

# Nursing diagnoses in relation to women in situations of legal abortion

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#### ABSTRACT

**INTRODUCTION:** Abortion means the interruption of pregnancy, whether spontaneous or provoked. Abortion consists of the interruption of pregnancy up to the 20th or 22nd week, or when the estimated weight of the fetus is up to 500 grams, and there is still another option advocated by other doctors that when the fetus measures up to 16.5 cm. In cases where the management poses a risk to the woman's life, and legal abortion is allowed, it is necessary to have a humanized reception, information where the woman will evaluate whether she should continue with the pregnancy. OBJECTIVES: To describe the competencies of nurses in the delivery room in relation to women in situations of legal abortion and to identify the main Nursing Diagnoses, Expected Outcomes and Nursing Interventions. METHODOLOGY: This was an integrative literature review; To obtain data

collection and selection of articles, the following databases were used: Latin American and Caribbean Health Sciences Literature (LILACS), BDENF nursing (Brazil), Scientific Electronic Library Online (SCIELO) and Ministry of Health. The guiding question for the elaboration of the integrative review was: What are the competencies of the nurse in the delivery room in relation to women in situations of legal abortion? A search of the articles was carried out using the descriptors in Portuguese according to DeCS (Descriptors in Health Sciences): Legal Abortion, Nursing, Care, Competence. RESULTS: Applying the established criteria, nineteen (29) scientific articles were obtained for the integrative review for analysis. From the survey of articles about the competencies of nurses in nursing care in the process of abortion, it was possible to observe humanization and comprehensiveness in nursing care. Among the nursing diagnoses, we list: Decision conflict; Role performance; Anxiety; Hope, fear; Family process; Grief and Death. FINAL CONSIDERATIONS: It is concluded that women faced with a legal abortion need a humanized, ethical approach, having as guiding principles the equality, freedom, and dignity of the human person. The identification of nursing diagnoses contributes to nursing planning and intervention directed to each woman, which is essential for obtaining better quality care.

Keywords: Evaluation, Abortion, Humanization, Women's Health.

#### **1 INTRODUCTION**

Abortion portrays a serious public health problem in Brazil, and encompasses a complicated discussion in legal, ethical, religious, global and cultural aspects.<sup>1</sup> Abortion in cases of malformation, in principle, is not provided for in the Penal Code. In 2012, therapeutic abortion was authorized in specific cases of malformation. Therapeutic or necessary abortion is provided for in item I of article 128, considered therapeutic or necessary abortion; It is the one in which it is done because there is no



other way to save the life of the pregnant woman. Considering the Brazilian Penal Code, abortion is considered a crime, and the law is in force in article 128 of the penal code of 1984.<sup>1.2</sup>

The law assures the pregnant woman that it can only be granted if there is a risk of maternal death to be verified by the pregnancy, and if it is a pregnancy resulting from rape. In 2012, a third exception was instituted, which when anencephaly is found would also not be criminal, since the abortion must be performed by a doctor on that occasion. Only in these cases of legal abortion will the Unified Health System monitor and perform the hospital medical procedure, Article 128 of Decree Law No. 2,848, of December 7, 1940<sup>2</sup>. In cases where there is an indication of interruption of pregnancy, in compliance with current legislation, at the request of the woman or her representative, the woman should be offered the option of choosing the technique to be used: pharmacological abortion, aspiration procedures (MVA or electrical) or dilation and curettage. The choice should occur only after adequate clarification of the advantages and disadvantages of each method, its complication rates and adverse effects<sup>1</sup>.

Although the main abortifacient method is the combination of teas and there are not many data on induced abortion in Brazil, due to the difficulty of obtaining some data and the veracity of the information, because, in addition to the illegality, many induced abortions are declared spontaneous, underestimating the quantity<sup>3,4</sup>. In addition, in order to be sure of the gestational diagnosis and take the action of performing the abortion, these women rely on accurate pregnancy diagnoses such as serum beta-HCG and ultrasound exams3. Regarding the profile of women who have abortions, the prevalence increases with age, being from an urban region, having more than one living child, and being brown/black are factors that influence the process<sup>5</sup>, i.e., it occurs in less developed regions and by women who are socially more vulnerable.

Maternal morbidity and mortality due to abortion is in fourth place in Brazil, in addition to this, mental disorders are more common in pregnancy and postpartum depression in women who have tried to induce an abortion without success, that is, several physical and psychological consequences can occur if performed unsafely<sup>6,7</sup>. The expansion of access to safer methods possibly contributes to the reduction of hospitalizations due to complications and morbidity and mortality due to abortion<sup>6</sup>, in addition to the training of professionals directly implicates the impact of the care provided to women in situations of abortion.

The literature generally points out that, due to the criminalization of the issue, abortion has an impact on the silencing and less approach in professional training, which results in a feeling of unpreparedness and insecurity in the face of situations involving illegal abortion<sup>8</sup>, opposing the guidelines of the profession's Code of Ethics, which occurs mainly due to moral precepts, religious values and its own principles. which offer negligent care to these women, better quality of care, thus evidencing the need for a broader view, judgment-free care and support with dignity and respect for



their rights, based on the attributes and characteristics of PHC such as comprehensiveness, longitudinality, and care coordination<sup>8,9,10</sup>

Thus, the study is justified based on the principle that women undergoing legal abortion need a humanized, ethical approach and under a legal reflection, having as guiding principles the equality, freedom and dignity of the human person, not admitting any discrimination or restriction of access to health care<sup>16,17,18</sup>. This conception includes the right to assisted abortion within the ethical and legal framework of sexual and reproductive rights declared at the international and national human rights levels<sup>11,14,15</sup>.

#### **2 OBJECTIVES**

To report the competencies of the nurse in the delivery room in front of women in a situation of legal abortion;

Identify the main Nursing Diagnoses, Expected Outcomes and Nursing Interventions.

## **3 METHODOLOGY**

This is an integrative review, and it is a method that aims to synthesize results obtained in previous research on the researched topic in a systematic manner <sup>19,20,21</sup>.

The guiding question for the elaboration of the integrative review was: How does the process of women's abortion occur in Brazil and the preparation of professionals in care and comprehensiveness of care? In order to obtain data collection and selection of articles, a bibliographic survey will be carried out on the Virtual Health Library (VHL/BIREME) portal, which contains the following databases: Latin American and Caribbean Health Sciences Literature (LILACS), Scientific Electronic Library Online (SCIELO) and the Ministry of Health (WHO) Portal. A search of the articles was carried out using the descriptors in Portuguese according to DeCS (Descriptors in Health Sciences): Legal Abortion, Nursing, Care, Competence. The criteria for inclusion were: national articles; articles in Portuguese; articles published in full; articles published in the last 15 years (2008 to 2023); articles available for free online; articles in which the full text was commented; articles related to the theme and proposed objectives. Exclusion criteria were: duplicate articles and foreign language articles. When searching the databases, combinations with the following descriptors were necessary: Nursing or Legal Abortion, Assistance and Legal Abortion, Nursing and Competence. All articles that met the inclusion criteria will be submitted to pre-selection to assess their relevance to the study objectives, in the following order:

Reading of the title, abstract and, if in doubt, the full article was read to verify if they met the objectives of the research.

The selected articles will be analyzed through content analysis, which consists of a set of



communication analysis techniques, which use objective and systematic procedures to interpret and describe the content of the message, qualitative or non-qualitative indicators with the intention of drawing conclusions from existing knowledge, enriching the reading of the collected data and leading to a logical result <sup>11,12,13</sup>.

#### **4 RESULTS**

Based on the descriptors, Abortion AND Nurse, 19 scientific articles were found. With the descriptors, Woman and Abortion, 267 scientific articles were found, with the descriptors Nursing and Competencies, 5,697 articles were found. Last but not least, with the descriptors Nursing Diagnoses and Abortion, 1 article was found. Considering the inclusion criteria, 50 studies were selected and, after reading the titles and abstracts, 27 that did not correspond to the theme were excluded and 13 were duplicated. Thus, this integrative review found 29 scientific articles.

For the organization and extraction of the data, as well as the analysis of the articles, an instrument was created containing data on the year of publication, name of the authors and title of the article, type of research, objective, results, and conclusion of the study. In a second, more in-depth reading of the article, it was possible to verify the level of evidence and to carry out the analysis and synthesis of the studies seeking answers to the study question, to obtain a broad approach to the theme. The analysis was carried out by evaluating the content of the articles, in which care, competencies, nursing diagnosis and nursing interventions in the face of legal abortion were sought.

No.	Nanda	Definitions	Nursing	New Interventions
			Interventions	
1	Conflict of decision.	Uncertainty	Teach parents ways	Offer guidance
		about the course	to use conflict for	throughout the
		of action to be	mutual understanding	process.
		taken when the	and family growth.	
		choice between		
		conflicting		
		actions involves		
		risk, loss, or		
		challenge to		
		values, and		
		beliefs.		
2	Role performance.	Pattern of	Review the skills	Review emergency
		behavior and self-	required to perform	procedures as
		expression that	the clinical care role.	appropriate
		doesn't match the		
		context, norms,		
		and expectations		
		of the		
		environment.		
3	Human Dignity.	Susceptibility to	Treat the person with	Maintain the
		perceived loss of	dignity and respect.	confidentiality and
		respect and honor		privacy of the patient
		that can		and family.
		compromise the		•

Nursing diagnoses and interventions for women in situations of maternal abortion.



		health.		
4	Body Image.	Inability to maintain an integrated and complete perception of self Same.	Establish a relationship of trust.	Promote frank and open communication.
5	Hope.	Pattern of expectations and desires to mobilize energies for one's own benefits that can be improved.	Promotion of hope.	Actively involve the patient in their own care.
6	Fear.	Response to a perceived threat that is consciously recognized as a danger.	Encourage the patient to verbalize fear and ask questions. Listen to the fears of the patient/family.	Create an atmosphere of acceptance without judgment.
7	Social/impaired interaction.	Insufficient or excessive quantity, or ineffective quality, of social exchange.	Help clarify problem areas in interpersonal relationships	Encourage interaction with others who are successfully modifying behavior (e.g., participation in a support group or in child education). group).
8	Impaired memory .	Persistent inability to recall or retrieve parts of information, or Skills.	Tag items in the environment to promote recognition.	Encourage the family to participate in care based on capabilities, needs, and performance.
9	Death.	Susceptibility to life- threatening self- inflicted injury.	Management of the physical and psychological needs of the woman who passes by abortion spontaneous or elective.	Assist the family during the dying and grieving process, as appropriate.
10	Weigh.	A normal and complex process that includes emotional, physical, spiritual, social, and intellectual response and behavior, whereby individuals, families, and communities incorporate a real,	Encourage the identification of the biggest fears related to loss.	Listen to the manifestation of loss.



		anticipated, or		
		perceived loss into		
		their lives.		
11	E	daily lives.	Maintanana	T. 11 . 1
11	Family process.	Susceptibility to	Maintenance of	. Talk about
		disruption of the	Family Process:	existing social
		interactive	Definition, Minimization of the	support mechanism for
		process, between		
		parents or	effects of family	the family.
		significant other	process disruption.	. Help family
		and the child,		members use existing
		which promotes the development		support mechanisms.
		of a reciprocal		
		relationship of		
		protection and care.		
12	Breast milk	Pattern of offering	Monitor angorgament	Encourage the patient
12	production.	breast milk to an	Monitor engorgement and discomfort of the	to always wear a bra
	production.	infant or child	breasts.	that offers support
		who may be	bleasts.	until lactation is
		_		suspended.
13	Spiritual suffering.	improved. State of	Offer privacy and	Be open to individual
15	Spirituai surfering.	distress	quiet periods for	expressions of
		related to	spiritual pursuits.	concerns.
		impaired	spirituai pursuits.	concerns.
		ability to		
		Experience		
		meaning in life		
		through		
		connections		
		with oneself,		
		with others,		
		with the world,		
		and with a		
		Power majeure.		
14	Moral distress.	Response to the	Teach the art of	Admit when anger
	wordt distress.	inability to put	emotional release and	and resentment are
		ethical or moral	relaxation.	justified.
		decisions and/or		5
		actions into		
		practice		
		Chosen.		
15	Tension.	Susceptibility to	Remove objects from	Apply, when
		deliberate self-	the environment.	appropriate, gloves,
		injurious		splints, helmets, or
		behavior, causing		immobilizers to limit
		tissue damage,		mobility and the
		with the intent to		ability to initiate self-
		cause non-fatal		harm.
		injury to		
		get relief.		
16	Decision-making.	The process of	Take into account	Participate in
		choosing a health	available resources.	prioritizing patients
		care decision that		for treatment.
		does not include		
		personal		
		knowledge and/or		
		consideration of		
		social norms or		
		that does not		
		occur in a flexible		
		environment,		
		resulting in		



		1		
		dissatisfaction		
		with the patient's		
		health.		
		decision.		
17	Trauma.	Susceptibility to a	Case management.	Meeting for
		reduction in blood		evaluation of
		volume that may		multidisciplinary
		compromise the		care.
		health.		
18	Physical trauma.	Susceptibility to	Supervision of	Health Education.
		sudden onset to	employees.	
		severity physical		
		injury requiring		
		attention		
		immediate.		
19	Chronic sadness	Cyclical,	Promotion of family	Recreational
		recurrent, and	involvement.	Therapy.
		potentially		
		progressive		
		pattern of		
		widespread		
		sadness		
		experienced (by a		
		parent, caregiver,		
		or individual with		
		a chronic illness		
		or disability) in		
		response to		
		ongoing loss		
		along the		
		trajectory of an		
		illness or		
		deficiency.		
20	Sudden death	Susceptibility of an	Helping parents	Discuss available
		infant to	to solve their own	support groups as
		unpredictable death.	emotional distress	appropriate.
		r	in	
			relationship to	
			trauma.	
			u uumu.	

## **5 DISCUSSION**

## 5.1 NURSING CARE IN THE ABORTION PROCESS AND PROFESSIONAL TRAINING

Most of the findings reveal a deficit in the approach to abortion applied in the undergraduate courses of medical professionals and nurses<sup>25, 26, 27, 32, 34, 35, 36, 37, 39, 41, 42, 43, taught as a form of morbidity in the pregnancy-puerperal cycle<sup>34</sup> and not covering the comprehensive and humanized care that involves welcoming; the orientations; and the clarification of possible doubts in situations of fetal loss <sup>22,23,24,,25,27,</sup> in addition to the biopsychosocial and political aspects of the surroundings; which corroborate the literature when analyzing the lack of training and qualification of professionals to deal with women in situations of abortion<sup>54,55,56,</sup> not converging with the objective of professional training, which is to improve the sexual and reproductive health of their communities<sup>26,57</sup> and hindering adequate care for women in demand for this type of service<sup>58</sup>. This reflects negatively on the perception of these professionals in relation to the nursing conduct that should be provided to women in situations of</sup>



abortion, making the professional not technically and emotionally prepared to ensure care safety<sup>59</sup>. It is worth questioning the reasons why this topic is not deeply addressed in undergraduate courses, whether it is because it is a controversial and sensitive subject, fear of possible reprisals, discomfort, or lack of preparation even on the part of the professors who teach. Health professionals should be cautious according to the physical and emotional state of pregnant women<sup>60</sup>, because there are judgments and discriminations in the analysis of the professional's physical state, which affects the emotional state, and it is necessary to have human care and professionalism at this time, which is based on professional ethics, free from discrimination, violence, moral and religious beliefs, due to the social and intellectual values of each professional<sup>36,37,48</sup>. Carlos WL et al. <sup>61,</sup> points out the importance of ultrasonography in the threat of miscarriage, in the findings of Lima MRP et al.<sup>42,</sup> argues that the decision about abortion becomes more difficult after ultrasound, the later a pregnancy is interrupted, and the more likely it is that the process of signification on the images supports the idea that there was a person there. It is worth remembering that health professionals must also ensure confidentiality, as the legislation prevents them from performing acts that may harm women in critical condition<sup>62</sup>.

Both the results and the literature show that among the main complications involving illegal abortion are mortality and morbidity<sup>63,64,</sup> the presence of mental disorders during pregnancy and postpartum depression more frequent in women who induced an unsuccessful abortion<sup>65</sup>, the increase in complications can evolve to the death of pregnant women, increasing the need to start thinking critically, aiming at the demand for public policies that support these efforts and are important strategies to reduce the demand for sequelae due to the consequences of abortion.<sup>30,33</sup>

## 5.2 ETHICAL POSITIONS AND PUBLIC POLICIES

It is important to emphasize that the Code of Ethics in Nursing, in its article 23, states that nursing has the following duty: To provide nursing care without discrimination of nature. As a result, nurses should not exercise judgment, but rather provide the necessary care to restore women's health in this situation<sup>37,66</sup> and when analyzing the results<sup>30, 31, 36, 39, 41, 47</sup>. it is observed that despite the free and easy access to the COREN Code of Ethics, many nurses fail to comply with it when they put their personal opinions ahead of the quality of care. It is noted that the interventions end up being the result of the social and intellectual values of each professional<sup>36</sup>, because many professionals do not feel comfortable with abortion<sup>67</sup> since it involves many ethical, cultural and religious questions<sup>34</sup>, thus evidencing the need for professional qualification and continuous education for the practice of ethical performance with quality, in addition to training to offer humanized care to women during the abortion or post-abortion process<sup>26</sup>. For Santos et al. (2021)<sup>48</sup>, concerned professionals, especially when it comes to complex situations, should break paradigms such as ethical and/or religious prejudice, adopt an ethical posture of respect and values, and provide quality care at all times. Therefore, it is very



important that the nursing team practices its practice with multifaceted competence with respect, offering qualified and active listening and adequate humanized welcoming<sup>68</sup>.

Another fact observed in the results is the historical milestone in the fight against sexual violence and for the legal interruption of pregnancy in the cases provided for by law, allowing the legalization of abortion provided for by law in some situations <sup>39,69</sup>. Article 128 of the Penal Code<sup>70</sup> defines that voluntary abortion will not be punishable in cases of: risk to the life of the pregnant woman or in which the pregnancy is the result of rape, and in the event of a diagnosis of anencephaly of the fetus, while voluntary abortion can generate the penalty of one to three years of imprisonment. under the terms of article 124 of the Penal Code, however, the criminalization of women who have had abortions is consistent with what has been presented by <sup>42</sup> on the efficacy of moral punishment beyond the scope of legal punishment, making it difficult to determine the exact number of women who have interrupted their pregnancies<sup>36</sup>.

In 2016, public debates on abortion were held by several parties, including the 2016 National Abortion Survey (PNA 2016), which aims to expand access to the procedure, especially for vulnerable and vulnerable women43. Clandestine abortion was widespread in the country, reflecting the great distance between legality and the performance of women who choose abortion<sup>48</sup>, the study by Torres (2013)<sup>71</sup> highlights that in these services there is a lack of humanization and treatment of these pregnant women, a reality that causes even more suffering than the procedure itself. It is necessary that information on family planning policies be transmitted to these women to ensure the quality of care provided during abortion, contraceptive guidance to young people<sup>47</sup>, as it is essential to understand the importance of good follow-up, with the guarantee of capacity and continuous evaluation. Because the lack of knowledge of professionals who depend on legislation and public policies will effectively create barriers and reduce the quality of care.

# 5.3 NURSING DIAGNOSES AND WOMEN'S EXPERIENCES IN THE PROCESS OF ABORTION

In the results of this review, when using the descriptors, it was possible to identify the nursing diagnoses most commonly used in rooming-in, including ineffective breastfeeding, risk of infection, risk of imbalance in body temperature, impaired comfort, in addition to others related to mental health, such as anxiety and fear<sup>51,52, 53, 64</sup>. However, one diagnosis that stood out was "interrupted family processes", it can be inferred that during the abortion process, the woman, due to shame, fear, insecurity, etc., tries to hide the pregnancy and consequently the interruption of the pregnancy from close people, which can cause arguments and fights over certain behaviors and distance her in this moment of vulnerability. Therefore, it is noted that humanized care for women seeking abortion should occur in Brazilian maternity hospitals, where health professionals should welcome women with



physical/emotional support so that they feel safe about the care received and that they respect their choices regarding the abortion process. Neither condemning nor discriminating against her for her actions<sup>27, 49</sup>.

During the analysis, it was observed that although there has been a contrary movement regarding beliefs involving motherhood in recent decades<sup>44, 45, 46, 64</sup>, induced abortion resulting from unplanned pregnancy may occur by personal decision, by friends, family and/or partner; This experience also includes women's responsibility for contraception and for the occurrence of pregnancy and vulnerabilities, making it necessary to provide professional health care and adopt a political position for the decriminalization of abortion<sup>45,46</sup>. The outcome may not be favorable, involving length of hospital stay and excessive exposure to medication<sup>72</sup>. According to Silva LCM and Simião LKR 2021<sup>73</sup>, if there were the decriminalization of abortion, accompanied by specific legalization, the number of maternal deaths and their complications would be significantly reduced, resulting in the right to care in a fair and dignified way, without putting their health at risk. Hence the need for better qualification of family planning, prenatal care, and childbirth and postpartum care in the municipality<sup>74</sup>.

#### **6 FINAL THOUGHTS**

From this work, it is possible to perceive all the complications that involve the theme of abortion and the situation of abortion, which involves, from a lack of preparation of professionals that arises at the moment of academic training of health professionals, continues during the practical performance of these professionals, who do not promote safe abortion care, Since, their view is surrounded by precepts and moral values of their own principles than shaped by professional ethics according to the Code of Ethics, making the problem even more worrisome due to the lack of organization, dissemination and permanent education on the subject by health managers, which directly influences the lack of interest for the development of public policies on the subject that ensures a vision holistic and competent and humanized care for women who have had an abortion by the entire multidisciplinary team.

Since the nursing team represents the main workforce in health services, it is of fundamental importance to appropriate and develop critical thinking and diagnostic reasoning, since few nursing diagnoses were found during the search and analysis, it is essential that the team can welcome this group that is in a situation of vulnerability through the organization of teamwork. sensitization of the team to the adequacy of care involving educational and assistance activities in order to promote the self-care of these women.



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