Tutorial class for 4th year Nursing students at Harambe University

Course: Maternity and Reproductive health

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Antenatal CARE

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Group work

- Define pregnancy?
- What kinds of changes occur during pregnancy?
- Why do changes occur?
- How do you diagnose pregnancy?

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Terminologies

- Gravidity: the number of times that a woman has been pregnant
- Primigravida:-A woman who is pregnant for the 1st time
- Multigravida:- A woman who has ≥ 2 pregnancies

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- Parity: The number of times that a women has given birth
- Primipara:- A woman who is giving birth to her first child
- Nullipara:- A woman who has not born a child
- Multipara:- A woman who has given birth $\geq$ 2 times

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Participate

- Define ANC?
- What are components of ANC?
- Which ANC model is currently being applied in Ethiopia?

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- Compare four-visit FANC model with the new ANC eight-contact model?
- Eight-contact model is required:
  - ✓ To reduce perinatal mortality
  - ✓ To improve the pregnancy experience

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Table: ANC contact schedule

Contacts	Gestational age of contact in weeks	Schedule of next appointment
First trimester		
1st	Up to 12	After 8 weeks
Second trimester		
2nd	20	After 6 weeks
3rd	26	After 4 weeks
Third trimester		
4th	30	After 4 weeks
5th	34	After 4 weeks
6th	36	After 2 weeks
7th	38	After 2 weeks
8th	40	

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Assessment during ANC

A. History

- Current pregnancy
- Previous pregnancy
- Medical conditions

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Calculate GA & EDD

- GA= Visiting date – LNMP
- Q1: If the woman's LNMP was on 05/01/2015 and comes for ANC on 07/04/2015. Calculate GA & EDD?
- GA = 07/04/2015- 05/01/2015
- GA = 02+ 3x30 = 92÷ 7 = 13 $^{+1}$ weeks

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- EDD = LNMP + 9 months + 10, add 5 instead of 10, if EDD pass pagume.
- EDD=05/01/2015

  +10days/9months
- Therefore EDD will be on 15/10/2015

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Q2: If the LMP was on 12/12/2014, and the mother comes for ANC on 04/08/2015. Calculate GA?

GA = Visiting date – LMP

= 04/08/2015 - 12/12/2014

= 22/7 = 22 + 7x30 = 22 + 210

= 232 + 5 = 237 ÷ 7

= **33^{+6} weeks**

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B. Physical examination

Leopold maneuvers

1. Fundal palpation-to diagnose the lie and the presentation.

2. Lateral palpation-to locate the fetal back

3. Pelvic palpation-To diagnose presentation, position and level of the presenting part whether high or engaged

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C. Investigations

- Hb, blood group, and Rh
- Urine analysis
- Tests for HIV, HBV, syphilis
- Early U/S(before 24 weeks of gestation)

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❖Health promotion, disease prevention & treatment

- Diet
- Exercise
- Substance use
- Immunization
- Iron folate
- Calcium
- Deworming
- Combs test

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Td vaccination

Tetanus–diphtheria vaccination schedule during pregnancy and beyond

Dose	Timing of administration*	Protective effectiveness (duration of protection)
Td-1	At the first ANC contact	0%
Td-2	At least 4 weeks after Td-1	80% (1–3years)
Td-3	At least 6 months after Td-2	95% (5 years)
Td-4	At least 1 year after Td-3	99% (10 years)
Td-5	At least 1 year after Td-4	99% (all childbearing years)

Treatment for Minor disorders during pregnancy

Treatment..

Morning Sickness

- Dry small frequent meal
- Ginger, chamomile and vitamin B6

Heart burning

- Modifying the diet
- Not eating at bedtime
- Elevating the bed/increasing pillows number

Treatment..

Constipation

- ✓Exercise
- ✓High fiber diet
- ✓Glass of warm water in the morning
- ✓Laxatives

Treatment..

Hemorrhoid

- ✓Dietary modification to prevent constipation
- ✓Avoiding prolonged sitting and vigorous straining
- ✓locally applying anti-hemorrhoid agents
- ✓ Sitz bath

Treatment..

Varicose vein

- Avoid long standing
- Elevate feet when sitting
- Water immersion
- Mechanical compression stockings
- Use elastic bandages to aid circulation

Treatment..

Backache

- Wear comfortable shoes
- Sleep on firm bed
- Rest
- Regular exercise
- Physiotherapy
- Support belts

Treatment..

Fainting

- Turning on side
- Avoid not to lie flat on her back
- Avoid long standing
- Avoid being quick to sit or lie down

Questions for practice

1. A pregnant mother came to clinic with compliant of nausea and vomiting. On history taking she told you that she has two children alive, no still birth and two abortions. HCG test positive and examination reveal uterus below umbilicus. How do you record her para and gravida on the registration card?

A. Para III Gravida IV

B. Para II Gravida V

C. Para IV Gravida III

D. Para VI Gravida IV

Questions

2. On physical examination you found change on the skin of primigravida mother looks like butterfly pigmentation on the cheeks and nose, which she had not experience before. What is the specific pigmentation you observed?

A. Chloasma gravidarum

B. Stria gravidarum

C. Linea nigra

D. Chadwick's Sign

Questions..

3. A 26 years old G1PO mother comes to ANC clinic for regular checkups. Calculated GA from LNMP was 28 weeks. While performing abdominal examination smooth, ballottable and hard part of fetus was palpated at fundal area. What type of fetal presentation could be identified in the case?

A. Breech
B. Brow
C. Shoulder
D. Face

Questions..

4. A Nurse perform physical examination facing foot part of the woman, palpate fetal head pressing downward about 2 inches above the inguinal ligament in order to know presentation, decent and determine the degree of flexion of fetal head. Which Leopold Maneuver is this?

A. Deep pelvic Palpation

B. Paw lick's Grip

C. Lateral Palpation

D. Fundal palpation

Questions..

5. W/ro Almaz comes to Adama hospital immunization room for TT2 injection, after she had taken the injection, she asked you when to return back for the next dose of TT3. When is her next appointment?

A. After 1 month

B. After 2 month

C. After 6 month

D. After 12 month