147 - CAPACITATION IN INFANT FEEDING FOCUSED TO COMMUNITY HEALTH AGENTS IN THE BASIC ATTENTION OF MACAÉ

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INTRODUCTION

Adequate and healthy infant feeding begins even during intrauterine life, with the feeding of the pregnant woman, and is continued in the postnatal period through the practice of exclusive breastfeeding up to 6 months. Breast milk is a food of fundamental importance in child development at this stage of life, being complete and providing nutrients, protective factors against common childhood infections, among others (BRAZIL, 2009a; VIEIRA et al., 2009).

From 6 months of life, complementary feeding is introduced and will be finalized in the first year of life the infant when starting the family's food. The nutritional value of food offered to the child during this phase is critical in preventing morbidity and mortality in childhood, and also avoid the overweight and malnutrition (DIAS et al., 2010).

The role of health professionals is very important for the maintenance of breastfeeding and its previous guidance will be the key tool to stimulate that mothers maintain lactation after return to their routine work, clarifying on the facilities for handling milk, and the importance of maintenance of exclusive breastfeeding up to six months and stimulating timely and appropriate introduction of complementary foods (BRAZIL, 2015).

In this way, the constant updating of these professionals on topics linked to health, including infant feeding, through the Continuing Education in Health, is configured in the production of work process of the same starting from the individual to the collective, that will allow updating practices for the professional work, themes updated with new methodological, scientific and technological proposals (CECCIM, 2005).

Complementary feeding is a highly relevant topic today, but little explored and therefore must be present in the discussions and training focused to health professionals as it is already established in society the importance of the practice of breastfeeding which has been stimulated and encouraged through public campaigns in recent decades.

The literature in the field of infant feeding often presents new proposed approach in the perspective of prevention, promotion and treatment of diseases likely to emergence of over the course of human life. In this context, it is essential to the development of food and nutrition education activities in the field of continuing education, which are focused to professionals in the Basic Attention Network so that they can update and expand their knowledge on the subject (BRAZIL, 2010). This study aimed to analyze the knowledge about infant feeding acquired by community health agents (ACS) of the city of Macaé, in a capacitation.

SUBJECTS AND METHODS

We conducted a focused training to CHA, in March 2015, whose theme was: Introductory Course for Strategy Family Health for professionals of Macaé - RJ proposed by the Municipal Secretary of Health/Basic Management Attention in partnership with the Nutrition and Nursing & Obstetrics graduation courses of the Federal University of Rio de Janeiro/UFRJ Campus Macaé Professor Aloisio Teixeira.

The training was structured into 8 modules, one module about infant feeding (IF) in the first year of life developed by project teams Pibex Iacol and IMVAI of Campus UFRJ Macaé. This module was organized in: opening, applying a pre-test to observe the existing knowledge on the subject; Lectures: "Physiological aspects of the infant," "Breastfeeding" and "timely and safe complementary feeding". At the end, we applied a post-test to evaluate the acquired knowledge.

Previously trained and qualified scholars performed held lectures and distributed forms of pre- and post-test (containing the same questions), self-administered, before the first class and after last class, respectively. The form was designed with questions adapted from pretest Tutor's Notebook, the National Promotion of Supplementary Feeding Strategy Healthy - Enpacs (BRAZIL, 2010).

The forms contained 9 objective questions about IF, 4 about breastfeeding and 5 on complementary feeding introduction, as follows: 1. What is exclusive breastfeeding?; 2. What is mixed breastfeeding?; 3. Even already using other foods, the child should receive breast milk? 4. When should we start giving food to baby breast chest? 5. To start giving food to the baby, it should be; 6. On the healthy complementary feeding is due; True or False: 7. To create healthy habits is important to establish a timetable, with strict intervals between one meal and another; 8. The soup of the child should contain a variety of foods, but must be liquid so as not to hinder the intake, since the child is learning to feed; 9. The food in the form of fresh or salt pope can be liquefied or sifted.

The proposed activity was explained to the participants who signed a Consent Term Free and Clear before completing the forms. The data from pre- and post-test were entered, consolidated, cleaned and analyzed using absolute and relative frequency, using the Excel program for Windows 2013.

All the rules and guidelines for research involving human subjects were respected contained in Resolution 466/2012, the National Health Council / Ministry of Health, the National Health Council/Ministry of Health (BRAZIL, 2012). The project was approved by the Ethics Committee of the Faculdade de Medicina de Campos dos Goytacazes, under protocol number: 30378514.1.0000.5244.

RESULTS AND DISCUSSION

Fifty one CHA were trained, of these 96.1% (n=49) answered the questionnaire in the pre-test and 100% in the post-test.

In the pre-test, 71.4% of CHA presented a percentage of correct answers above 50%; and the successes were mainly on breastfeeding. Those who scored less than half of the questions (28.6%) were found to be complementary feeding with the lowest proportion of correct answers (Figure 1).

After training, the post-test detected an increase in the percentage of correct answers: 92.2% hit more than half of the questions, and only 7.8% got less than half the form of questions (Figure 1).

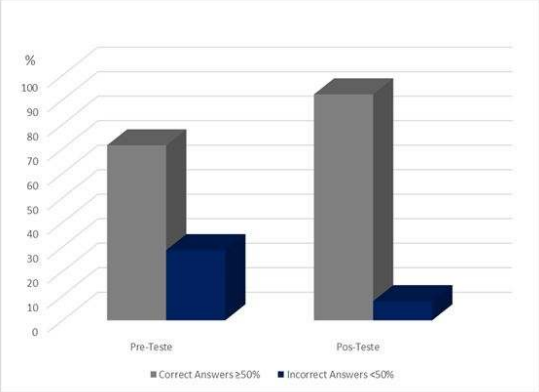


Figure 1. Percentage of correct responses on infant feeding in the first year of life in pre- and post-tests, applied in a focused training for community workers (n=51) of Macaé, in march, 2015.

Our study showed that the knowledge of health professionals about breastfeeding were suitable for both pre and post-test, while those on complementary feeding increased after training, compared the results of pre and post-test.

Rabbit and Machado (2004), in order to identify the level of knowledge and attitude of community health workers in the Municipality of Miraíma/Ce, in practice and promotion of exclusive breastfeeding, found that the CHA had knowledge and limited skills to perform well in promoting breastfeeding, however, only 54% of CHA will defer correctly the basic and essential concepts of exclusive breastfeeding.

The Ministry of Health Manual, "Protection, Promotion and Support of Breastfeeding", means being the health agent plays a fundamental role in the success of breastfeeding, they are mediators between the community and health services (WHO, 1989). Therefore, the contact these professionals constantly with the user population health unit, as women of childbearing age, pregnant women, postpartum women, nursing mothers among others, will enable the support and encouragement to this population adherence to breastfeeding (KING, 1998).

In 2008, a national survey conducted by the Ministry of Health, found that the prevalence of exclusive breastfeeding in children under 6 months was 41% and in less than 4 months, 51.2% by detecting evidence of the existence of introducing liquids or solid foods in not timely (BRAZIL, 2009b).

According to Brazil (2015), is still challenging the conduct by the health professional, the whole process of the introduction of complementary foods up to help and support correctly and appropriately both mothers and caregivers. The professional must understand the needs of all the actors involved at that time, that is, the child, the mother and the family.

The health professional is an important healthy eating promoter in the territory of activity must have an effective listening, translating the technical concepts in a language easily understood by the user (BRAZIL, 2015).

In this direction, the continuing education of health professionals should aim to improve its performance in health facilities such as the Family Health Strategies, providing them with updated knowledge, providing greater ability to handle the daily demands.

CONCLUSION

Health professionals after training increased knowledge about complementary feeding. The results provided a reflection of that prior knowledge of ACS on complementary feeding combined the lectures offered in training, allowed the discussion and exchange of experiences among health professionals making them subject of multipliers among the population.

In this perspective, for increased knowledge on this topic, it is recommended to increase the number of training and conducting more health education activities in complementary feeding, by the Basic Attention Management, hoping to improve and consolidate the knowledge of this issue by the professionals.

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CAPACITATION IN INFANT FEEDING FOCUSED TO COMMUNITY HEALTH AGENTS IN THE BASIC ATTENTION OF MACAÉ.

ABSTRACT

The first year of the infant's life is essential to start a healthy and adequate food, preventing infant death and disease in this stage of life as well as in adulthood. This study aimed to analyze the knowledge acquired by community health agents (CHA) of the city of Macaé in training on infant feeding. This is a descriptive, quantitative study of primary basis with data from a training course on breastfeeding and complementary feeding returned to CHA, in collaboration with the Basic Attention Management Macaé. The training took place in a turn of the week, in February 2015, containing the following schedule: opening, applying a pre-test to observe the existing knowledge on the subject; Lectures: "Physiological aspects of the infant" with "Breastfeeding" and "timely and safe complementary feeding". At the end, there were one QUIZ and a post-test to evaluate the acquired knowledge. Fifty on CHA were trained, of these 96.1% (n=49) answered the questionnaire in the pre-test and 100% in the post-test. In the pre-test, 71.4% of CHA presented a percentage of correct answers above 50%; and the successes were mainly on breastfeeding. Of those who hit less than half of the questions (28.6%) were found to be complementary feeding with the lowest proportion of correct answers. After the training, the post-test, it was found that the majority of CHA has improved the proportion of correct answers: 92.2% got more than half of the questions, and only 7.8% got less than half of the questions on the form. It was concluded that training increased knowledge about infant feeding mainly complementary feeding.

KEYWORDS: Breastfeeding, Complementary Feeding, Continuing Education.

CAPACITATION DANS L'ALIMENTATION DU NOURRISSON CIBLEE POUR COMMUNAUTAIRES AGENTS DE SANTÉ DANS L'ATTENTION DE BASE DES MACAÉ.

RÉSUMÉ

La première année de la vie de l'enfant est essentiel de commencer une alimentation saine et adéquate, la prévention des décès de nourrissons et de la maladie dans cette étape de la vie ainsi que dans l'âge adulte. Cette étude visait à analyser les connaissances acquises par les agentes communautaire de santé (ACS) de la ville de Macaé à une formation sur l'alimentation du nourrisson. Ceci est une étude descriptive, quantitative de la base primaire avec les données d'un cours de formation sur l'allaitement maternel et l'alimentation complémentaire retourné à ACS, en collaboration avec le Gestion d' Attention Basic-Macaé. La formation a eu lieu dans un virage de la semaine, en Février 2015, contenant le calendrier suivant: l'ouverture, l'application d'un pré-test pour observer les connaissances actuelles sur le sujet; Conférences: "aspects physiologiques de l'enfant» par «l'allaitement maternel" et "alimentation complémentaire en temps opportun et en toute sécurité". A la fin, il y avait un jeu-questionnaire et un post-test pour évaluer les connaissances acquises. Ont été formés 51 ACS, de ces 96,1% (n=49) ont répondu au questionnaire dans le pré-test et 100% dans le post-test. Dans le pré-test, 71,4% des ACS a présenté un pourcentage de réponses correctes au-dessus de 50%; et les succès étaient principalement sur l'allaitement maternel. Parmi ceux qui a frappé moins de la moitié des questions (28,6%) ont été jugées alimentation complémentaire avec la plus faible proportion de réponses correctes. Après la formation, le post-test, il a été constaté que la majorité des ACS a amélioré la proportion de réponses correctes: 92,2% ont obtenu plus de la moitié des questions, et seulement 7,8% ont obtenu moins de la moitié des questions du formulaire. Il a été conclu que la formation a augmenté de connaissances sur l'alimentation du nourrisson alimentation essentiellement complémentaires.

MOTS-CLÉS: allaitement, l'alimentation complémentaire, la formation continue.

CAPACITACIÓN EN ALIMENTACIÓN INFANTIL ENFOCADO A LA COMUNIDAD AGENTES DE SALUD EN LA ATENCIÓN BÁSICA DE MACAÉ.

RESUMEN

El primer año de vida del niño es esencial para comenzar una alimentación sana y adecuada, la prevención de la mortalidad infantil y la enfermedad en esta etapa de la vida, así como en la edad adulta. Este estudio tuvo como objetivo analizar los conocimientos adquiridos por los Agentes Comunitarios de Salud (ACS) de la ciudad de Macaé en la formación sobre la alimentación infantil. Se trata de un estudio descriptivo, cuantitativo de base primaria con datos de un curso de capacitación sobre la lactancia materna y la alimentación complementaria vuelto a ACS, en colaboración con la Gerencia de Atención Básica Macaé. La capacitación se llevó a cabo en una vuelta de la semana, en febrero de 2015, que contiene el siguiente horario: de apertura, la aplicación de una prueba previa para observar el conocimiento existente sobre el tema; Conferencias: "Aspectos fisiológicos del bebé" con "Lactancia Materna" y "alimentación complementaria oportuna y segura". Al final, no hubo un solo concurso y un post-test para evaluar los conocimientos adquiridos Fueron capacitados 51 ACS, de ellos el 96,1% (n = 49) respondieron el cuestionario en el pretest y el 100% en el post-test. En el pre-test, el 71,4% de ACS presenta un porcentaje de respuestas correctas por encima de 50%; y los éxitos fueron principalmente sobre la lactancia materna. De los que bateó menos de la mitad de las preguntas (28,6%) resultaron ser la alimentación complementaria con la menor proporción de respuestas correctas. Después del entrenamiento, el post-test, se encontró que la mayoría de ACS ha mejorado la proporción de respuestas correctas: 92,2% tiene más de la mitad de las preguntas, y sólo el 7,8% tiene menos de la mitad de las preguntas del formulario. Se concluyó que el entrenamiento aumenta el conocimiento sobre la alimentación del lactante alimentación complementaria, principalmente.

PALABRAS CLAVE: Lactancia Materna, Alimentación Complementaria, La Educación

CAPACITAÇÃO EM ALIMENTAÇÃO INFANTIL VOLTADA PARA AGENTES COMUNITÁRIOS DE SAÚDE DA ATENÇÃO BÁSICA DE MACAÉ.

RESUMO

O primeiro ano de vida do lactente é essencial para iniciar uma alimentação saudável e adequada, prevenindo morte infantil e doenças nesta fase da vida, bem como na vida adulta. Objetivou-se analisar os conhecimentos adquiridos por agentes comunitários em saúde (ACS) da cidade de Macaé em capacitação sobre alimentação do lactente. Realizou-se estudo descritivo, quantitativo de base primária com dados de um curso de capacitação sobre aleitamento materno e alimentação complementar voltado aos ACS, em parceria com a Gerência de Atenção Básica de Macaé. A capacitação aconteceu em um turno da semana, no mês de fevereiro de 2015, contendo a programação a seguir: abertura, aplicação de um pré-teste para observar os conhecimentos prévios sobre o tema; Palestras: “Aspectos fisiológicos do lactente”, com “Aleitamento Materno” e “Alimentação complementar oportuna e segura”. Ao final, realizaram-se um QUIZ e um pós-teste, para avaliação dos conhecimentos adquiridos. Foram capacitados 51 ACS, destes 96,1% (n=49) responderam o questionário no pré-teste e, 100% no pós-teste. No pré-teste, 71,4% dos ACS apresentaram um percentual de respostas corretas acima de 50%; e, os acertos foram, principalmente, sobre aleitamento materno. Dos que acertaram menos da metade das questões (28,6%), detectou-se a alimentação complementar com menor proporção de acertos. Após a capacitação, no pós-teste, detectou-se que a maioria dos ACS melhorou a proporção de acertos: 92,2% acertaram mais da metade das perguntas e, apenas 7,8% acertaram menos da metade das questões do formulário. Conclui-se que a capacitação ampliou os conhecimentos sobre alimentação infantil, principalmente, a alimentação complementar.

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