MHC #3

* Antenatal Care
  - Care of pregnant woman
  - 1 visit → should be early

* What we Check in ANC !
  - Weight 45-85 kg
  - Hight > 150 cm
  - Blood pressure 120/80 → systolic → diastolic
  - Blood Tests
    CBC, TSH, Glu
  - Ultrasound
    - Baby size, growth abnormalities
    - Placenta (If low → C-section)

* ANC VS F-ANC
  - at least 8 visits
  - at least 4 visits
  - Higher mortality

* Pregnancy RF
  - Age < 18 / > 35
  - Hight < 150 cm
  - BMI < 18 / > 25 (Nutritional indicator)
  - low education + low income
  - Any Medical problem
    DM, Htn, anemia.....
  - Any obstetric history
    - C-seation, vacuum, forceps
    - stillbirth
  - Pre or post Partum hemorrhage
  - others smoking, Alkohol.....

* ANC in Europe include:
  - Health pregnancy: diet, exercise
  - labor: Relaxation techniques, Pain-Relief
  - Post-Partum: Breast-feeding, Depression After Birth
  - Refresher: already had baby

* effectors of ANC arrivale
  - Distance
  - Cost
  - Cultur (female-female)
  - Quality of service
  - Physical availability staff

* Maternal Morbidity
  - pranancy → after by 42 days
  - causes
    - Medical problem: DM, Htn .....
    - stillbirth + abortion + premature
    - Hemorrhage + Ectotic Pregnancy + Petric tear + Uterin rupture + Soy, Obstructed aymaic labor

* M-morbidity
  Htn (hypertention)
  - Chronic Htn
    - > 140/90 befor 20th week of gestation
  - Pre-eclampsia
    - Htn + Proteinurea
    - After 20th week
  - eclampsia
    - epiliptic seizures

* Pre-eclampsia
  - Pathogenesis: endothelial dysfunction → Vasospasm → ↑ pressure
  - Diagnosis: BP > 140/90 + After 20th week + Proteinurea
  - Prevalence
    - 5% → all pregnancies
    - 10% → 1° pregnancy
    - 20-25% → Htn Women
  - RF
    - first Pregnancy
    - Age < 18 / > 35
    - History of PE or chronic Htn
    - Black race
    - DM
    - SLE
    - Renal dis.

*note: Teenage pregnancy dangerous

note: ANC → 197 Jordan
Skilled ANC ↑↑↑ high
- 1990 84%
- 2007 99%
- 2023 97%

note:
8 Visits
- first 1/3 — (1)
- second 1/3 — (2)
- Third 1/3 — (5)

note: low & middle incom country → increasd FANC