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Importance of Nursing in the Implementation of Comprehensive Care Protocols for Pregnant Women with Pre-Eclampsia: Strategies and Challenges

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SUMMARY
Introduction: The article investigates the importance of nursing in the implementation of comprehensive care protocols for pregnant women with pre-eclampsia, highlighting the strategies adopted and the challenges faced by professionals.**Objective:**Analyze the importance of nursing in the implementation of comprehensive care protocols for pregnant women with pre-eclampsia, highlighting the strategies used and the challenges faced. **Methodology:**This study was developed based on a bibliographic review of scientific literature and national and international guidelines on the management of preeclampsia, as well as on practical case studies and reports from health units. The research was carried out in the PubMed, Scielo and Google Scholar databases, using the following descriptors: “preeclampsia”, “comprehensive care”, “nursing”, “pregnant women” and “health protocols”, where as inclusion criteria for the articles selected for data collection, we have the delimitation of the period from 2014 to 2024, which was in accordance with the present study. Data collection was carried out from July to October 2024, on the other hand, productions that were not related or did not correspond to the theme were excluded.**Results:**Evidence suggests that there are significant challenges in clinical practice, such as scarcity of resources and the need for ongoing training, which hinder the effective implementation of care. In addition, it was also observed that the pregnant woman's own lack of knowledge about her condition, poor appreciation of the work of health professionals and operational challenges faced by nursing are obstacles that directly impact the quality of care and patient satisfaction.**Conclusion:**The adoption of comprehensive protocols improves clinical results and better meets the needs of pregnant women, highlighting the relevance of nursing in promoting maternal-fetal health and well-being.

Keywords: Nursing; Pre-eclampsia; Care protocols; Health education; Multidisciplinary teams.

ABSTRACT
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Keywords:nursing; Preeclampsia; Care protocols; Health education; Multidisciplinary teams.

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1. INTRODUCTION

Preeclampsia (PE) is responsible for a high rate of complications and maternal mortality and perinatal, especially when it develops early, affecting 2% to 5% of pregnant women. Worldwide, around 76,000 women and 500,000 babies die each year due to this condition.In this scenario, nursing stands out as an essential component in the implementation of comprehensive care protocols, which aim not only at treating pre-eclampsia, but also at promoting the health and well-being of pregnant women.(MOURA, et al, 2022).

In thisperspective, the nurse occupies a crucial position on the front line of obstetric emergency care. Therefore, it is essential that the care they provide is based on solid and up-to-date scientific evidence. Carrying out a thorough anamnesis, performing a detailed physical examination and constantly monitoring blood pressure levels are examples of essential care initially provided to pregnant women, contributing to the early detection of pre-eclampsia cases (ROSANE et al, 2019, p.4).

Comprehensive care protocols are guidelines that guide the actions of health professionals regarding the management of preeclampsia. These protocols should be based on scientific evidence and adapted to the local context. The Brazilian Ministry of Health emphasizes that the “Lines of Care” should focus on the patient's needs and ensure a continuous flow of care. In this sense, the nurse must be trained to implement these protocols, monitoring the vital signs of pregnant women and identifying any changes that may indicate the worsening of the condition (BRASIL, 2022).

However, the effective implementation of these protocols faces several challenges. The lack of adequate human resources and the need for ongoing training of professionals are significant barriers. In addition, resistance to change on the part of some professionals can hinder the full adoption of the new guidelines. To overcome the challenges in implementing the protocols, it is crucial to adopt strategies that promote the ongoing education of professionals. Training in areas such as effective communication and emotional management can significantly improve the quality of care provided. In addition, strengthening teamwork is essential (SOUZA SM, et al, 2017).

Another important strategy is the active involvement of pregnant women in the care process. Health education should be a priority, allowing women to understand their condition and actively participate in decisions about their treatment. This not only improves adherence to treatment but also empowers pregnant women, increasing their confidence in the skills of health professionals (PIO; OLIVEI-RA, 2014).

Given this context, the general objective of this study is to analyze the importance of nursing in the implementation of comprehensive care protocols for pregnant women with preeclampsia, highlighting the strategies used and the challenges faced. To this end, the following specific objectives are proposed: to identify the role of nurses in the management of preeclampsia; to evaluate existing protocols; to investigate the challenges faced by professionals; to propose strategies to overcome these challenges; and to promote health education as an essential tool to empower pregnant women.

By addressing these objectives, we hope to contribute to a better understanding of the role of nursing in maternal and child health and promote practices that ensure more effective and humanized care for pregnant women with pre-eclampsia.

THEORETICAL FRAMEWORK

1.1. Concept and Epidemiology of Preeclampsia

Preeclampsia is a gestational condition that represents one of the main challenges in maternal and child health, characterized by high blood pressure and, frequently, the presence of proteinuria after the 20th week of gestation. This syndrome not only affects the mother's health, but can also compromise fetal development, leading to serious complications, such as maternal and fetal death (NIRUPAMA, R. et al, 2021).

Although the etiology of PE remains unknown, the most widely accepted theory today is that its pathophysiology is multifactorial, involving immunological, genetic and placental factors. The pathophysiology of the disease involves a reduction in blood flow to the placenta, resulting in changes in endothelial function. This, in turn, triggers an inflammatory response and leads to a decrease in

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prostaglandins, while increasing thromboxane activity (KAHHALE; FRANCISCO; ZUGAIB, 2018).

The following are considered risk factors for triggering pre-eclampsia: pregnancy resulting from assisted reproduction, autoimmune diseases, history of pre-eclampsia accompanied by unfavorable outcomes (PERAÇOLI JC, 2023). In addition, other factors, such as the quality of care, diabetes, kidney disease, obesity, multiple pregnancy, primiparity, age over 30 years, personal or family history of pre-eclampsia and/or chronic arterial hypertension and black race also increase the risk of developing pre-eclampsia (CAVALCANTI, 2019).

The impact of preeclampsia on maternal and fetal health is substantial. Maternal complications may include eclampsia, which is characterized by seizures, HELLP syndrome (hemolysis, elevated liver enzymes, and low platelet counts), and even maternal death. For the fetus, risks include intrauterine growth restriction and prematurity, resulting in increased neonatal morbidities (SIBAI, 2014).

As demonstrated in the**Table 1**The global incidence of preeclampsia ranges from 5% to 8% of pregnancies, but this rate can be significantly higher in populations with high risk factors. In Brazil, studies indicate that the prevalence can reach up to 10% in some regions, reflecting inequalities in access to prenatal care and in the quality of obstetric care. The World Health Organization (WHO) considers preeclampsia to be one of the main causes of maternal mortality worldwide,

highlighting the urgent need for effective interventions for its prevention and management.

Table 1. Summary of crucial information about preeclampsia

Aspect	Description
Definition	Gestational condition characterized by high blood pressure and, frequently, proteinuria after the 20th week of gestation.
	- Diabetes mellitus
	- Chronic arterial hypertension
	- Obesity
Risk Factors	- Family history
	- Autoimmune diseases (e.g. lupus)
	- Multiple pregnancies
	- Advanced maternal age
	- First pregnancy
	- Eclampsia (seizures)
Impact on Maternal Health	- HELLP syndrome (hemolysis, elevated liver enzymes and low platelet count)
	- Maternal death
	- Intrauterine growth restriction
Impact on Fetal Health	- Prematurity
	- Increase in neonatal morbidities
Global Incidence	It varies between 5% and 8% of pregnancies; it may be higher in populations with high risk factors.
National Incidence (Brazil)	The prevalencecan reach up to 10% in some regions, reflecting inequalities in access to prenatal care.

Source: Adapted from SOGIRGS, 2016.

In short,thePreeclampsia is a complex condition that requires a multidisciplinary approach for its effective management. Early identification of risk factors and continuous monitoring are essential to improve maternal and fetal outcomes. Therefore, it is essential that public policies prioritize health education for pregnant women and the strengthening of maternal and child health care services.

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Comprehensive care must be a priority on political agendas to ensure that all women have access to the support they need during this critical phase of life(SOGIRDS, 2016).

1.2. IMPORTANCE OF NURSING IN THE MANAGEMENT OF PRE-ECLAMPSIA

Nursing plays a crucial role in the management of preeclampsia, being responsible for the early identification of signs and symptoms, continuous monitoring and implementation of appropriate interventions. Nurses are often the first professionals to have contact with pregnant women, which gives them a privileged position to detect changes that may indicate the development of preeclampsia (S ANTANAet al., 2019).

The implementation of comprehensive care protocols is essential to ensure systematic and effective care for pregnant women with pre-eclampsia. The protocols developed byFebrasgoemphasize the importance of seizure prophylaxis in patients with signs of severity, demonstrating that “the use of magnesium sulfate can reduce maternal mortality by up to 45%”. This evidence reinforces the need for appropriate management based on established guidelines (FEBRASGO, 2023).

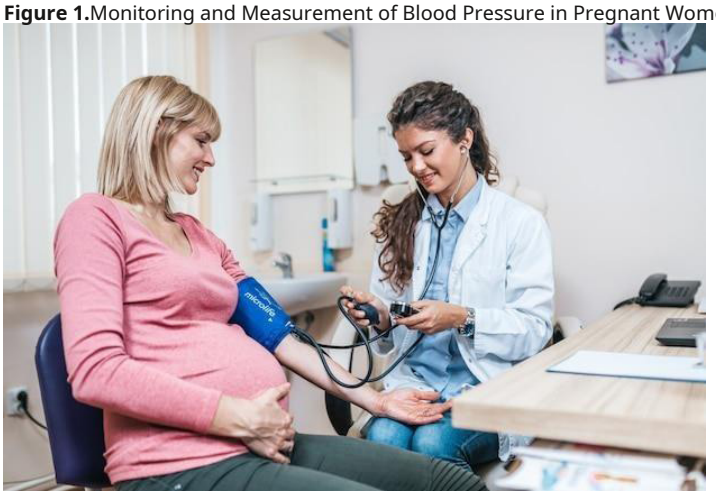
Another important aspect in the management of preeclampsia is the active involvement of pregnant women in the care process. Health education should be a priority, allowing women to understand their condition and actively participate in decisions about their treatment. This not only improves adherence to treatment but also empowers pregnant women, increasing their confidence in the skills of health professionals. Promoting a welcoming and respectful environment in health units can significantly contribute to the well-being of pregnant women. The emotional support offered by nurses can help reduce anxiety and stress associated with the condition, thus improving the overall experience of care (PIO; OLIVEIRA, 2014).

The emotional support provided by nurses can help reduce anxiety and stress associated with the condition, thus improving the overall care experience. Thus, the importance of nursing in the management of preeclampsia is indisputable. Therefore, it is essential that public policies recognize the value of nursing as a vital profession in the health system, ensuring that nurses have access to adequate training and the resources necessary to perform their functions effectively. Comprehensive health care for pregnant women should be a priority in political and healthcare agendas, ensuring that all women have access to the necessary support during this critical phase of life (OLIVEI-RA et al., 2020).

1.3. CONTINUOUS MONITORING AND EVALUATION OF VITAL SIGNS

As described in the MSD Manuals, continuous monitoring and assessment of vital signs are essential in the management of preeclampsia, a gestational condition that can lead to serious complications for both the mother and the fetus. Close monitoring allows early detection of signs of worsening, allowing for appropriate and timely interventions. Monitoring practices include assessment of blood pressure, proteinuria, edema, and other clinical signs that may indicate severe preeclampsia.

Figure 1. Monitoring and Measurement of Blood Pressure in Pregnant Women.



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Source: Freepik, 2024.

Blood pressure is one of the main parameters to be monitored. The definition of preeclampsia includes arterial hypertension, characterized by a systolic blood pressure equal to or greater than 140 mmHg and/or diastolic blood pressure equal to or greater than 90 mmHg in at least two measurements performed four hours apart. In addition, proteinuria is another important marker, being considered when there is urinary protein excretion greater than 300 mg in 24 hours or a urinary protein/creatinine ratio greater than or equal to 0.3 (Dulay et al., 2020). Edema should also be evaluated, as it may indicate fluid retention and worsening of the condition. Signs such as severe headache, visual disturbances (such as scotomas) and epigastric pain are indicative of possible progression to eclampsia and should be monitored closely (SANARMED, 2020).

To perform this ongoing assessment, nurses use a variety of tools and methods. Blood pressure is measured regularly, especially in hospitalized patients, where measurements may occur several times a day. Platelet counts, serum creatinine, and liver enzymes are also monitored to assess target organ involvement (MSD Manuals, 2021). In addition, laboratory tests are performed tothe check for changes that may indicate worsening preeclampsia. Cardiotocography can be used to assess fetal cardiac status, while uterine artery Doppler velocimetry can help in the early detection of abnormalities in placental perfusion (SOGIRGS, 2021).

The use of magnesium sulfate is a common practice to prevent seizures in patients with pre-existing - severe eclampsia. However, its administration must be carefully monitored due to potential side effects (DULAY et al., 2020).

1.4. EDUCATION OF PREGNANT WOMEN AND HEALTH PROMOTION

Educating pregnant women and promoting health are essential in the prevention and management of preeclampsia, a condition that can have serious consequences for maternal and fetal health. Raising awareness of warning signs, such as hypertension, proteinuria, and edema, is vital for early detection of the disease. “Adequate information about preeclampsia can empower pregnant women, improving adherence to treatment and reducing anxiety” (PERAÇOLI, et al., 2018).

Effective communication strategies, including the use of information and communication technologies (ICTs), are essential to empower pregnant women. Paula et al. (2020) highlight that “the use of ICTs stimulates women’s autonomy during the birth process”. In addition, discussion groups and support groups allow pregnant women to share experiences and clarify doubts, increasing their confidence (MELO et al., 2019).

Figure 2. Principles of the Maternal and Child Care Line.



Source: Women's Health Care Division - DVASM/DAV/SESA (2021).

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Nursing professionals play a crucial role in providing guidance on preventive care, providing information on healthy habits and the importance of regular prenatal care. In this sense, it is necessary for these professionals to be trained to provide this information precisely.to pregnant women. (RAMOS et al., 2017).

Therefore, education about the warning signs of preeclampsia is vital to improve maternal and neonatal outcomes. Public policies should prioritize educational initiatives to ensure that all pregnant women have access to information and support during pregnancy.

1.5. CHALLENGES IN CARE FOR PREGNANT WOMEN WITH PRE-ECLAMPSIA

The care of pregnant women with preeclampsia faces several challenges that can impact maternal and fetal health. These challenges include resource limitations and work overload, difficulties in adhering to health protocols in areas with poor infrastructure, and the need for ongoing training and development of health professionals (REIS, et al., 2019).

Resource constraints in healthcare facilities, especially in rural or less developed areas, make it difficult to adequately monitor pregnant women with preeclampsia. The lack of adequate equipment for measuring blood pressure and performing laboratory tests can lead to late or inaccurate diagnoses. In addition, the workload of healthcare professionals compromises the quality of care. According to Duley et al. (2020), “insufficient human and material resources are a significant obstacle to the effective management of preeclampsia”. This results in increased stress among professionals, who often have to deal with a large number of patients in adverse conditions.

Adherence to health protocols is essential for the proper management of preeclampsia, but in areas with poor infrastructure, adherence can be challenging. Shortages of essential medications, such as antihypertensives and magnesium sulfate, can prevent pregnant women from receiving necessary treatment. In addition, lack of adequate transportation for regular appointments and tests can lead to interruption of prenatal care. Effective implementation of protocols requires not only clear guidelines but also a health system that supports their implementation (SANARMED, 2020).

1.6. MULTIDISCIPLINARY COLLABORATION IN INTEGRAL CARE

Multidisciplinary collaboration in the comprehensive care of pregnant women with preeclampsia is vital to ensure effective and comprehensive care. Communication between nurses, physicians, and other health care professionals plays a crucial role in formulating care plans that meet the complex needs of these patients. Effective communication among members of the multidisciplinary team is critical to the successful management of preeclampsia.-eclampsia. The continuous exchange of information allows all professionals involved to be aware of the patient's clinical status, facilitating rapid adjustments to the treatment plan (KETHELY, et al., 2024).

Furthermore, Nunes et al. (2020) state that interdisciplinary collaboration promotes a more holistic approach, considering not only the physical aspects of the disease but also the psychological and social needs of the patient. The literature suggests that “cohesive teamwork improves communication between different levels of health professionals, limiting adverse events and improving outcomes”. This integrated approach is especially important in complex situations such as preeclampsia, where multiple factors can influence the condition of the pregnant woman.

The benefits of the collaborative approach are evident in the improvement of clinical outcomes. The presence of a multidisciplinary team allows for more coordinated care, avoiding unnecessary repetitions. necessary exams and reducing errors. According to a study conducted by Apolo (2020), “collaboration between different specialties results in a more complete and personalized care plan, which takes into account the uniqueness of each patient”. This not only enhances clinical results, but also promotes greater satisfaction on the part of pregnant women and their families.

The multidisciplinary team can provide emotional support through professionals such as psychologists and social workers, helping pregnant women deal with the emotional challenges that often accompany conditions such as preeclampsia. In addition, these activities encourage reflection on maternal and child care, allowing participants to identify with each other. This recognition

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strengthens dialogue and provides greater comfort, reducing the feeling of loneliness and favoring the development of parenting(RIBEIRO JP, et al., 2020).

2. MATERIALS AND METHODS

This study was developed based on a bibliographic review of scientific literature and national and international guidelines on the management of preeclampsia, as well as on practical case studies and reports from health units. Articles published in the last ten years were used, seeking to comprehensively address the role of nursing in the implementation of comprehensive care protocols.

The research was carried out in the PubMed, Scielo and Google Scholar databases, using the following descriptors: “pre-eclampsia”, “comprehensive care”, “nursing”, “pregnant women” and “health protocols”, where as inclusion criteria for the articles selected for data collection, we have the delimitation of the period from 2014 to 2024, which was in accordance with the present study.The selection of materials took into account articles in Portuguese, English and Spanish that addressed the role of nursing in the management of high-risk pregnancies, particularly with preeclampsia. In addition, case studies in hospitals and health centers that implemented specific care protocols for preeclampsia were analyzed.is-eclampsia, with the aim of verifying the practices adopted, the challenges faced and the results obtained.

3. RESULTS AND DISCUSSIONS

3.1. The Effectiveness of Nursing in Early Identification of Pre-Eclampsia

It is of great importance to create an individualized intervention plan. The nursing process is an example of a strategy that includes interventions aimed at pregnancy complications. It must be effective and aim at adequate results in different dimensions, allowing differentiated and humanized care for high-risk pregnant women. Although assistance to high-risk pregnant women is at a holistic level for this woman/couple, protocols are of paramount importance. However, this nursing care requires training, skill, and efficiency to manage emergency or potentially complicated situations during the pregnancy-puerperal period (ESPIGARES, et al., 2024).

According to Alves (2022), pre-eclampsia is characterized by high blood pressure and, often, proteinuria after the 20th week of gestation, and is one of the main causes of maternal morbidity and mortality. Early identification is essential, as it allows interventions that can save lives; in this context, regular blood pressure measurement and assessment of clinical signs are essential.

Furthermore, studies such as those by Dulay (2023) indicate that blood pressure should be monitored closely, especially in women with risk factors such as chronic hypertension or a history of preeclampsia in previous pregnancies. Otherstudiesshowed that the presence of proteinuria is not always necessary for diagnosis, expanding understanding of the condition and highlighting the need for a more comprehensive approach in the evaluation of pregnant women (ALVES, 2022).



Figure 3. Carrying out Preventive Consultations with Pregnant Women.

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Source: Authors themselves

Health education plays a crucial role in empowering pregnant women to recognize warning signs, as emphasized by Peraçoli et al. (2019), who highlight that knowledge about symptoms can lead women to seek medical care earlier. In addition, the use of evidence-based protocols for the management of preeclampsia that suggest interventions such as the administration of magnesium sulfate and antihypertensive medications when necessary. Implementing these practices can significantly reduce complications associated with preeclampsia and improve perinatal outcomes (DULEY et al., 2019).

However, there are significant challenges in clinical practice, including the lack of adequate training of health professionals and the late initiation of prenatal care (Hofmeyr et al., 2018). The integration of a multidisciplinary approach in the care of pregnant women is essential to optimize the early identification of preeclampsia, since the joint work between nurses, physicians and other professionals can improve not only the diagnosis but also the effective treatment of the condition. Therefore, strengthening nursing practices through continuous education and rigorous application of protocols can have a significant positive impact on maternal and fetal health in cases of preeclampsia (CAMARENA PULIDO et al., 2016).

IMPACT OF PATIENT EDUCATION ON PRE-ECLAMPSIA CONTROL

Patient education is a determining factor in the control of preeclampsia, contributing significantly to improving maternal-fetal outcomes. Studies show that educational interventions aimed at hypertensive pregnant women can increase understanding of the disease and promote behavioral changes that favor self-care and adherence to treatment. Educational actions carried out during prenatal care not only inform pregnant women about the risks associated with preeclampsia, but also empower women, promoting their autonomy in managing their health (TOMASI, et al. 2017).

THEtoo much, Gomes et al. (2019) emphasize the role of the nurse as a facilitating agent in health education, highlighting that the link established between nursing professionals and pregnant women is fundamental for identifying specific needs and developing personalized interventions.

Health education should be adapted to the level of understanding of pregnant women, using accessible language and interactive approaches, as suggested by previous studies. In addition, group dynamics can encourage the exchange of experiences among participants, reinforcing the importance of blood pressure control and adherence to treatment (HOFMEYR et al., 2018; PERAÇOLI et al., 2019).

On the other hand, lack of knowledge about preeclampsia remains a significant barrier for many women. Lack of awareness of the signs and symptoms can lead to a delay in diagnosis and treatment of the condition, increasing risks for mother and baby. Therefore, ongoing educational actions are essential not only during prenatal care, but also in broader awareness campaigns in the community (DULEY et al., 2019).

In conclusion, patient educationhe hasa positive impact on the control of pre-eclampsia, promoting greater awareness of the disease and encouraging healthy behaviors. The implementation of effective educational programs should be a priority in public health policies, aiming to improve maternal and fetal health outcomes.

3.2. OPERATIONAL CHALLENGES FACED BY NURSING

Research into the operational challenges faced by nursing revealed a number of obstacles that directly impact the quality of care and staff satisfaction. One of the main challenges identified was time management. Nurses often find themselvesseeoverburdened with a combination of care and administrative tasks, which makes it difficult for them to perform their duties efficiently. This overload results in stress and potentially compromises the quality of care(MENDES, et al., 2020).

Figure 4. Professional Nurse demonstrating balance amidst work overload.

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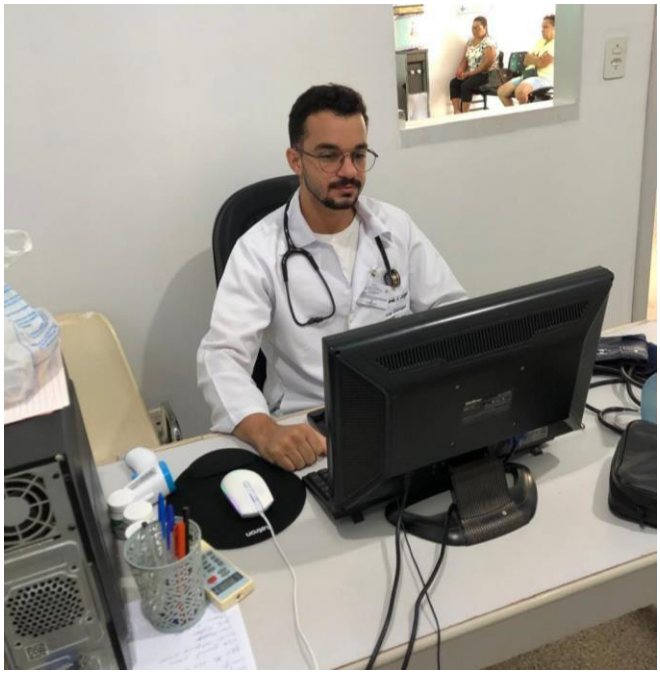

Source: Authors themselves.

Appreciation and remuneration were also recurring themes in the survey. Many nurses feel that their salaries do not adequately reflect their responsibilities and the complexity of their roles. This dissatisfaction contributes to a demotivating work environment and makes it difficult to retain talent. (SCHERER et al, 2016).

Furthermore, the complexity of operations within the healthcare system has been identified as a significant challenge. Coordination between different teams and professionals is often hampered by a number of regulations and standards, making the workflow more complicated. This results in delays in care delivery and the implementation of appropriate care.(ALMEIDA, et al, 2021).

Finally, the lack of accurate and reliable data was cited as a major barrier. Many nurses struggle due to the lack of integrated systems that allow quick access to essential patient information, making it difficult to make informed decisions.(SILVA et al, 2017).

3.4. MULTIDISCIPLINARY COLLABORATION: POSITIVE RESULTS IN INTEGRAL CARE

Multidisciplinary collaboration in the comprehensive care of pregnant women with preeclampsia is considered essential to improve clinical outcomes and promote a more positive pregnancy experience. The joint action of professionals from different areas allows for a holistic approach, which is essential for the effective management of this condition, which presents significant risks to maternal and fetal health (NUNES et al., 2020).

According to Gunduz et al. (2019), effective communication within the multidisciplinary team is a determining factor for the success of interventions, allowing all members to be aware of the patient's clinical status and enabling rapid adjustments to the treatment plan.

Furthermore, ongoing training of professionals is necessary to ensure that they are up to date on best practices and care protocols. However, nursing professionals face significant challenges, such as a lack of resources and the need for ongoing training. The implementation of comprehensive care protocols can not only improve clinical outcomes but also provide more humanized and patient-centered care (FURTADO, 2021).

In short, multidisciplinary collaboration is crucial in the management of preeclampsia, as it promotes an integrated approach that benefits both pregnant women and healthcare professionals.

health professionals involved in the process. The adoption of collaborative practices results in more effective care and a more satisfactory pregnancy experience for patients.

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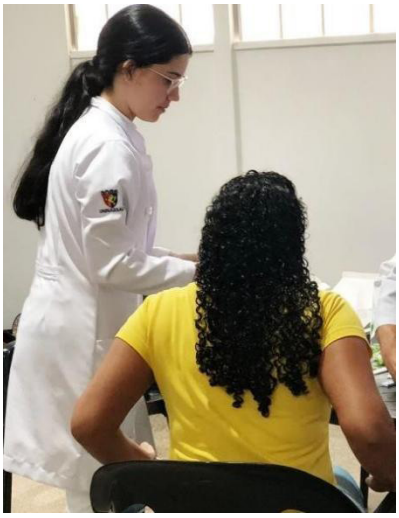
3.3. IMPACT OF IMPLEMENTING COMPREHENSIVE CARE PROTOCOLS IN EXPERIENCE OF PREGNANT WOMEN

The implementation of comprehensive care protocols has demonstrated a significant impact on the experience of pregnant women, especially in high-risk contexts, such as pre-eclampsia.These protocols aim to ensure organized and patient-centered care, promoting not only the physical health but also the emotional well-being of women during pregnancy. The protocols establish clear guidelines for monitoring pregnant women, ensuring that all necessary interventions are carried out systematically. According to the Maternal and Child Care Line of the Ministry of Health (2022), early identification and rigorous monitoring of pregnant women are essential for identifying risks and complications. Continuous monitoring of vital signs and periodic consultations are essential practices that help in the early detection of pre-eclampsia, resulting in better clinical outcomes (CNAIL,et al., 2018).

Figure 5. Implementation of Pregnancy Care Protocols



Source: Authors themselves.

A crucial aspect of implementing these protocols is the emphasis on educating pregnant women about their condition and the necessary care. The literature indicates that educational actions carried out during prenatal care enable women to recognize warning signs and seek help when necessary (SILVA; MAN-DU, 2018). This education promotes a sense of autonomy and control over one's own health, improving the overall experience of pregnancy. In addition, the protocols encourage a holistic approach to care, considering not only the physical aspects of pregnancy, but also emotional and social factors that can impact women's health (S OUGHT,et al., 2019). The inclusion of professionals from different areas — such as nutritionists, psychologists and social workers — enriches the service and provides more comprehensive support.

The effective application of comprehensive care protocols is associated with reduced rates of complications and maternal and neonatal mortality. Studies indicate that pregnant women who receive care based on Integrated protocols report a more positive experience during pregnancy and childbirth. In addition, this approach contributes to more humanized care, where the needs and concerns of pregnant women are heard and respected. In short, the implementation of comprehensive care protocols profoundly impacts the experience of pregnant women. By promoting organized, educational, and holistic care, these protocols not only improve clinical outcomes but also provide a more satisfying and empowering gestational experience. Collaboration between different health professionals is essential to ensure that the needs of pregnant women are met effectively and compassionately (CINTIA RAQUEL, 2018).

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4. FINAL CONSIDERATIONS.

Nursing has a central role in the implementation of comprehensive care protocols for pregnancies. pregnant women with preeclampsia, a condition that poses significant risks to both mother and baby. In addition to monitoring the health of patients, nurses educate pregnant women about the signs and dangers of the condition, strengthening the relationship of trust during prenatal care. This educational process is essential for the early detection of complications, increasing the effectiveness of care.

Multidisciplinary work involving nurses, physicians, nutritionists, and other health professionals is essential to create personalized and more effective care plans. However, this collaborative approach still faces challenges such as the lack of adequate resources in health units, which limits the effectiveness of care. The study reinforces that evidence-based protocols are essential to reduce complications of preeclampsia, and highlights the importance of investing in training nurses and improving resources, prioritizing public health policies that ensure comprehensive and safe care for pregnant women.

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