

Nursing Care in the Puerperium

Ana Paula Vidal dos Santos*

Department of Nursing, Escola Bahiana de Medicina e Saúde Pública, Salvador, Brazil

*Corresponding author: Ana Paula Vidal dos Santos, Department of Nursing, Escola Bahiana de Medicina e Saúde Pública, Salvador, Brazil, E-mail: anapaulavidalsantos@gmail.com

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Description

To describe and discuss the scientific literature on the nursing care to women in the postpartum period. This commentary is with qualitative approach in order to describe the scientific literature on the nursing care to women in the postpartum period. The assistance to women in the immediate postpartum period and in the first weeks after birth is extremely important for maternal and neonatal health. Skilled nursing care becomes essential during this period, having as main objective the prevention of complications in addition to the emotional and physical comfort of the mother and child.

Pregnancy and childbirth are unique processes, special experiences in the life of the woman and her partner, also involving their families and the community, significant experiences for those who participate. In this context, the postpartum period also called puerperium stands out as the active phase of the gravidic-puperal cycle, a period in which multiple hormonal phenomena occur, reflected by involuntary actions related to synthesis and anabolism. The deep and definitive transformations experienced by women in the puerperium deserve to be highlighted, since in most cases women's health care is ignored, and their children receive all the assistance, and early actions are not yet a reality in our health service networks, since the new born is treated as a priority over the mother.

Instituted in the scope of SUS by Presidential Decree No. 1.459 of June 24, 2011, the stork network must currently guarantee women a humanized assistance so that it is possible to experience this unique experience that is pregnancy and childbirth. Thus, providing attention to childbirth, birth, growth and development of the child from zero to 24 months, throughout the process. In this period, it is where bodily and

psycho-emotional changes occur, i.e., the recovery of the woman's body. It starts immediately after the expulsion of the placenta and ends at six to eight weeks postpartum. The woman goes through physiological transformations that affect: metabolism, cardiovascular, respiratory, gastrointestinal, urinary, musculoskeletal, endocrine, tegumentary, hematological and in the uterine body, isthmus, uterine cervix, uterine tubes, ovaries, vagina, vulva, perineum and breasts, causing physical and emotional discomfort, which are significant changes that alter the entire functioning of the body.

The puerperal passes through an adaptation, not only bodily but also emotional, marked by the process of involution of the organism to the pre-gravidic situation and the beginning of breastfeeding. Some authors reinforce that this period is marked by many emotions, physical changes and changes in interpersonal and family relationships characterized by ambivalent feelings such as euphoria and relief. Nursing must pay attention to the physical and psychosocial needs of the puerperal, in order to understand and remove doubts, often putting itself in place, thus providing a humanized service. In this context, the objective of this study is to describe scientific production on nursing care to women in the puerperium.

Conclusion

This concludes that Intravenous ferric carboxymaltose administration increases the hemoglobin level more rapidly in comparison to iron sucrose in women suffering from with IDA in postnatal period. Ferric carboxymaltose is associated with fewer side effects as compared to iron sucrose. It has the benefits of increasing the iron content more rapidly thereby reducing the need for multiple applications and thus also increases patient comfort.