165 - FAMILY PLANNING: A HEALTH PROMOTIONAL STRATEGY

SILVIA XIMENES OLIVEIRA
Faculdades Integradas de Patos, Patos, Paraíba, Brasil.
silviaxoliveira@hotmail.com

doi:10.16887/86.a1.165

INTRODUCTION

Family planning is the right that everyone has the information you expert assistance and access to resources to choose freely and consciously to have or not have children, the number, spacing them and choosing the most appropriate contraceptive method are options that every woman should have the right to choose freely and through information, without discrimination, coercion or violence. (BRASIL, 2004).

Control the fertility and to practice contraception became aspirations of women, as well as full experiences of sexuality, separating motherhood desire and sexual life. This situation resulted in the need for policies that would allow access to contraception. In 1983 this complex environment in which the set of scientific and political arguments based the different interests at stake in the population question, the Brazilian government mobilized through addressing the issue of family planning and its impact on the field of health. The ministry was called upon to propose a concrete policy on the issue, and formulated the Integral Assistance Program for Women's Health (PAISM). (BRASIL, 1984).

The recognition of the right to family planning this explained in § 7 Art. 226 of the 1998 Constitution In the document are set out guidelines to be followed by the ordinary legislator, which should not direct link, and access to family planning services ace policy population control. Among these guidelines clearly set out, the freedom of the couple's decision and responsibility of the State to provide educational and scientific resources for the exercise of this right. (BRAZIL, 2002).

Family planning is included in the SUS priorities. This condition can be the result of changes in women's health policies, provided by PAISM and identified the mechanisms adopted by the state as the 9263 Law of 12 January 1996 published in the Official Gazette on January 15, 1996, which prescribes the family planning as a right of every citizen. (BRASIL, 1996).

The family planning program of good quality are those seeking the best way to meet the people's needs, by offering services that fit the characteristics of the population served. Information activities are extremely relevant, we would say indispensable to achieving the objectives of services and users, requiring health professionals attitude engage in good information so that the customer knows the alternative design and contraception available and thus can actively participate in the definition and scope of their reproductive goals. (MOURA; SILVA, 2004).

Health professionals, especially the nurses play a key role in the success of family planning, should be aware of all these factors related to providing comprehensive care in a way that will promote the uptake of family planning during nursing visits and through educational activities in health. Thus, the study screen aims to identify women's knowledge about contraceptive methods in family planning.

METHOD

It is an exploratory, descriptive study with a quantitative approach. The research of descriptive nature, it is proposed to investigate the characteristics of a phenomenon and can address broad aspects of a society. In this context are considered as study objective a specific situation an individual group. (RICHARDSON, 2009).

For Handem et. al., (2008), quantitative research it is to quantify data, concepts, subsidies to the use of statistical technical, from the simplest, even using more complex as correlation coefficient, regression and others.

The study was conducted at the Family Health Unit, the town of Carrickfergus - PB in the period according to the schedule. The choice for this unit is because the town of Carrickfergus only have a Family Health Unit, as the total population of the city is approximately 2,347 inhabitants (IBGE, 2009), and second Martinari (2008) for a community is operational, it takes a population of 4,500 inhabitants, thus justifying the choice of this single unit. This unit provides up primary care to the entire population, being offered all actions recommended by the Health Strategy of the Family.

The study was conducted in this city because the researcher reside in it, and have access to the unit making it feasible to collect data.

The study population consisted of 118 women who are being assisted in family planning. In this study, a random sample was simple, with a sample of 50% of this population, a total of fifty-nine (59) women of childbearing age registered at the Health Unit municipality of Carrapateira - PB, assisted in the period of data collection will be in May and June 2013.

The interviewees were selected according to the following inclusion criteria: be registered in the USF, women of childbearing age and who agreed to spontaneously participate in the research and signed the Informed Consent (IC).

Data collection started after approval by the Ethics Committee of the School Santa Maria, according to Resolution 196/96. At first the research was requested permission from the City Health Secretary, through a trade in order to make possible the realization of it.

After updating the data collection occurred as scheduled. Data were obtained through a questionnaire containing questions relevant to the study objectives. First women were informed about the purpose of the study, then the same was handed the IC, in which it agreed to the interview and signed the questionnaire. The research obeyed all the recommendations from the Resolution 196/96 granted by Decree No. 93,933 / 87 of the National Health Council (CNS), following the ethical principles of research related to studies involving humans (BRASIL, 2002a), considering privacy and the participant's rights, who participated of their own free will, the possibility of withdrawing at any time.

RESULTS AND DISCUSSION

Results and discussions presented below refer to women enrolled in family planning belonging to the municipality of Carrapateira / PB.

Table 1 presents the characteristics of sociodemographic variables in the perception of women.

Table 1. Distribution of women according to sociodemographic characteristics. Carrapateira / PB 2013.

Characteristics	N	%
Age		
15-19	04	6,77
20-25	32	54,23
26-30	05	8,47
31-35	12	20,33
35-41	06	10,16
Marital status		
Married	46	77,96
Single	04	6,77
Other	09	15,25
Religion		
Catholic	59	100
Family income		
Less than 1 salary	15	25,42
1 salary	32	54,23
3 to 5 wages	12	20,33
Adequacy of income		
Enough	19	32,20
Soon enough	13	22,03
Insufficient	27	45,76
Housing conditions		
Own	46	77,96
Rented	09	15,25
Lives with his parents, relatives, friends	04	6,77

Source: Own research.

In Brasil, 2010, the greater the age, higher prevalence of infertility. Women over 35 years already have reduced chances of playing close to 40 years the woman has 90% of its basal fertility; 40 to 44 years have 62% and between 45 and 49 years 14%. All women in the study were Catholic. The belief or religion becomes an important factor, since religion can influence the practices, beliefs and people of the guidelines may have an impact on decisions and attitudes towards the way of life, sexual and reproductive health. (BRASIL, 2008).

As for marital status, we found that most are married 46 (77.96%). We emphasize the importance of the protection of use, regardless of marital status, as there is a view that fixed sexual partners, HIV infection? DST is remote, by referring us to the numbers that come adding between married women and young people. (PANIZ; FASSA; SILVA, 2006). Regarding family income of 15 women (25.42%) have less than a minimum wage, 32 (54.23%) minimum wage and 12 (20.33) three to five times the minimum wage.

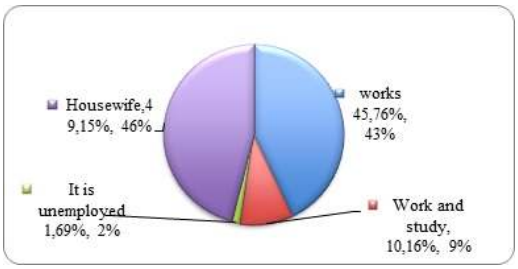

Figure 1. Distribution of women according to occupation. Carrapateira / PB 2013.

Regarding the occupation of women surveyed 46% said they work, 43% were housewives, 9% study and work and only 2% are unemployed.

Currently women occupy a prominent position in society which has different occupations, and this is the demand for a health care facility is required to have an adequate and efficient family planning, only to encounter difficulties in this regard, because the opening hours by the health unit is generally the same for most women working outside the home.

The menarche ranged from 10 to 18, with higher prevalence between 13 and 14 years 30.58% and 22.03%, respectively .. 13 (30.58%), 14 (22.03%).

Regarding the women in the study 49% reported unplanned pregnancies in this way 46% said they planned pregnancy and 5% said they never had children.

Often the inappropriate use of MAC and the lack of information can lead to an unplanned pregnancy. According to a study conducted with women of childbearing age, 37.06% had not planned the pregnancy, distorting in percentage figures of our study, in which most had not done planning for pregnancy. (SANTOS-PIERRE, 2008).

Table 2. Distribution of women according to sex and contraceptive use Carrapateira / PB, 2013.

Sexual relations	n	%
Yes	56	94,91
No	03	5,09
Contraceptive use		
Yes	49	83,05
No	06	10,16
Never did contraceptive use	04	6,77

Source: Own research.

In relation to sex and contraceptive use 56 (94.91%) reported having sex and 03 (5.07%) reported not having sex.

Thus, we understand that women who participated in the survey need guidance / information on the MAC, because the social characteristics, aiming fertility control and safe sex, as these women may be more exposed to unplanned pregnancy and STD contagion / HIV, so they should know and use methods of dual protection that ensure the experiences of healthy sexuality.

Regarding the use of contraceptive, 49 (83.05) stated that they use contraception, 06 (10.16%) do not use and 04 (6.77%) reported never make use of the contraceptive.

Table 3. Distribution by women's use of contraception at the present time. Carrapateira / PB, 2013.

Use of contraception	n	%
Yes	54	91,52
No	05	8,47
Method used		
Oral contraceptive	38	70,37
DIU	03	5,55
Injectable contraceptive	08	14,81
Male condoms	05	9,25

Source: Own research.

Regarding the 54 women interviewed (91.52%) reported using contraception and only 05 (8.47%) reported using no method.

Regarding the methods used at the time by the women interviewed 38 (70.37%) said they were using oral contraceptives, 03 (5.55%) use IUDs, 08 (14.81%) use injectable contraceptive and 05 (9.25 %) use male condoms. The female condom, exclusive breastfeeding, vasectomy and tubal ligation are MAC that were not cited as used at the time by any of the women who participated in the survey.

Several studies reveal that the MAC used by more women are tubal ligation, oral contraceptives and male condoms. (DIAS- DA- COSTA, et al. 2002).

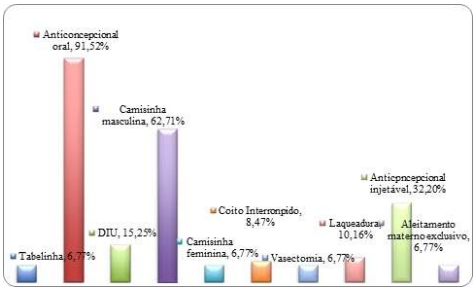

Figure 5. Distribution of women according to knowledge of contraception. Carrapateira / PB, 2013.

6.77% of the women interviewed said they knew the rhythm, 91.52% knows the oral contraceptive, 15.25% know the IUD, 62.71% know the male condom, 6.77% know the female condom, 8.47 % know the withdrawal, 6.77% know vasectomy, tubal ligation know 10.16%, 32.20% know the injectable contraceptive and 6.77% knows exclusive breastfeeding.

Knowledge about contraception and risks arising from unprotected sex is essential for adolescents to experience their sexuality without risks healthily and detaching the exercise of sexuality from reproduction. (Vieira et. Al., 2006).

Regarding the acquisition of contraception, 64% of women surveyed said they get at the clinic, and only 36% said they buy. In attention to contraception, it is very important to offer different options for birth control for all stages of reproductive life, so that people have the ability to choose the most appropriate method to their needs and life circumstances.

CONCLUSION

Women who participated in the survey, use the Health Strategy for the municipality of Carrapateira family as the primary location for tracking health. They are of childbearing age and carry out family planning in this sector with the nurse as the main professional who provides guidance and carry out family planning visits.

The study of women own age ranging from 15 to 41 years with prevalence between 20 and 25 years. Most are married, Catholic, and had their first pregnancy between 20and 25 years. The pill and male condoms are the methods most frequently cited by women.

The role of health professionals should be guided by Law No. 9,263, of January 12, 1996, which regulates the § 7 of article 226 of the federal constitution. In this sense, reproductive planning should be addressed within the context of sexual rights and reproductive rights.

Thus, health primary care professionals should try to understand people's expectations with regard to reproduction and help them realize those expectations, respecting their choices. It was observed during the study the women has more knowledge about the MAC in use than the other MAC.

Thus, it is observed on the survey that should give more emphasis on training for professionals in the health field in relation to family planning.

Given the above, it is expected that this research will provide a favorable scientific contribution to improving the population's quality of life as well as arouse the attention of the nurses about the importance of providing more information about family planning to improve the knowledge of these women in relation to methods contraceptives.

REFERENCES

BRASIL. Ministério da Saúde. Assistência integral à saúde da mulher: bases de ação programática. Centro de Documentação do Ministério da Saúde, Brasília, 1984.

_____. Ministério da saúde. Lei nº 9.263, de 12 de janeiro de 1996. Lei do planejamento familiar. Diário oficial da união. Brasília, 15 janeiro de 1996.

DIAS- DA- COSTA, J. S. et. al. Uso de métodos anticoncepcionais e adequação de contraceptivos hormonais orais na cidade de Pelotas, Rio Grande do Sul, Brasil: 1992 e 1999. Cad. Saúde Publica, Rio de Janeiro, v.18, n.1, 2002.

HANDEM, P. C.; et al. Metodologia: Interpretando. In: FIGUEIREDO, N. M. A. (org). Métodos e metodologia na pesquisa científica. 3ª ed. São Caetano do Sul, SP: Yendes, 2008.

MOURA. E. R. F; SILVA. R. M. Informação e planejamento familiar como medidas de promoção da saúde. Revista Ciência e Saúde Coletiva, 2004.

PANIZ, V. W. V.; FASSA, A. G.; SILVA, M. C. Conhecimento sobre anticoncepcionais em uma população de 15 anos ou mais de uma cidade do sul do Brasil. Cad Saúde Pública. v. 1, n. 6, p.1747-1760, 2006.

RICHARDSON, R. J. Pesquisa social: métodos e técnicas. 3º ed. São Paulo: Atlas, 2009.

SANTOS-PIERRE, L. A. Assistência em planejamento familiar em um programa de saúde da família no município de Ribeirão Preto. [Dissertação]. Escola de Enfermagem de Ribeirão Preto da Universidade de São Paulo, 2008.

Condomínio Vilas do Lago, Q.11, L.06, Patos-PB; CEP: 58.701-900

FAMILY PLANNING: A HEALTH PROMOTIONAL STRATEGY

ABSTRACT

This is a descriptive study with a quantitative approach carried out in the municipality of Carrapateira with women of childbearing age registered at FHS in the planning program. The objective was to identify women's knowledge about contraceptive methods in family planning. The sample consisted of 59 women enrolled in the program. Data collection was carried out in May 2011, through the application of a form in accordance with the objectives proposed in the study. Of the women surveyed was predominant number of women who use oral contraceptives. It was observed that during the same women have greater knowledge of the contraceptive method in use in relation to other contraceptive methods. In the present study it was observed that 49% of women have unplanned pregnancies and 90% said they did not know the morning-after pill and 90% of them receive nurse orientation is necessary that the same will be more knowledgeable regarding contraception in order to provide security and provide a social welfare physical and emotional, thus preventing an unplanned pregnancy.

KEYWORDS: Women; Contraceptive methods; family planning.

PLANIFICATION FAMILIALE: UNE STRATÉGIE DE PROMOTION DE LA SANTÉ

RÉSUMÉ

Ceci est une étude descriptive avec une approche quantitative réalisée dans la municipalité de Carrapateira avec les femmes en âge de procréer enregistré au FHS dans le programme de planification. L'objectif était d'identifier les connaissances des femmes sur les méthodes contraceptives dans la planification familiale. L'échantillon se composait de 59 femmes inscrites dans le programme. La collecte des données a été réalisée en mai 2013, grâce à l'application d'une forme en conformité avec les objectifs proposés dans l'étude. Parmi les femmes interrogées était nombre prédominant des femmes qui utilisent des contraceptifs oraux. Il a été observé que, pendant les mêmes femmes ont une plus grande connaissance de la méthode de contraception en cours d'utilisation par rapport à d'autres méthodes de contraception. Dans la présente étude, on a observé que 49% des femmes ont des grossesses non désirées et 90% ont dit qu'ils ne connaissaient pas la pilule du lendemain et 90% d'entre eux reçoivent une infirmière orientation est nécessaire que celle-ci sera mieux informés concernant la contraception afin d'assurer la sécurité et fournir une physique sociale de l'aide sociale et émotionnelle, empêchant ainsi une grossesse non planifiée.

MOTS-CLÉS: femmes; Les méthodes contraceptives; la planification familiale.

PLANIFICACIÓN FAMILIAR: UNA ESTRATEGIA DE PROMOCIÓN DE LA SALUD

RESUMEN

Se trata de un estudio descriptivo, con abordaje cuantitativo llevado a cabo en el municipio de Carrapateira con las mujeres en edad fértil registrada en FHS en el programa de planificación. El objetivo fue identificar los conocimientos de las mujeres acerca de los métodos anticonceptivos en la planificación familiar. La muestra estuvo conformada por 59 mujeres que participaron en el programa. La recolección de datos se llevó a cabo en mayo de 2013, mediante la aplicación de un formulario de acuerdo con los objetivos propuestos en el estudio. De las mujeres encuestadas era el número predominante de las mujeres que utilizan anticonceptivos orales. Se observó que durante las mismas mujeres tienen un mayor conocimiento del método anticonceptivo en uso en relación con otros métodos anticonceptivos. En el presente estudio se observó que el 49% de las mujeres tienen embarazos no planeados y el 90% dijo que no sabía de la píldora del día después y el 90% de ellos reciben orientación enfermera es necesario que el mismo va a ser más bien informado sobre la anticoncepción con el fin de garantizar la seguridad y proporcionar una física de bienestar social y emocional, lo que impide un embarazo no planeado.

PALABRAS CLAVE: Mujeres; Los métodos anticonceptivos; la planificación familiar.

PLANEJAMENTO FAMILIAR: UMA ESTRATÉGIA DE PROMOÇÃO À SAÚDE

RESUMO

Trata-se de um estudo descritivo com abordagem quantitativa realizado no município de Carrapateira com as mulheres em idade fértil cadastradas na ESF no programa de planejamento. O objetivo foi identificar o conhecimento das mulheres acerca dos métodos anticoncepcionais utilizados no planejamento familiar. A amostra foi constituída por 59 mulheres cadastradas no programa. A coleta de dados foi realizada no mês de maio de 2013, por meio da aplicação de um formulário de acordo com os objetivos propostos no estudo. Das mulheres pesquisadas foi predominante o número de mulheres que fazem uso do anticoncepcional oral. E foi observado durante a mesma que as mulheres detêm maior conhecimento sobre o método contraceptivo em uso em relação aos outros métodos contraceptivos. No presente estudo observou-se que 49% das mulheres tiveram gravidez não planejada e que 90% afirmaram não conhecer a pílula do dia seguinte e 90% delas recebem orientação da enfermeira é preciso que as mesmas venham a ter mais conhecimentos em relação aos métodos contraceptivos, a fim de dar segurança e proporcionar um bem estar físico social e emocional, evitando assim uma gravidez não planejada.

PALAVRAS-CHAVE: Mulheres; Métodos contraceptivos; planejamento familiar.