

Promoting Fetal and Maternal Health

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A woman who eats well and takes care of her own health during pregnancy provides a healthy environment for fetal growth and development



Woman may need instructions about:

- How much extra rest she need
- What type of exercise she can continue
- What changes going on her body
- What kind of discomfort is normal during pregnancy
- What pregnant woman should eat and what should not
- What is terratogens

Health Promotion During Pregnancy



Pregnancy is not the illness



Bathing



During the last month of pregnancy when the cervix may begin to dilate tub bathing are restrict

Breast care



- The pregnant from weeks of pregnancy may need to change her bra on special bra with wide supportive straps.
- From 16 weeks of pregnancy the colostrums secretion may begins, woman may need to use some pad in the bra
- Woman needs to be instructed to wash her breast at that one period, because some parts of colostrums can stay and cause some infections
- Breast need to be washed with clear tap water, without soap (soap can cause dryness)



Dental care

Gingival tissue tents to hypertrophy during pregnancy. Unless the pregnant woman brushes well, pockets of plaque form readily between the enlarge gum line and teeth. Pregnant woman need to see dentist for regular cleaning

Perineal Hygiene



Dressing



A woman should avoid:

- Garters
- Extremely firm girdles with panty legs
- Knee-high stockings high heel shoes, coz it can make backache

Sexual Activity



None of this is TRUE

- Coitus on the expected date of her period will initiate a labor
- Orgasm will initiate a labor, but participating in sexual relations without orgasm will not
- Coitus during the fertile days of a cycle will cause second pregnancy or twins
- Coitus might cause rupture of the membranes

Exercise



Pregnant woman should exercise at 70 % to 85% of her maximum heart rate





Sleep

The optimal condition for body growth occurs when growth hormone secretion is at its highest level – that is during sleep.

Most Pregnant woman need a rest period during the afternoon as well as a full night of sleep.

Some woman can awaken with pyrosis or dyspnea if she had been lying flat



Sims Position (Weight of the fetus lie down on the bad)



Employment



There are a few reasons a woman cannot continue to work throughout pregnancy

- Working with toxic substance
- lifting heavy objects
- Physical strain
- Long periods of standing

Travel



Many woman have a question about travel during pregnancy

- Early in a normal pregnancy, there are no restriction
- If a woman going to make a camp during pregnancy, she need to learn telephone number and location the nearest med care place
- If it s a long way by auto, woman need to arrange every hour or at least every 2 hours walking time or at least stretching
- Pregnant woman get drive by herself as long as her feet are comfortable



Traveling by plane



- Traveling by plane is not contraindicated as long as the plane has a well-pressurized cabin. Some airlines do not permit woman who are more then 7 month pregnant on the board; others require written permission from a woman s primary care provider.
- If woman flies to country where need to make some kind of vaccination; all live virus vaccines are contraindicated during pregnancy

Turkish Airlines

- No health report is necessary until the end of the 27th week of pregnancy.
- The report should be in Turkish or English.
- Pregnant women expecting one baby can fly with a doctor's report that states that they are fit to fly by air carriage between 28-35 weeks. After that, they are no longer fit to fly even with medical clearance.
- Pregnant women expecting twins or more can fly with a doctor's report that states that they are fit to fly by air carriage between 28-31 weeks. After that, they are no longer fit to fly even with medical clearance.
- Medical clearance must be dated maximum 7 days prior to the flight.
- The doctor's name and surname, diploma number and signature must be shown clearly on the medical clearance.

Discomfort in early pregnancy



- Breast Tenderness
- Palmar Erythema
- Constipation
- Nausea, Vomiting and Pyrosis
- Fatigue
- Muscle Cramps
- Hypotension
- Varicosities
- Hemorrhoids
- Frequent Urination
- Abdominal discomfort
- Heart palpitations
- Leukorrhea

Constipation During Pregnancy



Constipation During Pregnancy

- As the weight of growing uterus presses against the bowel and peristalsis slows, constipation may occur.
- Advise a woman not to use mineral oil to relieve constipation, because it can absorb fat-soluble vitamins, which are need for both fetal and maternal health

Muscle Cramps



Muscle Cramps

Decreased serum calcium levels, increased serum phosphorus levels and interference with circulation commonly cause muscle cramps of the lower extremities during pregnancy. This problems are best relieved if a woman lies on her back momentarily and extended her involved leg and dorsiflexing the foot until the pain disappears

Varicosities

- Because the weight of the distended uterus puts pressure on the veins returning blood from the lower extremities. This causes pooling of blood and distention of vessels. The veins become engorged, inflamed and painful.
- Resting in a Sims position or on the back with the legs raised against the wall or elevated on a footstool for 15 – 20 min twice a day is a good precaution
- Need to avoid the seating position when the legs cross each other

Hemorrhoids

- At day s end assuming a knee-chest position for 10-15 min, it s an excellent way to reduced the pressure on rectal veins
- Stool softeners may be recommended
- Applying witch hazel or cold compresses to hemorrhoids may help to relieve pain



Frequent Urination

- Can be advising for pregnant to limit the amount of caffeine, this will help to decrease number of evacuations
- Occasionally, the woman can notices stress incontinence (involuntary loss of urine on coughing or sneezing) during pregnancy.
- Kegel exercises helps strengthen urinary control

Leukorrhea

- Leukorrhea, a whitish, viscous vaginal discharge or an increase in the amount of normal vaginal secretions, occurs in response to the high estrogen levels and the increased blood supply to the vaginal epithelium and cervix in pregnancy.
- Wearing cotton underpants and sleeping at night without any underwear can be helpful to reduce vulvar excoriation and moisture

Discomfort of Middle to late pregnancy



Discomfort of Middle to late pregnancy

- Backache (lumbar lordosis)
- Headache (Expanding of blood volum puts pressure on cerebral arteries; may be advised resting with cold towel on the forehead)
- Dyspnea (Expanding uterus puts pressure on the diaphragm)
- Ankle edema (Resting in the left side-lying position)
- Braxton Hicks Contractions (Beginning as early as the 8 th to 12 th week of pregnancy, the uterus periodically contracts and then relaxes again; contractions are NOT a sign of beginning labor)

Danger Sign Of Pregnancy



Danger Sign Of Pregnancy

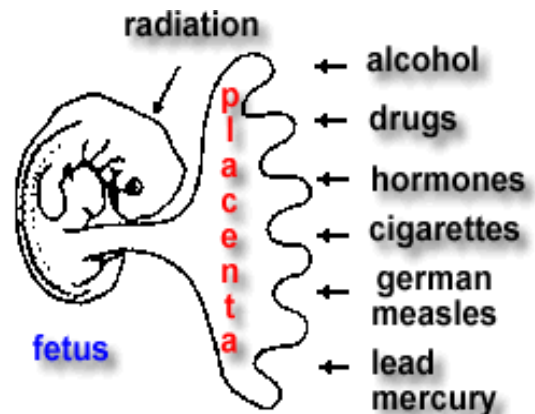
- Vaginal Bleeding (If the woman discovered it on toilet paper following a bowel movement , woman probably reporting spotting from hemorrhoids)
- Persistent Vomiting (Once or Twice – daily vomiting is not uncommon, however, persistent, frequent vomiting is not normal; vomiting that continues past the 12 th week of pregnancy is also extended vomiting)
- Chills and Fever (it can indicate the intrauterine infection)
- Sudden Escape Of Clear Fluid From The Vagina (Immediately reporting to doctor)
- Abdominal or Chest Pain (Immediately reporting to doctor)
- Increase or Decrease in Fetal Movement

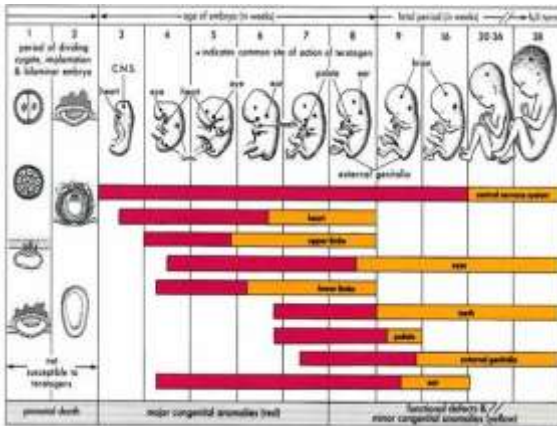
Teratogens



What are Teratogens?

Teratogens are chemicals, drugs, illnesses or other agents that can cause or increase the chances of physical birth defects, miscarriages or delays in cognitive and physical development after birth





TORCH infections

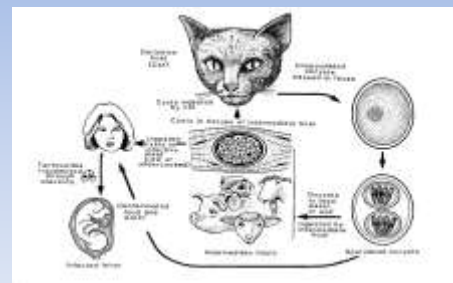


TORCH infections

Is an acronym for a group of five infectious diseases:

- **T**=Toxoplasmosis
- **O**=Other (Hepatitis B)
- **R**=Rubella (German measles)
- **C**=Cytomegalovirus (CMV)
- **H**=Herpes Simplex Virus (HSV)

Toxoplasmosis



Congenital toxoplasmosis

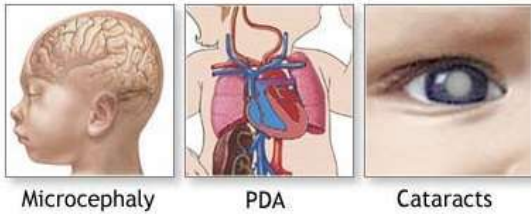


Clinical manifestations. Hydrocephalus, lesions in the organs of the vision (chorioretinitis), cirrhosis of the liver and enlargement of the spleen.

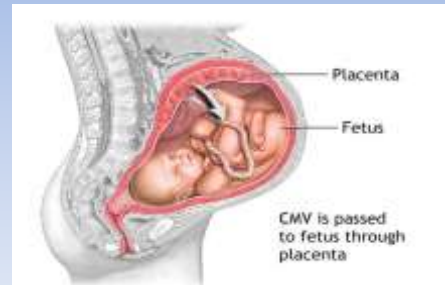
Rubella



Rubella syndrome



Cytomegalovirus



Cytomegalovirus

- Hydrocephalus
- Microcephaly
- Optic Atrophy
- Chorioretinitis
- Chronic liver disease

Herpes Simplex Infection

If the infection taking place in first trimester of pregnancy, severe anomalies may occur. If infection occurs during the second or third trimester, there is a high incidence of premature birth, intrauterine growth restriction and continuing infection of the newborn at birth

Other Viral Diseases

- Syphilis
- Lyme Disease
- Gonorrhea
- Chlamydia
- Streptococcus B
- Hepatitis B

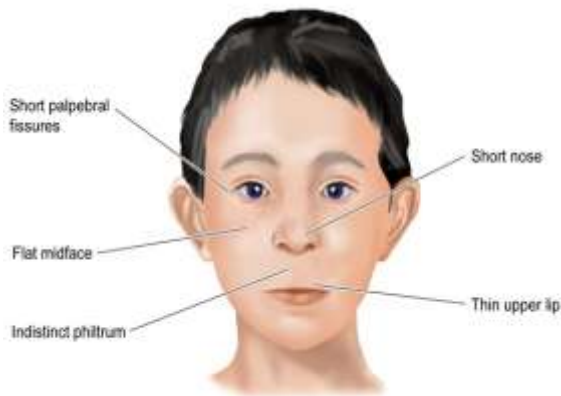
LIVE virus vaccines are forbidden during pregnancy



Fetal Alcohol Syndrome (FAS) and related disorders

No amount of alcohol is safe during pregnancy.

Alcohol reduces fertility, increases the risk of miscarriage and causes brain damage and birth defects. Prenatal exposure to alcohol can cause cognitive damage, learning disorders and mental retardation, as well as behavioral disorders such as ADHD and autism. Poor motor coordination is common. Difficulty with judgment and understanding social situations contributes to long term outcomes such as unemployment, psychiatric illness, and criminality. Even moderate drinking or a single binge can cause permanent damage. The severity of FASD depends on factors such as the level of exposure, the developmental stage of the fetus and nutritional status of the mother



Environmental Teratogens

- Metal and Chemical Hazards (Pesticides, carbon monoxide, mobile exhaust, mercury etc.)
- Radiation (rapidly growing cells are extremely vulnerable to destruction by radiation)
- Hyperthermia and Hypothermia (woman who use to take hot bath , more than 40 degree, should not stay more long than 10 min)
- Teratogenic Maternal Stress

Preparing for Labor

- Lightening (woman notices she is not as short of breath as she was)
- Show (show is the common term used to describe the release of the cervical plug that formed during pregnancy)
- Rupture of membranes (Immediately call to medical provider, coz this is danger of cord prolapse and uterine infection)
- Excess Energy (It occurs as a part of the body physiologic preparation for labor, woman should rest and keep the energy for delivery period)
- Uterine Contraction (true labor contractions usually starts from the back and sweep forward across the abdomen; immediately call to medical provider)



