05 - TRAINING IN BREASTFEEDING AND COMPLEMENTERY FEEDING OF COMMUNITY HEALTH AGENTS FROM MACAÉ, RJ: RESULTS OF AN EXTENSION ACTION

HUGO DEMÉSIO MAIA TORQUATO PAREDES;
ISADORA DE FREITAS LYRIO;
PRISCILA VIERA PONTES;
CAMILLA MEDEIROS MACEDO DA ROCHA;
JANE DE CARLOS SANTANA CAPELLI
UNIVERSIDADE FEDERAL DO RIO DE JANEIRO - CAMPUS UFRJ – MACAÉ, RJ, BRASIL
hugomaia2007@hotmail.com

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INTRODUCTION

Permanent Education in Health (PEH) is learning on the job based on the possibility of turning professional practices by means of updated themes with new methodological, scientific and technological proposals (CECCIM, 2005).

The PEH proposes that the process of education of health workers make up from the questioning of the work process, and considers that the need for training and development of employees are guided by the health needs of individuals and populations (BRASIL, 2009; CECCIM, 2005).

From the perspective of infant nutrition, health and disease process are closely related to feeding practices initiated from the intrauterine period, passing by exclusive breastfeeding until 6 months, the introduction of adequate food from the 6th month of life until the end of the first year of life in infants with the introduction of feeding the family (BRASIL, 2009).

The literature focused on child feeding, especially in infants, presents innovations and breakthroughs in the prevention, promotion and treatment of diseases that arise at all stages in life's cycle (BRASIL, 2005). Thus, it is necessary to bring new knowledge to health professionals to enable and update them on their professional practice and in daily service.

This study aimed to present results of training on infant feeding aimed to Community Health Agents of Macaé.

CASUISTRY AND METHODS

A descriptive study and primary basis with CHA, participants of a training course in Permanent Education, proposed by the Coordination of Strategies for Family Health from Macaé.

The study was developed by project teams PIBEX/UFRJ Iacol, PET Eacol e PET ESAURA, term 2012-2014, comprising the National Programme of Reorientation of Vocational Training in Health (Pro-Health) and the Education Program at Work for Health (PET-Health 2012-2014) approved the UFRJ - Macaé Professor Aloísio Teixeira with fostering the fellows and tutors. The Education Program at Work for Health - Health-PET is regulated by Ministerial Decree No. 421 of 03 March 2010, providing scholarships for tutors, mentors (professional services) and graduate students in the health field.

In partnership with the area of Permanent Education in Health, Coordination of Strategies for Family Health from Macaé, were performed: a module on infant feeding (IF) inside the training and educational activities in health in July 2014.

The module on infant feeding was organized in three classes with topics in the field of AI for training new CHA Primary Care. By the scholarship students, pre and post-test questionnaires, self-fulfillment, before the first class and after last class were applied. The questionnaires contained five objective questions true or false about AI. The purpose of the study was explained to participants that signed an Informed Consent Form (ICF), before completing the questionnaires. All standards and guidelines for studies involving human subjects contained in Resolution 196/96, the National Board of Health/Ministry of Health were followed. The project was approved by the Ethics Committee of the Faculty of Medicine of Campos dos Goytacazes.

Two weeks after the training, the CHA attended a session videos, presented the First Show Videos on Infant Feeding. The videos were presented: "The ten steps to healthy infant feeding", "Shake (up)" and "Know what you're eating" in the auditorium of the City Hall of Macaé. After the session videos opened up a debate of 30 minutes.

Data from pre-and post-test were entered, consolidated, cleaned and analyzed in SPSS version 20.0. We conducted a descriptive analysis using absolute and relative frequencies.

RESULTS AND DISCUSSION

A total of 92 CHA participated in the training, but 89 (97%) answered the test.

In general, for questions about breastfeeding in pretest met about 90% correct answers, and the post-test, 97% (Figure 1).

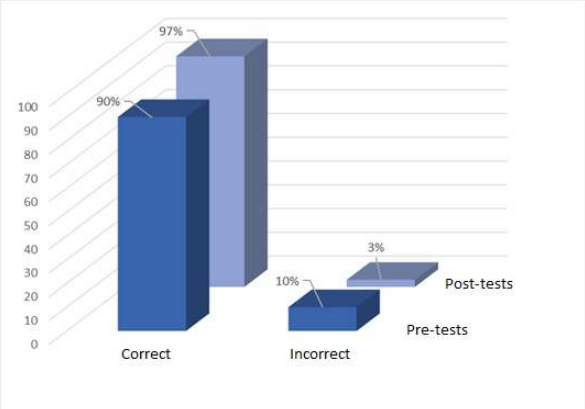


Figure 1. Percentage distribution of results (correct and incorrect answers) pre and post-tests administered to health professionals, participants of training in Permanent Education, knowledge about breastfeeding and introduction of complementary feeding. Macaé, July 2014. (n = 89).

On the test results, two questions referred to knowledge about breastfeeding. The first related to the timing of feedings, whose question was: "The timing of feedings should be fixed and the baby should suckle for 10 minutes on each

breast," the CHA had 91% accuracy in the pretest, which evolves to 94.4% correct at posttest. The second question, related to the quality of breast milk and to gain baby weight: "If the baby does not gain weight, it is possible that the mother's milk is of low quality," detected a difference between the percentage of pre and post-test, 94.4% and 95.5%, respectively (Figure 2).

Regarding the questions on complementary feeding in the pre-test, were detected between 64 and 95% correct. At post-test, between 91 and 96% answered correctly. Questions about complementary feeding started on question number 3, which dealt with the supply of fruit: "The fruits should be offered after six months of age, preferably in the form of porridge, always in spoonfuls." The next question referred to the texture of food offered: "The foods offered to children in supplementary feeding should be cooked later must be liquefied and sieved to facilitate digestion," is the question of the lowest percentage of correct answers (64%). However, at posttest, were detected 95.5% of correct answers. The last question concerned the presence of sodium in infant foods: "Sodium is present in baby food sweet and savory." The total number of correct answers to this question showed no changes in pre and post-tests, remaining at 91% (Figure 2).

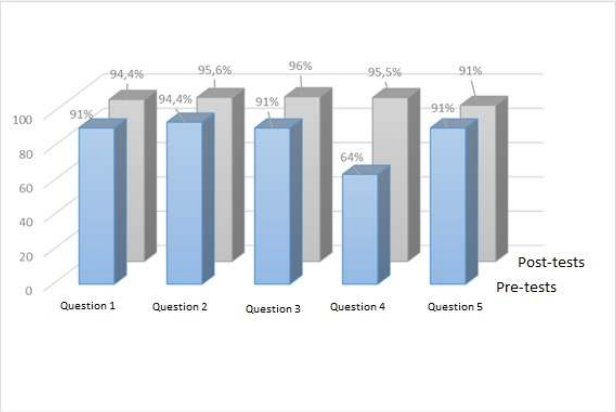


Figure 2. Percentage distribution of correct responses in the pre and post-tests on breastfeeding and complementary feeding, given by health professionals, participants of training in Permanent Education, knowledge about breastfeeding and introduction of complementary feeding. Macaé, July 2014 (n=89).

The study's results show a high percentage of right answers on breastfeeding, not happening the same on complementary feeding.

Breast milk is the first food and nutrient source for the biological functions and is considered the best food for the kids to have very important role in immune protection against infectious diseases, and provide contact and affection between mother and child during breastfeeding. The BM is recommended by the World Health Organization (WHO) as an exclusive for the first six months of life the newborn and breastfeeding to continue, along with appropriate complementary foods up to two years or more, being responsible for the decreased rate of infant mortality in the first year of life (CAMINHA et al, 2010; BRASIL, 2006).

Complementary feeding is defined as feeding the period when other foods (sweet and savory porridge) or liquids (tea, juice, water, etc.) are offered to the child, in addition to breast milk, the use of this extended up to two years of age. Additional food is any food given during the period of supplementary food and is not breast milk. Gradually with advancing age of the child, the power of this should resemble feeding the family, taking into account the care with the use of condiments, seeking a better quality of life for the members of this (BRASIL, 2010).

A survey conducted in the municipality of Ceará, Uruburetama, to characterize as community health workers accompany growth and development of infants, focusing on growth, breastfeeding and introduction of complementary feeding, showed deficiency in the monitoring done by the CHA, as the lack of home visits in the postpartum period (AVILA et al., 2011). In addition, CHA unable to identify nutritional risks (obesity and malnutrition), none of the 16 children received exclusive breastfeeding until six months of life and complementary feeding was done improperly for the child's age. The story of mothers on breastfeeding shows inadequate knowledge about breastfeeding and complementary feeding (AVILA et al., 2012), which highlights the importance of continuing education in the subject of breastfeeding and complementary feeding for CHA.

Machado et al. (2012) studied the process and the appropriateness of an intervention, compared with the knowledge and practices of 54 CHA before and two months after the action found higher average percentage of knowledge and skills rated as good. But there was no change in the percentage of participation of stakeholders in specific health actions, such as groups. The effect of training more pointed by the CHA was "feel more accepted and better able to participate in multidisciplinary team care in situations involving children." More than half reported improvement in the quality and quantity of the guidelines provided in the home visits.

In a study conducted in a interior city, by Machado et al. (2010), which aimed to evaluate the educational intervention about breastfeeding issue facing the community health workers, shows the CHA as a professional who operates in a unique position to implement actions within the community, and thus must be capable to this. These professionals are propagators and promoters of information and health promotion.

The agent with the most professional contact with families should be provided with knowledge that encourage mothers to breastfeeding and proper complementary introduction of child benefit for higher power (MACHADO et al., 2012).

In line with our findings, these authors point out in their studies that the CHA is an important component within the healthcare team, however have not exercised in full and effective his duties with the community, revealing the importance of having an education so that these professionals are able to guide, promote and improve health in the area in which it operates.

CONCLUSION

Knowledge about breastfeeding in this group is consolidated and complementary feeding is an issue that should be worked with more emphasis on training of CHA in the municipality of Macaé.

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Universidade Federal do Rio de Janeiro - Campus Macaé – Curso de Nutrição
Rua Aluísio da Silva Gomes, 50 - Granja dos Cavaleiros – Macaé – RJ – CEP: 27930-560

TRAINING IN BREASTFEEDING AND COMPLEMENTERY FEEDING OF COMMUNITY HEALTH AGENTS FROM MACAÉ, RJ: RESULTS OF AN EXTENSION ACTION.

ABSTRACT

Permanent Education in health's field is understood as continuous professional training to improve the quality of care, assistance and constant updating and improvement of health practices strategy. The study aims to present the results of the tests applied in training on infant feeding aimed to Community Health Agents (CHA) of Macaé. The teams PIBEX/UFRJ Iacol, PET Eacol and PET ESAURA, term 2012-2014, in partnership with the area of Continuing Education in Health, Coordination Strategies for Family Health Macaé, conducted a short course of infant feeding (IF) educational and health activities, in July 2014 to train new CHA Primary Care. Before and after school, scholars applied a pre and post-test self-filled, containing 5 objective questions true or false about AI. After school, there was a videos session, held two weeks later, which were presented at the Firs Show Videos on Infant Feeding in the auditorium of the City Hall of Macaé. A total of 92 CHA participated in the training, but 89 (97%) answered the test. In the questions about breastfeeding in pre-test met about 90% correct answers, and the post-test, 97%. For questions about complementary feeding, in the pretest, met between 45 and 95% correct. At post-test, between 91 and 96% answered correctly. We conclude that knowledge about breastfeeding is consolidated. Complementary feeding is an issue that should be worked with more emphasis on training of CHA.

KEYWORDS: Breastfeeding, Complementery Feeding, Permanent Education.

FORMATION EN ALLAITEMENT ET ALIMENTATION DES AGENTS COMPLEMENTERY SANTÉ COMMUNAUTAIRE DE MACAÉ, RJ: RÉSULTATS D'UNE ACTION D'EXTENSION.

RÉSUMÉ

L'éducation permanente dans le domaine de la santé est entendu que la formation professionnelle continue afin d'améliorer la qualité des soins, l'assistance et la mise à jour et l'amélioration constante de la stratégie des pratiques de santé. L'étude vise à présenter les résultats des tests appliqués à une formation sur l'alimentation du nourrisson visant à des agents de santé communautaires (ASC) de Macaé. Les équipes PIBEX/UFRJ Iacol, PET Eacol et PET ESAURA, terme 2012-2014, en partenariat avec le domaine de l'éducation permanente en santé, les stratégies de coordination pour Family Health Macaé, a effectué une courte durée de l'alimentation du nourrisson (AN) des activités d'éducation et de santé, en Juillet 2014 former de nouveaux ASC soins primaires. Avant et après l'école, les chercheurs ont appliqué une auto pré-rempli et post-test, contenant 5 questions objectives vrai ou faux sur AN. Après l'école, il y avait une séance de vidéos, qui s'est tenue deux semaines plus tard, qui ont été présentés au Firs Voir des vidéos sur l'alimentation du nourrisson à l'auditorium de l'Hôtel de Ville de Macaé. Un total de 92 ASC a participé à la formation, mais 89 (97%) ont répondu au test. Dans les questions sur l'allaitement maternel en pré-test rencontré environ 90% de réponses correctes, et le post-test, 97%. Pour toute question concernant l'alimentation complémentaire, dans le pré-test, a rencontré entre 45 et 95% de réponses correctes. Au post-test, entre 91 et 96% ont répondu correctement. Nous concluons que les connaissances sur l'allaitement maternel est consolidée. L'alimentation complémentaire est une question qui doit être travaillé avec plus d'emphase sur la formation de l'ASC.

MOTS-CLÉS: Allaitement, Complementery Alimentation, de L'éducation Permanente.

FORMACIÓN EN LACTANCIA Y ALIMENTACIÓN COMPLEMENTERY DE AGENTES COMUNITARIOS DE SALUD DE MACAÉ, RJ: RESULTADOS DE UNA ACCIÓN DE EXTENSIÓN.

RESUMEN

Educación Permanente en el campo de la salud se entiende como la formación profesional continua para mejorar la calidad de la atención, la asistencia y la actualización constante y la mejora de la estrategia de las prácticas de salud. El estudio tiene como objetivo presentar los resultados de las pruebas aplicadas en la formación sobre la alimentación infantil dirigida a los Agentes Comunitarios de Salud (ACS) de Macaé. Los equipos PIBEX/UFRJ Iacol, PET Eacol y PET ESAURA, plazo 2012-2014, en colaboración con el área de Educación Continua en Salud, Estrategias de Coordinación de Salud de la Familia Macaé, realizaron un curso corto de alimentación infantil (AI) actividades de educación y salud, en julio de 2014 y el capacitar Nuevo ACS Atención Primaria. Antes y después de la escuela, los estudiosos aplican un auto lleno de pre y post-test, que contiene 5 preguntas objetivas verdadera o falsa acerca de AI. Después de la escuela, había una sesión de vídeos, que tuvo lugar dos semanas más tarde, que se presentaron en los abetos Mostrar vídeos en la alimentación infantil en el salón de actos del Ayuntamiento de Macaé. Un total de 92 ACS participó en el entrenamiento, pero 89 (97%) responde a la prueba. En las preguntas sobre la lactancia materna en el pre-test se reunió alrededor del 90% de respuestas correctas y el post-test, el 97%.

Para preguntas acerca de la alimentación complementaria, en el pre-test, se reunió entre el 45 y el 95% de respuestas correctas. En la prueba, entre el 91 y el 96% respondió correctamente. Llegamos a la conclusión de que se consolida el conocimiento sobre la lactancia materna. La alimentación complementaria es un tema que debe ser trabajado con más énfasis en la formación de ACS.

PALABRAS CLAVE: Lactancia Materna, Complementery Alimentación, Educación Permanente.

CAPACITAÇÃO EM ALEITAMENTO MATERNO E ALIMENTAÇÃO COMPLEMENTAR DE AGENTES COMUNITÁRIOS DE SAÚDE DE MACAÉ, RJ: RESULTADOS DE UMA AÇÃO EXTENSIONISTA

RESUMO

A Educação Permanente, no campo da saúde, é compreendida como estratégia de formação contínua do profissional para a melhoria da qualidade de atendimento, assistência e constante atualização e aprimoramento das práticas de saúde. O estudo visou apresentar os resultados dos testes aplicados na capacitação voltada aos Agentes Comunitários de Saúde (ACS) de Macaé. As equipes PIBEX/UFRJ Iacol, PET Eacol, e PET ESAURA, vigência 2012-2014, em parceria com a área de Educação Permanente em Saúde, da Coordenação das Estratégias de Saúde da Família de Macaé, realizaram um módulo sobre de alimentação infantil (AI), dentro do curso de capacitação, e atividades educativas em saúde, em julho de 2014, para a capacitação de novos ACS da Atenção Básica. Antes e após as aulas, bolsistas aplicaram um pré e pós teste auto preenchido, contendo 5 perguntas objetivas de verdadeiro ou falso sobre AI. Após as aulas, houve uma sessão de vídeos, realizada duas semanas depois, que foram apresentados na I Mostra de Vídeos em Alimentação Infantil, no auditório do Paço Municipal de Macaé. Um total de 92 ACS participaram da capacitação, porém 89 (97%) responderam os testes. Nas perguntas sobre aleitamento materno no pré-teste, encontraram-se cerca de 90% respostas corretas e, no pós-teste, 97%. Para as perguntas sobre alimentação complementar, no pré-teste, encontraram-se entre 64 e 95% de acertos. No pós-teste, entre 91 e 96% responderam corretamente. Conclui-se que o conhecimento sobre aleitamento materno está consolidado. A alimentação complementar é um tema que deve ser trabalhado com mais ênfase nas capacitações dos ACS.

PALAVRAS-CHAVE: Aleitamento Materno, Alimentação Complementar, Educação Permanente.