

Antenatal Care (ANC)

Definition: a preventive obstetric health care program that optimizes maternal-fetal outcomes through the routine monitoring of pregnancy.

Reasons to attend the Antenatal Clinic:

- To build trust between the client and the provider
- To achieve the best possible health status
- To obtain a baseline recording data
- To identify and manage high-risk pregnancy
- To provide basic health education
- To minimize maternal and fetal mortality and morbidity

Schedule of ANC Visits:

- Every 4 weeks until the 28th week of pregnancy.
- Every 2 weeks between the 28th and 36th weeks of pregnancy.
- Every 1 week between the 36th week and delivery.

Booking Procedures: (Registration)

Client history:

- Personal history: Name, age, address, occupation, duration of marriage, consanguinity, and potentially harmful habits.
- Complaints in detail and duration.
- Menstrual history: LMP (1st Day) and calculation of gestational age EDD.
- Obstetric history: antepartum care, labour, puerperium of previous pregnancies.
 - Mode of termination
 - Number of living children
 - Birth weights
 - Mode of infant feeding
 - Date of last Labour and last abortion
- Present obstetric history:
 - Symptoms of pregnancy
 - Symptoms of preeclampsia

- Symptoms of disease in other organ systems
- Fetal movements
- Family history: DM, BP, multiple pregnancies, congenital anomalies.
- Medical history: DM, BP, UT troubles, heart disease, viral infections, drugs, and allergies. Others: blood transfusion, Rh incompatibility, X-ray exposure.
- Surgical history: previous operations, dilation and curettage, vaginal repair, caesarean section, and non gynaecological operations.
- Family planning history
- Immunisation history
- Breastfeeding history

Examination: (minimal physical parameters to be evaluated)

- General (systemic):
 - Physical signs
 - Chest examination
 - Breast examination
 - Skeletal or neurological abnormalities
- Local (Obstetric):
 - Inspection
 - Contour and size of abdomen
 - Scars from previous operations
 - Signs of pregnancy
 - Fetal movements
 - Varicose veins
 - Hernial orifices and back
 - Oedema
 - Palpation:
 - Fundal height
 - Fundal grip
 - Umbilical grip

- First and second pelvic grips
- Auscultation:
 - At 10 weeks
 - At 20 weeks
- Investigation:
 - Stool analysis for ova and parasites
 - Blood analysis
 - Complete blood count
 - ABO grouping and RH typing
 - Blood sugar level
 - First level ultrasound

Alarming Symptoms and Signs:

- Vaginal Bleeding:
 - Before the 20th week: Threatened Abortion
 - After the 20th week: Antepartum Hemorrhage
- Escape of fluid from the vagina (PROM)
- Persistent vomiting
- Fever
- Chills
- Symptoms of Preeclampsia:
 - Severe persistent headache
 - Blurring of vision
 - Epigastric pain
 - Generalized edema
- Dysuria
- Abdominal pain (placental abruption)
- Too small/Too big abdominal size for the gestational age

Periodic Visit Procedures:

- Record any new complaints

- Perform examination:
 - General: Weight & BP.
 - Local: Fetal Size, Lie, Presentation, & Heart Sound.
- Assess Fetal Well-being:
 - Maternal weight: Little or no gain indicates fetal jeopardy.
 - Fetal size: through Fundal Level.
 - Fetal kick count: at least 10 movements / 12 hours.
 - Fetal movements: Absence indicates Intrauterine Fetal Death (IUFD).
 - Fetal Heart Sounds.
 - Ultrasonography.

Basic health education plan for women:

- Adequate Nutrition:
 - Calories 2500 C/day. High Levels in Mothers: Predispose to Eclampsia
 - Protein 85 gm/day:
 - Low Levels in Fetuses: Premature Baby
 - Low Levels in Mothers: Anemia
 - Calcium 1.5 gm/day
 - Low Levels in Infants: Rickets
 - Low Levels in Mothers: Osteomalacia
 - Iron 30 mg/day. Low Levels in Mothers: Iron Deficiency Anemia
 - Folic Acid 1 mg/day. Low Levels in Mothers: Megaloblastic Anemia
- Tetanus Toxoid:
 - Tetanus Toxoid Vaccination:
 - 1st dose: at 4th month of pregnancy (gives no protection)
 - 2nd dose: 1 month after 1st dose (gives protection for 3 years)
 - 3rd dose: 6 months after the 2nd dose (gives protection for 5 years)
 - 4th dose: 1 year after the 3rd dose (gives protection for 10 years)
 - 5th dose: 1 year after the 4th dose (gives protection for 15 years)

Edited by Baraa Abbas