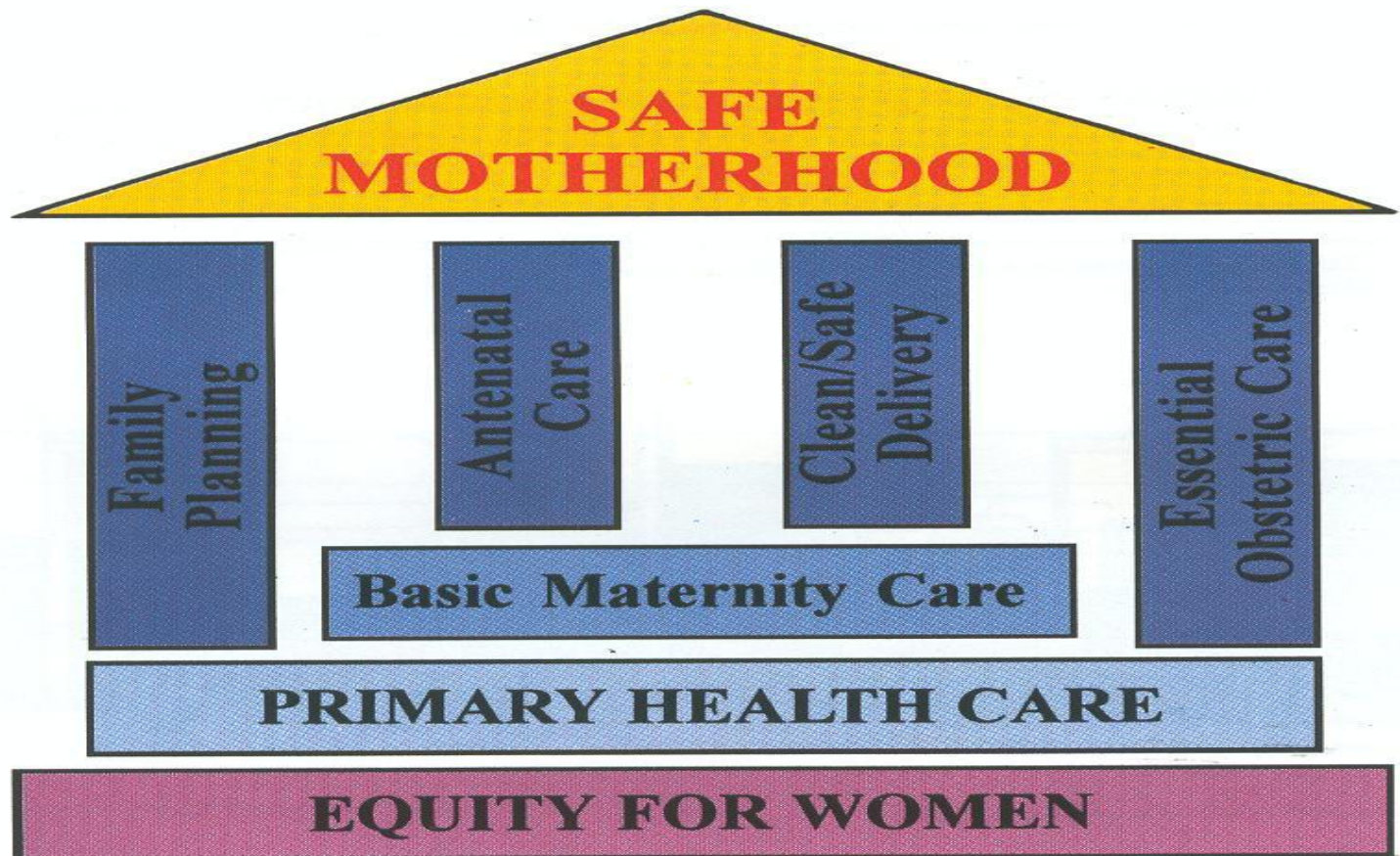


Maternal Health

Dr Deepika Attygalle
MSc, MD (Community Medicine)
Programme manager maternal Care
Ministry of Health

A pregnant woman and her baby are one entity -
What affects one, affects the other



Source: WHO Mother Baby package, Implementing Safe Motherhood in countries
-WHO/FHE/MSM/94.11

TEL WHO Mother Baby



Why Safe Motherhood

Every minute Globally

- **380 women become pregnant**
- **190 women face an unplanned or unwanted pregnancy**
- **110 women experience a pregnancy- related complication**
- **40 women have an unsafe abortion**
- **1 woman dies**



Why it is important

Wellbeing of the mother and the
newborn

Life Cycle of Malnutrition

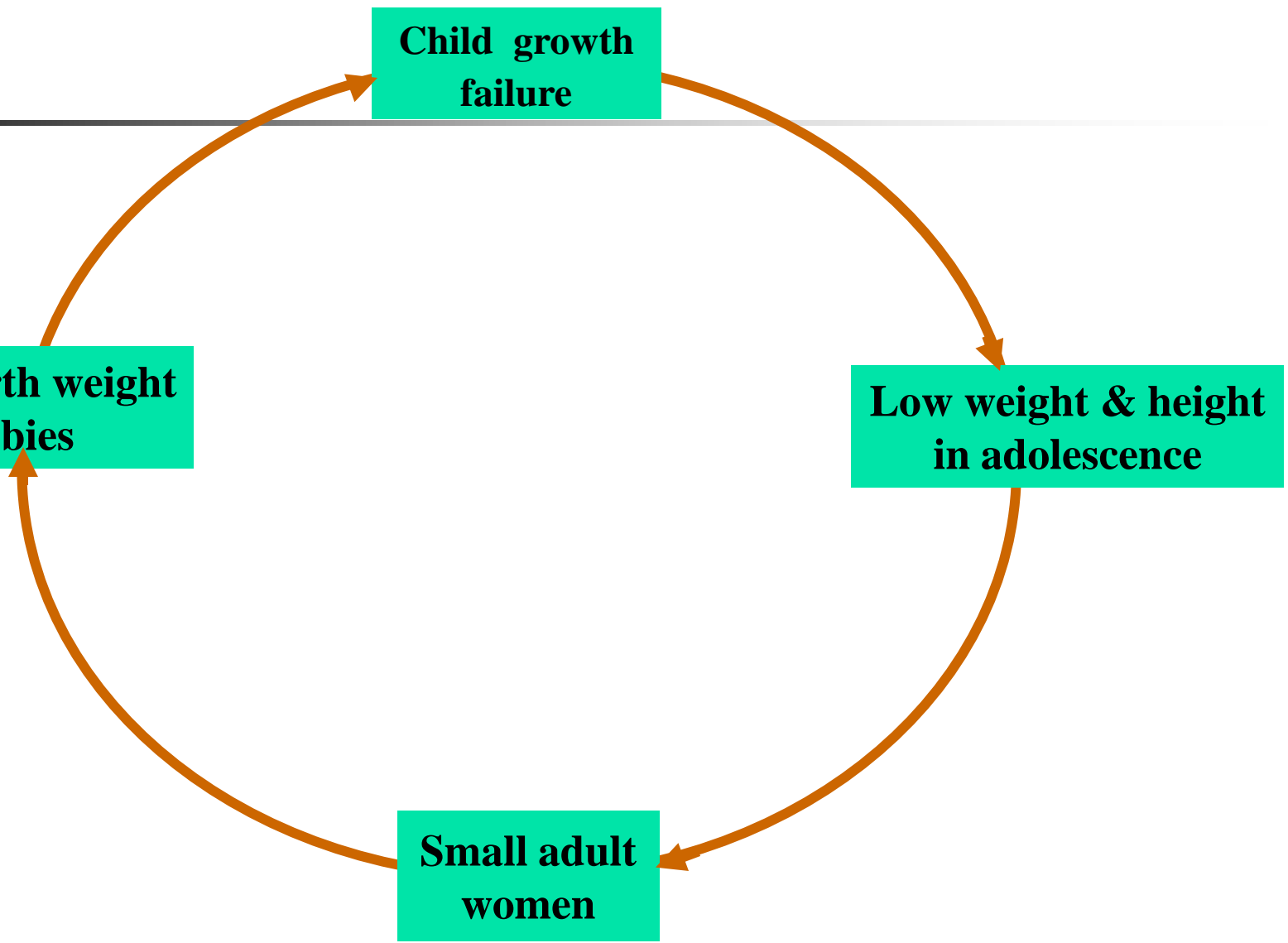


Child growth failure

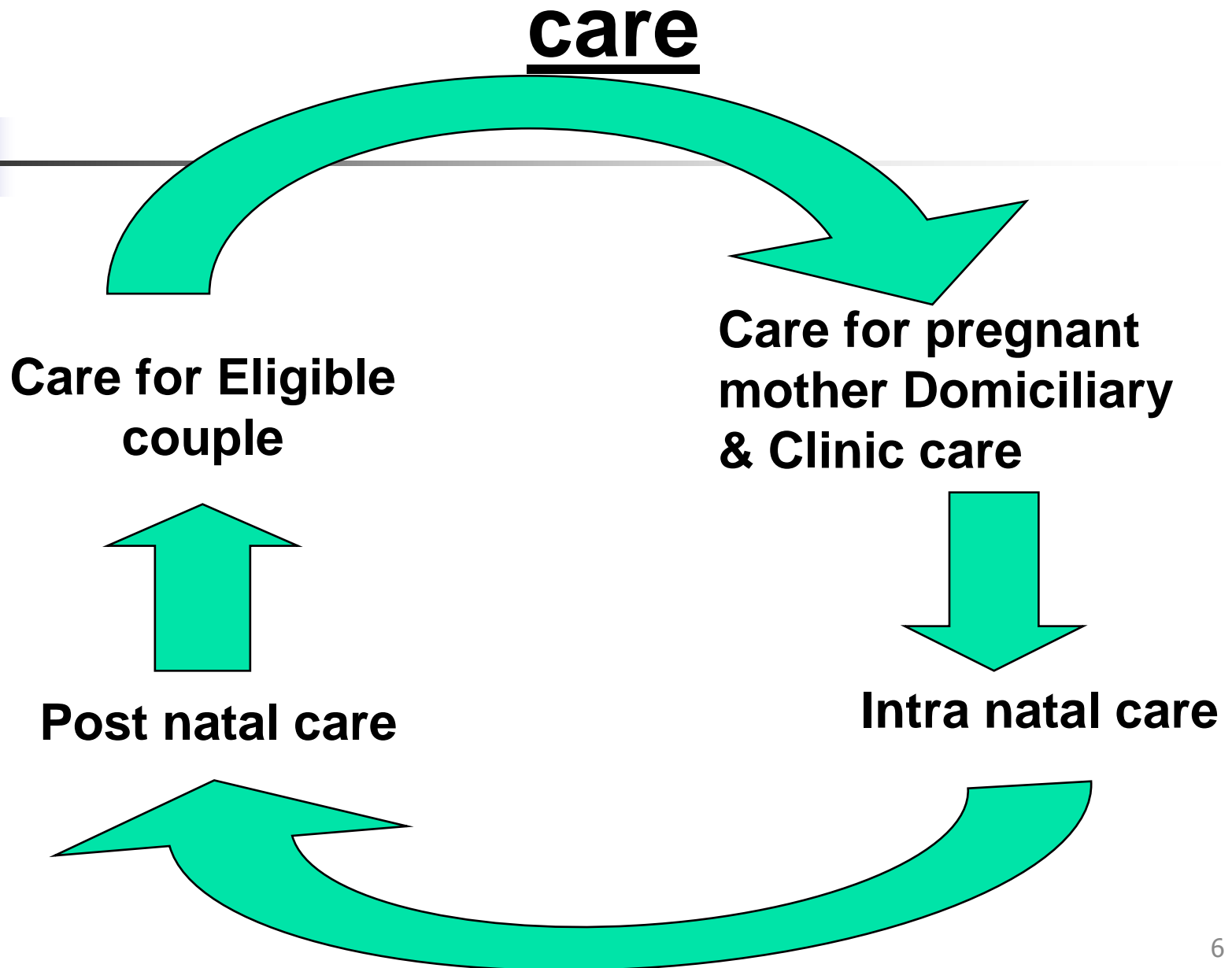
Low weight & height in adolescence

Small adult women

Low birth weight babies



Organized and continued MNH



Intervention Prior to or During Pregnancy

- Prior to Pregnancy

Domiciliary care and clinic care by Public Health staff

Every Married couple is under Health care worker Eligible Couple registration (93%)

Rubella Immunization introduced in 1996

(coverage age 16-44 -s 42.4%)

Family planning

Risk screening and Nutritional education

Preparation for pregnancy



Ante Natal Care

 **Periodic health check**

 **To estimate gestational age, monitor fetal growth and accurately identify presentation and position of fetus.**

 **To recognize and early detect anaemia in pregnancy and take appropriate action.**

 **To recognize risk factors and medical diseases complicating pregnancy and treat and manage appropriately.**

Intervention During Antenatal Period Cont..

Prevention of infection.

- Anti helmenthic treatment for all pregnant mothers after 12 weeks of POA.
- Malarial prophylaxis for mothers in endemic areas.
- Tetanus toxoid immunization (coverage - 100%).
- Screening for syphilis ? HIV.

Information education and communication.

- Information on nutrition, preparation for bf, identification of danger signs etc.
- Education on family planning.



Current Status of Maternal Nutrition

- Pregnant mothers with < 18.5 - 26%
- Anemia During pregnancy – 30.3%
- Weight gain during pregnancy – 8 kg (7-9)

Source – FHB 2006 data base, Assessment of Anaemia status in Sri Lanka 2001, MRI survey report 2003

Why maternal weight gain is important

- ❖ Affect on the Health & Birth Weight of the baby
- ❖ May affect on weight gain in infancy & childhood
- ❖ May show delayed development
- ❖ Prone for frequent infections & thereby lower the quality of life of whole family
- ❖

Expected Maternal Weight Gain during pregnancy

BMI	Expected weight gain
<18.5	12.5 - 16
18.5 - 24.9	11.5 - 14
25.0 - 29.0	7.0 - 9.5
>30	</= 6.8



Mothers who need close monitoring of weight gain & evaluation

- 1. Those with low prepregnancy BMI (under weight) and those with higher prepregnancy BMI (over weight & obese)
- 2. Multiple pregnancies
- 3. Anaemic mothers
- 4. Short interval pregnancies
- 5. Teenage pregnancies
- 6. pregnant while lactation



Mothers who need close.....

- 7. Mothers who are socio economically vulnerable
- 8. Mothers with infections
- 9. Mothers with medical disorders
- 10. Gain of more than 3Kg per month for any mother



Expected weight gain during pregnancy contd.....

Target the pregnant mothers with pre pregnant BMI less than 18.5 by;

- Nutrition counseling on importance of increased intake of food rich in energy, protein and micronutrient
- Reduce heavy work load
- attain & sustain high coverage with micronutrient supply
- strengthen de worming
- Improve quality of maternal care



Field visit of midwife



Intranatal care





Maternal wellbeing during postpartum

- Nutrition
- Hygiene
- Mental wellbeing
- Contraception

Post Natal Care



Information and counselling on infant care and nutrition

- Adequate intake of micronutrient
- Vit A supplementation
- Family planning information and services
- Counselling on the benefits of ECCD (stimulation, attention, love etc.)
- Counselling or possibility completion by the health workers of legal registration of birth





දරුවාගේ ප්‍රති අයිතිකාරී
වැඩි වීමට ප්‍රසාද වීම සඳහා
මෙහි ප්‍රතිකර්මයක් සඳහා
මෙහි ප්‍රතිකර්මයක් සඳහා
මෙහි ප්‍රතිකර්මයක් සඳහා
මෙහි ප්‍රතිකර්මයක් සඳහා

11



15.07.2005 08:03

A large group of school children, both boys and girls, are dressed in white uniforms. They are outdoors, possibly in a schoolyard or a field, and are smiling and interacting with each other. Some are placing their hands on the shoulders of others. The scene is bright and cheerful.

THANK YOU

2005 3 17