

The perception of the puerperium behind bars

La percepción del puerperio tras las rejas

A percepção do puerpério atrás das grades

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Abstract

The aim was to describe the perception of the puerperal woman deprived of freedom about the experience of this moment in the pregnancy-puerperal cycle. This is a documentary research, documentary review of a video sharing platform with Adobe Flash Player technology, which allows the display of your videos with quality, produced in the last five years. The selected documentaries allow us to infer that the feeling of abandonment, sadness, loneliness, and the desire for change portray the main perceptions of the woman who lives the puerperium under incarceration. Deficit of health professionals, neglect at the time of delivery, low number of consultations, lack of investments, omission, and negligence, represent fragments of the suffering reality experienced by women in the prison environment. Measures are necessary to avoid unnecessary suffering and health, in its broad concept, offered in a dignified way.

Descriptors: Puerperium in the Jail; Women's Penitentiaries; Breastfeeding in Prison.

Resumén

El objetivo fue describir la percepción de la puerperal privada de libertad sobre la vivencia de este momento del ciclo embarazo-puerperal. Se trata de una investigación documental, revisión documental de una plataforma para compartir videos con tecnología Adobe Flash Player, que permite la visualización de sus videos con calidad, producidos en los últimos cinco años. Los documentales seleccionados permiten inferir que el sentimiento de abandono, la tristeza, la soledad y el deseo de cambio retratan las principales percepciones de la mujer que vive el puerperio en prisión. El déficit de profesionales de la salud, el abandono al momento del parto, el bajo número de consultas, la falta de inversiones, la omisión y la negligencia, representan fragmentos de la realidad de sufrimiento que vive la mujer en el ámbito carcelario. Son necesarias medidas para evitar sufrimientos innecesarios y la salud, en su concepto amplio, ofrecida de manera digna.

Descriptores: Puerperio en la Cárcel; Penitenciarias de Mujeres; Lactancia Materna en Prisión.

Resumo

Objetivou-se descrever a percepção da puérpera privada de liberdade sobre a vivência deste momento no ciclo gravídico-puerperal. Trata-se de uma pesquisa documental, revisão de documentários de uma plataforma de compartilhamento de vídeos com tecnologia *Adobe Flash Player*, que permite a exibição de seus vídeos com qualidade, produzidos nos últimos cinco anos. Os documentários selecionados permitem inferir que o sentimento de abandono, tristeza, solidão e o desejo de mudança retratam as principais percepções da mulher que vive o puerpério sob encarceramento. Déficit de profissionais da saúde, descaso na hora do parto, baixo número de consultas, escassez de investimentos, omissão e negligência, representam fragmentos da sofrida realidade vivenciada por mulheres no âmbito prisional. São necessárias a efetivação de medidas para que sofrimentos desnecessários sejam evitados e a saúde, em seu conceito amplo, ofertada de forma digna.

Descritores: Puerpério na Cadeia; Penitenciárias Femininas; Amamentação na Prisão.



Introduction

The Brazilian prison scenario is marked by its precarious environmental conditions, responsible for the aggravation of the health issues of the entire prison population, for the medical assistance that is often insufficient and for the difficulties with the progress of the judicial processes¹.

The increase in female incarceration has grown considerably since 2000, reaching 37,380 women deprived of their liberty in the country. Brazil, which ranked fourth among the countries with the highest number of women in prison, around 656%, rose to third place in the ranking, second only to the United States and Thailand².

Involvement with drug trafficking has been responsible for the arrest of the majority of the female public, corresponding to 65% of registered cases. In 30% of the cases, they are imprisoned without sentencing, signaling the trivialization of incarceration and the serious violation of the right of access to justice³. Unfortunately, in many cases of incarceration, most of these women are of childbearing age and approximately 6% are pregnant even without the knowledge of the fact, requiring prenatal care⁴.

Pregnant women and nursing mothers, in addition to the greater need for psychological and social support, in the prison context, they are still concerned with the demands of pregnancy, with violations of rights at the time of delivery and, above all, with the permanence (or not) of the children in prison⁵.

The Statute of Children and Adolescents (ECA) attributes to the public power to guarantee to pregnant women and women with children in early childhood, that they are in custody in a deprivation of liberty unit, an environment that meets the sanitary and assistance standards of the Unified System (SUS), providing adequate conditions for breastfeeding, including the children of mothers subjected to custodial measures⁶.

Incarceration promotes social and individual vulnerability, being aggravated when considering the context of pregnancy, marked by violence, compromising citizenship, due to the distance from family and friends⁷. In a world outside the prison reality, childbirth is considered the most dreamed and planned moment in a woman's life, but within the prison system it can be a reason for psychological stress and anguish.

In the first days of the puerperium, women have different experiences, there is no uniformity in neuropsychic behavior in this period, and there may be emotional crises, associated or not with easy crying, a feeling of incompetence in relation to the newborn and, in the absence of support, these manifestations may worsen⁸.

The low number of medical appointments, the huge deficit of health professionals, largely due to the stigma related to the prison population, low wages and poor working conditions⁹ make the Brazilian prison system a sometimes inhumane scenario, when considering the conditions of this population, in its broad concept, which is why the objective of this study is to describe the perception of the puerperal woman deprived of her freedom about the experience of this moment in the pregnancy-puerperal cycle.

Methodology

It was a review of YouTube documentaries, a video sharing platform with Adobe Flash Player technology, which allows the display of your videos with quality comparable to the most dominant technologies on the market, such as Windows Media Player, QuickTime and RealPlayer, which usually require a download and installation of a browser plugin, allowing users to watch videos in windowed or full screen mode.

Documentaries are a form of expression, so that a story can be narrated several times by representation or even by those who lived that story, that is, assertions, and not the truth of events, but as a way of looking at such events with their own narrative, allowing an understanding of how some events marked an entire society and how they reflect in contemporary society¹⁰.

For Bill Nichols, renowned researcher in the field of cinematographic studies and professor at San Francisco State University, each documentary has a different voice with its own nature, which is why he classifies them as: poetic, which has several facets and all emphasize the ways in which which the filmmaker's voice gives fragments of the historical world a formal and aesthetic integrity peculiar to the film, building a tone and a state of mind at the expense of explanation, argumentation; expository, whose characteristic is to group the historical world in a more rhetorical and argumentative than aesthetic / poetic structure, addressing the viewer directly, exposing an argument or retelling a story; observative, which works to capture the spontaneous observation of the lived experience, in which social actors tend to interact with each other, ignoring the filmmaker and the viewer interfering and drawing their conclusions based on the behavior they hear and observe and; participative, resulting from the meeting between the filmmaker and the social actors he films, especially in the form of interviews and / or possible interventions that the documentary filmmaker may make / propose to the film's participants, sometimes allowing the intersection between fiction and reality¹¹.

The review was divided into stages, namely: 1) elaboration of the guiding question of the study; 2) search for study materials; 3) data collection; 4) definition of parameters and inclusion factors for documentaries; 5) discussion of results; 6) presentation of the review in a specific instrument, based on the guiding question "how is the puerperium of women deprived of their liberty?" The keywords were used: puerperium in the chain; female prisons; and breastfeeding in prison.

In addition to answering the guiding question, the documentaries had the following inclusion criteria: being produced in the last 5 years and presenting the post partum's perception of the moment lived.

For the theoretical foundation, articles were used that answered the guiding question, published in the last 5 years and that addressed the research problem, available in Portuguese and in full, using the keywords: prenatal; childbirth; puerperium in prison; rights of pregnant women deprived of liberty.

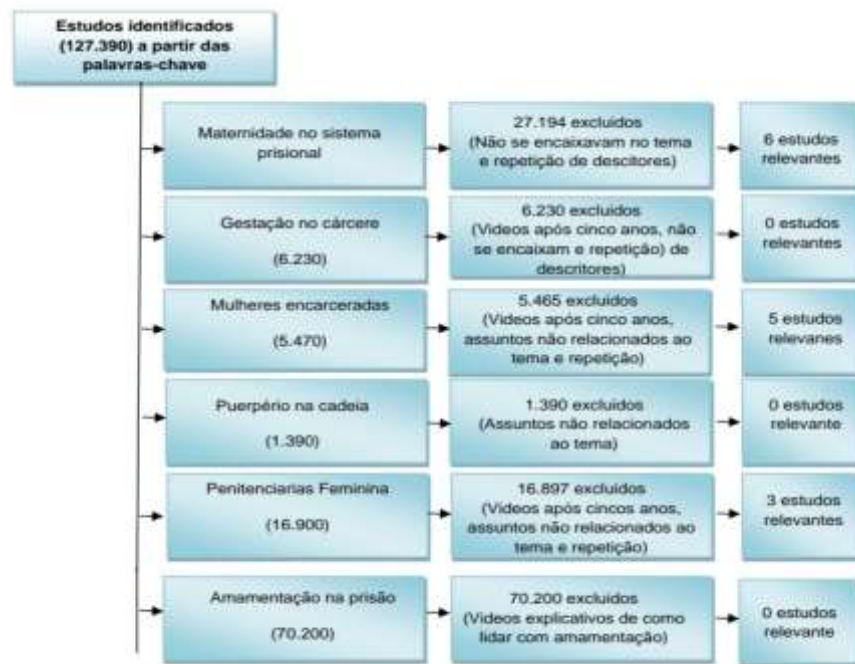


Results

One hundred twenty-seven thousand three hundred and ninety documentaries were found. Of these,

127,376 were discarded due to the repetition of keywords, videos shown more than five years ago and subjects unrelated to the theme, leaving 14, as illustrated in Figure 1.

Figure 1. Flowchart of article selection. São Paulo, SP, Brazil, 2020



The studies of the selected documentaries are summarized in Chart 1, according to the title of the documentary, responsible for their production and

exhibition, classification, considerations of the documentary and the perception of the puerperal woman deprived of freedom about the experience of this moment.

Chart 1. Integration of documentaries that contribute to the understanding of women's perception of the puerperium under incarceration. São Paulo, SP, Brazil, 2020

| Title of documentary | Responsible for production | Documentary rating * Bill Nichols | Considerations of documentary (what it addresses) | Perception of the puerperal woman deprived of freedom about the experience of this moment * |
|--|--------------------------------------|-----------------------------------|--|--|
| Prison and Maternity - History of pregnant women in the Manaus penitentiary system | Luciane Guiomar Naine Carvalho, 2017 | Poetic | The documentary stars women deprived of their liberty and addresses the trajectory of women until their arrival at the prison unit. He denounces the health problems, the irregularity of the prenatal consultations and the difficulty of access of the inmates to the health reference units. Presents the Remission for Reading project, the purpose of which is to reduce the sentence by reading a book, with subsequent elaboration and presentation of its review to a newsstand. | The moment of separation between mother and child is responsible for the great fear and suffering of women deprived of their freedom. |
| Document THE VALLEY - Mothers in prison | O Vale, Jornalismo 2018 | Expository | Many women arrive at the pregnant unit and have no knowledge. They show regret and are concerned about the fact that their son knows about his story. The psychologist at the unit says how complicated this moment is when it is natural for women to feel vulnerable in a common pregnancy, in an incarcerated woman everything is twice as difficult. | The feeling that women transmit is of change, a new life with the child, claiming that the birth of a new life generates transformation. |
| Being born in prisons - Gestating, being born and caring | Bia Fioretti, 2017 | Poetic | Detainees complain about the long-time awaiting trial. The research coordinator "Born in prisons" says that prenatal care in the prison system is bad, justifying the high rates of congenital diseases. 36% of the women who participated in the survey were handcuffed during labor. | Feeling of abandonment by family members, humiliation through a parturition process under handcuffs and the lack of support at that time, associated with the discrimination suffered by maternity health professionals. |
| Documentary Light in prison | Ana Costim, TV Evangelizar, 2017 | Participative | The childhood of these women, marked by a lot of pain and suffering, for not having family support, justify the life they live today. Many had relationships with men from the same environment and became pregnant. The age group of women deprived of their liberty is 25-30 years. The | Feeling of sadness due to the distance of family members in the singularity of the moment. Even so, they plan a better life for their children. |



| | | | | |
|--|--------------------------------------|---------------|---|--|
| | | | prisoners report affective and sexual involvement even under incarceration. Female prisons offer different treatment for pregnant women. | |
| Profession Reporter - Mothers in prison | Caco Barcelos, 2018 | Participative | The documentary addresses the context of the origin of Law No. 3,689 / 41 in 2018, which allows pregnant women who have not committed a serious crime and who have children up to 12 years of age in their custody, to fulfill their sentence at home. | The moment of delivery of the child is the most difficult for the mother. They are afraid of having to go back to prison and leave their children again. They express the desire to change for a new life with their children. |
| Mothers in jail motherhood behind bars | Porllane Santos, 2016 | Poetic | The documentary begins with a hymn that expresses hope, sung by a mother, who has been detained in the Santa Luzia prison since the sixth month of pregnancy, and today the baby is two months old. One thing that calls attention is that the said prison is the only one in Alagoas and operates above the capacity of 230 prisoners. | Solitude is a persevering and insistent reason for building friendships and seeking support, attributing to this support network the few moments of happiness and relaxation, emphasizing the importance of maintaining faith. |
| Solitude of women in jail - Incarcerated violence | Cauã Reymond, 2019 | Participative | Separating the children is the most painful penalty facing 80% of the 43,562 women imprisoned across the country. They are mothers and run the risk, if they have no one to leave their children with, that they are also condemned to the permanent loss of custody. This is an increasingly recurring reality in Brazil. Female incarceration has grown on a geometric scale in the past two decades. | Women are incredibly supportive, helping each other, both in caring for their children and in maintaining the well-being of other inmates. |
| The reality of women incarcerated in Brazil | Lúcia Maria Casali de Oliveira, 2017 | Participative | The importance of the work offered to detainees within the penitentiary as a way of helping to reduce sentence time and to fill idle time with something productive. | Feeling of living in a different world from their children and family, because they do not know their children's tastes, their way, and the impression of being strange people in their own family emerges. |
| Vania Alexandra de Souza - Orange Checkers | Comunica Unisul, 2016 | Expository | Inmates believe their lives are a burden on their family. With a complicated childhood, many committed their first homicide at the age of 13. The coldness is noticeable as they talk about the crimes committed. | The hopelessness and the look of sadness mask the coldness of some inmates. |
| Days numbered - Mothers incarcerated in the State of São Paulo | Claudia Garcia, 2017 | Participative | The reality of imprisoned pregnancy and motherhood. All prisoners in the state of São Paulo are referred to the Penitentiary System Hospital Center. The video addresses the drama of separation from mothers and the influence that disruption has on the child's development. | It is noticeable the feeling of disappointment of these women, for having been carried away by the false promises that the crime offers now of separation of the children. |
| Discover the life of women prisoners | Mirtes Kass, 2012 | Expository | This documentary tells a little about the detainees' routine, as they do to occupy their time with the work that is offered by the penitentiary. In addition to being a type of distraction, work also helps to reduce the time of the sentence: for every three days worked, there is a reduction of one day. | Feeling of regret and desire for improvement, provided especially by your children. Feelings of gratitude for the care that their mothers have given to their children, filling their need. |
| How is the life of a woman in the women's prison | Messias Telles, 2020 | Performing | The harsh reality of a prison in Brazil, where women are overcrowded. In a conversation with the prisoners, the reporter gets daily information from these women, who say it is not easy to go through all of this, away from the family. They say they are abandoned. | Feeling of loneliness, abandonment, and sadness, reversed only by the happiness transferred to the children's lives. |
| Routine of the São Paulo Women's Penitentiary | O Portal da verdade, 2018 | Observatory | The documentary presents a gastronomic project that was set up to bring a future profession to the 22 women who were selected, out of 100 registered. The Nova Era Gastronômica project brought happiness and hope to the prisoners. They tell the details of their learning and say that they will invest in the gastronomic branch when they are free. | Feeling of happiness and gratitude for having the opportunity to learn and have a future profession. |
| Tremembé Women's Penitentiary Report | Otávio Mesquita, 2019 | Participative | The documentary denounces drug trafficking as being largely responsible for the incarceration of these women. They talk about the sentence remission project that is when the student reads a book and presents a review to reduce the sentence time. When interviewing one of the prisoners whose son is almost six months old, the reporter is surprised, as she wrote an emotional poem about the separation of the approaching son. | The penitentiary depicted in the documentary offers good treatment for the detainees, who report having no complaints and do not find anything missing for them or their respective babies. |



The integration of the selected documentaries allows us to infer that the feeling of abandonment, sadness, loneliness, and the desire for change portray the main perceptions of the woman who lives the puerperium under incarceration.

Discussion

The puerperium, popularly known as quarantine or protection is a postpartum phase in which the woman undergoes intense changes, both emotional, psychological, and physical. Its duration varies according to the type of delivery: on average 6 to 8 weeks after delivery, classified as immediate, mediate, and late.

The puerperium is also characterized by an interval of time marked by the suppression of the placenta, which ends after the return of the body in its original state, which can vary between six or more weeks¹².

It is a stage of intense changes for the woman and everyone around her due to her psycho-organic adaptation, in which there is the establishment of lactation and the occurrence of intense emotional changes and the process of involution of Organs reproductive organs to the pre-pregnancy situation¹³.

The main changes that mark this period are in the cardiovascular, respiratory, digestive, urinary, hematopoietic, integumentary, endocrine, and reproductive systems, configuring at the same time a period of intense care¹⁴.

Breastfeeding in the puerperium is of paramount importance and constitutes a challenge for mothers because many are unable to exclusively feed their baby until the first six months of life, both for physiological, biological, and physical reasons. There is a lot of belief around breastfeeding, such as: "your milk is weak", "the child will die of hunger, that's why she cries so much", among other fallacies¹⁵. About this, even in the face of information about breastfeeding, made available by the media, prenatal care, courses for pregnant women, posters and leaflets available in health services, it is during the puerperium that the nursing mother needs guidance, support, and assistance from a qualified professional¹⁶, reason why, women, in their puerperal period, need to be understood in all its aspects, considering all their contexts, both family and sociocultural¹⁷.

If with all these changes, the puerperium represents a period of complexity for a woman with her support network and in the comfort of her family, for women incarcerated, the changes become almost unsustainable, making special attention necessary for part of the whole society, mainly because it is such a marginalized social group¹⁸.

Brazil is characterized as the country in Latin America with the highest percentage of women in prison, with theft and crimes related to drug trafficking being the main reasons that cause women to enter the prison system.

It is a fact that the complexity of having health accessible to all who are at liberty is intensified in the context

of the prison population, when considering the health rights of women deprived of their liberty¹⁸, due to the numerous gaps in assistance to these women, even with the implementation of the National Policy for Comprehensive Health Care in the Prison System (PNAISP), in 2014¹⁹.

Generally, these women are not accompanied during the birth of their children, and do not receive postpartum visits, due to the very prohibition of the prison system and, for this reason, the mothers end up suffering verbal and psychological violence when they are in maternity hospitals by pure means. prejudice and marginalization, by health professionals, guards, or prison officers²⁰.

Solitude and family helplessness imposed by the prison system also represent suffering for the puerperal woman in a situation of deprivation of liberty²¹, associated with the lack of structure of the penitentiaries to receive the mothers and their newborns. A poorly planned environment, which does not support breastfeeding, or space for the proper development of babies, a place surrounded by improvised cells, which generates fear and anxiety in children, becomes one of the reasons why mothers open your children's hands²², and the guarantee of assistance by trained health professionals, within the prison system, is important for adherence and continuity in the breastfeeding process²³.

The separation of the binomial represents a traumatic condition, both for women, due to the fear of suffering new family isolation, and for the child, who can present losses in their development²⁴.

Very distant from the ideal, the puerperium in the prison system is suffered and full of ups and downs, with this, the children do not remain for many months in the company of their mothers, and this separation causes pain and brings inconvenience to the puerperal woman.

Conclusion

This study allowed a reflection on the reality of the puerperium in Brazil, a country that offers a deficient environment for women during the quarantine and the period for breastfeeding, in turn, has not been successfully performed, since milk production is causally linked to the mother's emotional state and, interfering with breastfeeding, resulting in consequences on the baby's health.

Although the Child and Adolescent Statute guarantees pregnant women and women who are in detention, a healthy environment for both and the entire Constitution, the right to health for all Brazilian citizens, prejudices remain stigmatized by society and professionals from different areas who work directly with these women.

The deficit of health professionals, the neglect at the time of delivery, the low number of consultations, the scarcity of investments by the State, as well as their omission and neglect, represent fragments of the suffering reality experienced by these women in the prison environment. Measures are necessary to avoid unnecessary suffering and health, in its broad concept, offered in a dignified way.



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