

Physical therapy intervention in labor: Elaboration and validation of a care protocol

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ABSTRACT

The Ministry of Health encourages the implementation of public health policies that promote humanized normal childbirth, such as the Stork Network and the National Policy for the Humanization of Labor and Birth. Physiotherapeutic intervention in obstetric care values the parturient's autonomy, through the active use of the body, guidance on the pelvic floor muscles, positioning, pain relief methods with transcutaneous electrical stimulation, breathing exercises and pelvic mobility. Thus, the objective was to develop a physiotherapy care protocol during labor. This is a methodological study with a qualitative approach, of the Convergent Care Research type, which consists of combining research with care practice. The research was carried out at the Santa Casa de Misericórdia do Pará, a reference in the care of high-risk pregnant women, The setting was the delivery room of the institution, ten puerperal women in labor, over 18 years old, with gestational age equal to or greater than 37 weeks, were included in the study for the implementation of the protocol, in habitual risk pregnancy. The puerperal women who participated in the protocol reported that the birth experience was better than the previous ones due to the intervention performed with pelvic exercises and pain relief with the transcutaneous electrical stimulation device, which helped at this time, both for safety and pain relief. And, with the implementation of the protocol in the institution, it was sought to strengthen the performance of this professional in the childbirth scenario, where the protocol strengthened and improved the practice of the category. The protocol suggested for the humanization of the hospital was related to the elaboration and validation of physiotherapy care, which was of quality, defined and disseminated the mission and appreciation of this professional.

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