

## **Community Health Nursing Department**

### **-lecture-8**

#### **Maternal and Child Health Care (MCH)**

Health of maternal and child refers to the promotive, preventive, curative, and rehabilitative health care for mothers and children, child health, family planning, school health, handicapped children, adolescence and health aspects of children in special setting such as day care.

Or It involves caring for women, child and family for the purpose of promotion and maintenance of optimal family health to ensure cycle of childbearing and childrearing.

Reproductive health as a state of complete physical, mental and social well-being, and not merely the absence of reproductive disease or infirmity (WHO).

Reproduction can be defined as a state in which women have the ability to reproduce and regulate their fertility, or women who are able to go through pregnancy and child birth safely.

Safe Motherhood means ensuring that all women receive the care they need to be safe and healthy throughout pregnancy and childbirth. It is one of the central components of reproductive health.

Reproductive health involves all of the reproductive processes, functions and systems at all stages of human life. People are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. Men and women have the right to be informed and to have access to safe, effective, affordable and acceptable methods of family planning of their choice that are not against the law.

#### **Domain of Practice include:**

- 1.Preconception health care.
- 2.Care of women during three trimesters of pregnancy and puerperium
- 3.Care of children during the perinatal period (6 weeks before conception to 6 weeks after birth).
- 4.Care of children from infancy to adolescence.

### **Aims of maternal and child health care:**

- 1.To give an expert advice to the couples to plan their families.
2. To identify “high risk” cases so that can give them special care.
3. To provide health supervision for antenatal mothers to foresee complications and prevention.
4. To give skilled assistance at the time of child birth and during puerperium.
- 5.Health education regarding safe practices during pregnancy, labor and puerperium.
6. Prevention of communicable and non-communicable diseases.
- 7.Encourage the deliveries by trained workers in the safe and clean environment.
8. Supervise trained nurses, community health volunteers and health workers.

### **Role of Community Health Nurse about maternal and child Health care:**

- 1.Health assessment.
- 2.Counseling.
- 3.Health education.
4. Maintaining adequate records for the mother and the child.

### **Maternal care include:**

**A: Antenatal Care:** Care provided to the pregnant woman from conception and through the three trimesters of pregnancy.

### **Objectives of Antenatal Care:**

1. To maintain the health and well-being of pregnant women and their fetuses through the period of pregnancy.
- 2.To identify risk factors and apply appropriate measures of intervention as early as possible.
3. To identify complications of pregnancy and institute immediate remedial measures including referral care.
- 4.To lay the foundations of a healthy pregnancy outcome and good mother-child relationship.

**B: Intranatal Care:** Care provided to the pregnant woman throughout the labor stages to have safe and sound delivery.

**Objective of Intranatal Care:**

- To ensure a safe delivery outcome in the form of healthy mothers healthy babies.

**C:Postnatal Care:** Care of the mother (and the newborn) after delivery is known as postnatal or postpartum care or puerperium "6 weeks' period" following birth in which the reproductive organs undergo physical and physiological changes, a process called involution.

**Objectives of Postpartum Care:**

- 1.To prevent complications of postpartum period
- 2.To provide care for the rapid restoration of the mother to optimum health.
- 3.To provide family planning services.
4. To check adequacy of breast feeding.
- 5.To provide basic health education to mother/family.

**Child care include the fallowing:**

- 1.Health assessment and growth monitoring.
2. Immunization services.
3. Special health programs such as ORT (Oral Rehydration Therapy) and URI (Upper Respiratory Infection) management.
- 4.School health services.