

Maternal & Child Health –Part - 3

“Intra-natal Care”

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Lecture - 6



Learning objectives

- By the end of this lecture the students will be able to :
- 1-Define intra-natal care
- 2-List the aims of good & effective intra-natal care
- 3-Recognise Domiciliary care
- 4- Emphasis on care of mother
- 5-Identify main complication of this period & restoration of mother health & related issues.



Intra-natal Care

- Intra-natal care define as
- “Health care during Childbirth, which is a normal physiological process.
- Many complication may arise during Intra-natal period like :
- -Septicemia which result from unskilled personnel and septic manipulations.
- -Tetanus neonatorum which result from the use of unsterilized instruments.

The aims of good intra-natal care

- The aims of good intra-natal care:
- 1-Through a sepsis
- 2-delivery with minimum injury to the infant & mother
- 3-Readiness to deal with complications such as prolong labour, antepartum hemorrhage, placenta convulsions, mal-presentation, prolapse of the cord...etc.
- 4-Care of the baby at delivery – resuscitation, care of the cord, care of the eyes...etc.



- **The need for effective intra-natal care:**

- -Cleanliness (clean hands & finger-nails)

- - A clean surface of delivery

- -Clean cutting & care of the cord

- -Keeping birth-canal clean by avoiding harmful practice.

- -Hospitals & health centers should be equipped for delivery with midwifery kids

- -Regular supply of sterile gloves, drapes, towels, cleaning materials, soap and antiseptic solution as well as equipment

for sterilization of instrument and supplies



Domiciliary care

- Mothers with normal obstetric history may be advised to have their confinement in their own homes. Provided the home conditions are satisfactory, in such case the delivery may be conducted by the health worker trained female. This is known as “domiciliary midwifery services “.
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Care of mother

- The objectives of post-natal care are :
- 1-To prevent complications of post-partal period to the mother ,
- 2-To provide care for the rapid restoration of the mother to optimum health.
- 3-To check adequacy of breast feeding.
- 4-To provide family planning services.
- 5-To provide basic health education to mother / family regarding this period.

Complication of post-partal period

1. Puerperal Sepsis: This is infection of genital tract within 3 weeks after delivery. this is accompanied by rise in temperature and pulse rate, with bad -smelling lochia, pain and tenderness in lower abdomen. Puerperal sepsis prevented by attention to sepsis before & after delivery. This is particularly important in domiciliary midwifery services.
2. Thrombo-phelbitis : this is infection of the veins of the legs, frequently associated with varicose veins. The leg may become tender, pale & swollen.



3-Secondary hemorrhage : bleeding from vagina any time from 6 hours after delivery to the end of the puerperium (6 weeks) is called secondary hemorrhage and may be due to retained placenta or membranes .

4-Others: urinary tract infection and mastitis ...etc.

- It is important to look for these complications in the post-partal period and prevent or treat them promptly.

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Restoration of mother to optimum health

The broad areas of this care fall into three divisions :

- **a-Physical**

1. Postnatal examination : health check-up (temperature, pulse, respiration, breasts & examination normal uterus involution) must be frequent twice a day during first 3 days, then once a day (exam of lochia, urine, bowel and stiches).
2. Anemia: routine Hb exam during post –natal period, if anemia discovered it should be treated.
3. Nutrition : nutritional needs of the mother must be met.
4. Postnatal exercise : are necessary to bring the stretched abdominal and pelvic muscle back to normal quickly



- **b-Psychological :**
- One of psychological problems is fear , and insecurity regarding the baby. She need support from his husband.
- **C-Social :**it has been said that most important thing a women can do is to have a baby. The most important thing is to raise the child in wholesome family atmosphere. she with her husband must develop her own methods.

Breast Feeding

Postnatal care offer an excellent opportunity to find out how the mother is getting along with her baby, particularly with regard to feeding . for many children, breast milk provides the main source of nourishment in the first year of life. Lactation continues to make an important contribution to child's nutrition for 18 months & longer.



Family planning

To adopt a suitable method for spacing the next birth or for limiting the family size.



Basic health education

- To cover the following areas:
- -Hygiene – personal & environmental
- -Feeding for mother and infant
- -pregnancy spacing
- -Health check -up
- -Birth registration



THANK YOU

