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**A08.016****EFFECTS OF A HEALTH EDUCATION BOOKLET DURING PRENATAL CARE IN SAO PAULO, BRAZIL**

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Resumo / Resume

Introduction: Antenatal education in Brazil is provided in different ways and contexts and its evaluation is fundamental for knowing the results for pregnant women. The booklet Celebrating Life is a new antenatal education intervention evaluated in two different contexts of care. Objective: To evaluate the effects of the use of the booklet at traditional and family health programme units using individual or group education. Method: The study was quantitative, longitudinal and comparative with pregnant women receiving antenatal care in Sao Paulo, Brazil. Groups control did not received the booklet and groups intervention received the booklet. At unit B, intervention was associated with an antenatal education programme. The data was collected in three moments using Sociodemography and Obstetric Questionnaire, The Ferrans e Powers Quality of Life Index and a Form of Assessment of Education. Data Analysis: The descriptive statistics was applied to characterize the sample. The analytic statistics compared the results between groups. Results: 135 pregnant women participate at baseline, 126 at post-intervention and 111 remain until follow-up. At Unit A, group intervention considered they received enough antenatal information from health staff than group control. Family (baseline), family/health staff (post intervention) and family (follow-up) were most cited as source of information for group control. For group intervention, they considered family (baseline), booklet (post intervention) and booklet (follow-up). About use of booklet, pregnant women read the booklet or partly at post intervention (97.7%) and follow-up (100%) and about 87% considered that they have change their life after reading the booklet. Overall QOL and psychological/spiritual domain increased in both groups. The group control also increased QOL for health/functioning and socio/economic domains. At unit B, groups considered family (baseline), health staff (post intervention) and health staff (follow-up) as source of information. About the use of the booklet, pregnant women read the booklet or partly at post intervention (95.5%) and almost all at follow-up. About 80% of pregnant women considered they have changed their life after reading the booklet. The main motivations to attend antenatal classes were relief anxiety and feel safe about labor and pregnancy. Socio/economic domain of QOL has increased for group intervention. Conclusion: There were positive responses for the use of the booklet in both Units. After include the booklet, antenatal information coming most from booklet for pregnant women at Unit A and women considered antenatal information they received were enough. Most women from both groups considered they increased their knowledge after reading the booklet. At unit B, were booklet were associated with educational programme, QOL increased significantly for the group intervention.

Palavras-chave / Keyword: Health evaluation; Prenatal care; Quality of life