



Maternal and Child Health (MCH)

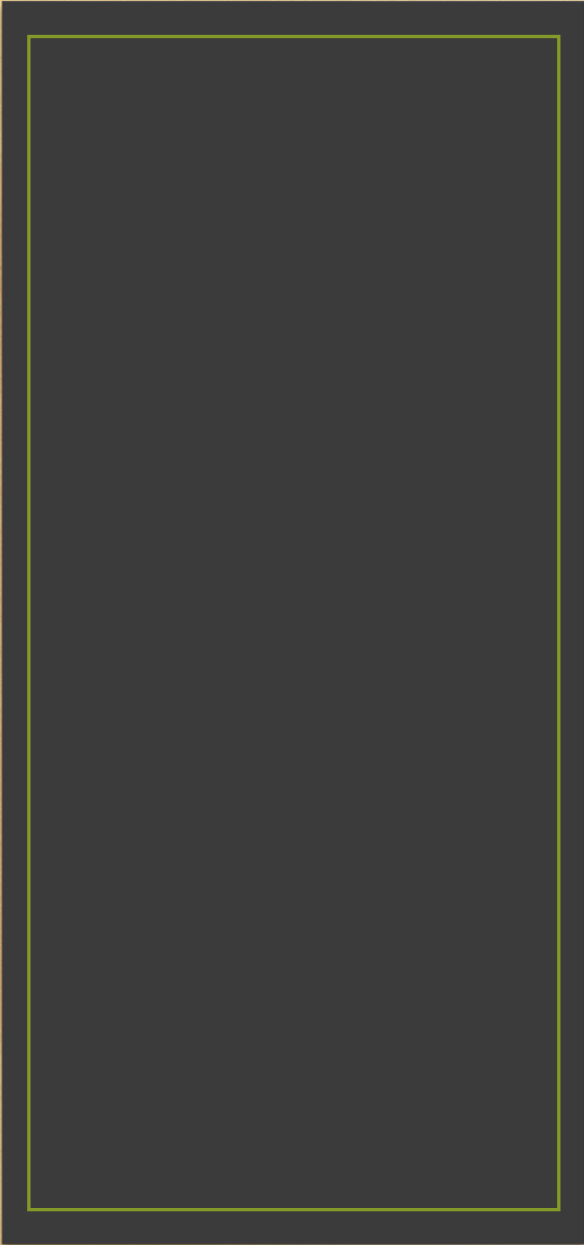
Learning Objectives

- **Understand the importance and role of MCH care**
- **Outline the objectives of the MCH programs**
- **Describe major health problems of mothers and children**
- **Identify the factors that affect the health of mothers and children**

Learning Objectives

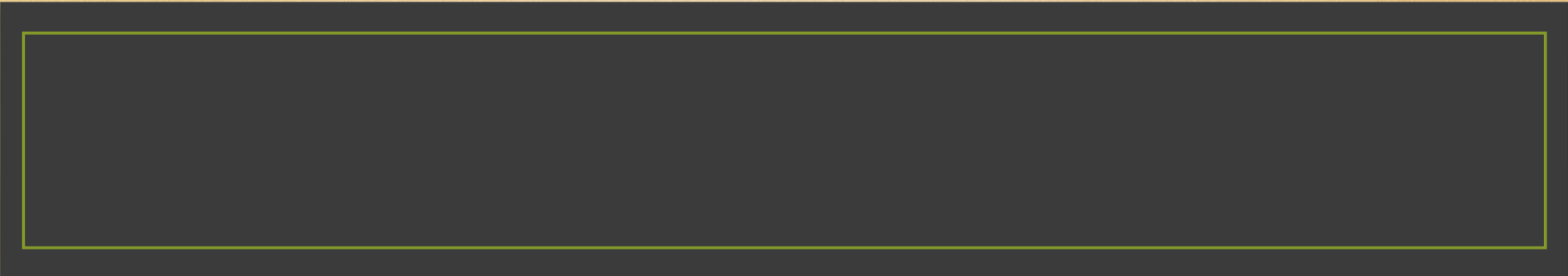
- **Major causes of maternal and child mortality and prevention**
- **Recognize the available maternal and child health services.**
- **Describe the role of these services in preventing maternal and child morbidity and mortality.**

- Maternal and child health care is one of the main components of Primary Health Care (PHC) systems as declared at the Alma Ata Conference in 1978.

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- **MCH care is the health service provided to mothers (women in their childbearing age) and children.**
 - **The targets for MCH are all women in their reproductive age groups, (i.e., 15 - 49 years of age) children, school age population and adolescents.**

Definition

- **MCH programs focus on health issues concerning women, children and families, such as access to recommended prenatal and well-child care visits, infant and maternal mortality prevention, maternal and child mental health, newborn screening, child immunizations, child nutrition and services for children with special health care needs.**

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- **Throughout the world, especially in the developing countries, there is an increasing concern and interest in maternal and child health care.**

Objectives and Targets of MCH Services

1. To reduce morbidity and mortality among mothers and children, through health promotion activities rather than curative interventions.
2. To improve the health of women and children through expanded use of fertility regulation methods, adequate antenatal coverage, and care during and after delivery.

Objectives of MCH Services

3. To reduce unplanned or unwanted pregnancies through sex education and the wider use of effective contraceptives.
4. To reduce perinatal and neonatal morbidity and mortality.
5. Promotion of reproductive health and the physical and psychosocial development of the child and adolescent within the family.

Objectives of Maternal Child Health Services

6. To reduce the risk of sexually transmitted diseases (STDs), HIV infection and reduce risk of cervical cancer.

7. To reduce domestic and sexual violence and ensure proper management of the victims.

Justifications for the provision of MCH Care (Why)?

1. Mothers and children make up over half of the whole population. Children < 15 years are 34.3% of the population. Women in reproductive age (15 – 49) constitute around 20%.
2. Maternal mortality is an adverse outcome of many pregnancies.
3. Around 40% of the pregnancies in developing countries develop obstetric complications (i.e. miscarriage, induced abortion).

Justifications for the provision of MCH Care (Why)?

4. About 80% of maternal deaths in developing countries are due to direct obstetric causes.

5. Most pregnant women in the developing world receive insufficient or no prenatal care and deliver without help from appropriately trained health care providers

Justifications for the provision of MCH Care (Why)?

6. Poorly timed unwanted pregnancies carry high risks of morbidity and mortality, as well as social and economic costs.
7. Poor maternal health affect women's productivity, their families' welfare, and socio-economic development.
8. Women with poor nutritional status are more likely to deliver a low-birth -weight infant.

Justifications for the provision of MCH Care

9. Majority of perinatal deaths are associated with maternal complications, poor management techniques during labour and delivery, and maternal health and nutritional status before and during pregnancy.
10. Majority of pregnancies that end in a maternal death also result in fetal or perinatal death.
11. Physiological changes that the mother and her child pass through.

Maternal Health Learning Objectives

- Understand the magnitude of maternal health problems / Maternal Morbidity
- Describe the factors that affect the health of mothers
- Describe maternal mortality
- Outline the major causes of maternal mortality
- Understand effects of maternal health on children, family and community

ASSESSING RISK IN PREGNANCY

A risk factor is the name given to any condition, past or present, which is known to be associated with increased maternal and/or fetal morbidity.

**Epidemiological
risk factors
Social
circumstances**

**Obstetric
History**

**Medical
Conditions**

**Complications
arising in
pregnancy**

Risk factors

Medical conditions

1. Diabetes mellitus
2. Anemia
3. Hypertension
4. Urinary tract infection
5. Heart disease
6. Epilepsy
7. Variety of problems related to drug usage and conditions treated.

Risk factors related to past obstetric history

1. History of operative delivery.
2. History of a stillbirth or neonatal death.
3. Previous ante-partum hemorrhages.
4. Previous post-partum hemorrhages.
5. History of low-birth-weight infant

Epidemiological risk factors

1. Maternal Age.
2. Social circumstances

Some indicators of health status of women

1. Maternal Mortality Rate /100,000.The most sensitive indicator for maternal health..
2. Malnutrition among women in reproductive age group
- 3.Teen-age pregnancy

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Some indicators of health status of women

4. Low birth weight deliveries (<2.5kg.)
5. Weight gains during pregnancy
6. Percentage of women visited ANC clinics.
7. Percentage of Labor attended by Medical Staff.
8. Percentage of women receiving family Planning Services.



Thank you