

Childbirth is mine: rescuing the role of woman

The current scenario in Brazil about childbirth and birth surgery cesarean rates point to well above that recommended by the World Health Organization. These data come from noting the need for a new model in the assistance to the process of parturition that consider the social context, cultural, gender and human, respecting the role of the woman and the physiology of labor.

The birth of natural form of a healthy baby is among the most intense experiences in a woman's life and family. The positive experience that moment, the quality of the assistance/received in the course of pregnancy, labor and birth can have significant and lasting effects on the life of the mother and the baby. This extraordinary moment should involve humanized assistance that is based on respect, safety, dignity and autonomy of women and families.

The big challenge is the strengthening and consolidation of public policies to systematize and institutionalize a model of attention to labor and the birth, which has been discussed and built in the country, since the 1980, based on the pioneering spirit and experience of doctors and nurses, midwives, doulas, midwives, obstetrizes, pregnant women, feminist groups, activists, among many others, overlooking the role of women in childbirth and birth experience. Including the proper ambience for the orderly development of the birth of the baby, with the inclusion of the presence of a chaperone free choice of mulher¹, in addition to the adoption of good practices of attention focused on the welfare of the woman, the child, the father and the family, associated with the management efficiency improvement actions of health services.

The health professional maternity assistance and in your family, you should conduct your service guide focused on the person, seeking to understand the meanings of your pregnancy. In this panorama, the nurse, by the nature of your training geared toward the handle, encompasses multiple capabilities to act in this process.

To meet this demand for change of care model, the training of nurses, midwives, for assistance to the woman in the period pregnant-puerperal and newborn usual risk, has been the target of government policies in recent years, seeking portray the experience of developed countries, where the professional midwives are primary care providers' health healthy women during childbirth.

It is necessary to understand and comply with the pregnant woman, to offer to the mother what brings you safety and comfort to the point you release your instincts primitivos², what do you do with mastery the midwives and nurses midwives.

The brain secretes hormones that participate in delivery, particularly deep, primitive part of the brain that are shared with other mammals. The hypothalamus, as well as the glands work secreting hormones, which stimulate and encourage natural and physiological development. Therefore, the inhibitions that occur during labor are linked to the brain high, the cortex that only humans have, the neocórtex, here is the key to everything.

To redeem the role of women in the process of parturition is necessary to ensure a propitious ambience to the early stimulation of hormones and help the woman to get in touch with yourself and create your own oxytocin and endorphins, which are essential for the proper course of childbirth.

Are you talking about the "cientificação of love". Therefore, the nurses' midwives and other professionals should encourage the appointment of women with your body by abolishing unnecessary interventions, returning the autonomy, the birth is the woman, and the role is hers.

References

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Good read!

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