

Maternal and Child Health Services

December 2023

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Learning objectives

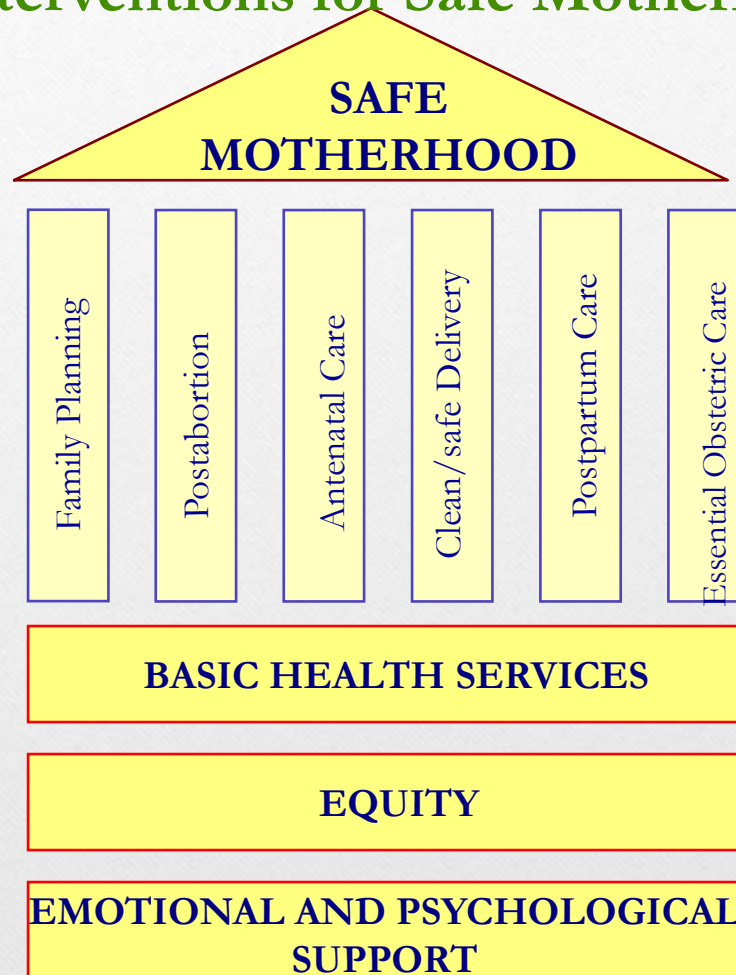
1. Identify the content of MCH.
2. Identify the main components of maternal health services.
3. Identify the main functions of premarital health, preconceptionally, and Antenatal care.
4. Describe the importance of Antenatal care.

Content of MCH Care Services and Priorities

MCH Care at various stages of development
(Services):

1. Maternal
2. Infant and Child.

A-Maternal Services: Essential Health Sector Interventions for Safe Motherhood



October 2022

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Maternal Health Services

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

Premarital services: Target population

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

Premarital (pre marriage) Main functions

1. Family health education
2. Sexuality and puberty
3. Marriage and parenthood
4. Avoiding hazards (smoking, Alcohol, drugs).

Premarital (pre marriage) Main functions

1. Nutrition and weight monitoring:

- a) BMI is a preferred indicator of nutritional status.
- b) Preconceptional intake of folic acid.
- c) Anemia during pregnancy is commonly associated with poor pregnancy outcome and can result in complications that threaten the life of both mother and fetus.

Notes:

- Prematurity, spontaneous abortions, low birth weight, and fetal deaths are complications of severe maternal anemia.
- 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:

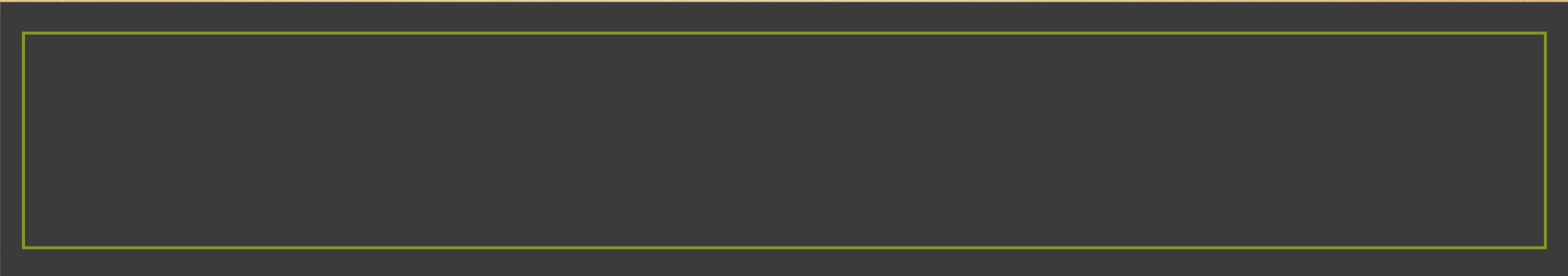
1. Brain hemorrhage.
2. Pulmonary hemorrhage.
3. Hypoglycemia.
4. Neonatal sepsis, a bacterial blood infection.
5. Patent ductus arteriosus, an unclosed hole in the main blood vessel of the heart.
6. Anemia, a lack of red blood cells for transporting oxygen throughout the body.
7. Neonatal respiratory 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, intrauterine fetal demise or congenital rubella syndrome (CRS).
- Jordanian Expanded Program on Immunisation did not offer rubella vaccination for adolescent girls and adult females which theoretically made the childbearing women as the most susceptible cluster to rubella

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- 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

1. Gynecologic/Obstetric history
2. Medical history
3. Physical examination
4. Sexually Transmitted diseases (STDs).
5. Genetic Counseling.

Premarital screening and genetic counselling (PMSGC)

- Genetic counselling is provided to at-risk couples to ensure they understand the reproductive risks and available options. For example, it aims to identify β -thalassaemia carriers among couples planning to marry.

Premarital screening and genetic counselling (PMSGC)

- PMSGC programmes aim to reduce β -thalassaemia births through:
 1. Prevention of at-risk marriages by discouragement during counselling.
 2. Where legal, termination of affected foetuses through prenatal diagnosis (PND) and therapeutic abortion??

Premarital (pre marriage) Main functions

1. Fertility investigation including hormonal evaluation for females.
2. Fertility investigation including semen analysis 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 (>65%) than those with no education (<25%).

Preconception services

Preconception health is a woman's health before she becomes pregnant includes:

1. Past Medical history.
2. Social history.
3. Controlling risk factors.
4. Psychological and social counseling.

What is antenatal care ?

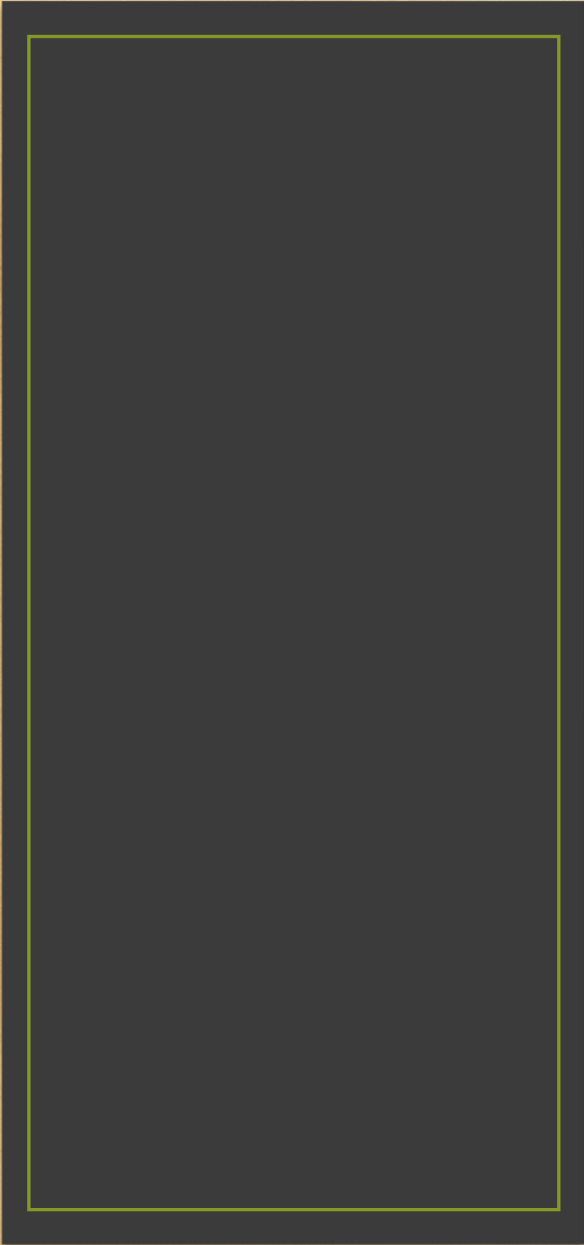
- The services offered to mother and unborn child during pregnancy
- Is an essential part of basic primary healthcare during pregnancy, and offers a mosaic of services that can prevent, detect and treat risk factors early in the pregnancy.

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.
3. Assess the risk of complications in later pregnancy, labor or delivery and arrange for a suitable level of care.

Conceptional : Objectives of Antenatal care (ANC)

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.



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.

Thank you