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### The role of nursing in women's health: Working on prevention of cancers caused by *Human Papillomavirus* through health education

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Human papillomavirus (HPV) is a cause of sexually transmissible disease (STD) that poses a major risk for the development of cervical cancer, anal cancer, oropharyngeal cancer and some other rare types of cancer. There are more than 100 types of HPV and the types 16 and 18 are considered as high once they are related to high grade squamous intraepithelial lesions. The Pap smear is a test that can detect certain viral

infections such as HPV and it is, mostly, performed by nurses in Brazil. Nursing Team is one of the primary instruments in the strategy of prevention and promotion of education related to cervical cancer. The objective of this research was to explore the importance of the nurse in the prevention of types of cancer caused by HPV. After analyzing the literature between the years of 2012 and 2017, this research pointed out that nurses are seen as the primary source of health education for women and can be teaching patients by promoting the knowledge during nursing consultation. As a matter of fact, there is a need for nursing educational intervention which could develop the empowerment of women by using dialogue techniques, prior, during and after a nursing

consultation. The educational focus should be on how to appropriate one's own body, the importance of performing the Pap smear as indicated, the use of condoms and the effectiveness of vaccination. These actions can reduce the incidence of HPV and may help to transform women into a valuable source of information.

### Biography

Maria Gouvea is a Nurse with a Master degree in Public Management from Universidade Federal do Espírito Santo– UFES. Post graduated in Obstetric and Gynecological Nursing, she attends as a Nurse at E Amar and works at Hospital Universitário Cassiano Antonio Moraes. She has published a paper about nursing care in "Cuidado é fundamental- ONLINE" Research Journal, participated at V Congresso Paulista Bancos de Leite Humano (BLH), XV Encontro Paulista de Aleitamento Materno, II Congresso Macrorregional de BLH and delivered a speech at the 24th World Nursing Conference– Copenhagen-2018 where she was also, a poster judge and moderator.

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