

THE IMPORTANCE OF PRENATAL CONSULTATIONS FOR EFFECTIVE BREASTFEEDING, AND THE ROLE OF THE NURSE

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Abstract: The aim of this study was to analyze the impact of prenatal consultations and nurses' guidelines on breastfeeding. **Methodology:** This is a study with a qualitative approach and an integrative literature review method. **Results:** Through a structured search carried out in the databases in the SciELO, BVS and LILLACS databases, academic Google, through the following descriptors: breastfeeding, prenatal pregnant women, 50 articles were searched in the databases, from these articles 19 met the inclusion criteria, and 31 articles were excluded which did not meet the theme Final considerations: After analyzing the articles, it is concluded that prenatal consultations and the information offered by nurses in these meetings are the key point for promotion of breastfeeding. **Keywords:** Breastfeeding, pregnant women, prenatal care.

INTRODUCTION

Breastfeeding reflects positively on the life of the newborn (NB), mother, family and state. In addition to helping their growth and development, it meets the needs of babies in their first years of life (BRASIL, 2019).

Breastfeeding helps to create a bond between the woman and the newborn, it gives birth to affection between them. It is also a contributing factor to the drop in infant mortality, generates a great impact on the health of mothers and children, reduces expenses for both the family and the state (BRASIL, 2015).

In this context, breastfeeding must be encouraged, as it is a natural vaccine that increases the immune system, bone, psychological and neurological development (GIORDANI, 2018).

For breastfeeding to happen effectively, it depends not only on the individual's commitment, but on the health team and public policies involved in order to ensure

that the pregnant woman has all the necessary guidelines for a good breastfeeding. Nurses must take into account the socioeconomic and psychological conditions so that their interventions reach their goal (CAMPOS et al, 2015, BRASIL, 2015).

The nurse plays an important role in prenatal consultations, as he is a key player in offering guidance on the importance of breastfeeding and its benefits, the information offered to women during the meetings is essential for a healthy pregnancy. strength for the pregnant woman to reach the end of pregnancy motivated to breastfeed (DEMITO et al, 2010).

Therefore, this study proposes the following question: How has the nurse carried out breastfeeding guidelines to pregnant women?

The aim of this study was to analyze the impact of prenatal consultations and nurses' guidelines on breastfeeding.

METHODOLOGY

This is a study with a qualitative approach and an integrative literature review method. The integrative review which was used is a broad search method that allows for critical assessment, provides a synthesis of knowledge and the incorporation of applicability of the results of a literature study. This research technique aims to aggregate and summarize research results on a given subject, in a systematic and orderly manner, according to 6.

For the implementation of the methodology of this research, the following steps were taken: definition of the theme and elaboration of the guiding question to be conducted, research of data from studies already published on the subject; careful reading of studies and information to be acquired and choice of articles as inclusion and exclusion criteria.

Data collection took place from 2020 to 2021, through databases: SciELO, Virtual

Health Library (BVS), Academic Google and LILACS, using the following descriptors Pregnancy, Breastfeeding and prenatal care, obtained from the search in the Health Sciences Descriptors (DeCS).

For the production of this research, a sample was fixed, obeying the inclusion and exclusion criteria. Periodic inclusion criteria were defined as indexed in SciELO, BVS, Academic Google and LILLACS, as well as articles published from 2015 to 2020, available electronically in Portuguese, which accurately addressed the research topic. The exclusion criterion consisted of articles that had duplications or that did not correspond to the criteria already defined.

RESULTS

For the study of this research, 50 articles searched in the databases of SciELO, BVS, Google academic and LILLACS were analyzed, and of these 19 met the inclusion criteria, 31 were excluded from these articles, which did not meet the proposed theme.

To summarize the results, a table with the following components was used: author/year of publication, title, Journal, database, method and conclusion.

The research period took place from 2020 to 2021. The selected articles were 19 (eighteen). The chosen articles were collected from the following databases SciELO, LILLACS, BVS, BNENF, Academic Google.

DISCUSSION

Through article reviews, the authors describe that breastfeeding brings several benefits to the mother, the child, the family and the State, and that a woman who is well guided by health professionals has great possibilities of starting breastfeeding and continuing it. And it is up to the multidisciplinary team, which takes care of this population, to establish goals that can intervene for effective breastfeeding.

Table 2 enables a greater understanding of the subject, through grouped data, using the conclusions related to the objective of the study.

FACTORS THAT INFLUENCE AND THOSE THAT HINDER THE PROCESS OF BREASTFEEDING

Breastfeeding is beneficial to the child, helps in their physical and psychological development, nourishes and increases the immune system, helps the mother in postpartum recovery, increases the bond exchange of affection between the baby and its mother (SILVA et al, 2020 ; SOUSA et al, 2021; FERREIRA et al, 2016).

Studies show that several factors can influence the initiation and continuity of breastfeeding. The negative factors presented in these studies range from lack of information during prenatal consultations by the staff who provide care to pregnant women, socioeconomic status, family influence and cultural aspects (ALVARENGA et al, 2017; SILVA et al, 2018; Vargas et al , 2016).

There are several factors that contribute to ineffective breastfeeding, such as: unpreparedness of health professionals in the approach to breastfeeding, work, family beliefs, which end up guiding the woman to offer other complements, aesthetic aspects such as: breasts will sag, factors biological, inverted nipples, cleft mastitis and inadequate attachment, level of education, are factors that directly influence early weaning (ALMEIDA et al, 2015; PERES et al, 2021; AMARAL et al, 2015; RODRIGUES et al, 2019; ALVARENGA et al, 2019; ALVARENGA et al, 2015; al, 2017).

The aspects that influence breastfeeding are family support, such as from the father and grandmother, helping the woman with daily tasks, so they have more time to breastfeed, support from health professionals and the relevant guidance received during prenatal

Autohr / Year	Title	Newspaper	Data base	Method
Silva, L.S., et al, 2020	Nurse's Contribution to Breastfeeding in Primary Care	Rev. Online. Pesqui. Univ.Fed. Estado Rio J.	BVS	Exploratory
Ferreira Junior et al, 2016.	Nursing care on the importance of Exclusive breastfeeding: perception of the mother.	Rev. Conex. Eletrônica	Google Acad.	Literary Review
Cândido et al, 2016	Practice of Nurses in the Promotion of Breastfeeding for Brazilian Adolescents	Ciência e Enfer.	SciELO	Descriptive Search
Viana, M.Z,D,S; et al, 2021	Nurses' strategies and actions to encourage breastfeeding: Integrative Review.	Rev. Online. Pesqui. Univ.Fed. Estado Rio J.	BVS	integrative review
Batista, R.M, et al, 2017	Guidelines from health professionals on breastfeeding: the perspective of postpartum women.	Jurnal.Nurs Health	BVS	Qualitative Study
Rodrigues et al, 2019	Nursing Diagnosis Related to Breastfeeding in Nurses Accompanied in Primary Health Care.	Rev. Cofen	BDENF	Quantitative Description
Castiglioni, M.C, et al, 2020	Postpartum care practices developed by nurses in Family Health Strategies.	Rev. de Enfer. UFSM	LILLACS	Qualitative research
Dominguez et al, 2017	Difficulties in establishing breastfeeding: the view of nurses working in basic health units.	Rev. Enfer. Uerj.	BDENF	Qualitative Study.
Vargas.A.S.G, et a, 2016	Role of family health professionals: promoting the practice of breastfeeding.	Rev. Baiana de Enfer	LILLACS	Descriptive/ exploratory research, qualitative approach
Monteschio, A.C;Gaíva, M.A.M; Moreira S.D.M, 2015	The nurse facing early weaning in the child nursing consultation.	Rev. Bras.de Enfer.	SciELO	Descriptive study with a qualitative approach
Alves, M.R.T, et al, 2018)	Contributions of nurses in promoting exclusive breastfeeding	Rev. Rene	LILLACS	Integrative Literature Review
Amaral et al 2015	Factors that influence the interruption of exclusive breastfeeding in nursing mothers		SciElo	Descriptive and exploratory
Canicali et al 2016	What factors influence women in the decision to breastfeed?	Investir. educ. enferm	SciElo	Integrative review
Alvarenga et al 2017	Factors influencing early weaning	Aquichan	SciElo	Systematic review
Souza et al, 2015	Nurse's strategies in the clinical management of breastfeeding: a descriptive-exploratory study	Online Braz. Nurs	BVS	Descriptive and exploratory
Almeida M.J, Luz B.A.S e Ued V, F, 2015	Support for breastfeeding by health professionals: an integrative literature review	Rev Paulista de Pediatria	SciElo	Integrative literature review
Silva et al, 2018	Promotion of breastfeeding in prenatal care: discourse of pregnant women and health professionals.	Rev. Mineira de Enfer	BVS	Exploratory qualitative research

Peres et al, 2021	Quality of the pregnant woman's relationship with people close to her and breastfeeding.	Ana Nery School Research	SciElo	Exploratory descriptive qualitative study
Souza et al, 2021	Benefits of breastfeeding for women and newborns	Revista Research, Society and Development	BVS	Integrative literature review, qualitative approach

Table 1 – Distribution of articles according to author / year of publication, title, journal, database, methods and conclusions.

Author / Year	Conclusions
Silva, L.S., et al, 2020	The nurse plays a key role in providing guidance on breastfeeding in primary care, performing promotion actions even during prenatal care and extending to the puerperal visit.
Ferreira Junior et al, 2016.	Realizes the importance of nursing professionals due to their closer contact with patients, explaining the importance of exclusive breastfeeding in the first six months without the need to introduce any food, making it clear that human milk has all the components that the baby requires in its first six months. The role of nursing is evidenced in the need to be performed in a concise and coherent way, providing quality care and humanized to future mothers.
Cândido et al, 2016	Ongoing training and education in breastfeeding are needed, aiming at a new profile of nurses for the comprehensive care of the adolescents' needs.
Viana, M.Z,D,S; et al, 2021	This review showed the strategies and actions used by nurses to encourage breastfeeding, the promotion of autonomy, health education actions, support network, bond strengthening, prenatal consultations, guidance, incentives for family support and counseling.
Batista, R.M, et al, 2017	The way in which these are carried out is not effectively contributing to health education, does not allow for the participation of women and the contextualization of their experiences. It is necessary to work with participatory education, enabling the joint construction of significant knowledge about breastfeeding.
Rodrigues et al, 2019	The most frequent nursing diagnosis related to breastfeeding was Willingness for improved breastfeeding, demonstrating the importance of supporting the nursing mother in the practice of breastfeeding.
Castiglioni, M.C, et al, 2020	Nurses perceive the relevance of care practices and their main characteristics, as they recognize the hormonal, emotional and social changes of the period and the importance of the performance of professionals in this phase, surrounded by transformations, adaptations and vulnerability.
Dominguez et al, 2017	The community's beliefs, professional outdatedness and inadequate technique influence behaviors related to breastfeeding.
Vargas.A.S.G, et a, 2016	The difficulties present in the breastfeeding process reported by the nursing mothers are related to the lack of monitoring and cohesive information according to their needs, which evidenced the lack of, promotion, protection and support for breastfeeding by health professionals.
Monteschio, A.C;Gaíva, M.A.M; Moreira S.D.M, 2015	Nurses addressed important aspects of breastfeeding during consultations and work towards the promotion and rescue of exclusive breastfeeding.
Alves, M.R.T, et al, 2018)	Nurses, as members of a multidisciplinary team, play a relevant role in exclusive breastfeeding, contributing with actions that transcend the biological and technical dimension, contemplating the uniqueness and the lived context of the woman/nurse, with the promotion of health education activities during the cycle postpartum gravity.
Amaral et al 2015	It is necessary to expand the guidelines and support for breastfeeding with a view mainly to supporting nursing mothers in the first weeks postpartum.
Canicali et al 2016	Women's decision to breastfeed is influenced by a convergence of factors. The role of breastfeeding is essential to encourage women in the decision to initiate and maintain breastfeeding for their child.
Alvarenga et al 2017	Several factors are related to early weaning, which exhibits a strong sociocultural and historical determination that can be evidenced by comparing breastfeeding patterns between different populations and over time.

Souza et al, 2015	In their professional practice, nurses contribute to the health and well-being of women, children and families, promoting qualified and specialized care in the clinical management of breastfeeding.
Almeida M.J, Luz B.A.S, Ued V, F 2015	Health pressure workers need to be better trained to work with the promotion of breastfeeding, either through education and training institutions, or by health managers, in order to consolidate multidisciplinary teams committed to maternal and child health, multidisciplinary professionals committed to maternal and child health.
Silva et al, 2018	The absence of guidelines on breastfeeding management was noticed. Pregnant women indicate to look for information in digital media and support networks. Strategies with methodologies with active methodologies and use of social networks during prenatal care are needed in order to promote the promotion of breastfeeding, ensure maternal safety and leverage the prevalence rates of breastfeeding in the city.
Peres et al, 2021	The more positive the results, the greater the support received by the pregnant woman and, consequently, the greater the influence for the woman to start and maintain exclusive breastfeeding.
Souza et al, 2021	It is concluded that breast milk is the appropriate food for the child both from a nutritional and immunological point of view, as well as on the psychological plane, favoring the mother-child bond, offering the nutrients that the child needs to start a healthy life.

Table 2- distribution of the summary of the main conclusions

and postpartum periods (ALMEIDA et al, 2015; CANICALI et al, 2016).

Prenatal consultations are a favorable time for the implementation of educational actions aimed at women, which also aim to promote breastfeeding and its success. Thus, the care provided by nurses in prenatal care, added to the guidelines offered and the encouragement and support for breastfeeding, positively contribute to the decision of the pregnant woman to breastfeed and regarding the beginning and duration of breastfeeding (SILVA et al, 2018).

PRENATAL CONSULTATIONS AND THEIR INFLUENCE ON THE BREASTFEEDING PROCESS, THE ROLE OF NURSES IN THIS SCENARIO

Prenatal consultations are an opportune time for nurses to provide guidance on breastfeeding. Nurses need to be prepared to care for pregnant women in a holistic, comprehensive and humanized way, offering support so that women feel confident to breastfeed RODRIGUES et al, 2019; BATISTA et al, 2017). This way, the nurse, in addition to providing care, is also a promoter of education, where he/she must adopt an approach that

offers information relevant to breastfeeding, such as the benefits for the mother, children and family, whether in the hospital, home and care settings. basic (ALVES et al, 2018).

Prenatal consultations are extremely important, in which the growth and development of the fetus can be monitored, maternal health, being a tool in the prevention of maternal and child death, it is also an opportune time for guidance on breastfeeding. The nurse is a provider of health promotion, prevention and intervention, and health education (SILVA et al, 2020).

During prenatal consultations, the professional must bring together clinical and educational procedures, thus promoting health, and keep the woman well-oriented about the beneficial values of breastfeeding for both her and her child. breastfeeding so that she feels safe when breastfeeding (CANICALI et al, 2016).

The prenatal consultations carried out by the nurse are a generator of opportunity to encourage breastfeeding, where the nurse will solve the pregnant woman's doubts, fears and anxieties about breastfeeding, emphasizing the benefits for the mother and for the child (SILVA et al, 2020).

Nurses play an important role in the clinical management of breastfeeding, being an essential factor in promoting the practice of breastfeeding, where the importance of breastfeeding, its advantages and benefits for the health of the nursing mother, must be highlighted, showing the pregnant woman in a way It is clear that breast milk is the proper food for your child. This way, the nurse needs to be an elucidator in the care of mothers and children, with information about the beginning of breastfeeding and its continuity (SOUZA et al, 2021).

In practice, nurses must promote actions in favor of breastfeeding through their counseling, with a theoretical basis, with an educational focus, destroying obstacles that may arise and problems related to this practice. Therefore, the nurse in the prenatal consultation must approach the pregnant woman in a humanized and welcoming way, with active listening, taking into account her fears, doubts and anxieties about breastfeeding, with the goal that this woman initiate and continue breastfeeding. (FERREIRA et al, 2016; SOUZA et al, 2020; MONTESCHIO et al, 2015).

The woman must be seen by health professionals in an integral way, respecting their particularities and their wishes, offering support in the beginning of breastfeeding, encouraging, creating bonds during the breastfeeding process (BATISTA et al, 2017).

The training and continuing education of nurses is of paramount importance for an effective approach to breastfeeding, with positive results (CANDIDO et al, 2016; VARGAS et al, 2016).

For actions that promote breastfeeding to be efficient and reach the desired target, it does not depend only on the commitment of nurses and health professionals, who offer health education, with prevention and health promotion actions, including curative

practices. For health education to occur, the commitment of three individuals is necessary; the professionals who provide assistance to this population, the managers and the population. Therefore, making it necessary for managers to support these professionals, it is important that the population participate so that they can acquire knowledge about their health and in the community (SILVA et al, 2020).

In the postpartum consultation, the health professional must continue the actions to promote breastfeeding, already started in prenatal consultations. It is very important to continue the care and guidance with the puerperal woman, as many may wish not to breastfeed their child, so it is very important to continue the guidance (ALVES et al, 2018; VARGAS et al, 2016). Women during the puerperium are vulnerable because they are going through a process of transformations, physiological and hormonal changes, they experience a world full of doubts and emotional fragility (CASTIGLIONI et al, 2020).

The well-oriented mother about breastfeeding, managed to understand the whole context of breastfeeding. Nursing mothers who are well-informed about Breastfeeding (BF) tend to be influenced to adhere to breastfeeding and continue (AMARAL et al, 2015).

And nurses must be trained to provide the necessary guidance during prenatal consultations, seeking to meet the needs of the woman and her child and their family (DOMINGUEZ et al, 2017). This way, ensuring that breastfeeding is a pleasant and pleasant moment. Thus contributing to the growth of the breastfeeding rate in Brazil (SOUZA et al, 2021).

FINAL CONSIDERATIONS

After analyzing the articles, it is concluded that prenatal consultations and the information

offered by nurses in these meetings are the key point for the promotion of breastfeeding. The research also demonstrates the factors that make this process difficult, such as: lack of information during prenatal consultations, low level of education, socioeconomic status, family influence, cultural and aesthetic aspects. Few studies related to the subject were found, making it necessary to carry out further research on the subject. It is expected that this study will contribute to the birth of new research on the subject, highlighting the importance of prenatal consultations and the role of nurses in promoting breastfeeding.

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