

# **Maternal & Child Health Care – Antenatal Care**

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*Lecture - 5*

# Learning Objectives

- 1-To Define Maternal & Child Health (MCH)
- To mention MCH Objectives
- To recognize antenatal care ,
- To enumerate antenatal care objectives

# Maternal & Child Health (MCH) Definition

The term “” Maternal & child Health “refer to the promotive, preventive, curative & rehabilitative health care for mothers & children. it includes the sub-area of maternal health, family planning, school health handicap, adolescence, & health aspects of care in special chid’ setting such as day care.

# MCH - Objectives

The specific objectives of MCH are:

- reduction of maternal, perinatal, infant and childhood mortality and morbidity
- Promotion of reproductive health
- Promotion of physical and psychological development of the child and adolescent within the family
- The ultimate objective of MCH services is life-long health.

# Antenatal care-Definition

- Is the care of the women during pregnancy. The primary aim of antenatal care is to achieve at the end of pregnancy a healthy mother & a healthy baby. Ideally this care should begin soon after conception and continues throughout pregnancy.

# Antenatal Care- Objectives

- The objectives of antenatal care are:
  1. To promote, protect and maintain the health of the mother during pregnancy.
  2. To detect high risk cases and give them special attention
  3. To foresee complication and prevent them.
  4. To remove anxiety and dread associated with delivery

5-To reduce maternal and infant mortality and morbidity.

6-To teach the mother elements of childcare, nutrition, personal hygiene and environmental sanitation.

7-To sensitize the mother to the need for family planning.

# Antenatal program

## 1- Antenatal visits:

Ideally the mother should attend antenatal clinic –

- -once / month during first 7 months
- -twice / month during next two months
- -once / week in the last month



- Minimum antenatal visits three visits :
  1. Ist visit at 20 weeks or as soon as the pregnancy known
  2. 2<sup>nd</sup> visit at 32 weeks
  3. 3<sup>rd</sup> visit at 36 weeks
- Further visits made by the mother condition.
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## 2-Antenatal preventive services

- a-The first visit, irrespective of when it occurs, should include the following components:
  - -Health history
  - -Physical examination
  - -Laboratory examination
    - 1-Complete urine examination
    - 2-Complete blood count & Hb estimation
    - 3-Stool examination
    - 4-Serological examination
    - 5-Blood group & Rh determination

- b- On subsequent visits:
- -Physical examination (weight gain & blood pressure)
- -Laboratory tests should include (urine examination, Hb estimate)
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- c-Iron & folic acid supplementation and medication as needed
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- d-Immunization against tetanus
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- e-Group or individual instruction on nutrition, family planning, self-care, delivery, and parenthood
- f-Referral services, when necessary

# 3-Risk approach

- The central purpose of antenatal care is to identify “high risk cases “(as early as possible) from a large group of antenatal mothers and arrange skilled care for them. These cases comprise the following:
  - 1-Elderly primi (30 years & over)
  - 2-Short stature primi (140 cm & below)
  - 3-Malpresentation (e.g., breach, transvers lie)
  - 4-Antepartum hemorrhage, threatened abortion
  - 5-Pre-eclampsia and eclampsia
  - 6-Anemia

- 7-Twin, hydromania
- 8-Previous still-birth, intra-uterine death, manual removal of placenta
- 9-Early grand multi-parus
- 10-Prolonged pregnancy (14 days after expected date of delivery)
- 11-History of previous cesarean or instrumental delivery
- 12-Pregnancy associated with general diseases (cardio-vascular diseases, kidney diseases, diabetes, TB, liver diseases...etc.
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- Prenatal advice
- A major component of antenatal care is antenatal or prenatal advice , concerning the following :
  - -Diet
  - -Drug
  - -Radiation
  - -Warning signs
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- Specific health protection
- -Anemia
- -Other nutritional deficiencies
- -Toxemia of pregnancy
- -Tetanus
- -Syphilis
- -German measles
- -Rh status
- -HIV infection
- -Prenatal genetic screening

- Mental Preparation
- Is important as physical or material preparation, to remove her fears of pregnancy & labour.
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- Family planning
- Family planning is related to every phase of maternity cycle. Educational and motivational efforts must be initiated during the antenatal period.





**Thank You**