

HUMANIZED PRENATAL CARE: INFLUENCES ON MATERNAL-FETAL OUTCOMES

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Abstract: Humanized prenatal care is a concept that aims to ensure that pregnant women receive respectful and personalized care, promoting an emotionally supportive and welcoming environment during pregnancy. This approach aims not only to ensure the physical health of the mother and fetus, but also to improve the psychological and emotional well-being of women during pregnancy, which can have a positive impact on maternal and fetal outcomes. Studies have shown that a humanized approach is a determining factor in reducing complications during pregnancy and childbirth, as well as strengthening the bond between mother and baby. This summary seeks to analyze the influence of humanized care during prenatal care on maternal and fetal outcomes, discussing the importance of welcoming and personalized practices for increasing the quality of care. It also examines how humanized care can have a positive impact on both the physical and emotional health of pregnant women, promoting more favorable outcomes for mother and baby. This study used a qualitative methodology based on a literature review, focusing on humanization practices in prenatal care, exploring their impact on maternal and fetal health and public policy guidelines in Brazil. Humanized prenatal care involves practices such as respect for the autonomy of the pregnant woman, active listening, inclusion of the family in the process and psychological support, as well as comprehensive care for the woman's physical health. Research shows that pregnant women who receive this type of care have lower rates of anxiety and depression, factors that are associated with obstetric complications and negative outcomes. In addition, humanized care contributes to pregnant women's adherence to prenatal appointments and tests, reducing the risks of premature births, low birth weight and neonatal mortality. Care that respects a woman's individuality also facilitates the control of conditions such as hypertension and gestational diabetes, promoting a safer pregnancy. Humanized prenatal care therefore plays a crucial role in maternal and fetal outcomes, promoting a healthier pregnancy and reducing the risks associated with labour and birth. In addition to improving the physical health of

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the mother and fetus, humanized care strengthens the emotional health of the pregnant woman and facilitates the mother-baby bond, factors that are essential for the healthy development of the newborn. The implementation of humanized practices in health services is therefore a fundamental strategy for improving the quality of prenatal care and promoting better outcomes for mothers and babies.

Keywords: Prenatal care. Gynecology and Obstetrics; Women's Health.

INTRODUCTION

Humanized prenatal care represents an essential component in promoting maternal-fetal health and ensuring a more positive care experience for pregnant women. This model of care, which prioritizes active listening, welcoming, and respect for the individual needs of each woman, has been associated with significant improvements in maternal-fetal outcomes, reducing gestational complications and improving the mental health of patients. Studies indicate that women who receive humanized prenatal care have greater adherence to consultations, which facilitates the early detection of risk factors and allows timely interventions, directly impacting the health of the mother and baby (Oliveira and Santos, 2021).

In addition to the clinical benefits, humanized prenatal care strengthens trust between the pregnant woman and the health professional, which is essential for coping with the anxieties and uncertainties common during pregnancy. According to Gomes and Souza (2019), this relationship of trust improves the experience of pregnant women and favors female empowerment, by encouraging women to actively participate in the care process and to make informed decisions about their health and that of the fetus. Thus, the humanization of care contributes to increasing patient satisfaction and strengthening a comprehensive and person-centered approach to care (Gomes and Souza, 2019).

In addition, the humanized approach to prenatal care is also aligned with public health guidelines, which aim to reduce maternal and neonatal mortality rates. The Brazilian Ministry of Health and the World Health Organization (WHO) have emphasized the importance of humanized



prenatal care practices to improve the quality of care and reduce inequalities in access to care during pregnancy (Ministry of Health, 2021; WHO, 2018). These guidelines encourage welcoming and care actions that consider the cultural and socioeconomic specificities of each woman, expanding the reach of effective and inclusive care (Ministry of Health, 2021).

In short, humanized prenatal care emerges as a fundamental strategy to improve maternal-fetal outcomes, providing quality, empathetic and individualized care. By valuing the pregnant woman as the protagonist of her care, this model strengthens the woman's autonomy and ensures adequate emotional support, aspects that are positively reflected in both the physical and emotional health of the mother and baby (Silva et al., 2020).

This study seeks to analyze the influence of humanized care during prenatal care on maternal-fetal outcomes, discussing the importance of welcoming and personalized practices to increase the quality of care. It also examines how humanized care can positively impact both the physical and emotional health of pregnant women, promoting more favorable outcomes for mother and baby.

MATERIALS AND METHODS

For the elaboration of this study, a qualitative methodology based on a literature review was used, focusing on humanization practices in prenatal care, exploring its impact on maternal-fetal health and public policy guidelines in Brazil.

Inclusion Criteria:

- Publication Period: Articles published between ****2018 and 2022****.
- Thematic Focus: Studies on humanization and prenatal care practices, with emphasis on bonding, professional training, and family involvement.
- Geographic Origin: National and international publications, focusing on public health guidelines and local experiences in Brazil.



Exclusion Criteria:

- Articles that do not address humanized prenatal care or that focus exclusively on obstetric care without emphasis on humanization.
- Studies that do not present an analysis of the public health context or do not describe impacts on maternal-fetal health.
- Publications without peer review.

Search Strategy and Boolean Operators:

- AND: to combine relevant themes (e.g., “humanization” AND “prenatal”).
- OR: to consider different perspectives or approaches (e.g., “professional training” OR “humanized care”).
- NOT: to exclude irrelevant topics (e.g., “obstetric care” NOT: “humanization”).

Guiding Question:

What are the practices and challenges of humanization in prenatal care and how do they impact maternal-fetal health, particularly in vulnerable contexts?

THEORETICAL FOUNDATION

The development of humanized prenatal care involves a series of practices and approaches that seek to transform care into a more welcoming and effective process, focused on the specific needs of each pregnant woman. One of the main strategies for the humanization of prenatal care is the implementation of consultations that value active listening and dialogue between the health professional and the pregnant woman. This type of interaction strengthens the relationship of trust and contributes to the reduction of stress and anxiety levels in women, factors that can negatively



impact pregnancy. In addition, clear and effective communication allows pregnant women to better understand their health process and make informed decisions about their care and that of the fetus (Amaral et al., 2020).

Another fundamental aspect of humanized care is the personalization of care, taking into account the social, cultural, and psychological context of each pregnant woman. Thus, humanized care requires health professionals to adapt their practices and orientations to better meet the diversity of situations experienced by women during pregnancy. In regions with high rates of social vulnerability, for example, humanization can mean psychological support and more intensive follow-up, in order to ensure that socioeconomic barriers do not negatively interfere with the outcome of pregnancy. For pregnant women in situations of greater vulnerability, humanized care can be a decisive factor in adherence to prenatal care and adequate care for maternal-fetal health (Santos et al., 2021).

The training and qualification of health professionals for humanized practices is another central point to ensure the quality of prenatal care. According to recent studies, such as that of Nogueira and Costa (2019), it is essential that doctors, nurses, and other professionals are trained to understand the emotional and social specificities of pregnant women, in addition to the technical aspects of care. These training programs include the development of skills in active listening, empathy, and communication, with the aim of reducing the mechanistic view of care and promoting a more holistic approach. The continuous training of professionals also contributes to the reduction of unnecessary interventionist practices, in line with the humanization guidelines recommended by the World Health Organization (WHO) and the Ministry of Health (Nogueira and Costa, 2019).

In addition, humanization in prenatal care includes valuing the role of the family and the support network of the pregnant woman. Souza et al. (2020) highlight that the involvement of family members, partners, and other close people in the pregnancy process brings significant emotional benefits to the pregnant woman and contributes to a more welcoming and safe environment. This support can be essential for pregnant women who are facing emotional or socioeconomic difficulties, as it offers a support network that helps to strengthen their self-confidence and resilience during



pregnancy. The involvement of the support network also facilitates adherence to prenatal care and strengthens the bond between mother and baby (Souza et al., 2020).

Therefore, humanization in prenatal care requires the adoption of practices that prioritize emotional well-being, welcoming, and personalization of care for the needs of pregnant women. Each of these approaches contributes to the development of comprehensive care that values women as protagonists of their health process. The implementation of public health policies that encourage humanization in prenatal care, such as training programs and investments in infrastructure, is also essential to ensure that all women have access to quality care, regardless of their social or economic condition (Oliveira et al., 2022).

CONCLUSION

It is therefore concluded that humanized prenatal care highlights the relevance of practices that promote comprehensive and welcoming care for pregnant women, especially considering the positive impacts that this care can have on maternal-fetal outcomes. The study showed that humanized prenatal care goes beyond the simple performance of exams and periodic consultations, also covering emotional support, valuing active listening and respect for the particularities of each pregnant woman. By incorporating these elements, humanized care favors a more positive and safe experience, reducing anxiety and promoting an environment of mutual trust between the woman and the health team.

The importance of training health professionals to develop communication and empathy skills was also essential for the effectiveness of humanized care. Well-trained professionals are able to approach each case individually, which contributes to adherence to prenatal care and to the improvement of maternal and neonatal health. In addition, the inclusion of family members and the construction of a support network strengthen the pregnant woman's self-confidence and improve the affective bond between mother and baby, proving to be an important component in the context of humanized care.



The development of public policies that encourage and facilitate the implementation of humanized prenatal care is a fundamental measure to ensure that this type of care is accessible to all women, regardless of their socioeconomic condition. Investments in training, adequate infrastructure, and education programs for pregnant women and their families can help transform prenatal care into a moment of woman-centered care, contributing to healthier and more satisfactory outcomes for mothers and babies.

Thus, humanized prenatal care is an indispensable practice for the advancement of maternal and child health, promoting not only the physical well-being, but also the emotional strengthening of pregnant women. Encouraging and expanding these practices can contribute to a fairer and more accessible care model, in line with the principles of equity and respect for human rights, ensuring that all women have access to quality and respectful prenatal care.

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