

BELLY PAINTING / PHOTO BOOK: UNIVERSITY EXPERIENCE PROJECT WITH PREGNANT WOMEN AND THEIR SUPPORTERS

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ABSTRACT

The aim of the present study was to report a University experience project with pregnant women and her supporters at a Family Health Strategy unit in Sinop, Mato Grosso, Brazil, in accordance to nursing practice. It is an experience report of a project called "Pintura em Barriga/Book Fotográfico" (Belly Painting / Photo Book), with involvement of Nursing students, healthcare team workers, pregnant women, supporters and the academic community and local partners. The pregnant women's facilitated access to activities, supporters' inclusion and the appreciation of emotional aspects, are important factors that contribute to the achievement of success. During the development of this project, we could notice intense participation of the target group, the interaction between the involved people and the academy support on health-practice propositions. In summary, we could mention the importance of projects which promoting a greater teaching-service-community articulation, subsidizing the reflection around health/nursing practice, including not only the woman and her baby but also their supporters.

Keywords: Defense of the patient. Health services. Unified Health System. Pre-natal care. Obstetric Nursing. Family Health Strategy.

INTRODUCTION

Pregnancy is a period of intense biological transformations on the female body, in addition to representing a temporary state of unstable equilibrium (change of social role, need for adjustments and readjustments and intra-psychic) and change of identity. The complexity of the changes includes biological, psychological variables and social too⁽¹⁾.

Already the fatherhood appears as a transition in the male emotional development, in which the men eventually resign functions and social roles, although the experience of pregnancy becomes significant not just for them. In fact, it said that the coming of a child changes the whole composition familiar intercommunication network⁽¹⁾.

Therefore, in this manuscript, we opted for the use of the term date, defined as partner, child, family member/relative, friend, neighbor or anyone who assume to be next to the pregnant woman on your trip to a health service, providing you with support during the cycle-puerperal, continuously gravid or possible. The term adopted based on law No. 11,108, of 7 April 2005, which feature on the

security of women in labour to date, in the unified health system (SUS)⁽²⁾.

It is understandable that pregnancy is a period that demands convergence of preventive efforts of health staff, resulting in a full assistance to women's health, of your son⁽¹⁾ and of their escorts. However, it seen that even with the technological evolution in obstetric area, there is still a deep dissociation between the biological and emotional aspects in clinical care in pregnancy. The conventional routine often does not meet the needs of emotional health of escorts and the baby⁽¹⁾, due to the centrality of the biomedical model and its predominantly actions oriented to the biological aspects⁽³⁾ and/or around the maternal health.

As an integral part of the health care team in the basic attention (AB), nursing can and must overcome the biological service, through the potentiation of your acting in a more open and sensitive to the needs of individual users, requiring, for both, the adoption of behaviors as: take a caregiver perspective, strengthen teamwork and promote political and technical qualification of its professionals. Acting in this perspective, the nurse must identify and enhance pipelines beyond the

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individual medical action, articulating the health care life reproduction processes, the intersubjective aspects and the human potential, according to modes of walking the life of individuals/groups, which tuned with a more comprehensive approach to the needs of health⁽⁴⁾.

The scope of the purpose mentioned above, especially on obstetric area, under AB, several studies have suggested the use of health education of pregnant women, with the inclusion or not of their companions⁽⁵⁻⁶⁾. Although, as for the techniques used in educational groups, such as the "belly painting" and the use of photography, the scientific literature is scarce.

About the photo, this pointed to as an important tool of clinical practice of nursing, and may employed in work organization and in the feelings of users and escorts⁽⁷⁾. Therefore, being recognized the importance and your taking ownership of this resource, researchers used of photoshoot with pregnant women for the promotion of your self-esteem, in a family health unit in a municipality of Rio Grande do Sul. The results, the authors believe that through the activity was so you can provide pregnant women a pleasurable interaction with the baby, being recognized their beliefs, values, personal projects, life stories and feelings in front of the gestation. The use of photography pointed to as an important source of information for health professionals, helping them to reflect on your role as health promoters agents⁽⁸⁾.

Already with regard to the technique of "painting in belly" – also known as the art of painting in the womb, ultrasound, ultrasound echography and natural ecological-a study⁽⁹⁾ held in a family health unit in Curitiba-Paraná identified that, through her, she was promoted to prenatal binding experience so significant in nature of relations between mother and child to child development. For pregnant women, the painting has provided connection, rapprochement and interaction with the fetus.

The "belly painting" is developed through maneuvers of palpation of the gravid abdomen (Leopold's maneuver), observing what the position of the baby. This information guides the drawing in the belly of the woman, although there may be freedom for the choice of the painting. In the technique are used specific materials (paints and pencils) for skin, with anti-allergic properties. It also noted that the term "belly painting" adopted here from your ID popularization in the communication

media, for understanding that he expresses a colloquial language, the speech of women and approximate by your associative relationship linked to art, which contrasts to a strictly technological dimension.

So, considered the importance of proposition of new techniques that move toward an enlarged approach to the needs of pregnant women and escort, the importance of the inclusion of the latter in the processes surrounding the gravid-puerperal cycle, through educative actions in health and the necessary joint-service-community education, with incentives for the role of academics, the present report has been proposed.

Therefore, the goal is reporting the use of "belly painting and photo essay on the practice of a nurse in interface AB. the report articulates the college experience project developed by one of the family health strategy (FHS) in Sinop-MT, in partnership with the Federal University of Mato Grosso (UFMT), through the course of nursing and the Municipal Health with the support of the Office of culture, sport and experience and coordination of extension of UFMT (CODEX), Regional Health Office of Sinop-MT and the Awakening Group (group responsible for organizing support and counselling to pregnant women and escorts specialized in the municipality of this report).

METHODOLOGY

This is the case studies of a project of University experience, with pregnant women and escorts in a unit of ESF, located in a peripheral district of Sinop-MT and that contemplated in your physical structure two health teams.

The college experience project reported here was articulated to an enlarged project of extension named "*Pregnancy: care that emanate light*", under Protocol SIGProj. N°: 197603.955.8960.12022015 the UFMT, degree in nursing, Sinop-MT campus, which had as main objective the practice of health education through wheels of conversation with pregnant women and escorts in a health unit, AB level.

The extension project was contemplating actions such as: 1) technical and scientific substantiation of the executors members; 2) monthly educational group realization of pregnant women and escorts, with issues related to pregnancy, childbirth and puerperium in wheels of conversation; 3) carrying

out projects of University experience with emphasis on audience shares extension project (pregnant women and escorts); and 4) evaluation of activities by project members, pregnant women/escorts and health teams.

Specifically, with regard to item 03, was proposed the present college experience project, coordinated by an academic/advisory officers of nursing, under the direct supervision of the teacher-Coordinator of the activities, in accordance with the proposals of the ministerial order 015/PROCEV/2016⁽¹⁰⁾. The following data submitted for the project "belly painting/photo book", which was performed in three distinct and complementary steps: training workshop, dissemination and implementation of the project activity of life.

Training workshop "belly painting": preparation of the team

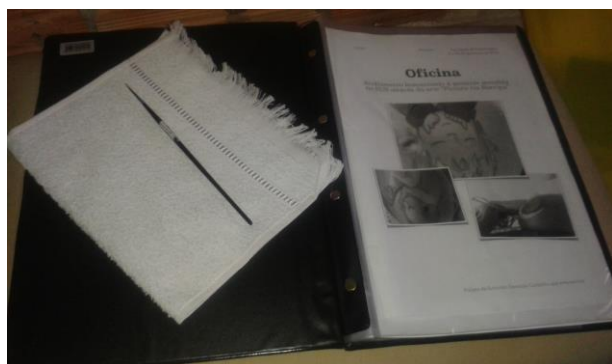


Photo 01. Painting Kit delivered in workshop to participants – folder containing models of designs for belly painting, towel and brush.



Photo 02. Painting workshop participants in the belly.

Source: Archive of the authors.

Disclosure of the activity to the target audience

The disclosure of the activity performed through individual invitations delivered by Community Health Agents (ACS) to pregnant women, monthly educational meetings notices related to the extension project, telephone calls to the participants of the project banners displayed on unity and encouragement by health professionals in prenatal consultations. The target audience was formed by pregnant women and escorts met in the health unit.

College experience project

The college experience project was carried out in December 2015 and included the participation of 13

In December 2015 was held a workshop to empower the members and guests of the project, being the purpose of the activity and provided the materials necessary for execution of the painting in the belly (folders with designs for gravid abdomen, paint brushes and towel for cleaning) (PIC 01).

The workshop attended by 18 people (PIC 02): a Nurse/Doula with knowledge and technique of painting in academic nursing 10 belly, a visiting professor and faculty Coordinator of the extension project. On this occasion, five pregnant women of the community attended the event, members of the Awakening Group. During the workshop was held the cardiofetal rate auscultation with the Sonar nurses project executing in order to interact and create greater bond with pregnant women and observe if the activity was being enjoyable for both of us, mother-baby. After the workshop served a snack for fraternization.

pregnant women, 13 escorts (most were children of pregnant women), 15 scholars of UFMT (14 nursing course and course 348 01), teachers of the course of nursing 02, 05, 02 ESF invited officials who came to painting in the belly and 01 community photographer. 51 people involved.

The participants chose the drive space I have ever performed the prenatal follow-up to implementation of the project of college experience, which respected by the teams of health and executor of the project. In the health service, members of the project have idealized the photographic book in the open; however, it had to revise in the light of the cases of microcephaly associated with the Zika virus. Therefore, we opted for the use of the internal structure of the health unit.

During the activity, the executing team was split

between those responsible for food (snacks and healthy juices), by the paintings in the bellies of pregnant women and the photo shoot. For the photo shoot were assembled four scenarios, with allusion to the festive Christmas date and baby's sex (male, female or not yet identified). The photos saved on a

computer and transferred to a DVD. Each woman received a DVD with the photos produced and treated, what was called "Photo Book". Ethical aspects been respected in the implementation of the activity and the participants signed the deed of concession for the use of images.



Photos: 03, 04 and 05. Pics-college experience project "Belly painting and Book of the pregnant woman".
Source: Archive of the authors.

RESULTS AND DISCUSSION

It has been the practice of the nurse allows the subject previously envisaged and to make flexible, it is possible by the uniqueness of the health work, which focuses on the encounter between the worker and the user⁽¹¹⁾. Still in that direction, it is plausible to recognize that, although the work operate a technical rationality to guide actions, it also features a interrelational dimension highlighting the placement of the subjects, their relationships and needs at the Centre of health care⁽¹²⁾.

Therefore, in the prenatal nurse should evaluate carefully and complete the pregnant woman, identifying risks and implementing precautions that minimize the possible complications⁽¹³⁾. Must also be aware of the requirements, other than those related to biological aspects, requiring, for both, a watchful eye extended⁽⁵⁾.

The proposed report include aspects around the pregnancy, for which the nurse must be aware and can contemplate in your work, as for example: the access of pregnant women to health services, the involvement of the escorts, the establishment of a link between mother-baby-date and the record of experiences of pregnancy.

It noted that the development of site activity, for having considered the desire expressed by pregnant women, facilitated access and adherence of them, as well as their families. Reports of health

professionals still showed greater adhesion of pregnant women/escorts project participants to the consultations of prenatal monitoring. Corroborating with the findings of this report, study⁽¹⁴⁾ has determined that access to prenatal care in AB means the first step to achieve by the pregnant woman, when in pursuit of satisfaction of their needs in prenatal care. The facilitation of the entry together with the reception favors the establishment of trust and link between professionals and the community, contributing to better adhesion to the proposed care plan.

The inclusion of the participation date also proved important for the engagement of pregnant women with the actions of the project. Children, parents and grandparents represented most of the escorts, with predominance of the first, minors. By observation, infers that the fact that the kids can go, influenced directly on maternal health unit.

However, the priority of scientific productions clipping that analyze the presence of companion during pregnancy, with the father as the main subject of research, a study of review⁽¹⁵⁾ revealed the importance of the man in the sharing of feelings by the partner, in supporting the well-being of women, in the creation and establishment of ties with the child and preparing for fatherhood. Nursing professionals would fit the role of integrating the man as active gestation periods subject, childbirth and the puerperium, enabling the construction of Parenthood gradually.

Furthermore, through this report, the importance of mother-infant interaction promotion-date, using the potential of "belly painting", and photograph. The interaction was remarkable in the face of the pregnant women and escorts through the demonstration of joy, excitement and emotion, while painting in the belly and/or tophotograph.

During the choice of designs for the "painting in the belly", a careful with every detail by pregnant women and escorts in the composition of the painting, based on information about the sex of the baby, your name and the number of fetuses in the current pregnancy. Pregnant women and escorts shared tips with each other and with the executor of the project team and members of the health team. And, from previous guidance of the team executing the activity, that pregnant women could bring personal belongings to compose the photo shoot, it was observed that the use of chenille baby garment parts (clothes and/or shoes) and props for the production of the mother (pieces of clothing, makeup, decorations of head etc.) has made the environment more joyful, creative and conducive to interaction between mother, baby, escorts, agency staff and health professionals.

Corroborating with, study finds⁽⁸⁾ that used photographic essays, revealed to have encountered the excitement, the twinkle in your eye, the emotion through simple expressions like tears and smiles of participants. Even through the feelings expressed and reported by pregnant women was possible to unveil the experience for them, pointing out the diversity of meanings and feelings that arise during pregnancy.

Research⁽⁹⁾ that the representation of women on the "belly painting" showed the experience of the art of painting of the womb caused in pregnant women experiences of subjective or binding core of love, which was verified from the behaviors and feelings manifested and expressed by them, which can, according to the authors, be considered indicators of the likely presence of the construction of the link between the participants and their babies.

Finally, the project reported, the intense interest of pregnant women and escorts for the proposed activity, which can also be linked to the possibility of archiving and sharing of pictures of pregnancy, whereas through photographic records, it was possible to make "tangible" memories of this period so intense and meaningful-the gestation. Research⁽⁸⁾ identified that pregnant women, the receive the

photos, observed and reflected on their meanings, seemed surprised by his own beauty, verbalizing that they felt more beautiful, feminine and encouraged. Reported that they had learned to value the condition of being a mother, as well as the growth and development of your baby.

Although they recognized the benefits of activity reported, does not exclude the multiple operating conditions for your viability. So, consider important: the promotion of actions that break with traditional biological model, the integration and coordination of intersectoral actions, with partnerships between the AB and other institutions such as universities.

The health team/nurse must strip of his speeches, vertical and prescriptive, committing itself to the establishment of effective and affective exchanges with users. To this end, the professional needs to know and recognize the unique reality of health services user, assume a human attitude and consolidate friendly and protective care, based in dialogical relations⁽¹⁶⁾.

We highlight the importance of teamwork and/or with other institutions, since the complexity of health needs requires professionals prepared for an interprofessional collaborative practice. To this end, it is important to: 1) the articulation with the different network services of attention; 2) the health care organization with a tendency of new clinical practices that promote; and 3) the establishment of networks of care between the three levels of attention (primary, secondary, and tertiary)⁽¹⁷⁾.

The University, through its representative bodies, also assumes your importance as articulator and promoter of social transformation. Thus, you must enable the professional future experimentation and intervention in reality, the earliest possible, and contributing to the development of your work so critical-reflective, enhancing interdisciplinary and humanistic aspects, in addition to the execution of resolute health services, focused on the health needs of the subjects⁽¹⁸⁾.

FINAL CONSIDERATIONS

From the report, take as important aspects of practice nurses in AB: the expanded approach to health needs beyond those strictly biological weapons; the need for inclusion of date during pregnancy; the use of techniques to promote interaction between the mother-baby-escort; and the necessary educational joint-service-community for

performing actions that promote the quality of health care.

Although the findings of this report cannot be generalized, because these reflect a specific reality, they can subsidize investment in new techniques, strategies and partnerships between health services, institutions and society at large, with the quality of care in puerperal cycle-gravid, including women

and escorts. In the end, it concluded that it is necessary to overcome the obstacles that challenge the quality of obstetric care and foster actions that move in the direction of full care and humanized. Studies that examine the prospect of pregnant women and escorts who take part in such actions should also be encouraged.

PINTURA EM BARRIGA E BOOK FOTOGRÁFICO: PROJETO DE VIVÊNCIA UNIVERSITÁRIA COM GESTANTES E ACOMPANHANTES

RESUMO

Objetivou-se relatar a experiência de um projeto de vivência universitária com gestantes e acompanhantes em uma unidade da Estratégia Saúde da Família de Sinop, Mato Grosso, Brasil, em interface com a prática do enfermeiro. Trata-se de um relato de experiência do projeto "pintura em barriga/book fotográfico", com envolvimento de graduandos em enfermagem, trabalhadores da equipe de saúde, gestantes, acompanhantes e colaboradores da comunidade acadêmica e local. O acesso facilitado pelas gestantes, as atividades realizadas, a inclusão dos acompanhantes e a valorização de aspectos emocionais colaboraram para o êxito da atividade. Observou-se intensa participação do grupo-alvo nas ações, a interação entre os sujeitos envolvidos e a colaboração da academia na proposição de práticas em saúde. Conclui-se pela importância de projetos que promovam uma maior articulação entre o ensino-serviço-comunidade e subsidiem a reflexão em torno das práticas de saúde e de enfermagem, incluindo não apenas a mulher e o bebê, mas os seus acompanhantes.

Palavras-chave: Cuidado Pré-natal. Enfermagem Obstétrica. Estratégia Saúde da Família.

PINTURA EN PANZA / BOOK FOTOGRÁFICO: PROYECTO DE VIVENCIA UNIVERSITARIA CON MUJERES EN GESTACIÓN Y SUS ACOMPAÑANTES

RESUMEN

Se objetivó informar un proyecto de vivencia universitaria con mujeres en gestación (mujeres embarazadas, preñadas) y sus acompañantes en una unidad de Estrategia de la Salud de la familia de Sinop, Mato Grosso, Brasil, con la intervención con la práctica del enfermero. Se trata de un relato de experiencias del proyecto de "pintura en panza / libro fotográfico", con el envolvimento de graduados en enfermería, trabajadores del equipo de la salud, embarazadas (mujeres en gestación), acompañantes, colaboradores de la comunidad académica y local. El ingreso (acceso) facilitado de las embarazadas a las actividades, a la inclusión de los acompañantes y la valorización de los aspectos emocionales colaboraron para el éxito de la actividad. Se observó la intensa participación del grupo albo en las acciones, la interacción entre los sujetos envueltos y la colaboración de la academia en el propósito de la práctica en la salud. Se concluyó la importancia del proyecto promocionar una mayor articulación entre la enseñanza – trabajo-comunidad, subsidian la reflexión en torno de las prácticas de salud, de enfermería, incluyendo no apenas a la mujer y él bebe, sino también a su acompañante.

Palabras clave: Atención Prenatal. Enfermería Obstétrica. Estrategia de la Salud Familiar.

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Submitted: 10/12/2016

Accepted: 15/03/2017