

## BIRTHGIVING AND BREASTFEEDING IN PORTUGAL

### Tarefa:

1. Tendo em mente *Teoria da diversidade e universalidade dos cuidados culturais* (M. Leininger, 1991), **identifique no caso os factores culturais** que contribuem para o estado de saúde e para a oferta de cuidados de saúde.
2. Compare com a realidade portuguesa: quais as semelhanças e diferenças que encontra?
3. Que outra informação seria relevante para perceber as necessidades destes clientes e os cuidados a prestar?

Ana, eighteen years old, is a nursing student of 3rd year. She is now doing her clinical learning *maternal and child health nursing* at the hospital maternity.

In each period of clinical learning students are placed in a group of eight in one ward, every morning from 8 am to 4 pm. They are supervised by a nursing teacher who is present full-time. The nursing team helps with the care and supports the students whenever they need.

She is responsible for the care of one woman and her new-born baby who are staying in a double room.

Isabel, 36 years old, has given birth for the second time, yesterday at 6a.m.. Her husband was present since he wished to.

The delivery was normal and as usual, a perennial suture was made. The APGAR was 9 - 10 - 10. The baby is a boy weighing 3,200 kg and 50 cm long. He was breast-fed 1 hour later. Mother's blood loss and urinary elimination 2 hours later was normal.

During the night the nurse on duty reported that she had to feed the baby with 20cc of artificial milk at 2 a.m., because the mother was feeling very tired and the baby was still crying after his mother had tried to feed rum.

When she entered the room, Ana asked Isabel if she was now feeling rested and at what time had the baby been fed. She learned from Isabel that the baby had woke up at 6 a.m. and that he had sucked for 20 minutes. Since he didn't fall asleep immediately and wasn't quiet for a while Isabel said she was afraid that her milk might not be sufficient and good enough - she found it very light and in small quantity. Although she knew that breast-feeding is better for the baby and although it is her second child, Isabel expressed a feeling of insecurity because she found that the technique of breast-feeding was difficult.

Isabel is a clerk in a public office. Her husband is a teacher in a public school. They

live in Coimbra, where they were born. Their first child is a 6 year-old girl. For a long time the couple questioned whether it was the right time to have a second child. Although their jobs are permanent, she considered the fact that her absence related to the pregnancy and maternity leave and the care of one more child might compromise the progression in her career. Besides, her husband isn't yet definitively placed in one school, so every year he is placed in a different school which may be in another town. If it is very far, he may have to leave her alone with the children during the week. Fortunately, her parents offer a lot of support, and she often leaves the girl with them. Both considered the cost of bearing two children. They were also unsure about the reaction of their daughter to another child.

Once the decision was taken to have this child and as soon as Isabel knew that she was pregnant she regularly consulted an obstetrician in a private office. Because of her age, the doctor advised her to have a prenatal diagnosis, at 14 weeks of gestation which she did. The student explained how to put the baby to breast-feed and tried to show her how to do it. While she was doing this, the baby kept crying, moving his head as he was looking for the nipple, but without grasping it. The mother said repeatedly: "You see, it is not going to work and anyway, I won't be able to feed him for a long time, because I will leave to go back to work".

Ana decided to look for her teacher, but the teacher was busy with another student, so she went to the ward nurse and told her that she felt the mother didn't accept her teaching very well and asked her to come and see the mother. The nurse, a specialist in maternal health and obstetrics, said that if the child was hungry and the mother was very anxious, it would be better to give the baby a bottle of milk and that she would go there within three hours, for the next feeding.

#### **Study guide for case**

- What factors did the couple consider for and against having a second child? Is this a common situation?
- Considering prenatal diagnosis, what alternatives did the couple have?
- How frequent is the choice to give birth in a hospital maternity?
- What social factors contribute to the fact that the mother is not very enthusiastic about making an effort to breast-feed?

#### **Nursing diagnosis:**

Ineffective breast-feeding related to maternal fatigue and ambivalence, as evidence by:

- Perceived inadequate milk supply;
- Infant inability to attach on to maternal breast correctly.

#### **Outcome criteria**

The mother will make an informed decision related to method of feeding infant (breast or bottle).

The mother will identify activities that promote successful breast-feeding.