68 - QUALITATIVE STUDY ON FEEDING IN PREGNANCY PERIOD

MILENA NUNES ALVES DE SOUSA[1]
OCILMA BARROS DE QUENTAL[2]
MACERLANE DE LIRA SILVA[2]
JOSÉ JUDIMACI MARQUES RICARTE[3]
TARCIANA SAMPAIO COSTA[4]
1. University of Franca, Franca, São Paulo, Brasil
2. Santa Maria College, Cajazeiras, Paraíba, Brasil
3. Three Frontiers University, Asuncion, Paraguay
4. Integrated College of Patos, Patos, Paraíba, Brasil
minualsa@hotmail.com

1 INTRODUCTION

During the pregnancy the mother organism suffer changes that are considered as anatomical, physiological and biochemical important changes that initiate with the fertilization and goes on during all the pregnancy, disappearing completely after the childbirth or till the lactation end. It is during this process that occurs nutritional lack increases, both to attend the future mother needs and the fetuses'. Therefore, there are various studies in nutritional area with pregnant women that have showed a definitive relation between diet, mother nutritional state and baby conditions at birth (FIGUEIREDO, 2003).

The nutrition is a process that involves food practices, the metabolism and the nervous system in which the individuals' emotional conditions have direct influence in their health conditions (VITOLO, 2003). The nutritional status of a woman, before and during the pregnancy, is critical to the mother and son health and survival. There are evidences that the weight and health of the newborn are factors that influence directly his growing up and development during the infancy, which is dependent, in great part, of mother nutritional state (KRASOVEC; ANDERSON, 1991).

The inadequate weight increase during the pregnancy is associated to a greater incidence of morbidity and mortality. It is necessary a daily intake of carbohydrates, proteins, lipids, mineral salts and other nutrients for a healthy birth and the pregnant woman welfare. The essential nutrients comprehend the water, as well as enough quantity of carbohydrates, proteins, lipids, vitamins, minerals and fluids (extra and intracellular) (VIEIRA et al., 2004). Because of the fetal demand, the ferrous supplementation is important in the pregnant woman once the anemia is caused mainly by low iron reserves (FARRELL; NICOTERI, 2005).

In front of this context, the present study has got as an objective to describe the pregnant women attended at a Family Health Basic Unit (FHBU) knowledge regarding to the food importance in this life period.

2 METHODS

It treats of an exploratory-descriptive study with quantitative approaching. The population was constituted by 40 pregnant women that achieved the prenatal medical consultations at Dom Bosco FHBU in Cajazeiras-PB. However, from the inclusion and exclusion criterions, the sample was constituted of 32 pregnant women. It was considered as inclusion criteria age of 20 years or more, to have done the cadastre in the SISPRENATAL programme of the referred health unit, accept to participate in the research voluntarily and sign the Free and Clarified Consent Term (FCCT). IT were excluded those ones with less than 18 years old, not registered in the health unit mentioned before and that didn't accept to participate of the study.

For data collection was used a structured interview composed of two parts: the first one relative to the participants social and demographic data and the second to the postpartum patients opinion about food and its importance during the pregnancy.

It were obeyed the ethical principles of the 196/96 resolution of the Health National Council. It should be noted that this study was approved by the Ethics in Research of Santa Maria College, as Nº 517042010. The collected results were organized in electronically data bank in a worksheet Microsoft Excel program, transported and analyzed in the SPSS Program 14.0 version. In this context the collected information were codified, tabulated and the analysis was done through the descriptive statistics with its absolute and relative percentile distribution.

3 RESULTS AND DISCUSSION

Regarding to the pregnant women age, 43.8% were between 20-25 years old, 34.4% between 26-30 and 21.8% with more than 30 years. It is known that the ideal age for procreating is between 20 to 30 years old, once before this period the feminine reproductive system isn't developed totally and after 35 years the pregnancy becomes a risk for mother and her sun (FARRELL; NICOTERI, 2005).

Regarding to these women familiar income, 9.4% got less than the minimum wage (MW), 43.8% from 1 to 2 MW, 37.4% from 3 to 4 MW and just 9.4% comes to a wage >5 MW. When referring to food, most of have been consumed depends on the familiar income, from that results the perception that it is more difficult for some families to keep a healthy life pattern, with actions of self-care, like the habit of self-care actions, as to feed himself adequately (GILGLIANE, 2004).

Concerning to education, the findings reveal that 18.6% are alphabetized, with incomplete high school and incomplete primary education, each of them. It was identified that 21.8% had got complete Primary Education, 13.0% complete high school and just 9.4% higher education. It was observed similar situations in literature once the mother education had great significance in the attendance quality. The health wasn't related just to the available services, but together with the population self-care capacity, that is related directly with her education level (BRASIL, 2006).

With reference to the occupation, 59.3% of the participants informed that worked out of home and 40.9% studies (12,5%) or are housewives (28.2%). Regarding to the pregnancy consultation amount, it was observed that 98.0% came to more than 06 consultations.

According to the civil status, 62.5% were married, 18.8% single, 6.3% widow and 12.6% had another kind of marital relation. In front of these data, it seems that exist a detaching presence of the partner in this woman life period. His presence during the pregnancy brings comfort, security and welfare for the mother contributing to a healthy pregnancy (BELFORT, 2005).

The majority (50.0%) of the pregnant women began the prenatal consultations still in the first trimester, 28.2% in the second trimester and 21.8% in the third one. The prenatal follow-up propitiate to the health professional the opportunity to evaluate the pregnant woman nutritional status and take sensible steps, according to each situation and the nutritional needs that

vary conforming the age and pregnancy stage (MACHADO; LOPES, 2003).

Regarding to the food that is considered important, the pregnant woman pointed out, in importance order: fruits (13.7%); beans (13.2%); meat and vegetables (12.4%, each); milk (9.8%); juices (8.1%); legumes (5,5%); eggs (4.4%); cheese (3.8%); fish (3.4%); and 4 (1.7%) indicated other kind of food.

The healthy food is the one in where exists a balance in order to provide essential aliments in the same meal, with a direct relation between nutrition, health and individual welfare. Some millions of years ago, Hipócrates affirmed yet that the food was the medicine and this one the food (NOGUEIRA, 1994).

According to the food frequency, conforming the pregnant women, the majority (40.6%) said feed theirselves 04 times a day; 43.8% more than 4 times and 15.6% from 2 to 3 times a day. Conforming information, the pregnant woman pointed put aliments that can't be absent in daily menu: 18.9% rice, 16.9% beans, 15.5% meat, 14.2% fruits, 10.0% vegetables, 8.8% milk, 8.1% juice, 2.8% other kind of food, 2.0% legumes, 1.4% eggs, 0.7% fish and 0.7% cheese.

The individualized nutritional evaluation in the beginning of prenatal follow-up is fundamental to establish the needs of nutrients in this period and must be done continuously during pregnancy. During prenatal consultations, 96.9% of the women affirmed have got information about food during pregnancy, Just 3.1%, said that haven't got these information about following a diet that could provide a healthy pregnancy for herself and her baby. It is perceived that, in general, the pregnant women were oriented about the type of food that favour a healthy pregnancy and lead to a calm childbirth as well as received nutritional orientation according to local reality of their habitation.

When questioned about a good diet (see table 1), 34.1% pointed out eating more fruits and vegetables, 17.0% feeding theirselves in a good way, 15.0% diminish fat food, 10.7% referred a ferrous diet, 6,4% said that it would mean eating a lot, 4.2% that they would avoid salty food, 4.2% eating a bit of all kinds of food, 4.2% eating rice, beans, meat, 2.1% feed theirselves with fibers, proteins, calcium and 2.1% to avoid soft drinks income.

Table 1: Data referring to what could be a good diet Cajazeiras/PB, 2010.

Good diet	n	%
Iron rich food	05	10.7
Feed herself in a good way	08	17.0
Eat mo re fruits and vegetables	16	34.1
Eat a bit of all kinds of food	02	4.2
Diminish fat food	07	15.0
Eat beans, Rice, meat	02	4.2
Fibers, proteins, calcium	01	2.1
Avoid soft drinks intake	01	2.1
Eat a lot	03	6.4
Avoid salty food	02	4.2
Total	**47**	**100.0**

A healthy diet proposal includes fruits, vegetables, beans and other kinds of foods significantly once these are important aliments to prevent chronicle diseases and pregnancy complications. These requirements are caught with the increase of this food ingestion (SCHIMITZ et al., 2005).

When asked if they believed that were feeding theirselves correctly, 78.12% answered 'yes' and 21.87% 'no'. One of the more essential aspects for a healthy pregnancy is the diet. Pregnant women, when feeding theirselves adequately, are diminishing diseases risks and having fewer probabilities of complications during pregnancy and childbirth. In the question referring to the problems found during prenatal consultations about food, it was verified that 62.5% didn't present any problem, 9.4% got have diagnosis of anemia, 21.9% were malnourished and 6.2% obese. None of the women referred undernutrition.

The early identification of pregnant women nutritional status contributes to an opportune intervention, resulting in a positive impact in child birth conditions and minimizing the perinatal and neonatal mortality rates.

4 CONCLUSIONS

In front of these data, to a certain extent, pregnant women are being oriented about the importance of a correct diet in pregnancy period at the time they identify the foods that are relevant and indispensable in this period, even so, still present problems regarding to a bad diet.

There is a need of actions to be developed in a way to contribute for pregnant women to have got a balanced and varied diet, fiber, fruits, vegetables and legumes rich, prioritizing quality instead of quantity.

5 BIBLIOGRAPHIC REFERENCES

BELFORT, P. Medicina preventiva: assistência pré-natal. In: REZENDE, J. Obstetrícia. 10. ed. Rio de Janeiro: Guanabara Koogan; 2005.

BRASIL. Ministério da Saúde (BR). Pré-natal e puerpério-atenção qualificada e humanizada. 3. ed. Brasília: MS-OMS; 2006.

FARRELL, M. L.; NICOTERI, J. A. L. Fundamentos para uma dieta adequada. 3. ed. Rio de Janeiro: Guanabara Koogan; 2005.

FIGUEIREDO, N.M.A. Práticas de enfermagem: ensinando a cuidar da mulher e do recém-nascido. São Paulo: Difusora enfermagem; 2003.

GILGLIANE, F.S. A saúde da mulher. São Paulo: EPU; 2004.

KRASOVEC, M.; ANDRESON, M. Nutrição materna. Washington D. C: PAHO/ WHO; 1991.

MACHADO, M. R.; LOPES, F. A. Acompanhamento nutricional antes e durante a gravidez. Departamento de nutrição da universidade de Brasília. Brasília; 2003.

NOGUEIRA, M. Assistência pré-natal: prática de saúde a serviço da vida. São Paulo: Hucitec/Abrasco; 1994.

SCHIMITZ, E. M. et al. A enfermagem em pediatria e puericultura. Rio de Janeiro. Atheneu; 2005.

VIEIRA, G. O. et al. Hábitos alimentares de criança de 1 ano amamentadas e não-amamentadas. Jornal de Pediatria, v. 80, n. 5, p. 411-6, 2004.

VITOLO, M. R. Nutrição da gestação a adolescência. Rio de janeiro: Reichamam e Affonso; 2003.

Corresponding Address: Rua do Prado, nº 369, apto 806.
Centro, Patos-PB, CEP: 58700-010.
E-mail: minualsa@hotmail.com.

QUALITATIVE STUDY ON FEEDING IN PREGNANCY PERIOD
ABSTRACT

Objective: to describe the pregnant women attended at a Family Health Basic Unit (FHBU) knowledge about the importance of the diet in this period of their lives. Method: It was achieved a descriptive research with quantitative approaching. After inclusion and exclusion criterions, the sample was constituted of 32 pregnant women. The data collect was done through a structured interview form with close questions. It were obeyed the ethical principles of the 196/96 resolution of the Health National Council. It should be noted that this study was approved by the Ethics in Research of Santa Maria College, as Nº 517042010. Results: the majority of the interviewed ones were young, alphabetized, with remunerated work and married. The pregnant women received orientation about healthy food during pregnancy. The main foods said as important in pregnancy were: fruits, bean, meat, vegetables and milk. According to the diagnosed problems it was pointed out malnutrition and anemia. The food frequency was considered good, with an average of more than four daily meals. It was still pointed out that, to get an adequate diet is necessary to eat more fruits, vegetables and iron rich foods. Conclusion: The study made possible to describe pregnant women information regarding to the pregnancy period food importance. In front of these data, up to a point, the pregnant women were being oriented about the importance of a correct diet so they identify the relevant and indispensable foods in this period, even though, still present problems regarding to a bad diet.

KEY-WORDS: Pregnancy; Food; Nutrition.

ETUDE QUALITATIVE SUR L'ALIMENTATION ET GROSSESSE
RESUMÉE

Objectif: Décrire les connaissances des femmes enceintes reçoivent des soins prénatals dans de base une santé familiale (BUSF) que l'importance de la nutrition au cours de cette phase de leur vie. Méthodologie: étude descriptive a été réalisée en utilisant une approche quantitative. Après critères d'inclusion et d'exclusion, l'échantillon était composé de 32 femmes enceintes. La collecte des données a été réalisée à travers un formulaire d'entrevue structurée avec des questions fermées. Nous avons également suivi les préceptes observés dans la Résolution 196/96 du Conseil National de La Santé, qui réglemente la recherche impliquant des sujets humains. Dans les deux cas, il a été autorisé par l'institution d'un avis favorable du comité d'éthique de la recherche de la Faculté de Santa Maria n ° 517042010. Résultats: La plupart des répondants étaient jeunes, instruits, marié et père de travail rémunéré. Les femmes ont été formés sur la saine alimentation pendant la grossesse et la principale nourriture pendant la grossesse ont été jugés importants: les fruits, les haricots, la viande, les légumes et le lait. Selon les problèmes signalés sont diagnostiqués malnutrition et d'anémie. La fréquence d'alimentation était considérée comme bonne avec une moyenne de plus de quatre repas quotidiens. Marqué, pourtant, que d'avoir une nutrition adéquate est nécessaire de manger plus de fruits, de légumes et d'aliments riches en fer. Conclusion: Cette étude a permis de décrire les femmes des informations sur l'importance de la nutrition pendant la grossesse. D'après les données, dans une certaine mesure, les femmes enceintes étaient ciblées sur l'importance d'une bonne nutrition pour identifier les aliments pertinentes et indispensables au cours de cette période, mais ont encore des problèmes liés à une mauvaise alimentation, à ce stade.

MOTS-CLÉS: Grossesse. Alimentaire. Nutrition.

ESTUDIO CUALITATIVO SOBRE LA ALIMENTACIÓN DURANTE LA GESTACIÓN
RESUMEN

Objetivo: describir el conocimiento de las mujeres embarazadas que acuden a control prenatal en Salud Familiar Básica (UBSF) como la importancia de la nutrición en esta etapa de sus vidas. Metodología: estudio descriptivo se realizó utilizando un enfoque cuantitativo. Después de los criterios de inclusión y exclusión, la muestra estuvo conformada por 32 mujeres embarazadas. La recolección de datos se realizó a través de un formulario de entrevista estructurada con preguntas cerradas. También siguió los preceptos observados en la Resolución 196/96 del Consejo Nacional de Salud, que regula la investigación con seres humanos. Por tanto, fue autorizado por la institución con un dictamen favorable del Comité de Ética en Investigación de la Facultad de Santa Maria N º 517042010. Resultados: La mayoría de los encuestados eran jóvenes, leer y escribir, y se casó con el trabajo remunerado. Las mujeres fueron educados acerca de la alimentación saludable durante el embarazo y la comida principal durante el embarazo se consideraron importantes: frutas, frijoles, carne, verduras y leche. De acuerdo con los problemas señalados se diagnostican desnutrición y anemia. Frecuencia de alimentación fue considerada buena con un promedio de más de cuatro comidas diarias. Anotó, sin embargo, que para tener una nutrición adecuada es necesario comer más frutas, verduras y alimentos ricos en hierro. Conclusión: El estudio permitió describir a las mujeres con información sobre la importancia de la nutrición durante la gestación. A partir de los datos, en cierta medida, las mujeres embarazadas se la mira en la importancia de la nutrición apropiada para identificar los alimentos pertinentes e indispensables durante este período, sin embargo, aún tiene problemas relacionados con una dieta pobre en esta etapa.

PALABRAS CLAVE: Embarazo. Alimentos. Nutrición.

ESTUDO QUALITATIVO SOBRE A ALIMENTAÇÃO NO PERÍODO GRAVÍDICO
RESUMO

Objetivo: descrever o conhecimento das gestantes atendidas no pré-natal de uma Unidade Básica de Saúde da Família (UBSF) quanto a importância da alimentação nessa fase de suas vidas. Metodologia: foi realizada pesquisa descritiva com abordagem quantitativa. Após critérios de inclusão e exclusão, a amostra foi constituída de 32 gestantes. A coleta de dados foi executada através de um formulário de entrevista estruturada com perguntas fechadas. Também foram seguidos os preceitos observados na Resolução 196/96 do Conselho Nacional de Saúde que dispõe sobre pesquisa envolvendo seres humanos. Para tanto, a mesma foi autorizada pela própria instituição com parecer favorável do Comitê de Ética em Pesquisa da Faculdade Santa Maria de Nº 517042010. Resultados: a maioria das entrevistadas era jovem, alfabetizada, com trabalho remunerado e casada. As gestantes receberam orientações sobre alimentação saudável durante a gestação e os principais alimentos considerados importantes na gestação foram: frutas, feijão, carne, verduras e leite. De acordo com os problemas diagnosticados pontuou-se a subnutrição e a anemia. A freqüência alimentar foi considera boa, com uma média de mais de quatro refeições diárias. Pontuaram, ainda, que para se ter uma alimentação adequada é necessário comer mais frutas, verduras e alimentos ricos em ferro. Conclusão: o estudo possibilitou descrever informações de gestantes com relação à importância da alimentação no período gravídico. Diante dos dados, até certo ponto, as grávidas estavam sendo orientadas quanto à importância de uma alimentação correta ao identificarem os alimentos relevantes e indispensáveis neste período, mesmo assim, ainda apresentam problemas relativos a uma má alimentação nesta fase.

PALAVRAS-CHAVE: Gestação. Alimentação. Nutrição.