



The Importance of Nursing in Family Planning

Rayane Martins da Silva¹, Andrezza Fabianni Pedrosa dos Santos Lima², Emilly Tainá Batista da Silva³, Emivaldo Batista da Silva^{4*}, Joana Bulhões Alvares da Silva Lima⁵, Hildenê de Jesus Oliveira⁶, Maria Vitória Lins da Silva⁷, José Lucas da Silva Moura⁸, Emanuella Barros de Souza Oliveira Alvares⁹

1,6,7,8 Nursing Department, University Center of da Vitória de Santo Antão – (UNIVISA), Vitória de Santo Antão, Brazil

2 Department of Nutrition, University Center of Vitória de Santo Antão - (UNIVISA), Vitoria de Santo Antão, Brazil

3 Department of Biomedicine, Post-Graduation in Laboratory Clinical Microbiology (ASCES- UNITA) Caruaru - PE

4, 5 Department of Pharmaceutical Sciences, University Center of Vitória de Santo Antão - (UNIVISA) Vitória de Santo Antão, Brazil.

9 Department of Biology, Center for Biological Sciences, Professor of the Degree Course in Biology, University Center of Vitória de Santo Antão (UNIVISA), Vitória de Santo Antão, Brazil

E-mail addresses: rayanesilvamar93@gmail.com1 (Rayane Martins da Silva), andrezzafpslima@hotmail.com2 (Andrezza Fabianni Pedrosa dos Santos Lima), emilly.taina@hotmail.com3 (Emilly Tainá Batista da Silva), emivaldobatista4@gmail.com4 (Emivaldo Batista da Silva), joanafarmacia2018@gmail.com5 (Joana Bulhões Alvares da Silva Lima), hildeneoliveira04@gmail.com6 (Hildenê de Jesus Oliveira), maria.201919017@univisa.edu.br7 (Maria Vitória Lins da Silva), mouraluccas@yahoo.com.br8 (José Lucas da Silva Moura), emanuella.barros@hotmail.com9 (Emanuella Barros de Souza Oliveira Alvares)

*Corresponding author

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Abstract: Sexual and reproductive rights are recognized through national laws, so Family Planning must be carried out by the woman and man individually or by the couple, regardless of the type of union and the option to constitute or not a family. However, it is noted the importance of Nursing in Family Planning in view of the perspective of the development of the Family Health Strategy over several decades in Brazil, where providing families with the realization of Family Planning requires humanized reception, qualified listening, theoretical-scientific knowledge, information and assistance, so that they freely decide whether or not to start and at what time this should happen. Thus, it is intended that this choice should happen in a timely manner, avoiding disapproval's not only by an unplanned pregnancy, but also by decreasing morbidity and mortality from related causes.

Keywords: Host; Nursing; Humanization; Family Planning.

1. Introduction

Family planejamento is the right that every person has to information, specialized assistance and resources that allow free and conscious choice to have or not to have children. The number, the spacing between them and the choice of the most appropriate contraceptive method are options that every woman should have the right to choose freely and through information, without discrimination, coercion or violence (BRASIL, 1999, p.11).

In view of this, the Family Health Strategy seeks to promote the quality of life of the Brazilian population and intervene in factors that put health at risk, such as lack of

physical activity, poor diet and tobacco use; it aims to reorganize primary care in the country, according to the precepts of the Unified Health System, and is considered by the Ministry of Health and state and municipal managers as a strategy of expansion, qualification and consolidation of primary care because it favors a reorientation; reaffirms and incorporates the basic principles of the Unified Health System (SUS: universalization, decentralization, integrality and community participation. (COSTA *et al.*, 2006).

In this context, the role of nurses is recognized, in sum, by the ability and ability to understand the human being as a whole, by the integrality of health care, by the ability to receive and identify with the needs and expectations of individuals and

families, by the ability to welcome and understand the different forms of follow-up. In Brazil, throughout the 1970s, the policy with which the Ministry of Health had the theme of family planning created an institutional vacuum of the State that favored the action of institutions that acted in a disorderly manner throughout the national territory, the ones with the greatest focus were the Civil Society of Family Welfare in Brazil (BENFAM) and the Integrated Assistance Research Center for Women and Children (CPAIME) (COSTA *et al.*, 2006).

Based on the health care model, which is still predominant in the country characterized by "hospital-centric" practice, individualism, the excessive use of available technological resources and low resolution. It has generated dissatisfaction for all the students of the process-managers, health professionals and the population that uses the service (SOUZA, 2000).

It is from the implementation of the UBS, that one sees the increasing emphasis on the development of studies, whose approach has as main focus, the family. This perspective comes in an innovative way to change the form of primary health care in our country, where the structure is focused on health promotion aimed at the family, in its most varied contexts. Therefore, the role of nurses in Family Health implies relating all social, economic, cultural, etc., factors presented and not only in dealing with family health and disease situations, but also interacting with situations that support family integrity (ANGELO & BOUSSO, 2001a).

Since the quality of care in gestational planning "directly impacts health indicators, contributing to the reduction of maternal and perinatal morbidity and mortality rates, and the treatment of any comorbidity is made in advance". However, the increase in the incidence of cases of congenital syphilis and the fact that the most frequent cause of maternal death is caused by hypertension, show that, although the rate of prenatal coverage is increasing, the quality, care still leaves to be desired. Thus, in 1984, the Comprehensive Women's Assistance Program (PAISM) was elaborated, with measures to allow access to contraceptive methods: provision of contraceptive instrument for public health services and the training of professionals. However, the program was marked by low effectiveness and discontinuity, a fact that was repeated in the following decade (OSIS *et al.*, 2006)

The nurse is responsible for providing prenatal consultations in pregnant women classified as low risk or at usual risk, with the responsibility of ensuring qualified and comprehensive care. According to the Ministry of Health, in primary care this type of consultation should be interspersed between the nurse and physician. Similarly, nurses can and should follow all family planning, when part of a multidisciplinary team, because it is understood that this care is not only up to the doctor and is considered to go far beyond the performance of individual consultations. The participation of nurses as a member of the health team that provides direct care to women during the planning of being a mother, including prenatal care, is part of the established guidelines is very important. The main advantages pointed out by pregnant

women who declare themselves satisfied with the consultations performed by nurses refer to the reception and listening that are privileged by these professionals. It is of paramount importance to have a special look at health through family health strategies (BRASIL, 2007).

The choice of the theme proposed a differentiated look at the role that nursing professionals develop throughout the family planning process. This literature review had the objectivity to present the main contributions that nursing professionals involve throughout the family planning process, reporting the main contributions.

2. Methodology

This is a bibliographic review study, that is, a survey of theoretical framework from scientific publications, which at the national and international level involving the importance of nursing professionals develop throughout the family planning process (GIL, 2017).

The data collection occurred through the Coordination for the Improvement of Higher Education Personnel (CAPES) and Google Scholar.

The research began in April 2020 by the inclusion criteria: works in English and Portuguese, published in the last ten years, which deal with topics related to the importance of nursing professionals develop throughout the process of family planning, available free of charge online. Exclusion criteria include: works whose text is not available in full, duplicated, review, meta-analysis, and also works that, after reading, were not related to the research objective.

Regarding the data appreciation, it was performed qualitatively, prioritizing the analysis of microprocesses, understanding, interpreting and dialyzing these findings, interrelating them, through the established criteria.

Therefore, the rules related to ethics and copyright were obeyed, since, as a result of the bibliographic characteristic of this study, it was not necessary to evaluate by the Research Ethics Committee.

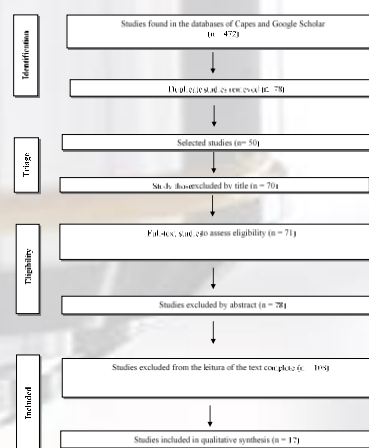


Figure 1. Flowchart of selection criteria and inclusion of studies.

Source: Prepared by the author

3. Results and Discussion

Regarding the results found, a total of 472 works were analyzed, but only 17 students were included in the study, respecting the inclusion criteria.

Table 2. Demonstrative of the studies that make up the Literature Review

Date	Title	Authors	Periodics	Goals	Findings
2021	Nursing professional in family planning in primary care	COSTA, J. S. P.	INTEGRATIVE REVIEW. Health Magazine	This study aimed to describe nursing care in family planning in primary care.	It was verified that family planning is a program that has been offering primary care as one of the methods of prevention and intervention in family health, so it can be considered not only the woman but also the target public but all the integrantes in the reproductive phase.
2020	Health Education in contraceptive counseling for surgical sterilization	FRANCO, E.J. et., Al	Rev. Bras. Med. Fom. Community	This work had as an approach the reproductive planning to take into account the conditions of people's lives and ensure that they can decide on their reproduction in a free and enlightened way	It was observed that the alleged reasons for surgical sterilization were sufficient number of children, unfavorable financial issues and women's health problems. Doubts about contraceptive methods
2019	Demand for contraception in Brazil in 2006: contribution to the implementation of fertility preferences.	CARVALHO, ANGELITA ALVES	Science and Public Health.	To evidence the estimated search for contraception in Brazil from the last available data that are identified by possible associations between sociodemographic and economic of women with the occurrence of this phenomenon.	It is clear the high percentage of contraception use in Brazil that estimated a need not understood by fertility planning of 8.3% among married/united women aged 15 to 49 years.
2017	Family planning and parental roles: The traditional, the change and the New Challenges.	MOZZAQUATRO, C. O.; ARPINI, D.M	Psycho. cienc. Prof.	To evidence the results of a qualitative research, which aimed to understand the role and participation of women and men in family planning, from the point of view of women, since this is an action that	It was found that for the participants, the woman, in general, is the main responsible for contraception, since the care of the children is responsible for her, and the man is seen as less involved in

				contributes to the exercise of responsible parental roles.	this issue. However, in opposition to this perspective, the study members reported participatory attitudes on the part of their partners in family care and planning, as well as involvement in the use of the contraceptive method, considering that this aspect would be something of interest to the couple.					supporting, guiding and supervising when there are those users who wish to have children.	
						2014	The role of nurses in family planning	MEDEIROS, G, M, S; NEGREIRO S, L. T; MAIA, J. S	Scientific journal of nursing	Deshowing Family Planning is the exercise of responsible parenthood, that is, the voluntary and conscious use by the couple of the instrument necessary to establish the number of children and the spacing between one pregnancy and another.	It was observed that the Civil Society Family Welfare in Brazil had as strategy the training of health professionals for the practice of family planning.
2017	The role of nurses in family planning: An experience report.	MENEZES, M. L. G; PIGLET, C.P.L. S	The Annais of the Research Exhibition in Science and Technology 2017	It was evidenced that family planning is the set of actions that aims to inform and guide men and women who wish to build a family, or even those who want to avoid a pregnancy.	It was observed that the nurse responsible for family planning consultations in THE, has an important role, and should pass all the guidelines and information to those who wish to avoid a pregnancy and offer methods available in the UBS, as well as	2006	Use of contraceptive methods among women with active sexual life in São Leopoldo, Rio Grande do Sul, Brazil.	CARRENO et. al;	Department of Social Medicine Faculty of Medicine	To evidence the objective of analyzing the use of contraceptive methods, with the sample involving 876 women aged 20 to 60 years with active sexual life, and also among women who reported a sexual activity of 627 reported using some contraceptive method.	It was found that among 186 women aged 50 to 60 years who reported active sexual life, the most prevalent method was tubal ligation with 79.6 percent, with a change in effect in relation to the prevalence of oral contracept

					ves, age and also schooling.	of December 10, 1999.			and provides other measures	health policy of the elderly, whose full annex is contained in this Ordinance and is an integral part of it.	on that the organs and entities of the Ministry of Health, whose actions are related to the theme object of the Policy herein approved, promote the elaboration or readjustment of their plans, programs, projects and activities in accordance with the guidelines and responsibilities established therein.
2006	Ministry of health. Department of Health Care.	BRAZIL	Department of Primary Care	To highlight the transformation of the FHP into a nationwide strategy that demonstrates the need to adapt its standards, due to the experience accumulated in the various Brazilian states and municipalities	It was observed that the principles and guidelines proposed in the Pacts for Life, in Defense of the SUS and Management, among the spheres of government in the consolidation of the SUS, which includes the defragmentation of primary care financing.						
2001	Fundamentals of family health care. Nursing Manual	ANGELO, M.; BOUSSO, R.S.	Nursing Manual	To highlight the current strategies that should be in the feeling not only to know the impact of the disease on the family, but also for the members that influence for a development of the health and disease process.	It was verified the importance that in clinical practice with family members nurses to have a conceptual structure to base their family assessment.	1988	Constitution of the Federative Republic of Brazil 1988	BRAZIL	Presidency of the Republic. Civil House. Sub-Head for Legal Affairs	To highlight the Federative Republic of Brazil, formed by the indissoluble union of states and municipalities and the Federal District, constitutes a Democratic State of Law and has as its foundations:	It was observed that any citizen is a legitimate party to propose a popular action that seeks to annul an act harmful to public property or entity that the State participates, administrative morality, the environment and
1999	Ministry of Health. Ordinance No. 1395	BRAZIL	National Health Policy for the Elderly	To highlight the approval of the national	It was observed that the determinati						

					historical and cultural heritage, leaving the author, unless proven bad faith, free from judicial costs and the burden of succumbence	for a transformative practice in family nursing.			transformative practice of Public Health nursing rescues the social dimension of the health-disease process in the family, from a historical perspective - criticizes at a time when knowledge about this social phenomenon is partial, relative and provisional.	study proposes theoretical and methodological indicators for the realization of this practice.		
1996	Law No 9,263 of 12 January 1006. It regulates § 7 of Art. 226 of the Federal Constitution, which deals with family planning, establishes penalties and provides other measures. Brasilia	BRAZIL	Civil Plateau	To highlight family planning is the right of every citizen, observing the provisions of this Law.	Family planning was observed, it is an integral part of the set of actions to care for women, men or couples, within a vision of comprehensive and comprehensive health care.	2014	Nursing in the context of family planning in a municipality of the interior of Rio Grande do Sul	PERUZZI, A.C; Andres, S.C; SIQUEIRA, D.F; CAMPOS, M.L.D.	Integrative review. Multiscience Magazine.	Evidencing family planning is the right that every person has to choose whether or not to have children, through specialized and individualized care and with appropriate information.	It was observed that the information is offered by the nursing professional through primary care during the family planning program in the Family Health Strategies (ESF).	
1999	Open up to the family: Overcoming challenges	ANGELO. The	Digital Library of Periodicos	To highlight the perspective of practice and also of theory in nursing, to stimulate a good advanced practice for family help.	It was found that in the article we analyze three challenges that need to be overcome in order to facilitate the approximation and work of the families in nursing.		2000	Innovations in population policies: Family planning in Brazil.	SILVA, S.M.V.	Geography and social sciences magazine.	Evidence that in Brazil the fall in the fertility rate, which occurred in the last 30 years, shows changes in demographic behavior, evidenced by the practice of	It was verified the practice occurs the default of official population policies and with the support of national and international private
1992	Possibilities and limitations	GUIORSI, A. R	Text and Context-Nursing	Evidencing the proposal of a	It was verified that the							

				female sterilization.	institutions
2000	Fundamentals of family care in health nursing manual	ANGELO, M.; BOUSSO, R.S.	Nursing Manual	Evidence the various definitions that have been used in technical and scientific means nowadays	It was observed the various moments of life that can predominate one of the poles of strengthening or wear of the human body and this occurs through the health manifestation – disease.

Source: Prepared by the author.

Therefore, it is noticed that there is no predilection about the choice of the journal for publication on the theme chosen in the period studied. In addition, it was observed that the papers dealing with the subject were scientific articles. Finally, in the following sections we have the main points that the authors consulted discuss about the role that nursing professionals develop during the entire family planning process.

Family Planning is a torn or right of all Brazilians in the Federal Constitution of 1988, which in its Art. 226 § 7 where it states that Family Planning is the couple's free decision, and it is the duty of the State to provide educational and scientific resources for this purpose, prohibiting any coercive form by public or private institutions (BRASIL, 1988).

It is of paramount importance to know and delve deeper into the history and path of nursing in the face of family accompaniment: how it was, how it developed and how to be. Discuss the improvements that can be made in this field so important that it is health, especially with regard to protection and prevention. Family planning should consider the living conditions of those involved, ensuring information that enables decision-making in a free and informed way, with the objective of transmitting adequate knowledge, and can be applied individually or between partners, serving adolescents, young people and adults, regardless of the differences of the union. (FRANC, et., al, 2019).

Costa (2020) states that primary health care nursing professionals need training and training, considering that this professional must be prepared to receive the couple, for the family planning, preferably in a welcoming environment, where through qualified listening the bond between those involved generates differences based on dialogue and

information transmitted to them, respecting their beliefs, speeches and positions, with nurses having an important role in health education, thus bringing beneficial results, such as prevention of sexually transmitted infections and unplanned gravid and reduction in the number of abortions.

The distribution of contraceptives in Brazil occurs unequally among women. Economic, social and demographic situations are important in tracing the profile of women facing demand for contraception in the country. Variables such as economic status, religion, reproductive experience and age end up reinforcing inequalities in access to family planning. Thus, Brazil does not satisfactorily serve the population with the demand for access to contraceptives, thus hindering the performance of this action (CARVALHO, 2019).

Condoms are a barrier contraceptive method, where the mechanism of action consists in preventing the contact of sperm with the female reproductive tract, and microorganisms that generate Sexually Transmitted Infection. However, there are several obstacles in the use of this method, because it is not part of the Brazilian contraceptive culture, where we find several aspects such as gender, cultural and sexual behavior, causing greater female vulnerability to unplanned pregnancy exposure and Sexually Transmitted Infections, because the man is not fit and believe that there are interferences in the sexual act. However, the female condom, which has its distribution occurring in the Basic Health Units of the country can become a valuable instrument for prevention (SILVA, 2010).

MOZZAQUATRO and ARPINI (2017) state that changes in gender roles undergo many changes and transformations throughout history, however, these changes do not happen uniformly, and a traditional representation of women and men can be identified and perceived. The study shows that health services can be agents of transformation and change for such aspects and situations, where they offer specific strategies and recovery programs to meet this demand. Thus, offering a service that emphasizes the importance, contribution and role of both women and men in decisions about family planning, enabling conditions for the experience of sexuality in a conscious and safe way, with the possibility of dialogue, knowledge and access to means for conception and contraception, composing a conscious decision.

5. Conclusion

It was found that the publications are more directed to the description of the changes that were occurring in the model of primary health care in our country. Therefore, the importance of the family is recognized in the current context of health, revealing it as a starting point for improving the conditions to which they are subjected, based on the promotion of knowledge for well-being. Highlighting here nursing as a profession with specific characteristics, capable of performing the integral promotion to health that begins with preventive work. This work is of fundamental

importance for the reduction of injuries in the scope of primary care.

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