

UNIT-1 : Lecture-5

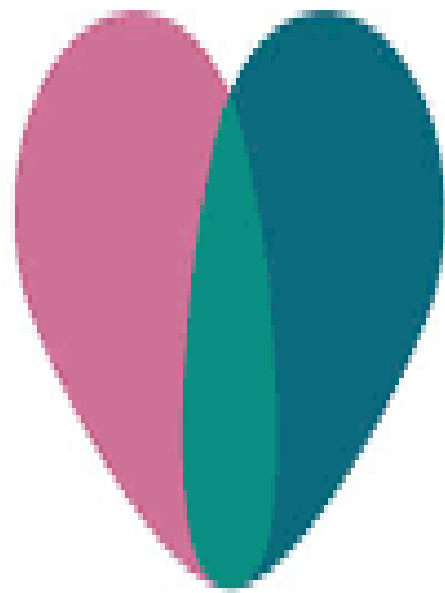
Preconception care, Preparing for Parenthood and Role of Nurse as Midwife

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School of Nursing

Course Code : BSCN3004

Course Name: Midwifery & Obstetrical Nursing



PLANNED

PARENTHOOD

Newfoundland and Labrador Sexual Health Centre

OBJECTIVES

At the end of class, students will be able to :

- Define preconception care
- Enumerate the goals of parenting
- Explain factors affecting parenthood
- Describe the preparation of parenthood
- Enlist the role of nurse as midwife

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Preconception care

- PRENATAL CARE is the care women gets before pregnancy and before her baby is born. Getting early and regular prenatal care is important for both the mother and the developing baby.

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PLANNED PARENTHOOD HISTORY

- Founded as single birth control clinic in 1916 by Margaret Sanger
- Initial focus was birth control
- Changed name to Planned Parenthood Federation of America (PPFA) in 1942
- Opened first abortion clinic in Syracuse, New York in 1970

Goals of parenting

4 main goals:

1. Survival
2. Birth Control
3. Economic
4. Self Actualization

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Factors Influencing Parenthood

- Family size
- Religion
- Race
- Financial Stability
- The social psychological aspects of sexual relations
- The effectiveness of practicing contraception

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Preparation of parenthood

- Physical preparation
- Psychological preparation
- Financial preparation

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Physical preparation

- Thorough physical checkup is necessary
- To ensure that the reproductive organs and its functions are healthy
- To diagnose any abnormality which lead to infertility / congenital defects/ miscarriages etc.
- To follow healthy habits
- To educate the couple about the effects and influence of bad habits eg: smoking, alcoholism etc.

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Psychological preparation

- Couple should develop the positive attitude about child bearing and child rearing to react positively and to adjust well.

Example;

- Wanting a child
- Wanting a normal healthy baby
- Satisfied with any gender of child

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Financial preparation

- Having a baby is an added expense in the family
- Couple has to save money regularly from the family income in preparation for the baby

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Advantages

- Economic and social planning
- Peace and harmony with in the family
- Better living of standard
- Family size decision making
- Better health of mother and child
- Conflict free environment
- Proper attention and concern for child development activities

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ROLE OF NURSE IN MIDWIFERY

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Name of the Faculty: Mrs. Shilpa Katoch

Program Name: B.Sc. Nursing

Definition of Midwife

- In 1992, The World Health Organization defined that -
- “A midwife is a person who, having been regularly admitted to a midwifery educational programme, duly recognized in the country in which it is located, has successfully completed the prescribed courses or studies in midwifery and has acquired the requisite qualifications to be registered and or legally licensed to practise midwifery”.

GOAL OF MIDWIFE

- The midwife has a unique role in care of mothers and babies.
- To give the necessary supervision, care and advice to women during pregnancy, labour and the postpartum period.
- To conduct deliveries on her own responsibility and to care for the mother and the newborn.
- To promote normal birth and detect complications in mother and child, access to medical or other appropriate assistance and the carry out emergency measures.
- To involve in health counselling and education, not only for the woman, but also within the family and community.
- To involve antenatal education and preparation for parenthood.
- To promote women's health, sexual or reproductive health and childcare.

EXTENDED ROLE

A perinatal nurse today may function as:

- nurturer,
- educator,
- physical care provider,
- critical thinker,
- support person,
- counselor,
- case manager,
- researcher

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EXPANDED ROLE

- Nurse, Nurse practitioner, Nurse midwives
- Certified nurse-midwives
- Certified midwives

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QUIZ

- Define preconception care.
- What are three components which are involved in preparation of parenthood.
- Enlist any 2 roles of nurse as midwife.
- What are the factors affecting parenthood.
- List down 2 advantages of planned parenthood.

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