

Prenatal care: Relationship between good indicators and reduction in the incidence of congenital infections in the TORCH group

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ABSTRACT

The present study investigated the relationship between positive indicators in prenatal care and the reduction in the incidence of congenital infections in the TORCH group. The study focused on the importance of adequate follow-up during pregnancy to prevent neonatal complications associated with these infections. In the initial phase, a comprehensive literature review was carried out, using reliable and updated sources. Data collection involved retrospective analysis of pregnant women's medical records, with special attention to indicators such as serological tests, ultrasounds, and clinical follow-up during prenatal care. The materials used included state-of-the-art ultrasound equipment, specific serology kits for TORCH infections, and instruments for collecting clinical data. The methodology used consisted of descriptive statistical analysis of the results, with emphasis on the identification of correlations between the quality of prenatal care and the incidence of congenital infections. The results revealed a significant correlation between favorable prenatal indicators, such as adequate frequency of consultations, performance of specific tests and adequate guidance, and the reduction in the incidence of infections in the TORCH group in newborns.

Keywords: Prenatal care, Congenital infections, TORCH Group, Gestational follow-up, Neonatal morbidity.

INTRODUCTION

The introduction of this study is intended to contextualize the importance of prenatal care in the prevention of congenital infections in the TORCH group, highlighting the need for positive indicators in this period to reduce the associated neonatal risks. TORCH infections (Toxoplasmosis, Other, Rubella, Cytomegalovirus and Herpes) represent a significant challenge to maternal and child health, and can result in serious complications if not detected and treated early.

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OBJECTIVES

To investigate the relationship between good indicators in prenatal care and the reduction in the incidence of congenital infections in the TORCH group in newborns, with a view to contributing to the improvement of maternal and child care practices.

METHODOLOGY

An extensive literature review was conducted, covering scientific articles, books, and health guidelines related to prenatal care, congenital infections of the TORCH group, and their impacts on neonatal health.

The sample was composed of pregnant women who underwent prenatal care in selected health institutions, covering different socioeconomic profiles and geographic regions. Pregnant women with preexisting medical conditions that could interfere with the results were excluded.

Data were collected through retrospective analysis of medical records, considering variables such as frequency of prenatal visits, results of serological tests for TORCH, records of obstetric ultrasounds, and information on guidance provided during prenatal care.

RESULTS

This study reinforces the importance of prenatal care as a crucial tool in the prevention of congenital infections in the TORCH group. It is recommended to promote clinical practices and health policies that strengthen adequate follow-up during pregnancy, aiming at a significant reduction in the neonatal risks associated with these infections. These findings have direct implications for improving maternal and child health and reducing costs associated with the treatment of neonatal complications.

DISCUSSION

The results show the relevance of positive prenatal indicators in reducing the incidence of congenital infections in the TORCH group. The integrated approach, involving regular consultations, specific examinations, ultrasounds, and appropriate guidance, has been shown to be effective in the prevention and early detection of these infections, resulting in positive impacts on neonatal morbidity.

CONCLUSION

In summary, the results of this study show a direct relationship between positive indicators in prenatal care and the significant reduction in the incidence of congenital infections in the TORCH group in newborns. The comprehensive approach that encompasses regular consultations, serological tests, ultrasounds, and appropriate guidance during prenatal care has been shown to be crucial in the prevention



and early detection of these infections, contributing to the promotion of better neonatal outcomes.

Adequate frequency of consultations during pregnancy enabled more effective monitoring of maternal-fetal health, allowing for timely interventions to mitigate the risks associated with TORCH infections. The systematic performance of specific tests proved to be a fundamental component in the early identification and management of these infections, highlighting the importance of active detection during prenatal care.