

MOTHER'S LAP: EDUCATIONAL WORKSHOP PROJECT FOR PREGNANT AND POSTPARTUM WOMEN AIMING FOR COMPREHENSIVE MATERNAL AND INFANT HEALTH IN CAÇADOR CITY/SC

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Abstract: Pregnancy and the postpartum period are very unique periods in a woman's life, with physical, psychological and hormonal changes that greatly impact her daily life. The status of a mother can generate some uncertainty, doubts and consequently anxiety. The emotional burden due to the new status of caretaker, combined with hormonal changes, and doubts about this new phase ends up generating a lot of anxiety, especially with regard to caring for the newborn, family readjustments in addition to maternal self-care. The period of pregnancy is a very pertinent phase to offer information that can contribute to the promotion of maternal and child health, since pregnant women are very receptive to changes that can serve to help them during the postpartum and postpartum phases. puerperium. The creation of educational workshops aimed at this audience, associated with multidisciplinary monitoring, becomes an interesting approach. The workshop project entitled: ``Mother's Lap``, aimed to hold educational lectures related to fears and desires during pregnancy and first aid with a focus on babies and children, seeking to resolve listeners' doubts and offer knowledge so that they had autonomy and confidence to live motherhood to its fullest.

Keywords: educational workshops, pregnancy, postpartum period, first aid, lectures.

INTRODUCTION

After giving birth, a woman's life changes and her main goal is to care for her baby. The first 27 days after birth are very vulnerable for the baby, where he is subject to several risks, both biological and social. (PINTO et al., 2019).

Basic health units must be one of the points of support for women, offering welcome, information, security and a humanized environment to make this phase full of adaptations and changes more peaceful. (PINTO et al., 2019).

The development of specific strategies for this complex group is very effective, and ends up strengthening the bond between the team and users. Actions such as educational workshops complementary to all basic care help to practice healthy habits, reduce anxiety, and better understand women's feelings, in addition to providing them with essential and evidence-based information, which consequently increases confidence and promotes better care for the binomial. (PINTO et al., 2019; LIMA et al., 2014).

In this sense, realizing the need to welcome pregnant and postpartum women, as well as aiming to act in a complementary way to the service provided by the team at the Basic Health Unit, which has a focus on monitoring the baby's development, the "Mother's Lap" project was created, whose main goal is to hold monthly workshops with thematic axes that cover the main doubts and difficulties of mothers facing this new world in which they will be inserted in the Central Basic Health Unit of the city of Caçador/SC.

The monthly workshops covered a variety of topics, such as guidelines for humanized birth, obstetric violence, breastfeeding, maternal and child nutrition, maternal self-care, important care related to the baby, among others.

METHODOLOGY

The educational workshops were extension activities of the Extension and Culture Support Program (PAEC), focusing on the pregnancy-puerperal cycle of women assisted in the city of Caçador/SC, registered and monitored in some Basic Health Unit in the city. Two workshops took place at the ``*Casa de Cultura*`` (Culture Department) and one at ``*Centro de Artes e Esportes Unificados*`` (Unified Arts and Sports Center - CEU), all in Caçador/SC. The total audience for the three workshops was approximately 45 people, and

invitations were sent via cell phone messages, in addition to the in-person invitation when pregnant women went to the UBS during prenatal care.

The activities were developed using conversation circles, sharing experiences and also complementing the themes by facilitators and practical training with rescuers from the Volunteer Fire Department.

Initially, the fears and desires during pregnancy and postpartum were discussed, explaining physiologically and psychologically the changes that women go through throughout this period. Symptoms of postpartum depression, baby blues, depression and panic disorder were also covered. After the theoretical basis, a moment of health education was carried out, explaining non-pharmacological ways to avoid and alleviate the occurrence of these disorders.

The floor was then passed on to a psychologist who highlighted the importance of taking care of mental health during motherhood, and provided a very important welcome, with dialogue and active listening.

In a second and third moment, approaches related to first aid for babies and children were carried out, in which the main events and accidents that could occur were discussed, highlighting prevention and teaching initial management. Choking, drowning, cardiorespiratory arrest, shocks, falls, traumatic brain injuries and cuts were listed. Afterwards, rescuers from the Caçador Volunteer Fire Department provided guidance on the practice of initial patient care, using dolls and individualized guidance for each pregnant woman, in addition to answering all their doubts.

The chosen themes were based on bibliographical analysis, and also collectively, in conversation with the nurses responsible for the units, according to their experiences and main doubts that pregnant women brought to them.

RESULTS AND DISCUSSIONS

To talk about anxiety and depression during pregnancy is extremely necessary, as it is quite prevalent and little addressed in health services. Understanding that the whirlwind of feelings, emotions and anguish has a large part of its hormonal etiology, ends up improving pregnant women's adherence to non-pharmacological and pharmacological measures (if necessary) and consequently a clinical improvement in the condition.

The approach to first aid has been complementing the subject of anxiety and depression in a more technical way, as several pregnant women reported feeling very insecure in the event of an accident with their babies. During the practical demonstration of choking and cardiopulmonary resuscitation, a lack of knowledge on the subject and considerable interest in learning the correct technique was identified. All pregnant women performed the simulation of maneuvers and techniques correctly, being assisted by the rescuer from the day's volunteer fire department.

The negative point of the entire project was the difficulty in pregnant women joining the event, since all pregnant women from nine UBSs were invited and the total number of people who attended the workshops was around just forty-five. Comparing with other studies that had a similar methodology, the same difficulty was reported in pregnant women attending events. Other studies

preferred the approach in the UBS waiting room, before a prenatal consultation, resulting in more adherence, as they would be there anyway.

In all articles researched, and also in this one, sharing information and carrying out educational actions aimed at this audience was considered extremely important, since women and their partners normally only seek information about pregnancy and motherhood when the pregnancy is already underway. It's in progress.

FINAL CONSIDERATIONS

The present study aimed to improve the pregnancy experience for listeners, as we know about all the complexity of the gestational period and all the changes it brings. The themes were chosen specifically to guarantee these women autonomy and confidence, through knowledge and mainly support. The moment of conversation and exchange of experiences is always very valid and being in a group reinforces the premise that they are not alone, reducing the degree of insecurity and uncertainty.

We can conclude that the interventions had a very positive impact on the listeners and consequently on the baby. Public policies aimed at this public must always be encouraged and strategies aimed at them must be based on a lot of listening, acceptance, safe and useful information so that pregnancy and the postpartum period are a more peaceful and positively unforgettable experience.

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