46 - ANALYSIS OF KNOWLEDGE OF PREGNANT WOMEN ON THE CORRECT POSITION FOR THE ACTIVITIES OF DAILY LIFE

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INTRODUCTION

The gestation period is characterized as a time of transformation in women's lives, because, beyond the physical and physiological changes are also observed changes in emotional state. Thus, there are several changes that occur in the pregnant organ systems (REIS, et al., 2010).

As the fetus develops, it grows and increases in weight, in addition, there is a major hormonal change, which in aggregation with the development of the breasts can cause a number of postural changes, among them: hyperextension of knees , increased curvatures of the lumbar and cervical dorsal column followed by a projection of the shoulders. All these postural changes occur in an attempt to compensate for the new center of gravity assumed by the body. When walking, one can see that the pregnant feels lack of balance, therefore, seeks to extend its support base, thus presenting an individualized pace, which for many is called "pigweed march" (STRASSBURGER, 2006). At this stage a correct posture should be dynamic and vital, always varying their needs. Pregnancy involves extensive modifications throughout the body, including the muscles, joints, and bones. Thus, many adopt incorrect postures, imposing the spine and joints to an unnecessary effort. At this stage, in addition to taking body awareness and retrain your posture, pregnant women should exercise regularly, integrating them into your daily life (FREITAS, 2008).

What level of knowledge of pregnant women about proper positioning during activities of daily living during pregnancy: is defined as the central question of this research?

Therefore it is important to know which short positions taken by pregnant women during AVD's for physiotherapy will promote better posture in the prenatal period. Providing guidance on proper body mechanics when performing their AVD's during gestation. Focusing on the right is the woman and baby. The objective of this study was to analyze the knowledge of pregnant women about proper positioning during AVD's.

METHOD

This study had a cross-sectional approach, descriptive, exploratory, using a quantitative approach. Data collection took place after the approval of the Research Ethics Committee of the Faculdade Santa Maria on the number of opinions: 487 150, following the guidelines of Resolution No. 466/12.

The research was conducted at the Centre for Reference Social Assistance (CRAS), located at Praça Francisco Braga, S / N, center of Marizópolis - Paraíba. 30 enrolled patients were evaluated and treated at CRAS in all trimesters of pregnancy aged less than eighteen. Pregnant who did not have good understanding and that refused to participate were excluded from the study.

The instrument used in the survey was a questionnaire prepared by the researcher, referring to positions held in the daily activities of the women with questions regarding the purpose of the research.

Data were analyzed using the Microsoft Excel program and were collected frequencies, percentages, and depicted in the table and graphs.

RESULTS AND DISCUSSION

30 pregnant women completed the questionnaire, 09 of these were in the first quarter with an average of 1.3 consultations; 05 in the second quarter with an average of 4.2 visits and 16 in the third quarter with an average of 6.3 visits. Regarding age, 50% were between 18 and 25 years, 30% between 26 and 33 years, 16.7% between 34 and 41 years and 3.3% were aged over 42 years.

The data relating to the profession, marital status, level of education can be seen in the following table (Table 01).

Table 01- socio demographic profile of pregnant women in Marizópolis-PB, 2014.

Variable	Number	%
Profession		
Farmer	09	30%
Student	10	33.4%
Domestica	04	13.3%
Teacher	03	10%
Other	04	13.3%
Marital status		
Maiden	08	26.7%
Married	21	70%
Separate	01	3.3%
Degree of Education		
E. Fund. incomplete	04	13.3%
E. Fund. complete	02	6.7%
E. Incomplete Medium	01	3.3%
E. East Full	17	56.7%
E. Sup. Incomplete	04	13.3%
E. Sup. Full	02	6.7%

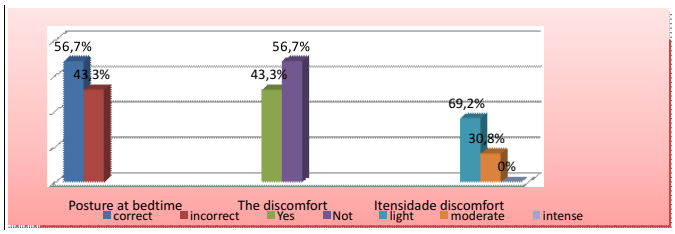
Source: author's research

In this study, we identified that the students had the highest pregnancy rate compared with pregnant higher education.

Thus in terms of sociodemographic characteristics, pregnant predominated in the age group 22-26 years and elementary education. Significant associations between maternal education and lower incidence of low birth weight were found in a study conducted in the state of São Paulo. Event attributed to the low socioeconomic level of those women who possibly have a reduction in weight gain during pregnancy and delayed start your prenatal care. Educational attainment is also associated with optimism / pessimism and health-related quality of life during pregnancy (MENEGUIN; XAVIER, 2013).

The data relating to positioning used by pregnant at bedtime, as it feels its rating their levels of discomfort and discomfort can be seen in the following chart (Chart 01).

Figure 01: Distribution of the group of pregnant women from the CRAS Marizópolis / PB on positioning at bedtime.

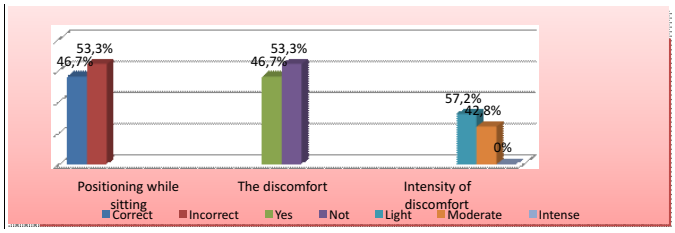


Source: Questionnaire semistructured author of the research, 2014.

Therefore, it is known that 13 of the 30 women interviewed held the position lie incorrectly, being an aggravating factor in his current state of life.

Given this, it is suggested that preventive efforts are conducted through lectures and dynamics in order to raise awareness of what comes to be a correct posture, positioning while sleeping, proper posture to perform physical activities. Thereby being treated as a priority the development of a body work in order to develop not only physical skills, but also an education of posture to steer them towards a proper knowledge about the positioning of the body, they know how to respect their limit not requiring him than is necessary (CANDOTTI, et al., 2010).

Figure 02: Distribution of the group of pregnant women from the CRAS Marizópolis / PB in positioning while sitting.



Source: Survey by quantitative researcher, 2014

Given this, it is identified that among the 14 pregnant sitting correctly, they will report discomfort even doing the posture correctly. Have been something related to their biomechanical changes and the very attitude that has lead to pressure on the spine.

The sitting posture is considered the most harmful to the spine, triggering an increase in pressure within the intervertebral discs; but sit so that the trunk is supported leads to a decrease in intradiscal pressure and part of the body weight is transferred to the backrest; this manner, the habit of sitting, whether in bed, on the couch, without a considerable increase in the spine can cause the spinal curvatures support. The lack of exposure of the vertebral incorrect postures for prolonged periods column can prevent postural changes and pain symptoms associated (BENINI; KAROLCZAK, 2010).

The completion of a program of postural education is not possible with only immediate actions: it should be structured into several steps, establishing goals to be achieved in the short, medium and long term. With this conformarmo us with the situation and keep us oblivious to a problem that affects 80% of adults in the productive phase (BRACCIALLI; VILARTA, 2000).

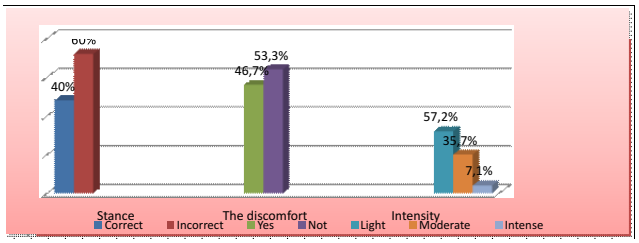
Regarding the postures used to pick up objects on the floor, 63.3% of the women responded perform correctly and 36.7% incorrectly. Where 53.3% did not feel discomfort when performing the correct posture and 47.7% will report feel of these, 71.4% of women rank this discomfort as mild, 21.4% as moderate, and 7.2% as intense. As a considerable number of pregnant women with mild feel discomfort taking into account the amount that performs correctly posture.

In educational activities to promote physical activity during pregnancy is necessary to point out what are the activities, frequency and intensity desired. Pregnant women with occupational activities that require more physical effort than adequate should be instructed to reduce them (CARVALHAES, et al., 2013).

The act of picking up objects from the floor properly was well established by the students, as well as side sleeping posture; one trusts that this is due to the fact that practical lessons on proper positioning in performing these postures have been performed. Noting changes in postural habits, including with respect to their positions in AVD's, such as picking up objects from the floor, on assessments made after 6:12 months compared to a control group and a placebo consisting of guidelines passed by the teacher himself . This result was further confirmed by the observation during the physical education classes, they noted increased use of knee flexion instead of bending of the spine, showing the applicability of the program activities in the natural environment (BENINI; KAROLCZAK, 2010).

The data relating to positioning used by pregnant women to pick up objects in high places, like classification of discomfort regarding the realization of correct and incorrect postures and their levels of discomfort can be seen in the chart below.

Figure 03: Distribution of the group of pregnant women from the CRAS Marizópolis / PB on positioning to pick up objects in high places.

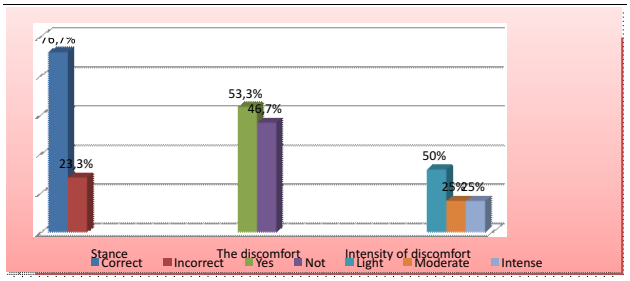


Source: Quantitative Survey

There was a high rate of women who were inappropriately posture to pick up objects in high places, where it is clear that his ignorance of this will result in their quality of life. Which accounted perform anyway this position quoted above.

The data relating to positioning used by pregnant women to carry weight, such that their classification of discomfort regarding the realization of correct and incorrect postures and their levels of discomfort can be seen in the chart below.

Figure 04: Distribution of the group of pregnant women from the CRAS Marizópolis / PB in positioning the load weight.



Source: Quantitative Survey, author of the research, 2014

It was identified that the number of women with knowledge about the correct positioning during loading weight is satisfactory, since it is one of the services most frequently performed by housewives.

Regarding the proper placement on AVD's as sweeping and pulling water, pregnant answered a questionnaire which, 73.3% of pregnant women carries posture correctly while 26.7% incorrectly. Of these 50% are uncomfortable and 50% did not feel. Of which, those who feel discomfort as the rank: 46.6% mild, 26.7% moderate and 26.7% high. Thus, the level of discomfort is egalitarian and most knowledgeable women in the position that causes you less hassle in this new phase.

With regard to proper placement on AVD's as: washing, cooking pregnant who performed the correct posture appeared in is 46.7% and that they had no knowledge were 53.3%. These women who responded to the questionnaire, 53.3% and 46.7% felt uncomfortable not where they classified as: mild 43.8%, 43.7% moderate and 12.5% high. Becoming clear that women are not aware of posture are the same who feel discomfort.

In the final question of the questionnaire used, pregnant women who reported having knowledge of only a few correct posture in performing daily activities such as lying and sitting were approximately 53.3%, as those who reported having full knowledge of the postures were 46.7%.

Therefore, most of the women interviewed said they had knowledge of the correct positioning, but as has been evaluated in previous sections, they knew, but did not use the correct postural kinetics in some. Making it clear that the practice of workshops or lectures should be delivered throughout the prenatal period, focusing on the welfare of both involved.

Practices and care during pregnancy are closely linked to maintaining the health of the pregnant and the baby and to save the lives of both. Various cultures consider motherhood as a susceptible stage of pregnant women where it needs to be caring, self-protective and aware of sí, avoiding the risks inherent in this period. So the woman applies several self-care practices and care for your child. .

Prenatal care is an area where women are open to receive guidance and clarify their doubts, therefore, the prenatal care only becomes meaningful when it is characterized as a friendly service, satisfactory, open to dialogue, where the meanings of pregnancy built into the family and social environment are not ignored, allowing pregnant women to express their feelings and share knowledge (SANFELICE, et al., 2013).

CONCLUSION

However, it is known and confirmed that pregnant women enrolled and treated at CRAS city MARIZÓPOLIS-PB, are knowledgeable of some postures like throwing, lifting, pulling and sweeping water, which is extremely important to its current state. For both unaware of crucial positions for the day-to-day like to sit down and pick up objects in high places, the data show that they were unaware of the correct way. Therefore it is of paramount importance to the orientation of the same by means of lectures, workshops and primarily during their prenatal visits. Some limitations of this study must be acknowledged. The scarcity of studies on correct positioning of daily activities limited the comparison of our results, been interferirna quality of life in pregnant patients. On the other hand, showed that future studies should definitely be conducted in this area. Arousing interest in the improvement in the care of the expectant mothers. And opening the field of multidisciplinary care centers in public care, focused on improving the information and thereby the quality of life.

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ANALYSIS OF KNOWLEDGE OF PREGNANT WOMEN ON THE CORRECT POSITION FOR THE ACTIVITIES OF DAILY LIFE

ABSTRACT

Introduction: The gestational period is characterized as a time of transformation in women's lives, because, beyond the physical and physiological changes are also observed changes in emotional state. Thus, there are several changes that occur in the pregnant woman's body systems. Objectives: To assess the knowledge of pregnant women about proper positioning during AVD's. Method: The work it was a cross-sectional, quantitative in nature, held at the Reference Center for Social Assistance (CRAS). Pregnant women in all trimesters of pregnancy over the age of 18 years. The research was conducted through a semi-structured questionnaire with objective questions. Results: It has been confirmed, the knowledge of pregnant women about the correct placement in the realization of some postures in their activities of daily living such as: throwing, lifting, pulling and sweeping water, and not knowing about these sitting posture and grasp objects being in high places high importance at this stage, so getting clear the high levels of the same discomforts in this important phase. Conclusion: However, it is known and confirmed that pregnant women enrolled and treated at CRAS city MARIZÓPOLIS-PB, are knowledgeable of some postures like throwing, lifting, pulling and sweeping water, which is extremely important to its current state. For both unaware of crucial positions for the day-to-day like to sit down and pick up objects in high places, the data show that they were unaware of the correct way. Therefore it is of paramount importance for the guidance of the same means of lectures, workshops and primarily during their attendance at antenatal.

KEYWORD: Pregnancy, Postural Changes, correctpositioning.

ANALYSE DE LA CONNAISSANCE DES FEMMES ENCEINTES SUR LA BONNE POSITION POUR LES ACTIVITÉS DE LA VIE QUOTIDIENNE

RÉSUMÉ

Introduction: La période de gestation est caractérisé comme un moment de transformation dans la vie des femmes, parce que, au-delà des changements physiques et physiologiques sont aussi observé des changements dans l'état émotionnel. Ainsi, il existe plusieurs variations qui se produisent dans les systèmes de l'organisme de la femme enceinte. Objectifs: évaluer les connaissances des femmes enceintes sur le bon positionnement lors de AVD. Méthode: Le papier est liée à une coupe transversale, de nature quantitative, tenue au Centre de référence de l'assistance sociale (CRAS). Les femmes enceintes dans tous les trimestres de la grossesse de plus de 18 ans. La recherche a été menée par le biais d'un questionnaire semi-structuré avec des questions objectives. Résultats: Il a été confirmé, les connaissances des femmes enceintes sur le bon placement dans la réalisation de certaines postures dans leurs activités de la vie quotidienne telles que: lancer, soulever, tirer et en balayant l'eau, et ne pas connaître ces posture assise et saisir des objets étant en haut lieu une grande importance à ce stade, donc se dégager des niveaux élevés de la même malaises dans cette phase importante. Conclusion: Toutefois, il est connu et confirmé que les femmes enceintes recrutés et traités à CRAS ville Marizópolis-PB, sont bien informés de certaines postures comme lancer, soulever, tirer et en balayant l'eau, ce qui est extrêmement important de son état actuel. Pour les deux ignorent positions cruciales pour la journée-à-jour vous asseoir et ramasser des objets dans les endroits élevés, les données montrent qu'ils ne savaient pas de la bonne façon. Par conséquent, il est d'une importance primordiale pour la direction des mêmes moyens de conférences, d'ateliers et principalement lors de leurs visites prénatales.

MOTS-CLÉS: Grossesse, posturale changements, positionnement correct.

ANÁLISIS DE CONOCIMIENTO DE LAS MUJERES EMBARAZADAS EN LA POSICIÓN CORRECTA DE LAS ACTIVIDADES DE LA VIDA DIARIA

RESUMEN

Introducción: El período gestacional se caracteriza por ser un momento de transformación en la vida de las mujeres, ya que, más allá de los cambios físicos y fisiológicos también se observan cambios en el estado emocional. Por lo tanto, hay varios cambios que se producen en los sistemas del cuerpo de la mujer embarazada. Objetivos: Evaluar el conocimiento de las mujeres embarazadas sobre la colocación apropiada durante AVD de. Método: En el documento se relaciona con una sección transversal, de naturaleza cuantitativa, que se celebró en el Centro de Referencia de Asistencia Social (CRAS). Mujeres embarazadas en todos los trimestres del embarazo sobre la edad de 18 años. La investigación se realizó a través de un cuestionario semi-estructurado con preguntas objetivas. Resultados: Se ha confirmado, el conocimiento de las mujeres embarazadas sobre la correcta colocación en la realización de algunas posturas en sus actividades de la vida diaria, tales como: lanzar, levantar, tirar y barriendo el agua, y no saber acerca de estos postura sentada y agarrar objetos estar en lugares altos de alta importancia en esta etapa, por lo que llegar claro los altos niveles de las mismas molestias en esta importante fase. Conclusión: Sin embargo, se sabe y se confirma que las mujeres embarazadas inscritas y se trató a la ciudad CRAS MARIZÓPOLIS-PB, son conocedores de algunas posturas como tirar, levantar, tirar y barriendo el agua, lo que es extremadamente importante para su estado actual. Por tanto inconsciente de posiciones cruciales para el día a día como para

sentarse y recoger objetos en lugares altos, los datos muestran que no tenían conocimiento de la forma correcta. Por lo tanto es de suma importancia para la orientación de los mismos medios de conferencias, talleres y sobre todo durante sus visitas prenatales.

PALABRAS CLAVE: Embarazo, postural Cambios, posicionamiento correcto.

ANALISE DO CONHECIMENTO DE GESTANTES SOBRE O POSICIONAMENTO CORRETO DURANTE AS ATIVIDADES DE VIDA DIÁRIA

RESUMO

Introdução: O período gestacional é caracterizado como um momento de transformações na vida da mulher, pois, além das alterações físicas e fisiológicas, são observadas também mudanças no estado emotivo. Desta forma, várias são as alterações que ocorrem nos sistemas orgânicos da gestante. Objetivos: Analisar o Conhecimento das Gestantes sobre o posicionamento correto durante as AVD´s. Método: O trabalho trata-se de uma pesquisa transversal, de natureza quantitativa, realizada no Centro de Referencia de Assistência Social (CRAS). Com gestantes em todos os trimestres gestacionais com idade superior a 18 anos. A pesquisa foi realizada através, de um questionário semiestruturado com questões objetivas. Resultados: Confirmou-se, o conhecimento de gestantes sobre o posicionamento correto na realização de algumas posturas nas suas atividades de vida diária como: deitar, carregar peso, varrer e puxar agua, e o não conhecimento destas sobre a postura ao sentar e pegar objetos em lugares altos sendo de alta importância nesta fase, por isso ficando claros os altos índices de desconfortos das mesmas nesta fase tão importante. Conclusão: Contudo, fica conhecido e confirmado que as gestantes cadastradas e atendidas no CRAS da cidade de MARIZÓPOLIS-PB, são conhecedoras de algumas posturas como deitar, carregar peso, varrer e puxar agua, sendo de suma importância para seu estado atual. Para tanto o não conhecimento sobre posturas cruciais para o dia-a-dia como sentar e pegar objetos em lugares altos, os dados mostram que elas não tinham conhecimento da forma correta. Por tanto é de suma importância a orientação das mesmas por meios de palestras, oficinas e primordialmente durante os seus atendimentos no pré-natal.

PALAVRAS-CHAVE: Gestação, Alterações Posturais, Posicionamento correto.