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FEELING OF REFUSAL OF A PREGNANT IN FACE OF A GESTACIONAL LOSS: EXPERIENCE REPORT

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ABSTRACT

Introduction: The Project of Interdisciplinary Actions in Maternal and Child Health proposes actions directed to the health of the mother-baby binomial, accompanying from the prenatal to the infantile development, from an interdisciplinary perspective, involving Nursing, Psychology and Social Assistance courses of Federal University of Alagoas, Campus Arapiraca. Situations of gestational loss are often accompanied in the design practices. When considering the aspects of attachment and affection already present in the mother by the child, fetal or neonatal death brings to the surface the suffering expected before the death of a loved one, mourning being a natural process of passing through loss. Considering the stages of mourning pointed out by Elizabeth Kubler-Ross, one of our experiences observed the phase of negation of a mother during the situation of gestational loss. **Objective:** This study aims to report the performance and importance of the interdisciplinary team in the face of gestational loss. **Methodology:** Descriptive study of the type of experience report based on the experience of students of Nursing and Psychology, Federal University of Alagoas. The experience in question happened in September of 2018, in a maternity hospital in the city of Arapiraca-Alagoas. **Results:** During a prepartum visit, we were confronted with a young woman at the 33rd gestational week who had received the news that her baby during the second trimester of pregnancy diagnosed with microcephaly was anencephalic and had almost no beating auscultation. The pregnant woman was 3 centimeters dilated and was informed of the remote possibilities of her son surviving. Faced with the news that her son's chances of being born dead were high, she presented herself by caressing her belly and resistance to dialogue, by confining herself to reporting that her pregnancy was high risk. The elusive behavior evidenced the anticipation of mourning. The members of this project, being from the areas of psychology and nursing, offered guidance and attention on health care. It was also favored a space conducive to contact with reality and its acceptance in a gradual way, producing resources to advance the phase of denial. **Conclusion:** Denial, the natural phase of the grieving process, arises because of the absence of psychological conditions to face reality. Thus, it is evident the need for the hospital staff to know how to deal with and respect the pain and momentum of the patient, as well as to consider that the mother who suffers from gestational loss will also need guidance and care of the puerperal period, even in the absence of the baby. The adequate reception in the hospital environment favors coping with the situation of gestational loss and minimizes the risks of complicated mourning.

Keywords: Pregnancy, Bereavement, Denial, Nursing, Psychology

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