96 - PROFILE OF NURSES ON CLIMACTERIC WOMEN HEALTH CARE

ROGÉRIA MÁXIMO DE LAVÔR
Universidade Federal de Campina Grande, Cajazeiras, Paraíba, Brasil.
rogerialavor@hotmail.com

INTRODUCTION

During the transition between women reproductive and non reproductive phase , a physiological phenomenon occurs due to the depletion of ovarian follicles, followed by a progressive decrease in estradiol secretion, culminating with the cessation of menstrual cycles and the emergence of characteristic symptoms. This process represents climacteric period (LORENZI et al., 2005).

Nursing shows to be an important tool in the care of climacteric women ,by doing their role through executing the National Policy for Women's Health (PNAISM). Primary care is the appropriate care level to meet most needs of women's health at that phase and is the gateway to health care network (BRASIL, 2008).

Therefore, the objective of this study was to characterize the professional profile of nurses who take care of climacteric women at primary care in the city of_Cajazeiras-PB.

METHODS

This is an exploratory-descriptive study, with quantitative data approach, developed in Basic Family Health Units, located in the municipality of Cajazeiras-PB/Brasil, with a population consisting of 14 professionals working in such units, representing 100% of primary care professionals working in the city.

After authorization from the Municipal Health Secretary and project approval by the Ethics Committee for Research with Humans from Santa Maria College, the process of data collecting was started in May 2010.

As data collecting tool, it was used an interview guide with semi-structured questions that generated quantitative data with emphasis on the social and training profile of nurses, which was later organized, tabulated and distributed in graphics with the help of a specific software, according to the research objectives, and quantitatively analyzed having relevant literature as a guide.

RESULTS AND DISCUSSION

Concerning to gender, female workforce prevailed with (93%) women and only (7%) men.

Female predominance is a constant throughout nursing history. Nowadays it is a trend in both as to Brazilian population as to the collective of graduates from universities (GONDINHO et al, 2006). According to a study by Gondinho et al. 6,comparing college enrollments in Brazil in 1996 and 2003, there is an increasing prevalence of women, 54.4% and 56.4% respectively. In the case of nursing, 84.7% of enrollments in 2003 were female (GONDINHO, 2006)..

As for the age range of individuals, there was a variation between 24 and 55 years old, most of which 57% are between 24 and 30 years old, as shown in Figure 1.

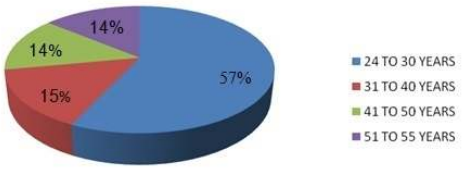


Figure 1 – Percentage distribution of nurses According to age group. Cajazeiras-PB, 2010.

It can be inferred that the predominant age group was supposedly composed by the workforce in productive stage, young individuals, probably with greater willingness and readiness for executing health work (MACHADO, 2000).

Figure 2 represents the year of nursing graduation of the members of the sample of subjects. As the chart shows, (22%) of the nurses finished college in the period from 1980 to 1990, (14%) from 1991 to 2000 and most (64%) from 2001 to 2009. All the members finished post graduation.

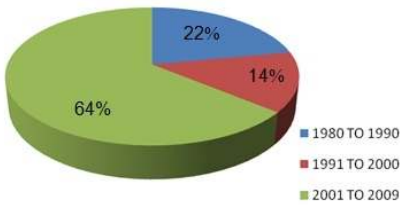


Figure 2 - Distribution of nurses according to year of graduation .Cajazeiras-PB, 2010.

Present time, the ESF shows off to be a growing field of employment for nurses, as the gateway into the job market for graduates. Nurses with earlier graduation, by contrast, are mostly in hospital organizations, historically a natural workplace

scenery and largest hiring company (XIMENES NETO et al., 2009).

It was observed that from the nurses working in the ESF of the surveyed city, a considerable majority (93%) said they had no training concerning to National Policies on Women's Health in climacteric phases recommended by the Health Department to be applied in the context ESF, considered to be the gateway to the woman's attention at that stage (BRASIL, 2004a). As it can be seen in Figure 3:

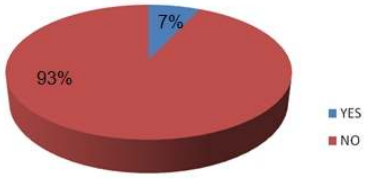


Figure 3–Percentage Distribution of nurses according to training in climacteric women health care of. Cajazeiras-PB, 2010.

Comparing figures 02 and 03, it is found that most of the sample (64%) nurses completed the Undergraduate Nursing from 2001 to 2009, when National Policy for Comprehensive Care to Women's Health (PNAISM) emerged, having as its priority objectives the implementation of nation wide climacteric women health care (BRASIL, 2008).

However, most professionals from the sample have not undergone training in the health care of women during this phase of life.

According to the experience of working in the ESF, the nursing staff participants in the sample have 20 days to 15 years of work, and most have longer than 6 months experience, as shown in Figure 4 below:

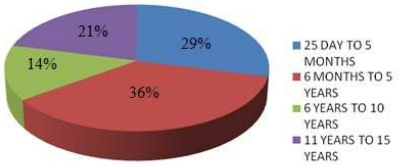


Figure 4 - Percentage distribution of nurses according to their experience in ESF.Cajazeiras/PB, 2010.

The length of experience in the ESF is a variable issue very impacting on the job. The Health Department emphasizes that the reduced time spent by teams may constitute a limiting factor for work, making it difficult for professionals since qualification until the action performance, viewing the need of new values and new health practices (BRASIL, 2004b).

CONCLUSIONS

It was found that the study subjects are predominantly female and are

mostly aged 24 to 30 years old. Regarding training, most concluded college from 2001 to 2009, all of them finished post graduation. Great majority (93%) said they had not undergone training focused to climacteric women health care.

According to what was seen in the characterization of individuals in this study, it was possible to understand that the lack of training directed toward climacteric is the most striking gap for making efficient assistance weak concerning to climacteric period, a prevalent reality in the ESF in the city of Cajazeiras - PB, tending to care disability about climacteric.

It is essential to raise awareness about the particularities of this group and to the fact that primary care through the ESF is the gateway and the appropriate level of care for supplying of part of the health care needs faced by women at that stage. A fact that urges local policies that promote training of nurses. Thus, reflecting on their quality of life of this group increasingly significant due to the gradual increase in life expectancy.

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Rua João Severo Cortez, n° 1369, Centro,
Campos Sales-CE, Cep: 63.150-000.
rogerialavor@hotmail.com

PROFILE OF NURSES ON CLIMACTERIC WOMEN HEALTH CARE

ABSTRACT

In time of transition between reprodutive fase and don´t reprodutive of woman,occur a physiological phenomenon resulted from the exhaustion ovarians follicles,followed of progressive fall estradiol secretion,culminating with definitive interruption of menstrual cicles and appear symptoms characteristics. This process represents climacteric stage. The nursing, through their role through the operation of the National Policy for Woman Health within the Family Health Strategy, it is shown as an important tool in the care of climacteric woman. Basic atention it´s level appropriate for answer the big part needs of woman health in this fase.This study aimed to characterize the profile of the nurse assisting the climacteric woman in primary care in the city of Cajazeiras-PB. This exploratory-descriptive study with a quantitative approach, as subjects had 14 nurses working in the health units from the city of Cajazeiras - PB. The informations was collected through questionnaire semi-structured. It was found that the study subjects are predominantly female and are mostly aged 24 to 30 years. Regarding vocational training, most completed the course in the period 2001 to 2009. In all possess Post graduation.Considerable majority (93%) said it had conducted training focused attention to woman health climate, fact that compromises the effectiveness of care for non-reproductive period.Consequently,it´s necessary the implementation of municipal public politics that promove nursing capacitation and sensibilization as woman atention in this climateric stage

KEYWORDS: Climacteric. Nursing. Family Health.

PROFIL DES INFIRMIÈRES ET INFIRMIERS SUR LES FEMMES CLIMACTERIQUE SOINS DE SANTÉ

RÉSUMÉ

Pendant la phase de transition entre la femme de reproduction et de non- reproduction , un phénomène physiologique est due à l'épuisement des follicules ovariens , suivie d'une diminution progressive de la sécrétion d'estradiol , culminant avec la cessation définitive des cycles menstruels et l'apparition de symptômes caractéristiques . Ce processus est le climatère . Soins infirmiers à jouer leur rôle à travers l'opérationnalisation de la santé nationale pour les soins complets des femmes au sein de la Stratégie pour la santé de la famille , se présente comme un outil important dans la prise en charge des femmes climatériques . Les soins primaires sont le niveau approprié de soins pour répondre aux besoins réels de la santé des femmes à ce stade et est la passerelle vers le réseau de soins de santé. Cette étude visait à caractériser le profil des infirmières aider les femmes climatériques dans les soins de santé de base Cajazeiras -PB . Cette étude exploratoire descriptive à une approche quantitative , que les sujets avaient 14 infirmières travaillant dans les unités de santé familiale dans la municipalité de Cajazeiras - PB . Les données ont été recueillies au moyen de questionnaires semi- structurés. Il a été constaté que les sujets de l'étude sont principalement des femmes et sont le plus souvent dans la tranche d'âge 24-30 ans . En ce qui concerne la formation , la plupart suivi le cours de la période 2001-2009 . Dans tous possèdent Message majorité graduação.Considerável (93%) a déclaré qu'il avait effectué une formation axée sur le climat de soins de santé des femmes. fait qui compromet l'efficacité de l'attention à la période de non - reproduction. Par conséquent, il devient nécessaire de mettre en œuvre des politiques publiques municipales qui favorisent la formation et la sensibilisation de la profession infirmière que l'attention de la femme dans la ménopause .

MOTS-CLÉS: Climacteric . Soins infirmiers . Santé familial

PERFIL DE ENFERMERÍA EN SALUD MUJERES CLIMATÉRICAS

RESUMEN

Durante la transición entre la fase reproductiva y no reproductiva de la mujer, un fenómeno fisiológico se produce debido al agotamiento de los folículos ováricos, seguido por una disminución progresiva de la secreción de estradiol, culminando con el cese definitivo de los ciclos menstruales y la aparición de los síntomas característicos. Este proceso es el climaterio. Enfermería juega su papel a través de la puesta en marcha de la Política Nacional de Atención Integral de Salud de la Mujer a la Salud de la Familia, se muestra como una herramienta importante en el cuidado de las mujeres climatéricas. La atención primaria es el nivel adecuado de atención para satisfacer las necesidades reales de salud de la mujer en esta etapa y es la puerta de entrada a la red de atención de salud. Este estudio tuvo como objetivo caracterizar el perfil de los enfermeros que asisten mujeres climatéricas en la atención básica de salud de Cajazeiras-PB. Este estudio exploratorio descriptivo, con enfoque cuantitativo, tenían 14 enfermeras que trabajan en las Unidades de Salud de la Familia en el municipio de Cajazeiras - PB. Los datos fueron recolectados a través de cuestionario semi-estructurado. Se encontró que los sujetos de estudio son predominantemente mujeres y son mayoría en el grupo de edad 24-30 años. Cuanto a la formación, la mayoría concluyo el curso en el período 2001-2009. En todos tenien mayoría graduação. Considerável mayoria (93%) dijo que no había llevado la capacitación se centró en el de salud de las mujeres climaterica. hecho de que compromete la eficacia de la atención al período de no-reproductiva. Por lo tanto, se hace necesario implementar políticas públicas municipales que promueven la formación y la sensibilización de la enfermería como la atención a la mujer en el climaterio.

PALABRAS CLAVE: Climaterio. Enfermería. Salud de la Familia.

PERFIL DOS ENFERMEIROS ATUANTES NA ATENÇÃO À SAÚDE DA MULHER CLIMATÉRICA

RESUMO

No decorrer da transição entre a fase reprodutiva e não reprodutiva da mulher, ocorre um fenômeno fisiológico decorrente do esgotamento dos folículos ovarianos, seguido da queda progressiva da secreção de estradiol, culminando com a interrupção definitiva dos ciclos menstruais e o surgimento de sintomas característicos. Esse processo representa a fase do climatério. A enfermagem exercendo seu papel através da operacionalização da Política Nacional de Atenção Integral a Saúde da Mulher, dentro da Estratégia de Saúde da Família, mostra-se como um importante instrumento na atenção à mulher climatérica. A atenção básica é o nível de atenção adequado para atender a grande parte das necessidades de saúde das

mulheres nessa fase e é a porta de entrada para rede assistencial. Esse estudo objetivou caracterizar o perfil profissional do enfermeiro que presta assistência a mulher climatérica na atenção básica do município de Cajazeiras-PB. Este estudo exploratório-descritivo, com abordagem quantitativa, teve como sujeitos 14 enfermeiros que atuam nas Unidades de Saúde da Família do município de Cajazeiras - PB. Os dados foram coletados por meio de questionário semi-estruturado. Constatou-se que os sujeitos do estudo são predominantemente do sexo feminino e encontram-se em sua maioria na faixa etária de 24 a 30 anos. Em relação à formação profissional, a maioria concluiu o curso no período de 2001 a 2009. Em totalidade possuem Pós-graduação.Considerável maioria (93%) afirmou não ter realizado capacitação voltada para atenção à saúde da mulher climatérica. fato que compromete a efetivação da atenção ao período não reprodutivo. Por conseguinte, torna-se necessário a implementação de políticas públicas municipais que promovam a capacitação e sensibilização da enfermagem quanto à atenção a mulher na fase do climatério.

PALAVRAS-CHAVE: Climatério. Enfermagem. Saúde da Família.