


**Proceedings of the
2nd International Congress of Health and Well-being Intervention**

Health and Well-being in the Life cycle (ICHWBI 2021)

1st international conference on human kinesiology (ICOHK)



**International Conference
on Human Kinesiology**

Kinesi Lab 

28th & 29th MAY 2021

**INSTITUTO PIAGET UNIVERSITY
CAMPUS OF VISEU**

Coordination by:
Gustavo Desouzart



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This book contains information obtained from authentic and highly regarded sources. This is an edition made for publication of the works resulting from the ICHWBI2021 which are available on Congress website, where the reader will find a significant heterogeneity. Abstracts are ongoing or completed project-based research papers submitted by researchers from various academic degrees. This diversity is also found in the authors' scientific areas, reflecting on the variety of research themes presented at the Congress itself.

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Plano de parto: um exercício da autonomia
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BACKGROUND: O plano de parto é um documento escrito no qual a parturiente expressa as suas preferências/vontades sobre o processo de parto e nascimento. A institucionalização deste instrumento acarreta uma mudança no modelo de prestação de cuidados de saúde, do paradigma paternalista para um paradigma de autonomia informada. **Objetivos:** Pretendemos, através de uma revisão bibliográfica expor a importância do plano de parto, como uma boa prática ética, descriminando alguns dos itens que podem constar do documento e, simultaneamente, destacar o papel do Enfermeiro Especialista em Saúde Materna e Obstétrica no processo de capacitação/empoderamento da mulher/casal grávido para a elaboração deste documento. **Conclusões:** Concluímos com a necessidade de introduzir o tema plano de parto nas sessões de preparação para o parto/parentalidade bem como proporcionar aconselhamento individual à mulher/casal grávido. Desta forma estaremos a aumentar a literacia em saúde e a respeitar o direito fundamental de autodeterminação da mulher no processo de parto e nascimento.

Keywords: *Plano de Parto; Autonomia*

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