



University of Jordan
Faculty of Medicine



Medical Committee
The University of Jordan



Community Medicine



Lecture Title:	Mother Health Care				
Date:	21	10	2013	Lecture Number:	17
<input type="checkbox"/> Slides	<input checked="" type="checkbox"/> Sheet		<input type="checkbox"/> Other:		
Lecturer:	Dr. Samar Al-Shareef				
Done By:	Dima Assaf				
Price:				

DESIGNED BY:
WASEEM KAMAL

M.D. ^{University of Jordan} *Class of 2018*



f groups/Doctor2012
W <http://medstudygroup.weebly.com>

Maternal and child health services

Maternal services include:-

1- Premarital services:-

-what is the main objective of premarital counseling?

1- Screening of sexual transmitted diseases.

Ex: Gonorrhoea, HIV, Chlamydia, thalassaemia, etc.

-this service is important especially for people in developed country who start their sexual life before marriage , at age of(15-16) , but here in Jordan the sexual life is limited to marriage .

-so this service is important to protect the females from males and sometimes the opposite, or to treat women who have been married before and have already experienced the sexual life.

2-social and family health education:-

This service should not be limited to premarital but also to all stages because some people go into marriage and they don't know anything about it.

This service is very important (considered as number 1), if there is no health education the women will not be able to have a healthy pregnancy or health life.

- This service is also including testing if the women physically, mentally, economically ready for the pregnancy.

3-Genetic counseling:

Ex. Thalassemia

- What is the type of inheritance of Thalassemia ?
Recessive → the person may have the gene although he does not have apparent symptoms
- In some cases the diseases is dominant → %50 of children will have the diseases.
- But in the case of recessive → 1 in 4 chances in each pregnancy might have the diseases, so the screening is very important in this case.

4- Fertility screening:-

- It includes both males and females.
- For the females--→screening for:-
 - 1-menstrual history
 - 2-hormonal test-→test LH and FSH hormone
- For males--→semen analysis
 - some males have little amount of sperms but with normal sexual function.
 - we do such a test to know the severity of the disease and if it's treatable or not.
 - * This test is very important in reducing the cases of divorce and polygamy.

5- Physical examination and general screening for other diseases.

2-preconceptional:-

This service include:-

-Past medical history--→to know if she have a previous pregnancy or experienced a repeated abortion.

-Family history--→to know if she is exposed to have preeclampsia

-Vaccination history---→here we concerned mostly about German measles (it affect the baby more than the mother)

* in Jordan about 80% of women are immune against it and the remaining 20% should have a special care because it is very dangerous to have the infection during pregnancy especially in a community like Jordan where the abortion is not legally , socially , religiously allowed .

3-conceptional services:-

-it is important to follow ANC to do the usual pregnancy tests , so that we can detect the problems at an early stage and treat them before they develop and causes other complications .

- Visits to ANC :
 - once a month for the first seven months (but if she have a high risky pregnancy, she might have to visit the clinics every week)
 - At 8th month →two visits
 - At 9th month →3-4 visits
- So she needs to visit the clinics (10-12) visits during pregnancy.

- In these visits they follow up the general conditions of the women and at the same time the growth and the development of the embryo.
- In the 1st visit, history of missed period taken to identify onset of pregnancy, physical examination, and rubella antibodies are checked.
- What is the difference between growth and development of the embryo?
 - The growth include →weight, height
 - * The normal weight of the baby in a range between (2.5-3.5) kg
 - if the baby is less than 2.5 we called it →in this case the baby is mature but with a weight lower than the normal
 - while in premature→the pregnancy period is less than 36 weeks.
 - the height is less sensitive because it's more controlled by genetic factors.
 - But the development is concerned with the skills (walking, talking and interaction with other people).
- Also they do CBC test for the women to know if she have anemia
 - anemia is one of the most important causes of pregnant morbidity

In Jordan more than 27% of pregnant women have anemia so they give iron and folic acid to all pregnant women.
- In This service there is also a urinary tract test because U.T.I is the most common cause of death in pregnant women

5-delivery:-

-It includes three things:-

1- Where labor happened

2- Who attended the labor

3-When labor happened:-if it is - Mature, Premature, Post mature.

* The more premature the child is the higher the risk to have fetal distress.

6 – Postnatal care:

We should make sure that everything gets back to normal.

- Make sure the uterus get back to its normal size and she have got the period after 6 weeks of the labor
- Determine if the labor is normal or cesarean , if there is a bleeding and any other complication care like hemorrhage, rupture of membrane ...
- We should educate the women about the family planning method the she will use.
- We should also educate her about the importance about the breast feeding.
- Exclusive breast feeding → here the baby is totally dependent on the breast feeding during the first 6 weeks.
- In Exclusive breast feeding → the amount of prolactin will be high enough to decrees amount of estrogen and progesterone and thus prevent the ovulation (this is result in what's so called lactation amenorrhea).

Infant and child health

- 1- When the baby is delivered there should be specialist doctor to evaluate baby status if he for example has congenital abnormalities, birth injuries, infection traumas → these tests should be done during the first day of labor.
- 2- After one month the woman should come back for a postnatal care to start what so called WBC (well baby clinic).

In this clinic they follow up baby during the age (1-5 Years).

- And this includes general screening for the baby and mentoring of the growth and development of the child.

3- Vaccination:

It is one of the most important preventive services because the baby's immune system is still developing in the first 5 Years.

- In the past infectious diseases were one of the most common causes of death in children but now the percentage is lower.

4- Nutrition:

We should care about child nutrition because he still growing.

- Normal weight of the babies is 2.5 – 3.5 KG and their weight is doubled at the age of 6 month and it's a tripled at the age of one year.
- Following up the weight is more sensitive than the height because the height is controlled by genetic factor.

5- nursery:

In developed world they have a special care of baby's hygiene, vaccination, education and many other aspects and these services is mainly covered by the government, but in Jordan these services are usually costly and not affordable.

6- School health:

From 6 yrs-18 yrs, monitor child health via general screening made at the beginning of each school year, to follow up students' health and give them appropriate medications if necessary.

Reproductive health:

Installation of methods that contribute to reproductive health to avoid pregnancy complications and it includes sexual health, family planning, and education and services.

Good Luck