

# Summary

FONSECA, L.M.M. Care to preterm infants: an educational guide for maternal advice. Ribeirão Preto, 2002. 151p. Thesis (Master's) University of São Paulo at Ribeirão Preto College of Nursing.

During care to premature infants and their families, neonatal units lack educational material for maternal advice concerning the care to be given to the child at home after hospital discharge. A literature review concerning the impact on the family of a preterm birth and of the infant's hospitalization in a Neonatal Intensive Care Unit shows that not only the child, but also its family have special needs. Therefore, it is important to elaborate strategies and instruments in order to meet the new needs arising in the work directed to such families, thus integrating the child to the family and gradually including the mother in the child's care through a maternal training and preparation plan for hospital discharge. This plan should include health education activities which will favor and stimulate clients' participation, knowledge exchange and the development of a critical awareness that can provide the necessary instruments for responsible, creative and productive participation. Therefore, this work aims at developing educational and instructional material in order to train mothers for their preterm infants' discharge from hospital using a participative methodology. Two nurses, 2 nursing auxiliaries and 4 mothers of preterm babies participated in the study. The babies were hospitalized in the Intermediate Care Unit of a university hospital in the City of Ribeirão Preto-SP, Brazil. Through discussions panels, the participants expressed that educational materials could direct guidance and help mothers to memorize the contents to be learned. They indicated the subjects of interest for the teaching-learning process, which were grouped in the categories: daily care, feeding, hygiene, special care and family relationship; these subjects were linked to daily practices and simplified care delivery. Following, the participants decided to produce an educational guide in the form of a textbook illustrated with figures which could be taken home. Such educational and instructional material was produced by the researcher based on the literature, her professional experience as well as on the technical and scientific assistance from other professionals. The final version of the guide has been validated by the participants and now constitutes a creative instrument that can be used to help with health education activities directed to the clients who wish to participatively use it.

**Key words:** Nursing Care; Health Education; Educational and Instructional Material; Preterm Infants.