

Actions of the Family Health Strategy team in promoting the health of pregnant adolescents and preventing pregnancy

Ações da equipe da Estratégia Saúde da Família na promoção à saúde da adolescente grávida e prevenção da gestação

Acciones del equipo de la Estrategia Salud de la Familia en la promoción de la salud de las adolescentes embarazadas y la prevención del embarazo

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RESUMO

Objetivo: Analisar na literatura científica o impacto da gestação na qualidade de vida das adolescentes e descrever estratégias para promoção e prevenção na Atenção Primária à Saúde. **Método:** Revisão da literatura integrativa com abordagem qualitativa e quanto aos objetivos exploratória. Os resultados foram obtidos a partir da análise dos estudos científicos entre os anos de 2012 a 2022, sendo que foram utilizados 17 artigos que estavam de acordo com as questões norteadoras e dentro dos critérios definidos pela metodologia. **Resultados:** Foi possível analisar que para reduzir a gravidez entre adolescentes não existe apenas uma estratégia específica, é necessário intervenções diretamente sobre a promoção em saúde no que diz respeito à prevenção e controle de gravidez precoce. **Conclusão:** O presente estudo evidenciou que ainda há falhas na vinculação entre o ambiente familiar, escolar e profissionais de saúde com as adolescentes, para isso é necessário um maior conhecimento para implementar estratégias que visem a prevenção da gravidez na adolescência através da promoção da saúde.

Descritores: Gravidez na Adolescência; Atenção Primária à Saúde; Qualidade de Vida e Enfermagem.

ABSTRACT

Objective: To analyze in science the impact of pregnancy on quality of life and describe strategies for promotion and prevention in Primary Health Care (PHC). **Method:** Review of the integrative literature with a qualitative approach and exploratory objectives. The results were obtained from the analysis of scientific studies between the years 201 to 2022, and 17 articles were used that were in accordance with the questions that were in accordance with the issues raised and within the foundations of the methodology. **Results:** It was possible to analyze that to reduce the age among adolescents is just a specific strategy, it is not necessarily a direct intervention on the promotion of early health and the prevention and control of early pregnancy. **Conclusion:** The present presents evidence that there are still flaws in the link between the family, school and health professional environment with adolescents, for this it is necessary to have knowledge for the implementation of strategies aimed at greater prevention of conception in adolescence through health promotion.

Descriptors: Adolescent Pregnancy; Primary Health Care; Quality of Life and Nursing.

RESUMEN

Objetivo: Analizar en la literatura científica el impacto del embarazo en la calidad de vida de las adolescentes y describir estrategias de promoción y prevención en la Atención Primaria de Salud. **Método:** Revisión integrativa de la literatura con enfoque cualitativo y objetivos exploratorios. Los resultados se obtuvieron del análisis de estudios científicos entre los años 2012 a 2022, y se utilizaron 17 artículos que estaban de acuerdo con las preguntas orientadoras y dentro de los criterios definidos por la metodología. **Resultados:** Se pudo analizar que para reducir el embarazo en adolescentes no solo existe una estrategia específica, es necesario intervenir directamente en la promoción de la salud en lo que se refiere a la prevención y control del embarazo precoz. **Conclusión:** El presente estudio evidenció que aún existen brechas en el vínculo del entorno familiar, escolar y de los profesionales de la salud con las adolescentes, para ello se necesita mayor conocimiento para implementar estrategias encaminadas a la prevención del embarazo adolescente a través de la promoción de la salud. **Descriptor:** Embarazo Adolescente; Atención Primaria de Salud; Calidad de Vida y Enfermería.

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Introduction

Within the process of human growth and development, adolescence is an important phase to reach biopsychosocial factors, your personal identity and affirm your place in the world. It is during this stage that sexuality develops into diverse and unexpected bodily needs and feelings, as well as different desires aggregated with the search for interpersonal relationships motivated by the hormonal changes of puberty, being a significant point of concern and curiosities for adolescents of both sexes. , making it a risk factor for this age group¹.

In summary, it is at this stage that sexuality, the anxiety acquired, from the changes that develop in their bodies and the desires that permeate such changes, are "on the surface". Further sharpening curiosity and the desire to put your natural impulses into practice, thus starting your sex life early².

Behind this sexual desire, the teenagers do not take the risk of a possible unwanted pregnancy, because for him, it is a result of a biological incident and not a conscious and consistent planning. Since the intention of these young people is to satisfy their pleasure and not the desire to become parents³.

Worldwide, each year, 21 million girls aged between 15 and 19 and 2.5 million under the age of 16 give birth⁴. In Brazil, in spite of the reduction in teenage pregnancy rates, the country is still above the world average in records of early pregnancy, since every year around 19,000 births are to mothers between 10 and 14 years old, where the situation is makes it more worrying⁵, since in 2020, 17,500 mothers at this age were registered. In the last decade, the Northeast Region had the most cases of pregnancies with this profile: there were 61.2 thousand, followed by the Southeast, with 42.8 thousand⁶.

Still according to the Live Births Information System (SINASC), since 2019 the number of teenage mothers, aged between 10 and 19 years, has decreased by an average of 18%. In 2018, the registered cases were 456.1 thousand, while in 2020 there were 380.7 thousand pregnancies in this period of life. Compared to 2010, the decrease was 31% (552.6 thousand records). However, even with the reduction, the number still remains high and causes damage to the development of adolescents, significantly affecting their health.

Although the number of teenage pregnancies has been falling in the country⁷, there is still a considerable number of girls who become pregnant and become increasingly vulnerable at this stage of life. What is called a public health problem due to this fact stems from a culmination of factors that generate significant and persistent impacts on the lives of these adolescents⁸.

Even if they have a large amount of information about sexuality and contraceptive methods, teenagers continue to get pregnant, resulting in social, psychological and economic implications. Social,

since during pregnancy they often drop out of school; psychological because they are not yet emotionally ready to have a child; and economic, because families usually take care of the child and teenager⁹.

Despite the importance of the subject, the literature shows that there are three obstacles that culminate in the above problem, namely: the population's lack of knowledge about the consequences, prevention and control of unwanted pregnancies in adolescence; the deficiency of the health team with regard to health education; and the inefficient assistance to the binomial from prenatal care to puerperium and child care¹⁰. Therefore, the present work aims to identify the impact on the quality of life of pregnant adolescents, as well as to describe strategies for promotion and prevention in Primary Health Care (PHC).

Method

This is an integrative review of qualitative literature, which is a method that seeks to synthesize, in an organized and comprehensive way, relevant publications on a given topic. It is called integrative because it provides vast knowledge on a topic, contributing to a greater understanding of the subjects explored.

As a methodological strategy for formulating the research question, the **PICO** strategy was used: acronym for **P**: Pregnant teenagers; **I**: Promotion and prevention actions in primary care; **C**: Not applicable; **O**: Impact on the quality of life of pregnant adolescents.

It was necessary to search the electronic databases of studies on the subject, performing the search available in the electronic databases: Scientific Electronic Library Online SciELO, via the PubMed portal of the National Library of Medicine, Virtual Health Library (BVS).

The Health Sciences (DeCS)/Medical Subject Heading (MeCH) descriptors selected were used as Boolean operators: "AND" and "OR" for searches in the databases as a strategy: Nurses; Pregnancy in Adolescence; Primary Health Care; Quality of Life.

The criteria for the development of inclusion will be: Studies that address quality of life in pregnant adolescents, qualitative research of complete scientific articles related to the theme, published between 2012 and July 2022, written in English, Portuguese and Spanish, which answer to the guiding question. Articles that were not complete and did not respond to the guiding question, research without foundations, abstracts, titles that do not fit the theme, abstracts, case studies, experience reports, letters to the editor were excluded.

Results and Discussion

Of the 1,643 articles found in the databases, 1,189 did not meet the eligibility criteria and 367 were duplicated and were therefore excluded. Thus, 87 articles were selected for full reading, and 69 were excluded because they did not address the subject in question directly. Finally, 18 articles remained as a review sample, 10 from Pubmed, 5 from Scielo and 3 from The VHL.

Chart 1 – Analysis of scientific studies from 2018 to 2022.

Local	Base/periodicals	Author/year	Objective	Outline
BRASIL	PUBMED/Saúde e Sociedade	PARIZ; MENGARDA; FRIZZO (2012)	The present work intended to analyze the issue of teenage pregnancy, observing the way in which family, politics and society have taken care of these young women.	Systematic review
EUA	PUBMED/Journal of Adolescent Health	HINDIN, et al. (2016)	Identify high-quality interventions and evaluate actions to reduce unwanted and repeat pregnancies among young people in low- and middle-income countries.	Integrative review
EUA	PUBMED/Glob Health Sci Pract	NORTON; CHANDRAMOULI; LANE (2016)	To review the impact of interventions aimed at preventing unwanted and rapid repeat pregnancies among adolescents, including those aimed at changing norms to delay intentional "well-spaced pregnancies to promote healthy spacing".	Integrative review
EUA	PUBMED/Cochrane Database of Systematic Reviews	ORINGANJE et al.(2016)	To assess the effects of primary prevention interventions (school-based, community/home-based, clinical, and faith-based) on unintended pregnancies among adolescents.	randomized trial
EUA	PUBMED/Aggressive Behavior	LEWIS et al. (2017)	To identify individual psychological and relationship factors related to four profiles of intimate partner violence (IPV) among pregnant adolescents.	longitudinal study
Brasil	PUBMED/Ciência e Saúde Coletiva,	BÉRIA et al. (2018)	It aims to investigate factors associated with motherhood in adolescents living in Porto Alegre, aged between 14 and 16 years.	case-control
Reino Unido	SciElo/BMC Women'sHealth	LUCAS et al. (2019)	The purpose of this meta-ethnography was to examine young women's perceptions of their mental health and well-being during and after pregnancy to provide new understandings of these experiences.	Systematic review

Brasil	PUBMED/International Journal of Public Health	RIBEIRO et al. (2019)	This study aimed to investigate the association between child abuse and depressive symptoms during pregnancy in adolescents.	Cross-sectional study
México	BVS/International Journal of Environmental Research and Public Health	SÁMANO et al. (2019)	To analyze the association of sociodemographic factors with knowledge of contraceptive methods and their use before and after pregnancy in a sample of adolescents from Mexico City.	cohort study
África	BVS/BMC Pregnancy and Childbirth	WADO, SULLY, MUMAH (2019)	To identify contextual factors that influence teenage pregnancy and early motherhood in five East African countries.	ecological study
Brasil	SciELO / Revista Brasileira de Enfermagem	MIURA et al. (2020)	To analyze the social conditions and life projects of non-pregnant adolescents, pregnant adolescents and pregnant women victims of domestic violence.	exploratory study
Brasil	SciELO / Revista de Saúde Coletiva	ROSANELI; COSTA; SUTILE (2020)	This study was carried out with the objective of analyzing the profile of pregnant adolescents and children born to adolescent mothers in the State of Paraná, identifying the protection of the right to life and health from the perspective of Bioethics.	epidemiological study
Turquia	PUBMED / Archives of Women's Mental Health	SEZGIN, PUNAMÄKI (2020)	The present study aims to understand the influences of early marriage (EM) and teenage pregnancy (AP) on women's mental and somatic health and on the role of violent partner relationships in the context of a patriarchal and traditional society.	Cross-sectional study
Ásia	PUBMED / Global Health Action	PHONGLUXA et al. (2020)	This study aimed to provide a comprehensive exploration of the factors that influence SRH knowledge, attitudes and practices of adolescents in Bokeo province, Laos PDR.	Cross-sectional study
Brasil	BVS/BMC Public Health	CRUZ et al. (2021)	To investigate possible cause-effect relationships between teenage pregnancy and school dropout, and other attributes that gravitate around them, using the Bayesian network approach.	Literature revision
Equador	PUBMED/International Journal of Pediatrics and Adolescent Medicine	GARCÍA et al. (2022)	The aim of this study is to describe the current situation and characteristics of pregnant adolescents, abortions and maternal deaths between 2013 and 2016 in	Cross-sectional study

			Ecuador.	
Brasil	SciElo/Esc. Anna Nery	VILARINHO; NOGUEIRA; NAGAHAMA (2012)	To evaluate the quality of prenatal and puerperal care for adolescents with live births in a public health institution in Teresina, Piauí.	Evaluative research, with cross-sectional design
Brasil	SciElo/Acta Paulista de Enfermagem	SANTIAGO et al.(2022)	To evaluate the effect of an online educational intervention on the quality of life of pregnant teenagers.	quasi-experimental study

Adolescence is usually a phase of intense changes, internal and interpersonal conflicts, and it is also a period for young people to thrive and not get pregnant. However, teenage pregnancy is a colossal problem that affects several countries. Pregnancy and the puerperium in this age group tend to be periods of prevalence for mental suffering, complications due to eclampsia, postpartum hemorrhage and other obstetric complications.¹¹

In this way, when talking about birth control and family planning, it is not about postponing having one or another child, but about the possibility of reducing the morbidity and mortality of the binomial, optimizing the chance of obtaining what they most want in life and promote the well-being of these adolescents.¹²

Adolescence and puberty pregnancy continue to occupy a nebulous space in the family, in politics and in society, it can be said that, in Brazil, the role of each of these spheres in the provision and care of this population is not clear either. making a long way to go to lower teen pregnancy rates.¹³

Among the determinants of early pregnancy, those related to sociodemographic issues stand out, such as economic factors, family structure, upbringing, family history of pregnancy at puberty and age of coitarche and menarche. As for factors related to lifestyle and social/family relationships, school deficits before becoming pregnant, school dropout, use of licit and illicit drugs, not having a trusted person, interpersonal relationships and parents' relationship are observed.¹⁴

Young people inserted in a context of vulnerability, as is the case of early pregnancy or repeated pregnancy, suffer a significant impact on their well-being and quality of life. This proves the accuracy of an extensive model of health and well-being in relational, social and economic situations. Since, in many countries, teenage pregnancy continues to be a labeled issue. Assistance from health professionals and the State, to comprehensively analyze mental health and well-being, is a powerful basis for social construction in the lives of these young women.¹⁵

There are several negative impacts of unplanned pregnancy that affect not only health, but several other aspects of the adolescent's life. And among the numerous factors that culminate in school dropout, early pregnancy prevails as the public health problem, "cause and effect", most faced by the world's population, even more when it comes to inequality, social and financial vulnerability or maternal history of early pregnancy.¹⁶ In light of this, action must be taken immediately to address teen pregnancy using strategies appropriate to the ages and mental capacities of young mothers and their partners, habituated to local needs and focused on equity.¹⁷

Although there are several vulnerability factors, stressors, which occur during early pregnancy, can be a gateway to violence, and there may be changes in behavior and collaborating to increase responsibility, commitment, anxiety, aggressiveness and stress in lay couples¹⁸. Therefore, themes such as mother/child relationship, violence and others, need to be thoroughly researched and studied to strengthen services and public policies that are so crucial in the area of adolescence, pregnancy and domestic violence.¹⁹

However, a major threat to mental health is posed by teenage pregnancy along with early marriage. As a result, both are seen as violations of human rights, and it is essential that society, the state, as well as voluntary NGOs provide professional assistance to adolescents to combat illegal practices.²⁰

It is true that there is no specific strategy for the control of live births for adolescents, as well as restrictions on the use of contraceptive methods due to age. However, non-adherence to contraceptives, before and after pregnancy, has its risk increased by factors such as < 15 years old, dropping out/late school, lack of information, uncertain information about contraceptives, early initiation of sexual life and the adolescent not having use of any barrier and protection method before pregnancy.²¹

The combination of contraception education and promotion can decrease teen pregnancy, but differences in study populations, interventions and results from ranked studies, and lack of learning comparing different interventions, makes it difficult to effectively finalize which type of intervention is most effective. efficient.²²

Access to information, education, employment, as well as approaching pregnant adolescents in an intersectoral way, can occur strategically through programs, actions, events and policies on family planning. It can reduce obstacles to the use of sexual and reproductive health services for adolescents, collaborating to broaden their perspective of the future and influence their decision about whether and when to have children.²³

There is no single strategy to reduce pregnancy during puberty, as interventions depend not only on the scenario, but also on interest and available resources. However, unwanted and repetitive pregnancy in adolescence can be prevented through access to contraceptives, an

activity that can be linked to health services to develop family planning strategies, as well as showing adolescents their positive effects.²⁴

In this way, the importance of interventions made by professionals who have a scientific basis is evident, where they can intervene in a simple, active and sufficient way to change family planning customs.²⁵ Using a complementary approach to the educational process carried out by professionals, where a good alternative is to use an online educational intervention to be incorporated into the education of pregnant adolescents in primary health care, thus avoiding the overload of the health system, and the displacement of these adolescents to the Basic Health Unit (UBS).²⁶

Furthermore, having a team able to provide comprehensive and good quality care during prenatal care is to show these young women that, even though it is an unwanted pregnancy, this period can become lighter and of good experiences when there is adherence to prenatal consultations and a good source of support. It can reduce many complications that may exist in this process of pregnancy. Also making the teenager feel welcomed, comforted and accompanied. This makes it possible to create a maternal identity and overcome the difficulties of this period, as it does not necessarily mean that every teenage pregnancy will be a high-risk pregnancy.²⁷

In view of the whole context, the poor understanding of contraceptive methods is noticeable not only on the part of adolescents, but also due to the lack of adequate approach in the family, school environment and in health units. Thus, the importance of training tutors to further expand the implementation of sexual education and sexual reproductive health in schools, as well as addressing gender equality and violence through programs and policies, with the aim of generating autonomy and safer sexual practices among young people.²⁸

Conclusion

While looking into the research, it was noticeable how much the present topic is neglected due to the lack of updating of studies and data about the reality of teenage pregnancy in the country and in the world. Since this is a factor that generates negative impacts, and most of the time permanent, in different contexts in the life of this teenager who, once pregnant, the health service has the difficult task of accompanying this pregnant woman, especially in the public network where there is a greater absence of this public for prenatal consultations, and to encourage this young woman to have a quality of life and promote health for her and her new family.

For this, it is important that health professionals are up-to-date, grounded and trained to carry out interventions in health education and family planning with the aim of preventing new unwanted pregnancies, as well as the incidence of complications that these young

women are prone to during pregnancy. In addition, the tripod health, family and school can help design highly effective prevention and promotion interventions, making it necessary to give adolescents freedom to learn about different contraceptive methods, with the aim of being able to become aware of their sexual health and for these young women to have a safer pregnancy.

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