Beginning of safe Motherhood with Family Support
Safe Motherhood
Flip Book
Begining of safe motherhood with family Support

Maternal Death is an avoidable tragedy which can be prevented if the woman and her family

- Identify complications during pregnancy
- During emergency, take the woman to hospital immediately without delay
Where there is family support, there is safe motherhood

- The pregnant woman must be registered and should have 4 ante-natal checkups

- Family should have the knowledge of the nearest medical facilities where there are the blood transfusion and operation facilities are available

- Family should save money for emergency situation

- Family must arrange ambulance and identify other local transportation

- Identify three donors who will donate blood in case it is needed

- Identify trained doctor, Nurse or Auxiliary Nurse Midwife (ANM) for delivery
Hospital
Savings
Registration of Pregnant Woman

Every pregnant woman must get herself registered at hospital, PHC, HSC/ANM in the beginning of her pregnancy and keep record of expected date of delivery.

It should be ensured that every pregnant woman get minimum of 4 check-ups including registration.
Ante-Natal Check-up (ANC)

A woman must have the following ante-natal check-ups:

- Blood Pressure
- Abdominal examination
- Weight
- Blood and urine check-up

In addition to the above ante-natal check-ups, woman is entitled to:

- Free 100 tablets of Iron Folic Acid (I.F.A)
- Two doses of T.T. (Tetanus Toxoid)
- Haemoglobin estimation helps in early detection and treatment of Anaemia
- Iron Tablets help in protection from Anaemia

If a woman experiences any kind of complication during pregnancy, she must immediately contact ANM, Nurse or Doctor
Ante-Natal Check-up card

During pregnancy woman must have four ANC check-ups

First check-up (registration) within first three months
• As soon as the woman knows she is pregnant, she should get herself registered in health sub centre/ANM/Hospital
• HIV test is compulsory

Second ANC check up
During 4-5 months

Third ANC check up
During eighth month

Fourth ANC check up
During 9th month

It is important for every pregnant woman to know her blood group. So that in emergency, a blood donor has already been identified and is available
| First check up within first three months | ✓ | ✓ | ✓ | ✓ | ✓ |
| Second ANC check up during 4-5 months | ✓ | ✓ | ✓ | ✓ | ✓ |
| Third ANC check up during eighth month | ✓ | ✓ | ✓ | ✓ | ✓ |
| Fourth ANC check up during 9th month | ✓ | ✓ | ✓ | ✓ | ✓ |
Balanced and nutritious diet during pregnancy

During pregnancy woman will require ¼ times more than that she normally eats. She should have balanced diet and she should take every day minimum of one item from each of the food groups given below:

• **Energy giving foods** - wheat, rice, maize, millets, other grains and jaggery, sugar etc.

• **Fats rich diet** - ghee, cooking oils, butter etc.

A well balanced diet consisting of a variety of food helps in the growth of the baby and prevents anaemia.
Balanced and nutritious diet during pregnancy

- Body building foods like milk, egg, curd, paneer, pulses, beans, grains, groundnuts, meat, fish, chicken etc.

  - **Vegetarian** – a handful (45 grams) of nuts and at least 2 cups of pulses are good sources of proteins

  - **Non-vegetarian** – meat, egg, chicken or fish are good sources of proteins, vitamins and iron

  - **Protective foods** – like seasonal vegetables such as green vegetables beans, tomato, carrot, cauliflower and seasonal fruits such as mangoes, guava, banana etc.

Prefer using local seasonal fresh foods, vegetables and fruits
Rest during Pregnancy

- The other members of family should help woman in household chores
- Adequate rest is required for woman during pregnancy
- Woman should have 8 hours of sleep at night and at least 2 hours rest during day
- Women should lie on her left side as it increases the blood supply to the foetus

Adequate rest gives you physical and mental relaxation which is good both for the woman and for the baby
What should a pregnant woman not do during pregnancy

• Avoid picking heavy loads

• Not consuming liquor or cigarette

• Not taking any medicine without consulting the doctor

• Keep away from insecticides or pesticides
Essential Birth Preparedness for a safe delivery

Prepare Birth Plan which will include the following:

- Identify where the delivery would take place—Health centre/Hospital/Home
- Woman and her family should identify the complication/emergency and take action
- If home delivery is planned then identify Skilled Birth Attendant (SBA) and arrange delivery kit
- Keep information about the nearby hospitals
- In case of emergency, make advance arrangement for a transport to take the woman to the hospital
- In case of emergency, save adequate money beforehand for transportation and the hospital expenses
- A blood donor should be identified for any unforeseen emergencies
- Home delivery must only be done by trained SBA. Identify the SBA and beforehand make arrangement for her pick up and drop

Keep in touch with your local ASHA worker and be informed about the government schemes and avail them.
If delivery needs to be conducted at home, arrange '6 cleans' for safe delivery

The room for delivery should be clean and well ventilated. The following '6 Cleans' should be ensured during delivery:

- Clean plastic sheet should be spread in the room
- Clean water and soap should be arranged for washing hands
- New blade (sterilized) should be used for cutting umbilical cord
- Clean string should be used for tying the umbilical cord
- Remember to keep the umbilical cord clean and dry
- Keep clean and dry cloth for drying and wrapping of baby

You should have clean delivery kit. Identify a trained SBA for home delivery before hand
Danger Signs during pregnancy

- Blurred vision
- Bleeding from vagina
- Fits and convulsion
- Severe pain in lower abdomen
- Excessive swelling in legs
- Anaemic
- High Fever
- Severe headache
- Watery discharge

If any complications occur- seek help immediately. Take the pregnant woman immediately to a hospital for treatment.
Danger Signs during labour/delivery

- Excessive bleeding from Vagina
- Retention of placenta (If the placenta is not delivered within 30 minutes of the birth of the baby)
- Prolonged labour (lasting more than 12 hours)
- Fits and convulsions
- Continuous abdominal pain

If any of the above signs are experienced by the pregnant woman, she should be taken to a hospital (PHC/FRU) for emergency care and treatment
Danger Signs during post partum period

- High fever
- Foul smelling vaginal discharge
- Excessive vaginal bleeding
- Fit and convulsion
- Pain in lower abdomen

If these danger signs are seen within six weeks after delivery, take the mother immediately to the nearest health facility (PHC/FRU) for treatment on time
Danger signs in the newborn

If these problems are seen in the newborn, take him/her to the nearest health care facility or contact doctor or ANM*

• Inability to suck
• High fever, cold and clammy hands and feet
• Rapid breathing/breathlessness
• Infection around the umbilical cord (swelling red appearance, sepsis)
• Stiffness of the body and arching of the body
• Yellowish palm and soul
• Inability to pass urine and stools
• Diarrohea
• Red or infected eyes
• Difficulties in breathing/child not crying

Seek advice of your doctor/ANM immediately if any complications are seen - Timely treatment saves life of baby

*ANM-Auxillary Nurse Midwife
Post partum care

• The baby should not be given bath immediately after birth. Baby should be given bath only after 48 hours

• Baby should be dried, wrapped and kept with the mother after birth

• Breast-feeding should be initiated within an hour of delivery, after cleaning the breast of the mother

• Burping should be done after every feed

• Cord stump should be kept clean and dry. Apply nothing on the cord stump

• Nutritious food, emotional support and adequate rest should be given to the mother

Choose to deliver in an institution—it provides timely treatment for mother and baby if complication occurs
Post partum care

• Exclusive breast-feeding should be done for six months as it decreases the chance of illness and makes the baby healthy
• Stay in hospital for minimum of 48 hours after delivery as during this period there are more chances of complication in mother and child
• Mother and baby should be checked up by nurse/ANM on day of delivery, 3rd day, 7th day and 6th week after delivery
• Mother will receive counselling on cord care, keeping the baby warm, respiratory infections, loose motion, exclusive breast feeding and family planning during her stay
• Take immediate medical help if any complication occurs in mother or baby

All these facilities are given free at the government health centre/hospital
Post natal check up

Mother and baby should be checked by a trained ANM in health centre on the day of delivery, 3rd day, 7th day and 6th week after delivery

Check up for mothers:
• Abdominal examination
• Breast examination and counselling on breast-feeding
• Counselling and family planning

Check up for newborn:
• Physical examination- to see that the baby is infectious free and is growing well
• BCG and polio drop to be given at birth
• Counselling on DPT, measles and other vaccines
Family Planning Advice

A gap of two to five years is recommended between pregnancies for restoration of mothers health and proper care of the baby. A number of contraceptive methods are available for spacing pregnancies

- **Lactation Amenorrhea Method (LAM):** protects from pregnancy for six months if exclusive breast-feeding is done.
- **Intra Uterine Contraceptive Device (IUCD/Copper-T):** it is one time method and is effective upto 10 years.
- **Depo-Medroxyprogesterone Acetate (DMPA):** one Injection of DMPA is given every three months. It can be used during breast-feeding.
- **Oral Contraceptive Pills (OCPs):** OCPs can be started 6 months after delivery, one pill is to be taken daily. Start immediately if not breast-feeding.
- **Condom:** spacing method for males. It protects from pregnancy and sexually transmitted infections.
- **Permanent Method:** Male & female sterilisation

3 years spacing between child bearing ensures healthy mother and baby
LAM

Oral Contraceptive Pills (OCPs)

IUCD (Copper -T)

Condom

DMPA
Saving for safe delivery

- Save money from the beginning of the pregnancy for the expense during pregnancy and delivery
- Become a member of saving group or women’s group and create a community fund
- Be in contact with women’s group of your community
- Discuss it with your relatives and wealthy persons of your community, so that money can be borrowed from them, if needed
Maternal Health and HIV

• Get an HIV test as soon as you know you are pregnant

• If you are HIV positive, treatment for HIV can help protect your child

• HIV positive pregnant woman should begin ARVs (Anti Retro Virals)

• HIV Test again at 7 months of pregnancy
Maternal Health and HIV

• HIV positive mothers should exclusively breastfeed their infants for the first six months

• Do not give animal milk, other food, water or liquid to infants in the first six months. Mixed feeding during the first six months almost double the chances of passing HIV to infant compared to exclusive breastfeeding.

• ARV (Anti Retro Virals) lowers the possibility of mother to child transmission during pregnancy, delivery and breastfeeding.

• If infants are infected with HIV, continue breastfeeding for 24 months
Safe motherhood

For safe motherhood, the pregnant woman should go for 4 ante-natal-check ups

• All pregnant woman should be aware of danger signs during pregnancy, during delivery and 6 weeks after delivery

• Always be alert for detecting complications

• Every pregnant woman should use the services of trained and skilled Auxillary Nurse Midwife (ANM), doctor or health centre or hospital for all deliveries
Contact trained ASHA* and ANM* for the following benefits:

• Registration

• 4 ante natal checkups during pregnancy

• Safe delivery

• Mother and baby should be checked four times after delivery- day of delivery, on 3rd day and 7th day and 6th week after delivery

• Counselling of family planning methods

• Get information about Janani Suraksha Yojna (JSY), Janani Shishu Suraksha Karyakaram (JSSK) and others government supported schemes

*ASHA- Accredited Social Health Activist, ANM- Auxillary Nurse Midwife