

Antenatal, natal and post-natal care of a mother

Nursing complete notes

Antenatal Care (ANC)

Definition

- Antenatal care is the **routine care of a pregnant woman** throughout her pregnancy.
- It aims to ensure the **health and well-being of both mother and fetus**.
- Provided from **conception till onset of labor**.
- Focuses on **early identification and management** of complications.
- Delivered through **regular checkups**, investigations, counseling, and health education.
- **Prepares the mother for safe delivery** and parenthood.
- Integral to the **Safe Motherhood Program**.
- Essential for **reducing maternal and perinatal mortality**.
- Helps in identifying **high-risk pregnancies**.
- Promotes **institutional deliveries** and maternal nutrition.

Key Components (10 points)

- **Registration of pregnancy** ideally within the first 12 weeks.
- Minimum **4 ANC visits** (WHO recommends 8 contacts).
- **Routine investigations**: Hemoglobin, blood group, VDRL, HIV, HBsAg, urine test, etc.
- **Blood pressure and weight monitoring** at each visit.

- **Iron-folic acid (IFA) supplementation**: 60 mg iron + 500 µg folic acid for 180 days.
- **Tetanus toxoid (TT or Td) vaccination**: 2 doses or booster if previously immunized.
- **Calcium supplementation**: 500 mg twice a day from 14th week to 6 months postpartum.
- **Nutrition counseling**: balanced diet, adequate hydration, and rest.
- **Danger sign education**: bleeding, swelling, severe headache, fever, or reduced fetal movements.
- **Birth preparedness and complication readiness (BPCR)**: transport, blood donor, financial planning.

Natal Care (Intranatal Care)

Definition

- Natal or intranatal care refers to **care given during labor and delivery**.
- Aims to ensure **safe childbirth** and prevent complications.
- Focuses on **monitoring mother and fetus** during labor stages.
- Provided by **skilled birth attendants (SBA)**.
- Includes **clean delivery practices**.
- Reduces risk of **maternal and neonatal morbidity and mortality**.
- Ensures early detection of **obstructed or prolonged labor**.
- Encourages **active management of third stage of labor (AMTSL)**.

- Important for prevention of **postpartum hemorrhage (PPH)**.
- Promotes **immediate newborn care** and breastfeeding.

Key Components

- **Skilled birth attendance:** trained personnel for safe delivery.
- Use of **partograph** to monitor progress of labor.
- **Clean delivery practices:** 6 cleans – clean hands, surface, blade, cord tie, cord stump, water.
- **Active management of third stage of labor:** oxytocin, controlled cord traction, uterine massage.
- **Monitoring vital signs** and fetal heart rate every 30 minutes during labor.
- Ensuring **privacy, dignity, and support** to mother.
- **IV access** and readiness for referral in case of complications.
- **Resuscitation equipment** for both mother and baby readily available.
- **Immediate skin-to-skin contact** and initiation of breastfeeding within 1 hour.
- **Cord care:** delayed clamping, sterile cutting and tying of the cord.

Postnatal Care (PNC)

Definition

- Postnatal care refers to the care given to the **mother and newborn after delivery**, up to 6 weeks (42 days).
- This period is **crucial** for detecting complications in both mother and baby.
- Focuses on **recovery of the mother, breastfeeding support, and newborn care**.
- Important for **family planning advice and mental health support**.
- **Most maternal deaths occur during this period** if care is neglected.
- Emphasizes **infection prevention, rest, nutrition**, and emotional well-being.
- Addresses common issues like **breast engorgement, lochia, perineal pain**.
- Vital for monitoring **cesarean or episiotomy wound healing**.
- Encourages full **immunization schedule** for the baby.
- Integral to **continuum of maternal and child health services**.

Key Components

- **Home visits:** Day 1 (within 24 hrs), Day 3, Day 7, Day 14, and at 6 weeks.
- Monitor for **PPH, infections, fever, high BP, depression**, etc.
- **Newborn examination:** temperature, feeding, jaundice, breathing, cord care.
- Promote **exclusive breastfeeding** for 6 months.
- **Family planning counseling:** spacing methods, LAM, PPIUCD, etc.
- **Iron and calcium continuation** for at least 6 months.

- Support **immunization**: BCG, OPV-0, and Hepatitis B at birth.
- Education on **danger signs**: heavy bleeding, high fever, foul lochia.
- Promote **personal hygiene, perineal care**, and adequate rest.
- Address **mental health**, especially signs of postpartum depression.