

Community Medicine 10:

1) What is maternal and child health care?

A main component of PCT, and it's the health service provided to mothers (women at child-bearing age) & children.

2) MCH is concerned with issues like?

Prenatal [before birth] & child care, infant & maternal mortality prevention, their mental health, newborn screening & child immunisation, child nutrition & services for children with special needs.

3) What are the targets of MHC?

① Reduce morbidity & mortality through health promotion, improve MCH health, reduce unplanned or unwanted pregnancies through sex education.
②
③
④ Reduce pre or neonatal mortality & morbidity
⑤
⑥ Promotion of reproductive health, reduce incidence & prevalence of sexually transmitted infections &
⑦ Cervical cancer, reduce female genital mutilation & provide care for females who have already undergone it, reduce domestic & sexual violence
⑧
⑨ Increase political awareness on the need to develop comprehensive intersectoral population policies.

4) Why is MCH important?

- ① Mothers & children make 1/2 of the population
- ② Maternal mortality can be an outcome of pregnancies
- ③ Miscarriage and abortion complications
- ④ 20% of maternal deaths are caused by obstetric complications
- ⑤ Insufficient or no prenatal care for pregnant women
- ⑥ Risks of poorly-timed & unwanted pregnancies
- ⑦ Poor mental health affects women productivity
- ⑧ Large number of women suffer from chronic diseases, that can be exacerbated by pregnancy.
- ⑨ Pregnancy-related disabilities
- ⑩ Nutritional problems which are severe among pregnant
- ⑪ Majority of perinatal deaths are associated with maternal complications & poor health management techs.
- ⑫ Most maternal deaths caused by pregnancies result in fetal death.
- ⑬ Ante partum hemorrhage, eclampsia and other complications are associated with large % of perinatal deaths
- ⑭ Physiological changes that the mother & her child pass through, & they're more sensitive to the environmental changes.

5) What is a risk factor?

A name given to any condition, past or present which is known to be associated with increased maternal & fetal morbidity.

6) Give examples on the Risk factors → Medical conditions.

Diabetes mellitus, anemia, hypertension, heart diseases
Epilepsy

⑦ A history of operative delivery, still-birth deaths, previous ante & post - part hemorrhages are all risk factors related to?

A past obstetric history

⑧ The epidemiological risk factors are?

Maternal age, parity, general risk factors & Social circumstances.

⑨ What are the complications that arise during pregnancy?

Hypertensive disorders, anemia, urinary tract infections, vaginal bleeding, pre-term labour, polyhydramnion. (See; Q16 (3))

⑩ What is reproductive health?

The constellation of methods and techniques that contribute to reproductive health care through preventing & solving reproductive health problems.

⑪ What does reproductive health in the context of PHC include?

Family planning counseling, information, education, communication & services, prevention of abortion, education about breast-feeding, human sexuality, parenthood, prevention & treatment of sexually transmitted diseases, infants & women's health care & Referral for family planning services.

⑫ What are the indicators of health status of women?

Maternal mortality rate / Malnutrition / Teen-age pregnancy, low birth weight deliveries, weight gain during pregnancy, % of women visited ANC clinics, % of labor attended by medical staff, % of women receiving family planning services.

⑬ What is the problem with maternal health in developing countries?

Most women don't have access to the health care or sexual health education. In the sub-saharan there's a very high chance of dying in pregnancy. At the level of prenatal care, pregnancy complications are the main cause of death.