

## Postpartum mothers' knowledge about airway clearance in newborns

*Conocimiento de las madres en el posparto sobre la limpieza de las vías respiratorias en los recién nacidos*

*Conhecimento das mães no puerpério sobre a desobstrução das vias aéreas em recém-nascidos*

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### Abstract

Foreign body aspiration or choking is characterized as a condition in which an object or substance enters the airway. In the case of children, when incomplete choking occurs, the signs can be high respiratory rate, coughing and crying. In complete choking, the child has a purplish mouth, lack of air, inability to cough or cry, and the maneuver is necessary. It is essential that parents are trained to unblock the airways properly and efficiently, and health professionals play a key role in educating pregnant women and their families. This is an integrative literature review. 15 articles were found. Then, 4 categories emerged, the main reasons that can result in choking in the newborn, lack of knowledge of postpartum women regarding first aid in choking episodes, the role of nurses in guiding the puerperal woman in prevention and in the moment of choking, educational method for better understanding of the Heimlich Maneuver. It is considered that the difficulties of postpartum mothers go beyond knowledge about the subject, which includes living conditions, access to knowledge, occupations at work, housework, irregularity in the search for care in the care of the NB and domestic dangers.

**Descriptors:** Heimlich Maneuver; Postpartum Period; Patient-Centered Care; Knowledge Bases; Comprehensive Health Care.

### Resumen

La aspiración o asfixia de un cuerpo extraño se caracteriza como una condición en la que un objeto o sustancia ingresa a las vías respiratorias. En el caso de los niños, cuando se produce un atragantamiento incompleto, los signos pueden ser frecuencia respiratoria alta, tos y llanto. En la asfixia completa, el niño tiene la boca violácea, falta de aire, incapacidad para toser o llorar, y la maniobra es necesaria. Es esencial que los padres estén capacitados para desbloquear las vías respiratorias de manera adecuada y eficiente, y los profesionales de la salud desempeñan un papel clave en la educación de las mujeres embarazadas y sus familias. Ésta es una revisión integradora de la literatura. Se encontraron 15 artículos. Luego, surgieron 4 categorías, los principales motivos que pueden resultar en asfixia en el recién nacido, desconocimiento de las puerperas respecto a los primeros auxilios en episodios de asfixia, el papel de las enfermeras en la orientación de la puerpera en la prevención y en el momento de la asfixia, educativa método para una mejor comprensión de la maniobra de Heimlich. Se considera que las dificultades de las madres posparto van más allá del conocimiento sobre el tema, que incluye condiciones de vida, acceso al conocimiento, ocupaciones en el trabajo, quehaceres domésticos, irregularidad en la búsqueda de cuidados en el cuidado del RN y peligros domésticos.

**Descriptores:** Maniobra de Heimlich; Posmaduro; Ganancia de Peso Gestacional; Bases del Conocimiento; Atención Dirigida al Paciente; Atención Integral de Salud.

### Resumo

A aspiração de corpo estranho ou engasgo é caracterizada como uma condição em que um objeto ou substância adentra nas vias aéreas. Se tratando de crianças, quando ocorre o engasgo incompleto, os sinais podem ser a frequência respiratória elevada, tosse e choro. No engasgo completo, a criança apresenta boca arroxeada, ausência ar, inaptidão para tossir ou chorar, sendo necessário a realização da manobra. É imprescindível que pais estejam capacitados para realizar a desobstruir as vias respiratórias de modo adequado e eficiente e os profissionais da saúde desempenham um papel primordial na educação à gestante e familiares. Trata-se de uma revisão integrativa da literatura. Foram encontrados 15 artigos. Emergiram, então, 4 categorias, os principais motivos que podem resultar o engasgo no recém-nascido, déficit de conhecimento das puerperas frente aos primeiros socorros em episódios de engasgo, o papel do enfermeiro na orientação à puerpera na prevenção e no instante do engasgo, método educativo para melhor compreensão da Manobra de Heimlich. Considera-se que as dificuldades das mães puerperas vão além do conhecimento sobre o assunto, o que inclui condições de vida, acesso ao conhecimento, ocupações no trabalho, afazeres de casa, irregularidade na busca por atendimento na atenção do RN e os perigos domésticos.

**Descritores:** Manobra de Heimlich; Criança Pós-Termo; Período Pós-Parto; Assistência Centrada no Paciente Bases de Conhecimento; Assistência Integral à Saúde.



## Introduction

Foreign body aspiration (FCA), or choking, is characterized as a condition in which an object or substance enters the airways, with greater risk when it enters the lungs. It occurs when the child or adult is eating or with some material in their mouth. The object migrates to the larynx and trachea region, causing complete or incomplete blockage of these pathways<sup>1</sup>.

Without a quick intervention, the result can be respiratory blockage, and, in more severe cases, it can lead to cardiorespiratory arrest and, consequently, to death. Because of this, it is essential to know how to identify signs of obstruction and for it to be done efficiently, it is necessary to have a brief knowledge of first aid<sup>2</sup>.

Faced with a CPA, the prognosis can be unfavorable, especially in NB, due to their incomplete development. When loss of consciousness occurs for a period of 10 to 15 seconds, there is a great risk of injury, due to the interruption of blood circulation and oxygenation in the brain. Such injuries start after 3 minutes of the absence of oxygen circulation and after 10 minutes, the chances of survival are close to zero<sup>3,4</sup>.

There is a maneuver that is defined as adequate and redeeming. It was portrayed in 1974 by Henry Heimlich and was later recognized by the Red Cross and later welcomed throughout the world. It was declared by the Heimlich Maneuver in respect of the thoracic surgeon who expanded this method by discovering that choking was the sixth most common cause of death in the United States<sup>5</sup>.

In the case of children, when incomplete (or partial) choking occurs, the signs can be high respiratory rate, coughing and crying. In complete choking, the child has a purplish mouth, lack of air, inability to cough or cry, requiring the performance of the maneuver<sup>6</sup>.

The newborn (NB) should be placed face down on top of the arm and made 5 compressions between the scapulae. Then, place the baby in dorsal decubitus on the arm and perform 5 more compressions on the sternum, on the nipple line<sup>7</sup>.

The lack of information about the attitudes to be taken in risk situations or emergencies results in an increase in potentially avoidable morbidity and mortality<sup>8</sup>. Therefore, it is essential that the mother and family members have a brief understanding of the risk factors, signs and symptoms that may be presented by the child, and a knowledge of the first aid that should be provided at that time<sup>1</sup>.

In Brazil, foreign body aspiration is between the third and fifth cause of death. A vast number of records show that most foreign body airway obstructions (OVAC) occur at home, especially during breastfeeding, where the baby is learning the movement of sucking. Thus, it is very important that the puerperal woman knows how to act in the face of a possible choking by her baby, recognizing and acting quickly<sup>9</sup>.

Therefore, it is essential that parents are trained to unblock the upper airways properly and efficiently. It is up to

The nurse has several responsibilities in caring for the NB, the team is important in the accident prevention process. It is not up to the nurse to just pass on the information, but to be clear in the transfer of this information. In a systematic way, communication must be objective and easy to understand to eliminate doubts about the procedures<sup>11,12</sup>.

The care with the NB's breastfeeding must be strictly followed and this includes the rapport between the mother and the NB, so that breastfeeding is effective and not to cause discomfort, such as wounds on the mother's nipples, among other actions<sup>13</sup>.

Faced with a case of choking, the airway clearance technique must be performed by those who have more extensive knowledge of the technique. Many mothers are unaware of how to act to save their baby<sup>10</sup>. What motivated us to choose the theme, which were the difficulties experienced by mothers in approaching newborns in the choking condition.

Given the above, the study aims to understand the difficulties of mothers who have recently given birth regarding the first aid provided to their baby at the time of choking. From the integrative review, it was decided to describe the main reasons that can result in the newborn's choking, to describe the nurse's role in the guidance and prevention of postpartum women at the time of choking and to describe educational methods to improve the understanding of the Maneuver of Heimlich.

## Methodology

It is an integrative review and the influence of this type of review is to group and summarize the unhindered signs in the literature and its solutions will be discussed if its composition is based on an arguable methodology, in addition, they are based on previous research<sup>14</sup>.

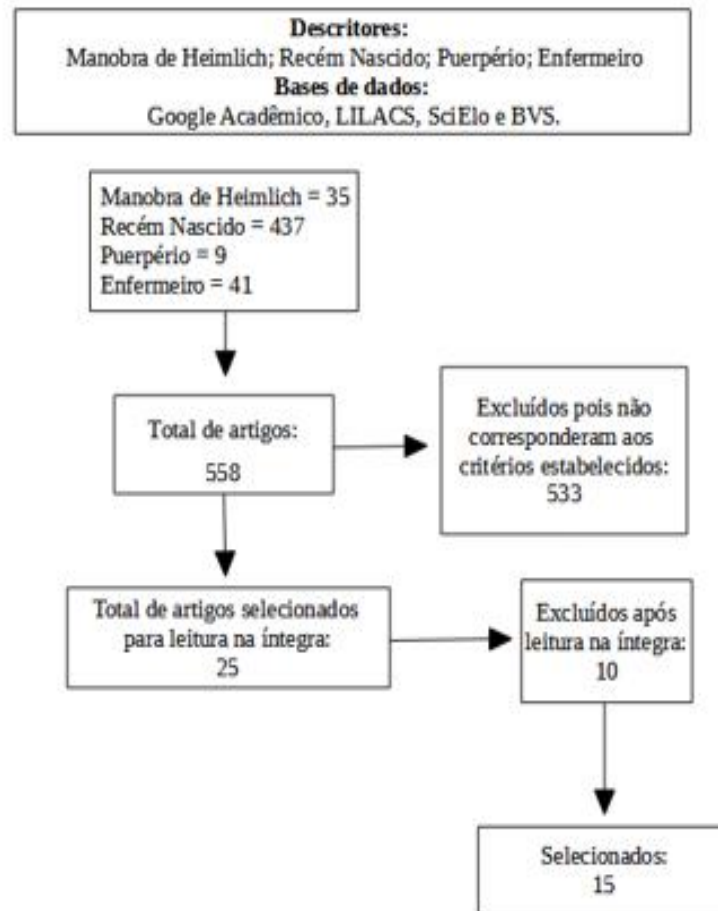
The study was guided by the following guiding question: what are the difficulties and what is the level of knowledge of postpartum women in situations of airway obstruction in their baby?

The study was carried out in six stages: identification of the topic and choice of descriptors, establishment of inclusion criteria, definition of information extracted from selected content, evaluation of selected articles and interpretation of results and discussion.

The descriptors used were Heimlich Maneuver, newborn, postpartum and nursing, with the inclusion criteria being the time frame between 2015 and 2019, in Portuguese, English and Spanish. The databases and database platform for the elaboration of the research were Academic Google, LILACS, SciELO and Virtual Health Library. The research was carried out between the months of January and June 2021. A total of 558 articles were found. After applying the above criteria, 13 articles remained for discussion. The entire process was described from Figure 1.



Figure 1. Flowchart of the data collection process to answer the research question. Rio de Janeiro, RJ, Brazil, 2021



## Results and Discussion

Chart 1. Classification of selected articles according to database, title, authors, local/year and journal qualis according to the 2013-2016 quadrennium. Rio de Janeiro, RJ, Brazil, 2021

No.	Data base	Title	Authors	Local/ Year	Qualis
1	Google Scholar	Consulta de enfermagem no pré-natal: representações sociais de gestantes	Melo DEB, Silva SPC, Matos KKC.	2019	B2
2	Google Scholar	Avaliação do conhecimento da Manobra de Heimlich na desobstrução correta das vias aéreas em bebês	Rabelo, BL, Junior ASC, Neto FNS, Bernardino ACS.	Ceará/ 2018	N/A
3	SciELO	Aspiração de corpo estranho na criança: um perigo escondido	Rodrigues M, Teixeira J, Nascimento P, Carvalho S, Gonçalves A, Almeida J, et al.	Portugal, 2016	N/A
4	LILACS	Caracterização dos Casos de óbito acidental de crianças por aspiração de corpos estranhos em MG	Amaral JB.	Uberaba/ 2019	B1
5	Google Scholar	O conhecimento das puérperas de um município do meio Oeste catarinense sobre a manobra de heimlich em lactantes	Costa CA.	Caçador, SC/ 2016	B4

6	Google Scholar	Percepção das puérperas sobre a assistência de enfermagem no pós-parto.	Silva KO, Lima KAC, Menezes LJA, Almeida AO, Almeida NAB, Araujo CC	Ceará/ 2019	N/A
7	Google Scholar	O papel da enfermagem na orientação do aleitamento materno exclusivo.	Ferreira GR, Lima TCF, Coelho NMD, Grilo PMS, Gonçalves RQ	Três Lagoas/ 2016	B5*
8	Google Scholar	Intervenção educativas sobre acidentes domésticos com crianças para famílias atendidas em um ambulatório de puericultura.	Lima EPM.	Fortaleza/ 2016	N/A
9	Virtual Health Library	Conhecimento de nutriz sobre aleitamento materno: Contribuição da enfermagem.	Santos CC, Oliveira MMC, Whitaker COM, Camargo CL, Raimundo FMM, Sousa MC	Rio De Janeiro/ 2018	B2
10	Virtual Health Library	Conhecimento de pais e cuidadores portugueses sobre primeiros socorros em acidente doméstico.	Santos CC, Oliveira MMC, Whitaker COM, Camargo CL, Raimundo FMM, Sousa MC.	Bahia, 2019	B2
11	Google Scholar	Manual prático de aleitamento materno.	Gonzáles G.	São Paulo/ 2019	N/A
12	SciELO	Conhecimento e prática de pediatras brasileiros sobre a doença do refluxo gastroesofágico em lactentes	Soares ACF, Freitas CL, Morais MB	São Paulo/ 2015	B3
13	Google Scholar	Prevenção e promoção da saúde aplicada à síndrome da morte súbita do lactente	Coelho IB, Bertolini KHM	2019	N/A

We obtained 15 articles that comply with our theme and listed the profile of authors and studies. Sixty-two authors were found in the 13 articles, the variables were gender, profession, number of articles found in each year and region. There was a predominance of women in relation to publications and the professions found were: Biomedical; Nursing; Medicine and Psychology.

The year with the highest number of publications was 2019 and the region with the highest number of publications was the Southeast. It is noteworthy that in four studies, it was not possible to identify the region of publication, being described as NI. Such data, as well as the numerical and percentage representation were distributed from Chart 1.



**Chart 2.** Profile of the studies found according to sex, profession, year and region. Rio de Janeiro, RJ, Brazil, 2021

Sex	(N)	(%)
Masculine	10	16,2
Feminine	52	83,8
Profession	(N)	(%)
Nurse	43	69,3
Physician	14	22,6
Biomedic	4	6,4
Psychologist	1	1,6
Publication Year	(N)	(%)
2015	2	13
2016	4	27
2017	-	-
2018	3	20
2019	6	40
2020	-	-
Region	(N)	(%)
North	-	-
South	2	13
Northeast	5	33
Southeast	4	27
Center	-	-
Not identified	4	27

After analyzing and processing the data, 4 categories emerged that will be discussed below.

**Factors that favor the occurrence of choking in the newborn**

At epidemiological levels, males are the ones who suffer most from OVACE, the foreign bodies that generate this situation are small parts, generally inappropriate for the child's age. This type of accident occurs because the right main bronchus has a larger diameter and has a vertical angle, favoring the storage of the object in the bronchus and thus generating obstruction<sup>15</sup>.

The episodes that result in choking are varied, the occurrence of vomiting and regurgitation is also highlighted, being common mainly in the first six months. Episodes like this can occur in two ways, physiologically or pathologically<sup>16</sup>.

It should be noted that the position in which the NB sleeps can influence and favor choking, in the past, the position given by health professionals during sleep was lateral decubitus, nowadays this recommendation has been modified and the recommended position is supine, it decreases sudden death syndrome and the rate of postnatal death. Bad attachment during breastfeeding is a factor in the occurrence of choking in newborns and babies<sup>17</sup>.

**Deficit of knowledge of postpartum women regarding first aid in choking episodes**

The difficulties of mothers who have recently given birth in their babies' choking may be related to sociocultural elements, such as a deficit in learning and customs that harm life, poor care for children, the environment where they live<sup>18</sup>.



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its importance. This assistance serves as temporary assistance offered to the child in a condition that does not have medical care at the time, with the sole purpose of generating an initial but efficient assistance, with the objective of maintaining life and minimizing damage<sup>27</sup>. In addition, it is necessary for the team to obtain knowledge about the mothers' family situation and education level to acquire greater adherence to the necessary care<sup>28</sup>.

Even given the willingness to prevent an accident, the difficulty and little knowledge of these mothers can explain the fear of not knowing what to do in such situations<sup>19</sup>. Therefore, it is essential that the mother, guardians, family members, are aware of the signs and symptoms of choking and how to provide first aid<sup>18</sup>.

However, it is important to recognize that many postpartum women have their occupations, such as work, responsibilities, housework and often do not have time to be in a group of actions that Primary Care promotes to help mothers with their NB<sup>20</sup>. In view of this, it is important to develop lectures suited to the profile of each mother and family to inform them about how to prevent accidents with children, identify the signs and symptoms that the airways are blocked, what actions should be taken, etc<sup>18</sup>. As such, when planning people's training, it is feasible to think that technologies such as the internet, television and even social networks are an excellent opportunity to reach this audience<sup>20</sup>.

### **The Nurse's role in guiding the puerperal woman in prevention and at the moment of choking**

The assistance and guidance provided by the nurse should start at the time of prenatal care. According to authors, the consultation provided by the nursing team is of great importance during the monitoring of pregnant women, as it allows the presentation of potential situations and clarification of doubts, especially for primiparous pregnant women. This transfer of knowledge between the team and the pregnant woman helps to promote and prevent future incidents. Therefore, the professional must have a receptive and humanized environment<sup>21</sup>.

Thus, we can reaffirm that prenatal care is the time when the mother is taught, so that she can provide the best possible assistance to her NB and acquire more knowledge about the health and care that the child will provide. The mother should also be guided throughout the prenatal period and should feel comfortable with the guidelines provided<sup>22</sup>. The guidelines given by the nurse can be crucial for the mother's attitude at the time of the event. Thus, the mother presenting the correct conduct, can reduce the trauma and sequelae that may occur<sup>23</sup>.

Nurses carry out education and continuously, but for that, they must understand the topic. The educational practice can be inserted as a circle of pregnant women and home visits and other activities that can be carried out, all this planning reception and a better quality of life<sup>23</sup>.

The postpartum period is seen as a critical period, the look of the qualified nurse must be focused on prevention, but also on action<sup>24</sup>. The nurse can guide and instruct the puerperal woman about breastfeeding, such as location and correct attachment, baby position, methods to ensure effective milk suction. This attitude can prevent choking during and after breastfeeding<sup>25</sup>, and the nurse needs to be able to understand potential problems, whether during or after lactation. It is important for the mother to feel safe to breastfeed<sup>26</sup>.

Therefore, it is important that the woman is guided by a health care professional about the first aid provided and

### **Educational method for a better understanding of the Heimlich Maneuver**

A booklet was prepared by the authors, with a clear and objective language to teach the mothers in a simple and illustrative way, thus making them know how to act when their newborn chokes.

Although many mothers do not know what to do, they end up acting inappropriately and taking risks to their children<sup>29</sup>. The removal of the object or food from the NB's oral cavity without the complete visualization of what is obstructing, is an extremely risky technique and is even capable of being lethal<sup>30</sup>.

Therefore, we chose to build the booklet, which is found in the annexes at the end of our research. The subjects exposed were what the Heimlich maneuver is, how to identify with the moment of choking and what should be done, and a simple explanation of how to perform the maneuver if it is necessary.

### **Conclusion**

The development of this study allowed an analysis of how important the first aid provided by the NB's mother is, with knowledge, in addition to knowing how to identify the signs and symptoms of choking to avoid damage to the child's health. As well as understanding their difficulties and supporting mothers in this process, as our general objective.

By carrying out the integrative review, we can achieve the proposed objectives, where the difficulties of mothers who have recently given birth went beyond knowledge about the subject, which included living conditions, access to knowledge, occupations at work, housework, lack of regularity in the care of the RN and household hazards.

Thus, it can be concluded that the construction of a booklet as an educational method will facilitate the relationship of parents and newborns with the nursing team, in addition to alleviating the anguish, fear, and insecurity experienced by mothers during a choking process of your baby. In addition, the importance of the nurse not only in the construction of the booklet, but also in the training and guidance of these mothers in the pre- and post-partum period.

Finally, in future research, we want to put into practice the use of this booklet in maternity hospitals and prenatal consultations, so that we can observe changes, in addition to raising other activities, such as discovering laws that require first-time mothers to have access to educational classes on first aid in newborns during prenatal care, with the same aim of helping all these women with difficulties and





also supporting those with lack of access to knowledge about first aid provided to their baby at the moment of choking.

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