

MCH #2



① Premarital

Target : - About marriage
- Weeds
- Any one

Functions : - premarital medical test (↓ B-Thalassemia) & counselling

- Immunization
- Rubella

live attenuated vaccine Before 4 weeks of pregnancy

- Weight
BMI

- nutritional intake folic acid
B9 (تيلوريل)

- Anemia (low-Birth/weight)
↓ Iron prematurity < 37 weeks

- fertility tests

male semen analysis

female hormone

- controlling RF (hazards)
Alcohol smoking

- family-health-education

- sexuality & puberty education

- Parent hood

- medical history

- obstetric history

- sexual diseases AIDS

- Physical examination

notes :

* $\frac{1}{2}$ Women → premarital medical test

* Premarital medical exam high in educated

> 1/65 educated
< 1/25 Non-educated

* Therapeutic Abortion

* Rubella vaccine in Jordan for child Not adult.

* prematurity Before week 37

• No surfactant → NRDS → Anemia

• Pulmonary hemorrhage

• Brain hemorrhage

• low storage → hypoglycemia

• low immunity → sepsis

• Patent ductus Arteriosus

② قبل الولادة

preconceptional

- medical history

- social history

- controlling RF

- psychological & social support

③ قبل الولادة

Antenatal (conceptional)

* mother + ^{unborn} child
nutrition & hygiene

* Complications (DM, Htn)
detect + manage
+ Assessing (C-section)

* Breast-feed & child care

* Peripartum
ولادة

* Birth-spacing
↑ infant survival