

Health Education During Pregnancy

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Content :

- ❖ **Introduction .**
- ❖ **Import ants .**
- ❖ **Health Teaching during the First, second and third Trimester , and during labour and lactation.**

Objectives :

- **By the end of this lecture the student will be able to :**
- ❖ **Explain the important of health education to the pregnant women .**
- ❖ **Discuss health education during the First, second and third Trimester , and during labour and lactation.**

Introduction :

- **Comprehensive health education and supervision of a pregnant woman before delivery is important .**
- **Planned examination, observation , guidance and education given to the pregnant woman from conception till the time of labor.**

Count...

- **During antenatal period can promote the health of the women and their babies before and after the birth , by educating mothers about the benefits of good nutrition, adequate rest , good hygiene , family planning and exclusive breastfeeding , immunization and other disease prevention measures .**

Count...

- **Your aim is to develop women's knowledge of these issues so they can make better decisions affecting their pregnancy outcome .**

why it's important :

- **To reduce maternal and perinatal mortality and morbidity rates .**
- **To detect early and treat properly complications .**
- **To prepare the woman for labor, lactation and care of her infant .**

Educated her about :

- **Visits and follow up .**
- **Investigation .**
- **Immunization .**
- **Nutrition .**
- **Exercise .**
- **Physiological changes during pregnancy, labor and Lactation .**

Health Teaching during the First Trimester :

- **Physiological changes during pregnancy**
- **Weight gain**
- **Fresh air and sunshine**
- **Rest and sleep**
- **Diet**
- **Daily activities**
- **Exercises and relaxation**
- **Hygiene**
- **Teeth**
- **Bladder and bowel**
- **Sexual counseling**
- **Smoking**
- **Medications**
- **Infection**
- **Irradiation**
- **Occupational and environmental hazards**
- **Travel**
- **Follow up**
- **Minor discomforts**
- **Signs of Potential Complications**

Visits:

- **The first visit or initial visit should be made as early in pregnancy as possible.**

Return Visits:

- **Once every month till 28 w.**
- **Once every 2 weeks till the 36 w**
- **Once every week, till labor.**

Fetal kick count :

- **The pregnant woman reports at least 10 movements in 12 hours.**
- **Absence of fetal movements precedes intrauterine fetal death by 48 hours.**

Investigations(in clinic):

- **Complete blood count (CBC) .**
- **Urine analysis : check urine should be tested for ketones and protein.**
- **Viral screening .**
- **Blood grouping and cross matching .**
- **Blood sugar .**

Check :

- **Check vital sign regularly specially blood pressure and also weight .**

Nutrition



Nutrition :

- **Eat a variety of food , it's important for pregnant women to eat different kinds of food .**
- **Main foods :**
 1. **Carbohydrates .**
 2. **Proteins .**
 3. **Vitamins and minerals .**
 4. **Calories (additional 300 per day) .**

Count...

- 5. A long with plenty of fluids (at last 8 cups a day) .**





Nutritional Supplements



Folic Acid :

- **Start before conception and throughout the first 12 weeks.**
- **reduces the risk of having a baby with a neural tube defect (for example, anencephaly or spina bifida).**
- **The recommended dose is 400 micrograms per day.**

Iron :

- **Iron helps make blood healthy and prevents anemia. A pregnant woman needs a lot of iron to have enough energy, to prevent too much bleeding at the birth, and to make sure that the growing baby can form healthy blood and store iron for the first few months after birth. It is also important in the production of good breast milk .**

Calcium :

- **A growing baby needs a lot of calcium to make new bones, especially in the last few months of pregnancy. Women need calcium for strong bones and teeth .**

Vitamin D :

- **Women at greatest risk are following advice to take this daily supplement. These include:**
- **Women who have limited exposure to sunlight, such as women who are predominantly housebound, or usually remain covered when outdoors .**

Count...

- **Women who eat a diet particularly low in vitamin D, such as women who consume no oily fish, eggs, meat or breakfast cereal**
- **Women with a pre-pregnancy body mass index above 30 kg/m².**

Vitamin A :

- **Vitamin A supplementation (intake above **700 micrograms**) might be teratogenic and should therefore be avoided .**

Hygiene during pregnancy :



Hygiene during pregnancy :

- **During pregnancy, women should be especially careful about personal hygiene. Pregnant women sweat more and have more vaginal discharge than non-pregnant women (due to hormonal changes), and they may be more vulnerable to infection by germs in the environment. Keeping the body clean helps prevent infection.**

Count...

- **Hand washing with soap is the most important hygiene action she can take, especially before preparing food and after going to the toilet. If possible, a pregnant woman should wash her body every day with clean water — especially her genital area.**

Immunization against tetanus :

These shots will protect you and the baby against tetanus — for a while.

Good!



Immunization against tetanus :

- **Tetanus is a very serious, life-threatening infection, which damages the nervous system and is caused by bacteria in the environment, for example in soil. Tetanus toxoid immunization is the best protection against tetanus for the woman and her baby.**

Count...

- **Therefore, it is *very* important for her to be immunized according to the schedule on her card, and to bring her card to every antenatal care visit .**

➤ **Exercise :**

Benefits :

- 1. Decreased fat mass .**
- 2. Relieve the backaches and constipation .**
- 3. Improved stress tolerance ,relieved anxiety and help you to sleep better.**

Count...

4. **Prepare you and your body for birth:**
 - **Strong muscle and fit heart can make labour easy .**
 - **Control over your breathing can help you to manage pain .**
5. **Regain your pre pregnancy body more quickly .**

Safe exercise during pregnancy :

- 1. Swimming .**
- 2. Brisk walking .**
- 3. Neck rotation .**
- 4. Shoulder rotation .**

Kegel exercises :

- **Reduce incontinence caused by the weight of the baby on the bladder .**
- **Help in strengthen the pelvic floor muscles.**
- **Are easy and you can do at any time .**
- **To find correct muscle pretend you're trying to stop urinating , squeeze those muscles for a few seconds then relax .**

Early and exclusive breastfeeding:



Early and exclusive breastfeeding :

- **Breastfeeding positions and good attachment of the baby are described in detail in the Postnatal Care , but you should lay the foundations during your antenatal care visits with pregnant women — especially those having their first baby.**

Count...

- **Whether the mother chooses to breastfeed her baby or she feeds a substitute for human milk, you should respect her decision.**

➤ **Any questions**
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