

## ANTENATAL CARE

The logo of Galgotias University is a stylized, circular emblem. It features a central blue shape resembling a flame or a drop, surrounded by a yellow ring, and the entire design is enclosed within a larger, light-colored circular frame with a gradient effect.

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## INTRODUCTION

- ANC is Care of the woman during pregnancy
- Outcome : Healthy Mother Healthy Baby
- From conception till end
- Periodic/Regular supervision
- Notification in some countries and defence

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## OBJECTIVES

- Promote, protect and maintain health of the mother
- High risk cases detection and special attention
- Forsee complications and prevention
- Reduce MMR and IMR
- Educate mother on child care, personal hygiene, diet etc
- Family planning advice
- Attend under fives

## ANTE NATAL VISITS

- 1<sup>st</sup> Visit • within 12 wks .(Registration)
- 2<sup>nd</sup> visit • 14 to 26 wks
- 3<sup>rd</sup> visit • 28 to 34 wks (MO at PHC)
- 4<sup>th</sup> visit • 36 wks and term

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## EXPECTED NUMBER OF PREGNANCIES

- Expected number of live births =
- Birth rate (per 1000 population) x population of the area/ 1000
- At least half to be in records
- ANM to counsel and track

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## HISTORY TAKING

- Confirm pregnancy. UTP
- Previous Pregnancies
- Current med, surg, obs complications
- LMP and EDD
- Symptoms. Fever, discharge, bleeding, palpitation, vomiting etc.
- Family history . DM, HT, HIV etc
- Allergies, Addictions

## PHYSICAL EXAMINATION

- Pallor (Hb)
- Pulse
- Resp Rate
- Oedema
- BP (Preg Induced Hypertension)
- Weight. Gain 9-11Kg. Av 2 Kg per month.  
Reduced : poor diet. Increased: DM
- Breast Exam. Nipples

## ABDOMINAL EXAMINATION

- Fundal Height. 12 wks just palpable. 20 wks lower border of umbilicus. 36 wks Xiphisternum.
- Foetal Heart Sounds. After 6 mths. Midline. 120 to 140 per minute
- Foetal Movements. 18 to 22 wks
- Foetal Parts. 22 wks. 28 wks head, back and limbs.
- Multiple pregnancy. Large uterus. Multiple parts



## GESTATIONAL AGE

- Ultra sound and foetal measurement in first trimester
- LMP
- Management of preterm baby.

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## LAB INVESTIGATIONS

- Sub Centre Level: Pregnancy test, Hb, Urine for albumin and sugar, Rapid Malaria Test
- PHC and CHC level: Blood group, VDRL, HIV, Blood sugar, HBsAg.

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## RISK APPROACH

- Elderly primi. Above 30 yrs
- Short Stature . Below 140 cms
- Malpresentation. Breech, Transverse
- APH , Threatened Abortion
- Eclampsia, PET
- Bad obs History. Previous SB, LSCS, HIV, other diseases
- Complications. Hydramnios, twins etc

## MAINTENANCE OF RECORDS

- Mother and Child Protection Card. All PHCs and CHCs
- ANC Register. At Health Centres

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## PRE NATAL ADVICE

- Home Visits. By Health worker female and public health nurse.
- Diet. 60,000 kcal in preg. Lactation 550 kcal/day. Balanced diet.
- Personal Hygiene. Cleanliness.
- Rest and sleep
- Smoking and alcohol consumption
- Dental care.
- Misc. Drugs, radiations, coitus

## SPECIFIC HEALTH PROTECTION

- Anaemia. Iron 100mg. Folic Acid 500mcg/day for 100 days.
- Other nutritional defi. Protein, Vit A , Iodine
- Toxemias. High BP, urine albumin
- Tetanus. 2 doses. 1<sup>st</sup> dose 16-20 wks. 2<sup>nd</sup> dose 20-24 wks at one month difference.
- German Measles (Rubella). Vaccination in population.
- Syphilis . Abortions

## SPECIFIC HEALTH PROTECTION

- Rh Status. Rh negative patient and Rh positive husband . Blood exam at 28 wks and 34-36 wks for antibodies. Anti D immunoglobulin in 72 hrs after delivery if baby is Rh positive
- HIV . Placental transmission to baby
- Hepatitis B. HBV carrier mother to baby.
- Prenatal genetic screening. Chromosomal anomalies. Down's Syndrome.

# School of Nursing

# FAMILY PLANNING

Course Code : BSCN3004

Course Name: Midwifery & Obstetrical Nursing

- Mother more receptive
- Spacing and terminal methods

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## BIBLIOGRAPHY

- JB Sharma” midwifery and Gynecological nursing” 1<sup>st</sup> edition, 2015, published by Avichal publishing house
- Dc Dutta “ Textbook of obstetrics” 8<sup>th</sup> edition , 2006, published by Jaypee brothers

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