equipo multiprofesional.

Descriptor: Embarazo em Adolescente; Métodos Anticonceptivos; Educación en Salud; Enfermería; Salud Sexual y Reproductiva.

Resumo

Objetivou-se compreender a protagonização do enfermeiro na educação em saúde da gestante adolescente. Trata-se de uma pesquisa de revisão integrativa, inclui as concepções teóricas de abordagem, o conjunto de técnicas que possibilitam a construção da realidade e o soplo divino do potencial criativo do investigado. Relacionado ao recorte temporal de 2015 a 2019, foi evidenciado 15 artigos em português, relacionados à temática do estudo. Para maior compreensão com respeito ao estudo, optou-se por dividir o tema em questão em três momentos distintos para discussão, que são: Protagonização do enfermeiro na educação em saúde da gestante adolescente; Papel do enfermeiro como educador em saúde da gestante adolescente e Orientações do enfermeiro frente ao pré-natal da gestante adolescente. A educação em saúde é fundamental para a prevenção da gravidez precoce no Brasil e no mundo. Ressalta-se que a educação não deve ser competência apenas de uma categoria profissional, mas, de toda a equipe multiprofissional.

Descritores: Gravidez na Adolescência; Anticoncepção; Educação em Saúde; Enfermagem; Saúde Sexual e Reprodutiva.

Introduction

According to the World Health Organization (WHO), adolescence is defined as the period of life that begins at age 10 and ends at age 19. According to the agency, this period of life can be divided into three phases: pre-adolescence, which ranges from 10 to 14 years of age, adolescence which ranges from 15 to 19 years of age, and youth which covers the age group of 15 to 24 years old¹.

Another definition is that of the Youth Statute (Law No. 12,852, of August 5, 2013), which considers youth as the period from the following age groups: From 15 to 17 years old are teenagers; from 18 to 24 years old are called young adults and from 25 to 29 years old are called young adults. Therefore, these definitions expose the existence of an intersection between mid-adolescence and early youth¹.

Accordingly, it is reported that with the onset of sexual life at an increasingly early age, associated with unfavorable social conditions, sexuality experienced early is most often accompanied by pregnancy (sometimes unplanned). This issue causes a serious public health problem, which requires guidance, preparation and monitoring programs during pregnancy and childbirth, as it is an issue that poses risks to the child's development, as well to the pregnant woman herself, being then most of the time, unplanned².

Due to the acceleration of growth, sexual stimuli, hormones and the lifestyle adopted by the female population in early adolescence, menarche is occurring

earlier, as it used to occur in most cases, around 12 years of age or older, and these days most girls are having their menarche at age 9, making it a risk factor for early pregnancy³.

In addition, the social changes experienced in recent decades related to greater freedom for contemporary sexual behavior have directly influenced the health relations of this population. There is an increasingly abrupt and early onset of sexual life, the non-use or inappropriate use of condoms and consequently an increase in cases of HIV/AIDS infection and other STIs, in addition to the high rates of early pregnancy, abortions and cases of sexual violence, this reality has a direct impact on the social and psychological life and affects the stages of these adolescents' lives⁴.

It is essential to emphasize that pregnancy is considered a condition for the survival of human life, being essential for generational renewal, and represents the period of formation of a new being. This period of a woman's life, which begins when conception occurs, extends over a period of about 40 weeks, and ends with childbirth. However, when this pregnancy occurs in adolescence, it becomes a complex phenomenon, with numerous causes and consequences, most of the time, resulting in a series of responsibilities and even social exclusion for the teenager. According to the WHO, teenage pregnancy can result in emotional, social and economic consequences that can affect not only the mother's life, but also that of her child⁵⁻⁷.



This is corroborated by the exposition that unwanted pregnancy during adolescence can become an impediment to the full development of the adolescent's potential, which can cause damage to health, schooling and obstacles to entering the job market⁸.

According to the Pan American Health Organization (PAHO), Latin America is the only region in the world with a growing trend of pregnancies among adolescents under 15 years of age. Moreover, although the fertility rate and total rate in Latin America have declined in the last 30 years, the same decreasing pace has not been observed in teenage pregnancies. The rate of pregnant teenagers in Brazil has decreased in the last ten years, but it is still beyond the rate of other countries in Latin America, such as Chile and Argentina⁹.

Currently, Brazil has 68.4 babies born to teenage mothers for every 1,000 girls aged 15 to 19 years, which is above the Latin American average, estimated at 65.5. Worldwide, the average is 46 births per 1,000 and in countries like the United States, the rate is 22.3 births per 1,000 adolescents aged 15 to 19 years¹⁰.

By observing the growing rate of teenage pregnancy, as well as the lack of preparation of some professionals to deal with these young mothers, it was noted the feasibility of developing a research project with an emphasis on the dissemination of knowledge about the role of nurses in education in the health of these adolescents, being a prominent character for the academic environment as it prepares the professional to deal with this public in the biopsychosocial scope.

In addition to these gaps that generated the opportunity of the project, there is a concern with future nurses to deal with this public without having knowledge about the subject during their graduation. It is necessary to prepare the multi and interdisciplinary health team to offer the best possible service and guidance, thus being able to contribute to the reduction of rates related to this topic.

As an additional incentive that confirms the importance of the project, it was observed that it is extremely important for the whole society, especially the lower economic classes that have the highest pregnancy rate in this period due to lack of support and education.

With this, the present study had as general objective, to understand the role of nurses in the health education of pregnant adolescents. And as a specific objective, to describe the role of the nurse as an educator in the health of pregnant adolescents and, in the past, to address the main guidelines of nurses regarding the prenatal care of pregnant adolescents.

Methodology

This is an integrative review research; it includes the theoretical concepts of approach, the set of techniques that enable the construction of reality and the divine breath of the researcher's creative potential¹¹.

For the nursing professional, research analysis will provide support to make appropriate decisions and progress in clinical practice, making research results more accessible, as the professional has access to several studies carried out in a single study¹¹.

The research was carried out between August 2019 and October 2019. In the first stage, the guiding question is elaborated: What is the role of nurses in the health education of pregnant adolescents?

In the second stage, the inclusion criteria for selection were defined, which were the articles available in Portuguese, from 2015 to 2019, with the descriptors teenage pregnancy, contraceptive methods, health education, nursing. Thus, the review was carried out through the Virtual Health Library (VHL), in the following databases: LILACS, BDNF, MEDLINE and Google Scholar. The boolean operator AND was used as a means to connect the descriptors and make the search for articles more accurate and complete.

Chart 1. Crossing the descriptors. Rio de Janeiro, RJ, Brazil, 2020

DESCRIPTORS	TOTAL	FILTER	SELECTION	2015	2016	2017	2018	2019
Teenage pregnancy AND contraceptive methods AND health education AND nursing	00	0	0	0	0	0	0	0
Teenage pregnancy AND contraceptive methods	1633	19	3	1	0	0	1	1
Teenage pregnancy AND health education	2303	13	0	0	0	0	0	0
Contraceptive methods AND health education	1234	0	0	0	0	0	0	0
TOTAL	5170	32	3	1	0	0	1	1

When using the descriptors Teenage pregnancy AND contraceptive methods AND health education AND nursing, no articles were found. Already with the crossing Pregnancy in adolescence AND contraceptive methods, we evidenced 1633, when filtering we obtained 19 results, where three articles were selected.

The Descriptors Teenage pregnancy AND health education we captured 2303, when filtering we obtained 13, where we selected none. When crossing contraceptive methods AND health education, we had 1234, when filtering we did not have the sample. Thus, the study showed 5,170 productions, of which 03 met the inclusion criteria.

Chart 2. Descritores Isolados. Rio de Janeiro, RJ, Brasil, 2020



DESCRIPTORS	TOTAL	FILTER	SELECTION	2015	2016	2017	2018	2019
Teenage pregnancy	175	3	1	0	0	1	0	0
Contraceptive Methods	123	2	2	0	0	1	1	0
Health education	3016	2	1	0	0	0	0	1
TOTAL	3314	7	4	0	0	2	1	1

When using the descriptors teenage pregnancy, we obtained a total of 175 articles, where only 01 work was selected. With the descriptor Contraceptive Methods, we showed 123, when filtering we obtained 02, where 02

articles were chosen. With the descriptor Health education after the filter, 01 article was selected. In this way, the study showed 3314 productions, from which we obtained results, where 04 articles were found.

Chart 3. Crossing the Google Scholar descriptors. Rio de Janeiro, RJ, Brazil, 2020

DESCRIPTORS	TOTAL	FILTER	SELECTION	2015	2016	2017	2018	2019
Teenage pregnancy AND contraceptive methods AND health education AND nursing	10.104	73	8	0	00	02	01	05

After searching the VHL, we performed a search on Google Scholar, in which we used as criteria productions such as manuals, programs and articles available in Portuguese, classified by greater relevance in the first 200 evidenced studies, such as the descriptors: Pregnancy in adolescence, contraceptive methods, education in health and nursing. In the third step, we used a data collection instrument, which aims to extract key information from each

selected article, where the selected articles were exposed in Chart 4.

It is noteworthy that the exclusion criteria established were the unavailability of access, publications in more than one database, abstract, texts in the form of projects, in other languages, outside the period defined in the inclusion criteria and all articles that are not linked to the theme.

Results

Chart 4. Structural survey of selected articles in the theme's databases. Rio de Janeiro, RJ, Brazil, 2020

No	TITLE	AUTHORS	JOURNAL	YEAR	METHODOLOGY
1	Métodos contraceptivos conhecidos por adolescentes de uma escola pública do interior paulista	Cano MAT	Rev. Investigação Saúde	2015	Quantitative, descriptive research with adolescent students aged 12 to 14 years.
2	Planejamento familiar e métodos contraceptivos: percepções de puérperas frente à gravidez na adolescência	Gualdezi A et al.	Rev.Ciência Biologia e Saúde	2017	A structured questionnaire was applied and the content analysis was performed according to Bardin.
3	A prevenção da gravidez na adolescência: uma revisão integrativa	Vieira BDG, Queiroz ABA, Alves VH et al.	Rev.de Enfermagem UFPE online	2017	Integrative literature review study.
4	Gravidez na adolescência: atuação e desafio do enfermeiro na sua prevenção	Araujo JKM et al.	Rev. Saúde	2017	Integrative literature review, the search for data was performed in the databases of BDNF, BVS, LILACS and SciELO.
5	Conhecimento e comportamento dos adolescentes de uma escola	Antunes JS et al.	Rev. Baiana Saúde Pública	2017	Descriptive, exploratory research of a quantitative nature, using as a data collection instrument a



	pública sobre sexualidade e métodos contraceptivos				questionnaire answered by 57 adolescents between March and April 2014.
6	Resiliência e gravidez na adolescência: uma revisão integrativa	Rêgo MH, Cavalcanti A, Maia E.	Rev. Psic., Saúde & Doenças	2018	Integrative review.
7	Educação em saúde e a gravidez na adolescência: um relato de experiência	Lana PP, Silva MR, Soares ACS	Revista Científica Univiçosa	2018	Experience report.
8	Gravidez na adolescência relacionada ao tipo familiar e diálogo com os pais: revisão literária.	Pereira DF.	Rev. Saúde e Desenvolvimento	2018	Bibliographic search in the SciELO database.
9	Estratégias utilizadas pelas enfermeiras na atenção básica para a prevenção da gravidez na adolescência	Costa RSN et al.	Rev. Textura	2019	Descriptive study with qualitative approach, performed with 15 active nurses in primary care of the municipality.
10	Vivências e reflexões acerca da promoção em saúde sexual e contraceptiva de mulheres no ambiente escolar	Costa GOP et al.	Rev. Ciência e Saberes	2019	Experience report based on the Arch of Maguerez.
11	Gravidez na adolescência: percepções das estudantes do ensino médio de escolas pública e privada de um município da serra catarinense	Spaniol C, Spaniol M, Arruda, S	Cadernos De Pós-Graduação Em Distúrbios Do Desenvolvimento	2019	Qualitative research with semi-structured questionnaire.
12	Determinantes Sociais da Saúde e sua influência na escolha do método contraceptivo	Ferreira, HLOC et al.	Rev. Bras. Enferm.	2019	Documentary and retrospective study, carried out in a Natural Childbirth Center with evaluation of the medical records of patients treated between 2003 and 2011.
13	Oficina de saúde e sexualidade: Residentes de saúde promovendo educação sexual entre adolescentes de escola pública	Ferreira IG, Piazza M, Souza D.	Revista Brasileira De Medicina De Família E Comunidade	2019	Experience report.
14	Educação em saúde com adolescentes escolares acerca da sexualidade e infecções sexualmente transmissíveis: um relato de experiência	Pereira J de C N, et al.	Revista Eletrônica Acervo Saúde	2019	Experience report.
15	Gravidez na adolescência e a atuação de excelência do profissional de enfermagem	Barreto ASP et al.	Revista Brasileira Interdisciplinar de Saúde	2019	Bibliographic research through an integrative literature review (IR).

Related to the period from 2015 to 2019, 15 articles in Portuguese were evidenced, related to the theme of the study, of which we perceive the productions in 2015 (01); 2016 (00); 2017 (04); 2018 (03) and 2019 (07). The surveys were found in the following databases BDEFN - Nursing (06); LILACS (04) and MEDLINE (05). The construction sites of the studies were SP (01); MG (02); PI (01); PR (02); RJ (01); RN (02) and PI (01); PE (03); PN (01) and GO (01). When describing the authors' professions, we noticed an expressive number for Nursing (10); Doctor (03) and Professor (02).

Discussion

For a better understanding of the study, we chose to divide the topic in question into three different moments for discussion, which are: Nurses' role in health education for

pregnant adolescents; Role of the nurse as an educator in the health of pregnant adolescents and Nurse's guidelines regarding the prenatal care of pregnant adolescents.

Protagonism of the nurse in the health education of pregnant adolescents

Adolescents often find it difficult to understand their sexuality, and, in the search for this knowledge, they end up starting their sex life without guidance, which can lead to an unplanned pregnancy¹².

From the analysis of the study, it became clear that unplanned motherhood and the new composition of the family influence the school life of adolescents, forcing them to bear responsibilities and assume mature attitudes, disabling them for schooling. The results regarding the



association between teenage pregnancy and lower educational level require further explanation¹³.

Tackling unplanned teen pregnancy requires holistic approaches. Due to the scale and complexity of the challenge, no sector or organization can tackle it alone¹².

Most public health services do not have actions specifically aimed at adolescents, especially on sexual and reproductive life. It is noteworthy that teenage pregnancy, in addition to being a problem for the lives of adolescents, also becomes a social problem, when considering the precariousness of public health services, both in pre- and postnatal care, as in childbirth, family health programs, and the possible probability that the pregnancy will lead to unsafe and clandestine abortion or even self-extermination. That is why it is very important to implement sexual health programs both at home, in schools and especially by health professionals¹⁴.

For this reason, professionals trained to identify risk factors, guide and perform the appropriate conduct are important in the context of reproductive planning to avoid possible complications¹⁵.

Therefore, prenatal services need to be increasingly accessible and capable of assisting adolescents, promoting awareness of motherhood and their rights, as well as the psychological aspects involved, with the aim of helping them to cope with pregnancy and conscious and responsible decision making¹⁶.

Role of the nurse as an educator in the health of pregnant adolescents

Health education should not only take place in waiting rooms, but in all places that have an audience to address this issue. It is also necessary to give lectures to teenagers, their parents and their teachers¹⁷.

Studies claim that educational health actions transform meetings into moments of collective reflection, in a way that favors the sharing of experiences, leading to a participatory teaching-learning process, and the nurse is the professional trained for this role¹⁸.

Accordingly, they demonstrate that problems can only be overcome through nursing in partnership with various sectors, including the collaboration of the adolescents themselves. It is not enough to promote preventive actions of a prescriptive nature and based exclusively on biological factors of sexuality¹⁹.

Nurse's guidelines regarding prenatal care for pregnant adolescents

Sexuality characterizes a topic that requires interdisciplinary and transversal treatment when approached in educational contexts. When approaching preventive measures, it is important to consider which adolescents are most exposed to the risk of becoming pregnant, as well as to identify the population most vulnerable to the negative effects that pregnancy can cause both for the mother and for the child²⁰.

It is known that in a study the need for guidelines aimed at the young population, in clear and accessible language, about the reproductive process and family

planning, highlighting the types of contraceptive methods and their proper use, enabling greater knowledge and empowerment regarding decision-making in adopting healthy sexual behavior²¹.

The nurse has an important role in listening and helping to solve the needs of pregnant adolescents. A relationship of trust must be established through the expression of feelings, exchange of information and experiences, which makes them feel welcomed, thus allowing a humanized pregnancy, childbirth and postpartum, which makes this experience healthier and safer for both mother and child¹⁵.

The ways in which this information is passed on should be didactically facilitated, so that they can be understood by the listeners. A very relaxed way are the dynamics in groups or workshops, which focus on a central issue within a social context and have the objective of building collective knowledge²².

It was noticed in a study carried out with adolescents between 13 and 15 years old that they had little knowledge about the various contraceptives, with the male condom being the only method cited by all groups²².

Another worrying point is the non-participation of men in health units, observed in the study that during the family planning consultation there was no participation of male adolescents, who were not even registered at the health unit to participate in educational activities. Despite being invited to participate in meetings and consultations¹⁸.

Health promotion actions permeate nursing consultation and group activities, emphasizing welcoming, qualified listening and ethics as devices that contribute to promoting an environment favorable to adolescent health²¹.

Regarding to nursing, it is worth mentioning that the educator profile inherent to the profession makes the nurse a member of the health team able to develop and put into practice educational activities that contribute to the healthy practice of sexual activity by adolescents²³.

The importance of sex education actions at school is perceived with the purpose of preparing adolescents to experience sexuality in a healthy way. The main results found are based on the fact that a significant portion of the adolescents have already started their sexual life, that the theme sexuality has been approached in an incipient way in the school environment and that it is usually a taboo in the family environment²³.

The consequences of this context are implicit in the lives of adolescents, who stated that they did not use any method to prevent pregnancy, or demonstrated that they did not know contraceptive methods. The importance and impact that sex education can have on the lives of these adolescents are made explicit, in order to avoid an unplanned pregnancy and its adverse consequences²⁴.

The inclusion of nursing professionals in schools facilitates the development of sexual orientation actions that should be offered to adolescents, with access to correct information and the adoption of preventive behaviors, as well as promoting adolescents' awareness of the importance of using contraceptive methods in the prevention of STIs and early pregnancy²⁴.



The importance of nurses as a true health educator and their insertion in the school world is highlighted with the aim of monitoring adolescents, using various health education strategies that aim to train them and make them autonomous in their promotion of health. health, thus avoiding the main problems that affect this age group, such as unplanned pregnancy and sexually transmitted diseases²¹.

Multiprofessional work with pregnant women must encompass the interaction of many factors. Among them, personal history, gynecological and obstetric history, the historical moment of pregnancy, current social, cultural and economic characteristics and quality of care. Comprehensive care must be able to provide the woman and the fetus with a satisfactory period of well-being, with a view to strengthening the mother-fetus bond²².

Conclusion

Adolescent pregnancy is a complex phenomenon, associated with internal and external factors such as

biological, social, economic and behavioral factors, which trigger problems and disadvantages to early motherhood and which require attention.

The phenomenon of teenage pregnancy is a topic that raises questions about its etiology, risks and consequences. Therefore, this event is seen as a problem because it is precocious, but it is important to try to identify what young people think, dream and plan. Future research in the area could also seek the male perspective on teenage pregnancy, after all, responsibility comes from both parents.

Therefore, health education is essential for the prevention of early pregnancy in Brazil and in the world. It is noteworthy that education should not be the competence of only one professional category, but of the entire multi and interprofessional team. However, the nursing professional, as a member of the team, plays an essential role in the sexual and reproductive health of adolescents, assisting them with a holistic view and always seeking to provide humanized care.

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