

Strategies adopted by emergency services in the face of attempted suicide*Estrategias adoptadas por los servicios de emergencia ante el intento de suicidio**Letramento em saúde e dependência de álcool e outras drogas na gestação***Amanda dos Santos Oliveira¹**

ORCID: 0000-0002-3926-8288

Claudia Curbani Vieira Manola¹

ORCID: 0000-0002-0925-4432

Fernanda Lima Bortoleto**Pimenta¹**

ORCID: 0000-0001-6803-0044

Evandro Bernardino Mendes de Melo²

ORCID: 0000-0002-1772-3083

Priscilla Silva Machado¹

ORCID: 0000-0001-5134-2914

Livia Perasol Bedin¹

ORCID: 0000-0001-8228-6468

¹Centro Universitário Salesiano.
Espírito Santo, Brazil.²Universidade Federal de Minas
Gerais. Minas Gerais, Brazil.**How to cite this article:**

Oliveira AS, Manola CCV, Pimenta FLB, Melo EBM, Machado OS, Bedin LP. Strategies adopted by emergency services in the face of attempted suicide. Glob Acad Nurs. 2021;2(Spe.1):e92.
<https://dx.doi.org/10.5935/2675-5602.20200092>

Corresponding author:

Amanda dos Santos Oliveira

E-mail:

amandinhav71999@gmail.com

Chief Editor: Caroliny dos Santos
Guimarães da Fonseca
Executive Editor: Kátia dos Santos
Armada de Oliveira

Submission: 01-22-2021

Approval: 02-02-2021

Abstract

The aim was to verify the level of health literacy in pregnant women related to knowledge of the use of chemical substances during pregnancy. It is a descriptive exploratory research with a qualitative approach, the sample was for convenience, 10 pregnant women were selected, through a voluntary recruitment with ages between 18 to 34 years old, in an action of Agosto Dourado about Grande Vitória, in Vitória - ES. Based on the data obtained, the result is a fragile level of literacy and an absence of it among the target audience, which reveals an inadequacy in health literacy and the lack of information in the prenatal care about the risks that the pregnant woman and the baby must face the consumption of alcohol and other drugs. It is expected to contribute to the improvement of professional practice, to review strategies of educational actions disseminated with the concept of literacy and encouraging women to manage their own health, becoming protagonists of their own care.

Descriptors: Chemical Substances; Health Literacy; Gestation; Health Education; Prenatal.**Resumen**

El objetivo fue verificar el nivel de alfabetización en salud en mujeres embarazadas relacionado con el conocimiento del uso de sustancias químicas durante el embarazo. Se trata de una investigación exploratoria descriptiva con enfoque cualitativo, la muestra fue por conveniencia, se seleccionaron 10 gestantes, mediante un reclutamiento voluntario con edades entre 18 a 34 años, en una acción de Agosto Dourado en el barrio de Grande Vitória, en Vitória - ES. Con base en los datos obtenidos, el resultado es un nivel frágil de alfabetización y una ausencia del mismo entre la audiencia objetivo, lo que revela una inadecuación en la alfabetización en salud y la falta de información en la atención prenatal sobre los riesgos que corre la gestante y el bebé. tiene que afrontar el consumo de alcohol y otras drogas. Se espera contribuir a la mejora de la práctica profesional, revisar estrategias de acciones educativas difundidas con el concepto de alfabetización y alentar a las mujeres a gestionar su propia salud, convirtiéndose en protagonistas de su propio cuidado.

Descriptores: Sustancias Químicas; Alfabetización en Salud; Gestación; Educación en Salud; Prenatal.**Resumo**

Objetivou-se verificar o nível de letramento em saúde nas gestantes relacionado ao conhecimento do uso de substâncias químicas na gestação. Trata-se de uma pesquisa exploratória descritiva com abordagem qualitativa, a amostra foi por conveniência, foram selecionadas 10 gestantes, por meio de um recrutamento voluntário com faixa etária entre 18 até 34 anos, em uma ação do Agosto Dourado no bairro Grande Vitória, em Vitória – ES. Mediante aos dados obtidos, tem-se como resultado um nível de letramento frágil e ausência do mesmo entre o público-alvo, a qual revela uma inadequação em letramento em saúde e a inexistência de informações no pré-natal sobre os riscos que a gestante e o bebê possuem frente ao consumo de álcool e outras drogas. Espera-se contribuir com o aprimoramento da prática profissional, a rever estratégias de ações educativas difundidas com o conceito de letramento e estimulando mulheres a gerir sua própria saúde, se tornando protagonistas do seu próprio cuidado.

Descritores: Substâncias Químicas; Letramento em Saúde; Gestação; Educação em Saúde; Pré-Natal.

Introduction

Maternal and child health is an important indicator for the reduction of maternal mortality, placing as a priority the investigation of variables that may interfere in the mother-fetus binomial and that, through this, will contribute to possible elaborations of public health policies to reduce the mortality¹. Studies point to congenital malformations as one of the causes of maternal and child mortality, being attributed to exogenous factors such as medications, alcohol, tobacco, marijuana, among others. Exposure to these factors will lead to fetal changes, therefore, pregnant women should be informed to make them aware of not using drugs during pregnancy, thus avoiding possible damage².

Drug use is considered a public health problem in Brazil and worldwide³, mainly during the pregnancy, because its dependence in the gestational period has generated complications for the mother and the newborn⁴. Therefore, it is important to analyze the knowledge about the harms of chemical dependency in pregnant women, with health literacy being an indicative tool to develop preventive and educational approaches in prenatal care. Because low literacy has negative effects on health, making it impossible for the individual to understand his condition and promote self-care⁵.

This study is relevant to measure the level of knowledge of pregnant women about the harm caused by drug addiction, which, through it, will contribute to the process of developing more efficient educational actions, enabling health professionals to improve approach strategies, which can promote the prevention and promotion of health and in the management of self-care. This theme is also recommended by the Ministry of Health (MS) as a research priority for Maternal and Child Health.

In view of this, this work aims to verify the level of health literacy in pregnant women related to the knowledge of the use of chemical substances during pregnancy, conceptualize health literacy, discuss chemical dependence during pregnancy and describe a preventive and educational approach in prenatal care regarding chemical dependency. To this end, it was used as methodology to carry out an awareness-raising action entitled Agosto Dourado, about Grande Vitória, located in Vitória - ES, in which it was developed through an interview with two guiding questions, aimed at pregnant women.

Methodology

It consists of a field study, with data collection and interpretation of these. It is a descriptive exploratory research with a qualitative approach. The sample was for convenience, 10 pregnant women were selected, through voluntary recruitment aged between 18 and 34 years old, residents of the neighborhood of Grande Vitória, in Vitória - ES, where they were approached by the health team, including the researcher at the door of the domicile,

Data collection was aimed at characterizing the participants regarding their socioeconomic and obstetric profile, followed by a structured interview.

The research period was divided into two moments: contact record of the participants after the approach on understanding the correct management of breastfeeding on August 20, 2020. On the same date, the objective of the research and how it works was explained. In sequence, the informed consent form was delivered to be filled out and signed, proving the pregnant woman's agreement to participate in the research, being aware that she could give up at any time. Subsequently, in the period from August to September, a recorded telephone contact was made to collect data from those who agreed to participate. And to guarantee the anonymity of the participants in this work, they will be referenced by colors.

The results were analyzed based on the characterization of the profile of the pregnant women and regarding the answers to the guiding questions through the interview, Bardin's content analysis was used, contemplating three phases: Pre-analysis, exploration of the material and the treatment of the results.

As for the ethical aspects, this study was submitted to the Ethics and Research Committee with Human Beings of the Salesian University Center of Espírito Santo in line with the ethical aspects of research involving human beings, according to the recommendations of Resolution No. 466/2012, of the National Health Council, being approved on the number of Opinion no. 3,707,456.

Results and Discussion

Through the August Golden Action, which took place about Grande Vitória in the region of Vitória - ES, 10 pregnant women, aged between 18 and 34 years old, were interviewed. As an analysis and discussion of the results, below is information from data collection regarding the socioeconomic and obstetric profile of the study subjects, which are identified by colors, as shown in Table 1.

According to the data shown in Table 1, most pregnant women are between 20 and 34 years old and have a family income of 1 to 2 minimum wages, with levels of schooling with predominance in complete and incomplete high school, with different races, marital status, occupations and pregnancies. However, with similar and distinct data, two categories of understanding were obtained about the harm that the use of alcohol and other drugs can cause during pregnancy. Therefore, for a better visualization of the answers obtained, which were organized in charts.

For such identification of the health literacy of these pregnant women, two guiding questions were addressed, namely "What causes the pregnant woman and the baby to consume alcohol and other drugs during pregnancy?" and "Where did you get this information?". Based on the totality



of respondents, it is identified according to the analysis of the content of their speech, portraying reflexes only for the fetus, so it is possible to notice the lack of knowledge on the

Table 1. Socioeconomic data of pregnant women. Vitória, ES, Brazil, 2020

Identification	Age	Race	Marital Status	Education	Family Income	Occupation	Previous Pregnancies
Pink	20 to 34 years	Black	Commom-law marriage	Complete high school	Less than 1 minimum wage	Do not work	1st pregnancy
Red	20 to 34 years	Black	Single	Complete high school	1 to 2 minimum wages	Work outside the home	Normal
Yellow	20 to 34 years	Brown	Married	Incomplete higher education	Less than 1 minimum wage	Student	Cesarean
Green	20 to 34 years	White	Single	Complete high school	1 to 2 minimum wages	Work outside the home	Normal
Lilac	20 to 34 years	Brown	Commom-law marriage	Incomplete high school	Less than 1 minimum wage	Work outside the home	Normal
Purple	20 to 34 years	White	Single	Complete high school	1 to 2 minimum wages	Work outside the home	Cesarean
Orange	20 to 34 years	White	Commom-law marriage	Incomplete high school	1 to 2 minimum wages	Work from home	1st pregnancy
Blue	≥ 18 years	Brown	Single	Incomplete high school	1 to 2 minimum wages	Do not work	Cesarean
Grey	≥ 18 years	Brown	Single	Incomplete high school	Less than 1 minimum wage	Do not work	1st pregnancy
White	20 to 34 years	Brown	Married	Incomplete high school	1 to 2 minimum wages	Work from home	Normal

Thus, a group of pregnant women declares that the reflexes of alcohol and other drugs during pregnancy, result in the baby's malformation, as shown in the reports in (Chart

1), which also includes the responses of the respective pregnant women from whom they received such information.

Chart 1. Knowledge of pregnant women about the use of drugs during pregnancy. Vitória, ES, Brazil, 2020

What causes the pregnant woman and the baby to consume alcohol and other drugs during pregnancy? Where did you get this information?
Grey – <i>“Malformation in the fetus, poor development, the child may be born with a problem. I saw it on the internet, but the doctor says that it is not recommended to use these types of things, because it can affect the baby”.</i>
Purple – <i>“Probably the bad formation. On the Internet”.</i>
White – <i>“It can affect the child, be born with some problem, some malformation. On television passes”.</i>
Blue – <i>“I have heard that drugs, cigarettes, alcohol can cause a malformation, some problem in the child's development, some disease, but I have heard more about malformation. On cigarette labels, something on Youtube, because I really like to watch video lessons, including at school and also in my old church, there was PROERD, where the topic of drugs in pregnancy was discussed”.</i>
Orange – <i>“They say that alcohol is bad, malformation for the baby, can harm something. The doctor”.</i>
Lilac – <i>“It hinders the child's development, many children are already born missing the drug, it can cause malformation, it harms the baby's health a lot. At the health center, at lectures and at school”.</i>



As for the other group of pregnant women, as shown in (Table 2), responses were obtained stating that it causes some harm, they only know “what” or are totally unaware of the topic and in this table, we clearly observe the lack of information received during prenatal.

Note the similarity between the responses, for them, the malformation is a consequence of the use of drugs during pregnancy, stating that such use causes damage to the baby's development. And exposure to chemical substances in pregnancy is responsible for causing several structural and functional changes in the body, including fetal malformation⁶.

Chart 2. Knowledge of pregnant women about the use of drugs during pregnancy. Vitória, ES, Brazil, 2020

What causes the pregnant woman and the baby to consume alcohol and other drugs during pregnancy?
Pink – “I have no idea, but I think it can affect the baby”.
Green – “I know it can cause something, but I don't know what it is. I never received information about it”.
Red – “I know which drug can cause addiction, but I don't know what causes it and I never received information about it”.
Yellow – “Honestly, I didn't dig into it, because I don't fit it, so I don't know, I didn't try to know, and I never received information either”.

Chart 1 shows the different ways in which they obtained this information, through the doctor, the internet, school, lecture, and television. Communication media that help to reduce the gap between adequate and inadequate health literacy, due to the great ease of propagating complex information, through images, videos, and texts. Since, by expanding knowledge, health literacy improves⁷.

Although the first group (Chart 1), received information on the subject, it is nonetheless fragile in terms of Health Literacy related to the use of alcohol and other drugs, since the responses focus only on the fetus, since the consequences of the drug use in pregnancy are aimed at both the mother and the fetus. However, the second group (Chart 2), because they do not know the causes, do not have literacy related to the subject. Since health literacy is defined as the individual's ability to understand, interpret, and apply information about health⁴⁻⁸.

Failure to receive information indicates the absence of approaches on the topic in the different media, especially in the health environment, which, through the responses of the participants, it is noted that few reports the health service as a source of information. Where prenatal care is essential to receive guidance on risks and care during pregnancy. Being the ideal occasion to introduce educational actions using tools such as bonding, dialogue and active listening, allowing an approximation between the health professional and the pregnant woman, allowing the subject to strengthen their knowledge and clarify their doubts^{9,10}.

Therefore, educational approaches in health services, aim to promote the health of citizens, since education is considered a facilitating mechanism to achieve health. And in this scenario, the nurse has the role of educator, providing women in prenatal care, strategies that seek to improve the quality of life, preparing them for conscious decision-making and leading them to self-care¹¹.

Due to the multiple problems that drug use in pregnancy can cause, it is important to verify the understanding that women have on the topic, because based on the assessment of the level of their knowledge

according to, they collaborate for the development of educational materials that are accessible to its social, cultural, and educational context. Furthermore, the recognition of health literacy can help to revise strategies that seek ways to share information and to understand the factors that interfere with self-care¹².

Final Considerations

Based on the data obtained, the result is a fragile level of literacy and an absence of it among the target audience, which reveals an inadequacy in health literacy and the lack of information in the prenatal care about the risks that the pregnant woman and the baby must face the consumption of alcohol and other drugs.

The research highlighted the need to address the topic during prenatal care, a consultation that aims to ensure the well-being of women and the fetus, identifying risk and vulnerability factors, providing guidance on factors that may interfere with pregnancy and childbirth, preventing diseases and promoting educational activities that provide healthy development for both mother and fetus. Bearing in mind that the use of licit or illicit drugs is considered a risk factor because of its effects causing changes that compromise gestational health.

Based on the findings, it stresses the importance of developing and introducing effective educational technologies in the health environment, including prenatal care, which are appropriate to the level of understanding of everyone, which in fact arouses the interest and understanding of pregnant women promoting health maternal and child health. For this reason, it becomes relevant to understand the concept of LS that is little discussed and known by professionals, and its relevance in reflex health education in view of the understanding and preventive posture regarding the use of alcohol and other drugs in pregnant women. Literacy related to the research topic consists of two subjects that are still little discussed. This reality gives rise to the need for further studies.



Based on the concept of health literacy, the lack of knowledge about the risks that the use of alcohol and other drugs compromise in the decision making of the subject when conducting actions that promote his well-being, leading him to habits that are harmful to health. maternal and fetal. Therefore, the lack of understanding of such conditions implies undue behaviors that make it impossible to carry out self-care.

Therefore, health literacy seeks to favor the subject a better understanding of the conditions that interfere with

Strategies adopted by emergency services in the face of attempted suicide

Oliveira AS, Manola CCV, Pimenta FLB, Melo EBM, Machado OS, Bedin LP his quality of life, making him able to use information and promote self-care, consequently better clinical outcomes. In this perspective, nurses act on citizens' needs, promoting individual and collective actions to reduce health problems.

In view of this theme, it is expected to contribute to the improvement of professional practice, to review strategies of educational actions disseminated with the concept of literacy and encouraging women to manage their own health, becoming protagonists of their own care.

References

1. Ministério da Saúde (BR). Ministério da Saúde investe na redução da mortalidade materna [Internet]. Brasília (DF): MS; 2020 [acesso em 20 abr 2020]. Disponível em: <https://www.saude.gov.br/noticias/agencia-saude/43325-ministerio-da-saude-investe-na-reducao-da-mortalidade-materna>
2. Rocha RS, Bezerra SC, Lima JWO, Costa FS. Consumo de medicamentos, álcool e fumo na gestação e avaliação dos riscos teratogênicos. *Revista Gaúcha de Enfermagem* [Internet]. 2013 [acesso em 30 mar 2020];34(2):37-45. Disponível em: https://www.scielo.br/scielo.php?script=sci_arttext&pid=S198314472013000200005#end
3. Silva RR, Neves MP, Silva LA, Silva MVG, Hipolito RL, Marta CB. Consumo de drogas psicoativas em contexto sexual entre homens gays como fator de risco para transmissão de HIV/Aids. *Glob Acad Nurs.* 2020;1(3):e57. <https://doi.org/10.5935/2675-5602.20200057>
4. Maia JÁ, Pereira LA, Menezes FA. Consequências do uso de drogas durante a gravidez. *Rev Enferm Contemp.* 2015 nov;4(2):121-128. <http://dx.doi.org/10.17267/2317-3378rec.v4i2.664>
5. Sampaio HAC, et al. Letramento em saúde de diabético tipo 2: fatores associados e controle glicêmico. *Ciência e Saúde Coletiva* [Internet]. 2015 [acesso em 01 abr 2020];20(3):865-875. Disponível em: https://www.scielo.br/scielo.php?script=sci_arttext&pid=S141381232015000300865&lng=pt&tlng=pt
6. Alexandrino JS, et al. Repercussões neurológicas nos fetos expostos a drogas ilícitas durante a gestação: uma reflexão teórica. *Revista de Políticas Públicas* [Internet]. 2016 [acesso em 25 abr 2020];15(1):82-89. Disponível em: <https://sanare.emnuvens.com.br/sanare/article/view/932/561>
7. Santos LTM, et al. Letramento em saúde: importância da avaliação em nefrologia. *Brazilian Journal of Nephrology* [Internet]. 2012 [acesso em 29 set 2020];34(3):293-302. Disponível em: https://www.scielo.br/scielo.php?pid=S0101-28002012000300014&script=sci_abstract&tlng=pt
8. Rocha PC, Lemos SMA. Aspectos conceituais e fatores associados ao letramento funcional em saúde: revisão de literatura. *Revista CEFAC* [Internet]. 2016 [acesso em 29 set 2020];18(1):214-225. Disponível em: https://www.scielo.br/scielo.php?script=sci_abstract&pid=S1516-18462016000100214&lng=en&nrm=iso&tlng=pt
9. Lima LPM, et al. O papel do enfermeiro durante a consulta de pré-natal à gestante usuária de drogas. *Revista espaço para Saúde* [Internet]. 2015 [acesso em 16 mar 2020];16(3):39-46, 2015. Disponível em: <http://168.194.69.20/index.php/espacosauade/article/view/394>
10. Gomes CBA, et al. Consulta de enfermagem no pré-natal: narrativas de gestantes e enfermeiras. *Text context Enferm* [Internet]. 2019 [acesso em 02 set 2020];28:2-15. Disponível em: https://www.scielo.br/scielo.php?pid=S0104-07072019000100320&script=sci_arttext&tlng=pt
11. Quental LLC, et al. Práticas educativas com gestantes na atenção primária à saúde. *Revista de Enfermagem, Recife* [Internet]. 2017 [acesso em 01 abr 2020];11(12):5370-5381. Disponível em: <https://periodicos.ufpe.br/revistas/revistaenfermagem/article/view/23138>
12. Borges FM, et al. Letramento em saúde de adultos com e sem hipertensão arterial. *Revista Brasileira de Enfermagem* [Internet]. 2019 [acesso em 07 set 2020];72(3):679-686. Disponível em: https://www.scielo.br/pdf/reben/v72n3/pt_0034-7167-reben-72-03-0646.pdf

