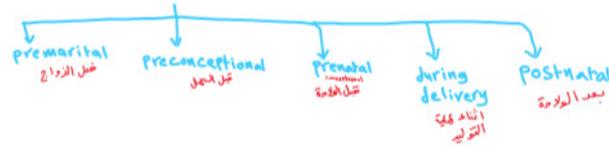


MCH # 2



1 Premarital

Target: - About marriage
- We do
- 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 (تقبل قبل)

- Anemia (low-birth/weight)
↓ iron prematurity ↓ weight 37

- fertility tests

male semen analysis female hormone

- controlling RF (toxoplasma)
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 الحمل

preconceptional

- medical history

- social history

- controlling RF

- psychological & social support

3 قبل الولادة

Antenatal (conceptional)

* mother + child
nutrition + hygiene

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

* Breast-feed & child care

* Puerperium
النساء

* Birth-spacing
↑ infant survival