

# Maternal and Child Health Services



# Learning objectives

After this lecture, you should be able to;

1. Identify the main components of maternal health services.
2. Identify the main functions of premarital health, preconceptionally, and Antenatal care.
3. Describe the importance of Antenatal care.

# Content of MCH Care Services and Priorities

- M.C.H. Care at various stages of development: (Services):

1. Maternal

2. Infant and Child.

# Maternal Health Services

- 1-Premarital.
- 2-Preconceptional.
- 3-Conceptional: Care during pregnancies and labor: A.N.C. (Risky Pregnancy)
- 4-Delivery Care (Centers, Staff and Equipment's).
- 5-Postnatal and Family Planning Services.

# **1-Premarital services**

## **Target population**

1. Couples about to marry.
2. The newly weds.
3. Any individual seeking advise.

# Premarital (pre- marriage) Main functions

- Family health education
- Sexuality and puberty
- Marriage and parenthood
- Avoiding hazards (smoking, Alcohol, drugs).

# Premarital (pre marriage) Main functions

- Nutrition and weight monitoring.
  - BMI: preferred indicator of nutritional status.
  - Preconceptional intake of folic acid.
  - Prematurity, spontaneous abortions, low birth weight, and fetal deaths are complications of severe maternal anaemia.
  - Anemia during pregnancy is commonly associated with poor pregnancy outcome and can result in complications that threaten the life of both mother and fetus.
  - Birth is considered premature, or preterm, when it occurs before the 37th week of pregnancy. A normal pregnancy lasts about 40 weeks.

# Prematurity

- Premature infants may also be born with life-threatening conditions. These can include:
  - brain hemorrhage,
  - pulmonary hemorrhage.
  - Hypoglycemia
  - pneumonia, an infection and inflammation of the lungs
  - patent ductus arteriosus, an unclosed hole in the main blood vessel of the heart
- anemia, a lack of red blood cells for transporting oxygen throughout the body
- neonatal respiratory distress syndrome, a breathing disorder caused by underdeveloped lungs.

# Premarital (pre marriage)

## Main functions

### ■ Immunization

- Rubella, commonly known as 'German Measles' is a common childhood viral disease that may affect adults as well.
- primary rubella infection in pregnancy, especially in the first trimester, can have serious consequences, namely miscarriage.
- It can cause a series of birth defects known as congenital rubella syndrome (CRS). CRS can include hearing and visual impairments, heart problems, brain damage, growth problems and swelling in the brain, liver and lungs.
- Vaccination against rubella was fitted into Jordanian Expanded Program on Immunisation in the year 2000 for children at 18 months of age . However, this program did not offer rubella vaccination for adolescent girls and adult females.
- Pregnant women and their unborn babies are especially vulnerable. Because MMR vaccine is an attenuated (weakened) live virus vaccine, pregnant women should not get MMR vaccine.
- Women who are planning to become pregnant should check with their healthcare professional to make sure they are vaccinated before they get pregnant. Adult women of childbearing age should avoid getting pregnant for at least four weeks after receiving MMR vaccine.

# Premarital (pre marriage) Main functions

- Medical history , past medical history.
- Sexually Transmitted diseases (STDs).
- Past Menstrual history.
- Physical examination.
- Genetic Counseling.

# Premarital screening and genetic counselling (PMSGC)

- Premarital screening and genetic counselling (PMSGC), popular in the Middle East as it is religiously and socially unacceptable to bear children outside of marriage.
- aims to identify  $\beta$ -thalassaemia carriers among couples planning to marry.

# Premarital screening and genetic counselling (PMSGC)

- PMSGC programmes aim to reduce  $\beta$ -thalassaemia births through:
  - (i) prevention of at-risk marriages by discouragement during counselling.
  - (ii) where legal, termination of affected fetuses through prenatal diagnosis (PND) and therapeutic abortion.

# Premarital (pre marriage) Main functions

- Fertility investigation.
- Hormonal for females.
- Semen analyses for males.

# Pre-marital medical exams

## JPFHS 2017

- About half of ever-married women and their husbands had a pre-marital medical exam.
- Premarital exams are much more common among those with higher education (over 65%) than those with no education (below 25%).

# Preconception services

- Preconception health is a woman's health before she becomes pregnant.

# Preconception services

- Past and recent Medical history.
- Social history (smoking, drug addiction).
- Controlling risk factors.
- Psychological counseling.

# What is antenatal care ?

- Antenatal care (ANC)—the services offered to mother and unborn child during pregnancy—is an essential part of basic primary healthcare during pregnancy, and offers a mosaic of services that can prevent, detect and treat risk factors early on in the pregnancy.

# What is antenatal care ?

- Antenatal care is a systemic supervision of a women during pregnancy to monitor the progress of foetal growth and to ascertain the well being of the mother and the foetus
- A proper antenatal check ups provides necessary care to the mother and to help identify any complications of pregnancy



# Conceptional : Objectives of Antenatal care (ANC)

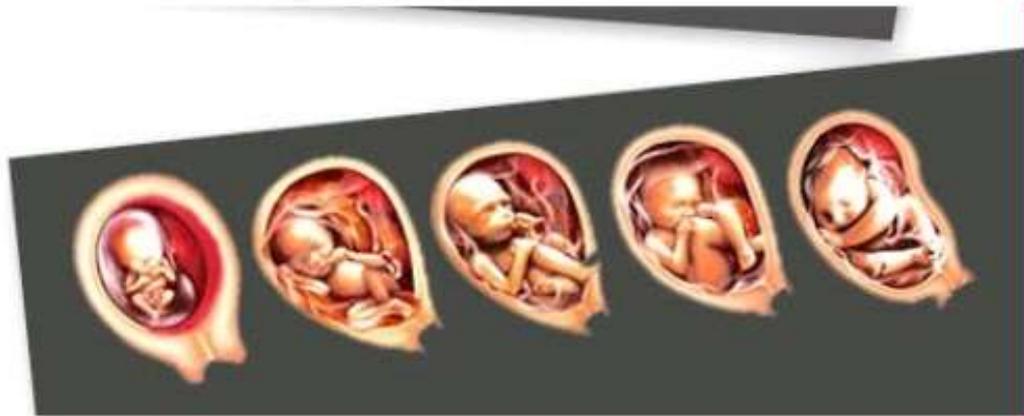
- 1-Promote and maintain the physical, mental and social health of mother and baby by providing education on nutrition, personal hygiene and birthing process.
- 2-Detect and manage complications during pregnancy.

# Conceptional : Objectives of Antenatal care (ANC)

- 3-Assess the risk of complications in later pregnancy, labour or delivery and arrange for a suitable level of care.
- 4-Develop birth preparedness and complication readiness plan
- 5-Help prepare mother to breastfeed successfully, experience normal puerperium, and take good care of the child physically, psychologically and socially

# Why antenatal care is important

To ensure a normal pregnancy with delivery of a healthy baby from a healthy mother



# Why antenatal care is important?

- Prevent development of complications
- Decrease maternal and infant mortality (death) and morbidity (disease) by affording increased chances of the timely identification of high-risk pregnancies.
- Remove the stress and worries of the mother regarding the delivery process
- Teach the mother about child care, nutrition, sanitation and hygiene
- Advice about family planning



The antenatal period is also an ideal opportunity to supply information on future birth spacing, which is recognized as an important factor in improving infant survival.

