

# **Primary health care (PHC) Elements / Maternal & Child Health ( MCH)**

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*Lecture - 4*



# Learning Objectives

- 1-To define Maternal & Child Health (MCH)
- 2-To recognize Mother and Child – one unit
- 3-To list Maternity Cycle
- 4-To name Maternity Problems :
  - a-Malnutrition
  - b-Infections
  - c-Un-controlled reproduction



# Introduction

- In any community mothers & children constitute a priority group, they comprise approximately 70% of the population of the developing countries.
- Mothers & children not only constitute a large group, but they are also a vulnerable, or special risk-group. The risk is connected with childbearing in women, and growth, development and survival in case of infant and children.
- It is evident that infant, child and maternal mortality rates are high in many developing countries, although these rates are preventable



- By improving the health of mothers and children we contribute to the health of general population.
- These considerations have led to the formulation of special health services for mothers and children all over the world.
- The present strategy is to provide mother and child health services as an integrated package of “essential health care “ also known as primary health care ( PHC ), which is based on principles of equity , intersectoral coordination and community participation . The primary health care approach combines all elements in the local community necessary to make a positive impact on the health status of the population, including the health of mothers and children.



# Mother and Child – one unit

- Mother and child must be considered as one unit, and treated as one unit,
- because:
  1. During the antenatal period, the foetus is part of the mother. The period of development of foetus in mother is about 280 days. during this period, the foetus obtain all the building materials and oxygen from the mothers, blood
  2. Child health is closely related to maternal health. A healthy mother brings a healthy baby, there is less chance for a premature birth or abortion.



- 3-Certain diseases & conditions of the mothers during pregnancy (syphilis, German measles, drug intake ) are likely to have their effects upon the foetus

4-After birth, the infant dependent upon the mother at least at the age of 9- month for feeding. The social and mental development of the child also depend on the mother.

5-In the care cycle of women, family planning is important

6-The mother also the first teacher of the child.

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# Maternity Cycle

- The stages of maternity cycle are:
  1. Fertilization
  2. Antenatal or prenatal period
  3. Intra-natal period
  4. Postnatal period
  5. Inter-conceptual period
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- Fertilization takes place in the outer part of the Fallopian tube. Segmentation of the fertilized ovum begins at once and proceed at a rapid rate. The fertilized ovum reached the uterus in 8 to 10 days. cell division and differentiation, all the organs and tissues of the body formed. The period of growth has been divided as follow:





- 1-prenatal period:
  - a-ovum 0-14 days
  - b- Embryo 14 days to 9 weeks
  - c-foetus 9<sup>th</sup> week to birth
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- 2- Premature infant from 28- 37 weeks
- 3-Birth, full term Average 280 days
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# Maternity Problems

- MCH problems cover a broad spectrum, at one extreme, the most advanced countries are concerned with problems such as perinatal problems, congenital malformation, genetic and certain behavioral problems. At the other extreme, in developing countries, the primary concern is the reduction of maternal and child mortality and morbidity spacing of pregnancies, limitation of family size, prevention of communicable diseases, & improvement of nutrition and problems with health services.



# Malnutrition

- Malnutrition is like an iceberg, most people in developing countries live under the burden of malnutrition. Pregnant women, nursing mothers and children particularly vulnerable to the effect of it. The adverse effect of maternal malnutrition are maternal depletion, low birthweight, anemia, toxemia of pregnancy, post-partum hemorrhage all these leading to high mortality and morbidity.
- Nutritional promotion and protection is therefore an essential activity of MCH care.



## 2-Infections

- Maternal infections may cause a variety of adverse effects particularly in under-developed areas, some of these infections lead to foetal growth retardation, low birth weight, embryopathy, abortion and puerperal sepsis. many women are infected with cytomegalo virus, herpes simplex virus or toxoplasma during pregnancy. In addition to urinary infection which affect women in rural areas.



- As far as the children, infections may begin with labour & delivery and increase as the child grows older. Some of these infections are diarrhea, respiratory diseases, skin infections. After that chronic infections such as malaria and TB. Multiple and frequent infections may contribute to severe protein-energy malnutrition and anemia.
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- Prevention and treatment of infections in mother and children is a major part of MCH programs.



# Un-controlled reproduction

- The health hazards for the mother and child resulted from unregulated fertility have been well recognized. increased prevalence of low-birth-weight babies, sever anemia, abortion, antepartum hemorrhage and high maternal and perinatal mortality shown a sharp rise after 4<sup>th</sup> pregnancy. Statistics have shown high birth rate associated with a high infant mortality rate & under five death rates.
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***Thank You***

