

# Mom-Village

## 1. Project Proposal

### 1. Project Title:

**Pregnancy and Postpartum Woman System**

### 2. Project Description: Comprehensive Maternal and Child Health Support Platform

The proposed project aims to design a software platform that supports women throughout their pregnancy and postpartum journey, focusing on health, well-being, and informed decision-making regarding both mother and child.

The system will act as a centralized, secure digital health hub that connects mothers with reliable medical information, personalized guidance, and professional consultation services, thereby bridging the gap between general maternal health advice and individualized care.

The platform will enable mothers to create and manage detailed Mother and Baby Profiles, track critical data points such as pregnancy progress, postpartum recovery, and the baby's growth and vaccination schedule (specifically adhering to the Egyptian National Vaccination Schedule). It will provide automated, timely reminders for medications, vitamins, and appointments, ensuring proactive health management.

In addition, the system will serve as a specialized knowledge base, recommending safe nutrition plans, exercises, and medications, while providing necessary warnings on forbidden foods, cosmetics, and drugs. A core feature is the Doctor Consultation Service, which allows mothers to book online appointments, engage in secure chat, and receive professional advice from certified physicians. The platform will also provide crucial mental health support through depression awareness and self-assessment tools.

**System Features:** The system will include Mother and Baby Profiles, Doctor Profile Management, an Egyptian Vaccination Tracker, a Growth Chart Module, Personalized Dashboards and Reminders, a Medication & Safety Warning database, and a Secure Doctor Consultation Service.

**Boundaries and Constraints:** The system will primarily serve pregnant and postpartum mothers and licensed partner doctors. It will rely on stable internet connectivity for real-time consultation and automated data synchronization. Key constraints include ensuring data privacy and security (especially medical history), adherence to official national health protocols (e.g., the Egyptian vaccination schedule), and scalability to handle a large volume of concurrent user interactions and data logging.

### 3. Team Members

ID	Name	Email	Role
23102384	Mennatullah Abdelaziz	Mennatallah.abdelaziz.2024@aiu.ed.eg	Project Manager
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#### 4. Initial Identified Customer Requirements.

##### R1- User Authentication and Access Control

**R1.1** The system shall allow users (mothers and doctors) to register (Sign Up) and log in (Login).

**R1.1.1** Users can select their account type (Mother \_Female Doctor, Male Doctors).

**R1.1.2** The system shall make this securely using encrypted passwords and Gmail.

##### R2- Mother Profile Management

**R2.1** The mother user can enter and update her personal information (name, age, current pregnancy week, last menstrual period date, previous delivery type).

**R2.2** Add her medical history **for following her health.**

##### R3- Baby Profile Management

**R3.1** The mother can create and manage a profile for her baby.

**R3.1.1** The mother shall add information about her baby like name, gender, date of birth, birth weight, and length. **Supports multiple children.**

##### R4- Doctor Profile Management

**R4.1** Doctors can create and update their profiles with details such as specialization, experience, and available working hours for consultation.

##### R5- Pregnancy Month Information

**R5.1** The system shall be able to follows up the pregnancy state.

**R5.1.1** The for each of the nine pregnancy months would show: Common symptoms, physical and emotional changes, and required medical tests.

##### R6- Dietary guidance.

**R6.1** The system shall inform mothers about forbidden items with the need to guide on recommended nutrition.

**R6.1.1** The system will dynamically display a **clear, filterable list** of foods and drinks that are unsafe or prohibited for the user's current stage of pregnancy. **Each item will be accompanied by a brief explanation** of why it is forbidden (e.g., "High Mercury Content," "Risk of Listeria").

**R6.1.2** The system will display **daily and weekly nutrition advice**, including key nutrients to focus on

(e.g., iron, folate, Omega-3s) for the current stage. This will be presented as a recommended, balanced **diet plan** or meal suggestion guide.

**R6.1.3** The content will be organized into two main sections within a dedicated "Nutrition" feature: **"What to Avoid"** (the forbidden list) and **"What to Eat"** (the recommended guidance).

#### **R7- Cosmetic Product Warnings**

**R7.1** The system shall inform what is the cosmetics and skin products that she can't use.

**R7.1.1** Lists unsafe cosmetic and skincare products during pregnancy (e.g., hair dyes, whitening creams, perfumes with alcohol) and why she can't use them.

**R7.1.2** The system shall recommend safe products or alternatives.

#### **R8- Medication Follow-up**

**R8.1** The system shall inform mothers about forbidden and allowed medications and recommend alternatives.

**R8.1.1** The system shall display a list of medications that are **safe, questionable, or unsafe** for the mother's current month of pregnancy, based on established medical guidelines.

**R8.1.2** The system shall recommend safe medicines or natural alternatives for each pregnancy month.

**R8.1.3** The system shall allow searching by drug name.

#### **R9- Doctor Consultation Service**

**R9.1** Allows mothers to book an appointment online with a doctor or to ask questions to doctors.

**R9.1.1** The system shall allow mothers to choose the doctor's gender.

**R9.1.2** The system shall provide a channel where mother and doctor can have conversations.

#### **R10- Depression Awareness**

**R10.1** The system shall allow user to have a depression Self-Assessment test.

**R10.1.1** The system will provide educational information about prenatal and postnatal depression, including symptoms, prevention tips, and psychological support methods.

#### **R11- Exercise Recommendations**

**R11.1** The System shall suggest safe exercises for each pregnancy stage (e.g., prenatal yoga, walking, breathing exercises), facilitate childbirth and restore the body's nature.

**R11.1.1** The System shall suggest safe exercises to facilitate childbirth.

**R11.1.2** The System shall suggest safe exercises to restore the body to its natural state after pregnancy and hide stretch marks.

#### **R12- Labor Type Comparison (Natural vs. Cesarean)**

**R12.1** The system shall help to raise awareness about labor Types (advantages and disadvantages of each one of them).

**R12.1.1** The System shall display a detailed comparison between natural and cesarean delivery, including the process, advantages/disadvantages, recovery time, possible complications, and pain levels.

#### **R13- Emergency Contact Feature**

**R13.1** Allows mothers to quickly contact their doctor or hospital during emergencies.

**R13.1.1** The system via one-click calling or messaging can call emergency.

**R13.1.2** The System shall insure doctor availability by sending alarm to hospitals and doctors assistants.

#### **R14- Data Privacy and Security**

**R14.1** All user data shall be securely encrypted and not shared.

#### **R15-Feedback and Rating System**

**R15.1** Users can rate doctors, consultations, and the overall app experience, and submit improvement suggestions.

#### **R16- Performance and Scalability**

**R16.1** The system shall maintain fast response times and handle a large number of concurrent users efficiently.

#### **R17- Personalized Dashboard**

**R17.1** System shall display an interactive dashboard showing pregnancy progress, current week, expected symptoms, and reminders.

#### **R18- Chat & Message System**

**R18.1** System shall allow mothers to ask doctors.

**R18.1.1** System shall secure chat features between mothers and doctors during consultations or continuous follow-up.

#### **R19-Baby vaccination Management**

**R19.1** The system shall track the baby's vaccination schedule, sends reminders before each dose.

**R19.2** The system shall allow mothers to record completed vaccinations.

#### **R20- Breastfeeding Management**

**R20.1** The mother can track and manage breastfeeding sessions.

**R20.1.1** The system shall track duration, frequency, and side used (left/right).

**R20.1.2** The system can also provide reminders and helpful breastfeeding tips.

#### **R21- Family Planning Management**

**R21.1** The system allows the mother to learn about and manage family planning methods.

**R21.1.1** The system will provide information on different contraceptive options, their effectiveness, possible side effects, and reminders for appointments.

#### **R22-Mother Vaccination Follow-up**

**R22.1** The system allows the mother to record, track, and receive reminders about her prescribed medications and vaccination schedule.

**R22.1.1** The system will also provide dosage instructions and alerts for upcoming or missed doses.

#### **R23-Search Functionality**

**R23.1** The system shall allow users to search for: Doctors, Medications, Exercises, Foods or cosmetics.

#### **R24-AI Chatbot for Instant Support**

**R24.1** The system shall provide an AI-powered chatbot for instant, user support and information retrieval.

**R24.1.1** The chatbot must be trained on all app content, including foods, cosmetics, medications, symptoms, and exercises.

#### **R25-Tandem Nursing and Pregnancy Breastfeeding Support**

**R25.1** The system shall provide specialized guidance and tools for managing Tandem Nursing and breastfeeding during pregnancy.

**R25.1.1** The system must display detailed, evidence-based guidelines on the safety of breastfeeding while pregnant, clearly outlining warning signs (e.g., uterine contractions, bleeding) that require immediate medical consultation.

**R25.1.2** The system shall provide customized nutritional advice for mothers who are pregnant and breastfeeding, focusing on increased caloric and nutrient requirements.

**R25.1.3** The system must include information on the **changes to breast milk** during pregnancy (e.g., shift back to colostrum) and tips for managing potential aversion or the older child's refusal due to taste changes.

#### **R26-Chronic and Gestational Health Management**

**R26.1** The system shall provide dedicated tools for managing and monitoring chronic and gestational health conditions (e.g., Gestational Diabetes and hypertension).

**R26.1.1** The system must allow the mother to regularly log **blood sugar readings** (pre- and post-meals) and **blood pressure levels**.

**R26.1.2** The system shall analyze the logged data ( ) and issue **immediate alerts** if readings exceed recommended safe thresholds, instructing the mother to contact her doctor.

#### **R27-Alerts and notification to ensure successful tracking**

**R27.1** The system shall implement a comprehensive, personalized notification system to prompt necessary user actions and ensure successful health tracking.

**R27.1.1** The system shall send **proactive, context-aware reminders** for mothers.

#### **R28-Payment and subscription methods**

**R28.1** The system shall implement secure, reliable, and user-friendly payment and subscription mechanisms to facilitate financial transactions.

**R28.1.1** The system must integrate with at least two major, certified payment gateways (e.g., Stripe, PayPal, or local providers) to process transactions securely.

## 5. Initial Identified Subsystems

Subsystem Name	Subsystem Function	Subsystem Interface
<b>1. User Authentication &amp; Access Control</b>	<b>1.1 registerUser:</b> Allows mothers and doctors to sign up with encrypted credentials. <b>1.2 loginUser:</b> Authenticates users securely using username and password. <b>1.3 logoutUser:</b> Ends active session and clears tokens. <b>1.4 resetPassword:</b> Enables users to reset forgotten passwords securely. <b>1.5 R14.1 ensureDataSecurity:</b> Implements secure data encryption for all user information.	<pre>interface AuthSystem { void registerUser(UserData data); boolean loginUser(String email, String password); void logoutUser(String userId); void resetPassword(String email); }</pre>
<b>2. Mother Profile Management</b>	<b>2.1 createMotherProfile:</b> Allows mothers to input personal and pregnancy-related information. <b>2.2 updateMotherProfile:</b> Enables editing profile details and medical history. <b>2.3 deleteMotherProfile:</b> Deletes the profile and related data. <b>2.4 viewMotherProfile:</b> Displays the complete mother profile.	<pre>interface IMotherProfile { void createMotherProfile(); void updateMotherProfile(ProfileData data); void deleteMotherProfile(); Mother viewMotherProfile(String motherId); }</pre>
<b>3. Baby Profile Management</b>	<b>3.1 createBabyProfile:</b> Adds a new baby profile with essential information. <b>3.2 updateBabyProfile:</b> Updates baby details and vaccination info. <b>3.3 deleteBabyProfile:</b> Removes baby profile.	<pre>interface IBabyProfile { void createBabyProfile(); void updateBabyProfile(BabyData data); void deleteBabyProfile(); Baby viewBabyProfile(String babyId); }</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
	<b>3.4 viewBabyProfile:</b> Displays baby's details and growth data.	
<b>4. Doctor Profile Management</b>	<b>4.1 createDoctorProfile:</b> Registers new doctors with specialization details. <b>4.2 updateDoctorProfile:</b> Allows updates to schedules and info. <b>4.3 deleteDoctorProfile:</b> Deletes doctor profile. <b>4.4 viewDoctorProfile:</b> Shows doctor details for patient selection.	<pre>interface IDoctorProfile { void createDoctorProfile(); void updateDoctorProfile(DoctorData data); void deleteDoctorProfile(); Doctor viewDoctorProfile(String doctorId); }</pre>
<b>5. Nutrition &amp; Diet Management</b>	<b>5.1 getNutritionPlan:</b> Provides personalized meal plans by pregnancy stage. <b>5.2 viewDailyTips:</b> Displays healthy diet tips and vitamin suggestions. <b>5.3 trackWaterIntake:</b> Allows daily hydration tracking. <b>5.4 ForbiddenFoods:</b> Lists foods/drinks to avoid each month. <b>5.6 GetDietaryGuidance:</b> Recommend nutrition advice.	<pre>interface INutritionSystem { NutritionPlan getNutritionPlan(int month); List&lt;String&gt; viewDailyTips(); } interface IWaterIntake { void trackWaterIntake(String motherId, double amount); } Interface IDietaryGuidance {displayForbiddenFoods(int month); }interface IGetDietaryGuidance { List&lt;Product&gt; getDietaryGuidance() }</pre>
<b>6. Cosmetics Awareness Module</b>	<b>6.1 getCosmeticWarnings:</b> Lists unsafe cosmetics. <b>6.2 getRecommendedCosm:</b> List recommended cosmetics.	<pre>Interface ICosmeticInfo {getCosmeticWarnings(); getRecommendedCosm();}</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
<b>7. Medication &amp; Safety Management</b>	<p><b>7.1 searchMedication:</b> Allows search for safe/unsafe drugs.</p> <p><b>7.2 displaySafeMedications:</b> Shows approved drugs by trimester.</p> <p><b>7.3 displayUnsafeMedications:</b> Lists harmful medications.</p>	<pre>Interface ISearchMedication{ searchMedication(String name); List&lt;Medication&gt;}  interface IMedicationSafety { List&lt;Medication&gt; displaySafeMedications(int month); List&lt;Medication&gt; displayUnsafeMedications(int month); }</pre>
<b>8. Consultation &amp; Chat System</b>	<p><b>8.1 bookConsultation:</b> Books online doctor appointments.</p> <p><b>8.2 startChat:</b> Opens secure chat between mother and doctor.</p> <p><b>8.3 viewConsultationHistory:</b> Displays previous consultations and messages.</p> <p><b>8.4 startChat:</b> Provides a secure channel for conversations between mother and doctor.</p>	<pre>interface IConsultationService { void bookConsultation(String motherId, String doctorId, Date time); }interface IChatSystem{void startChat(String motherId, String doctorId); }interface IConsultationHistory{List&lt;Consultation&gt; viewConsultationHistory(String motherId); } interface ICommunicationSystem { ChatSession startChat(String motherId, String doctorId);</pre>
<b>9. Vaccination &amp; Growth Tracker</b>	<p><b>9.1 trackBabyVaccinations:</b> Tracks vaccinations based on Egyptian schedule.</p> <p><b>9.3 recordVaccination:</b> Records completed doses.</p> <p><b>9.4 trackGrowth:</b> Displays growth chart and stats.</p>	<pre>interface IVaccinationTracker { void trackBabyVaccinations(String babyId); void recordVaccination(String babyId, String vaccineName); GrowthData trackGrowth(String babyId); } interface ITrackGrowth{ GrowthData trackGrowth(); }</pre>



Subsystem Name	Subsystem Function	Subsystem Interface
<b>10. Depression Awareness &amp; Mental Health</b>	<p><b>10.1 showDepressionInfo:</b> Provides awareness content on prenatal/postnatal depression.</p> <p><b>10.2 selfAssessment:</b> Enables mothers to take a depression self-test.</p> <p><b>10.3 showCopingTips:</b> Offers relaxation and counseling resources.</p>	<pre>interface IMentalHealthModule { void showDepressionInfo();List&lt;Tip&gt; showCopingTips(); }  interface ISelfAssessment {selfAssessment(TestAnswers answers); }</pre>
<b>11. Exercise &amp; Physical Recovery Management</b>	<p><b>11.1 getPregnancyExercises:</b> Lists trimester-specific safe exercises.</p> <p><b>11.2 getPostpartumExercises:</b> Provides postpartum recovery exercises.</p> <p><b>11.3 logExerciseActivity:</b> Records daily exercise logs.</p>	<pre>interface IExerciseSystem { List&lt;Exercise&gt; getPregnancyExercises(int month); List&lt;Exercise&gt; getPostpartumExercises(int week); void logExerciseActivity(String motherId, ExerciseData data); }</pre>
<b>12. Breastfeeding &amp; Family Planning</b>	<p><b>12.1 manageBreastfeeding:</b> Tracks breastfeeding sessions and reminders.</p> <p><b>12.2 getContraceptiveInfo:</b> Displays available contraceptive options and side effects.</p> <p><b>12.3 getLaborComparison:</b> Displays detailed comparison of natural vs. C-section labor.</p>	<pre>interface IFamilyPlanning { void List&lt;Contraceptive&gt; getContraceptiveInfo(); void }  interface IContraceptiveInfo { manageBreastfeeding(BreastfeedSession session);}  interface ILaborCompare{ getLaborComparison();</pre>
<b>13. Emergency &amp; Alert System</b>	<p><b>13.1 emergencyContact:</b> One-click contact with doctor/hospital.</p> <p><b>13.2 19.3 issueCriticalAlert:</b> Triggers immediate alerts when readings are unsafe, advising doctor contact.</p>	<pre>interface IEmergencySystem { void emergencyContact(String motherId); }  interface IAlerts{ issueCriticalAlert(String motherId, ReadingData data);</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
<b>14. Feedback &amp; Rating System</b>	<b>14.1 submitFeedback:</b> Allows mothers to submit feedback on doctors or the app. <b>14.2 viewRatings:</b> Displays average ratings for doctors.	<pre>interface IFeedbackSystem { void submitFeedback(String userId, FeedbackData feedback); List&lt;Feedback&gt; viewRatings(String doctorId); }</pre>
<b>15. Data Privacy &amp; Security Management</b>	<b>15.1 encryptData:</b> Encrypts sensitive information before storage. <b>15.2 verifyAccess:</b> Ensures authorized access to data. <b>15.3 backupDatabase:</b> Performs regular encrypted backups.	<pre>interface ISecuritySystem { String encryptData(String data); boolean verifyAccess(String userId, String resource); void backupDatabase(); }</pre>
<b>16. Search &amp; Recommendation Engine</b>	<b>16.1 searchContent:</b> Allows users to search doctors, exercises, or foods. <b>16.2 recommendNutrition:</b> Suggests nutrition plans based on profile. <b>16.3 recommendDoctor:</b> Recommends doctors based on specialization and location.	<pre>interface ISearch { List&lt;SearchResult&gt; searchContent(String keyword); } interface IrecommendNutrition {NutritionPlan recommendNutrition(String motherId); }interface IrecommendDoctor{List&lt;Doctor&gt; recommendDoctor(String location, String specialization); }</pre>
<b>17. Mother Interface &amp; Personalization</b>	<b>17.1 displayDashboard:</b> Shows an interactive dashboard with progress, symptoms, and reminders.	<pre>interface IPersonalizationSystem { DashboardData displayDashboard(String userId);}</pre>
<b>18. System Management &amp; Payments</b>	<b>18.1 processPayment:</b> Integrates with certified payment gateways to securely handle transactions. <b>18.2 manageSubscription:</b> Handles subscription mechanisms (status, renewal, cancellation).	<pre>Interface PaymentResult{ processPayment(PaymentData data); void manageSubscription(SubscriptionAction action);}</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
<b>19. Specialized Health &amp; Tandem Care</b>	<p><b>19.1 logHealthReading:</b> Allows mothers to log health data (blood sugar, blood pressure). <b>19.2 analyzeHealthData:</b> Analyzes logged data against safe thresholds. <b>19.3 getTandemGuidelines:</b> Provides evidence-based safety guidance on breastfeeding while pregnant, including warning signs (contractions, bleeding). <b>19.4 getTandemNutritionAdvice:</b> Delivers customized nutritional advice for increased caloric and nutrient requirements. <b>19.5 getMilkChangeInfo:</b> Provides information on breast milk changes (e.g., shift to colostrum) and tips for managing aversion/refusal by the older child.</p>	<pre>interface ISpecializedCare { void logHealthReading(HealthReading reading); AnalysisResult analyzeHealthData(String motherId);} interface ITandemGuidance{ getTandemGuidelines(); NutritionAdvice getTandemNutritionAdvice(); MilkChangeInfo getMilkChangeInfo(); }</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
20. Alerts and Notification Subsystem	<p><b>20.1 sendAlert:</b> Sends personalized alerts or notifications to users based on context.</p> <p><b>20.2 scheduleReminder:</b> Creates scheduled reminders for specific user actions (e.g., health check, data input).</p> <p><b>20.3 deliverNotification:</b> Handles delivery of notifications through different channels (in-app, email, SMS).</p> <p><b>20.4 updatePreferences:</b> Allows users to manage their notification preferences (frequency, type, channel).</p> <p><b>20.5 trackResponse:</b> Monitors whether users have viewed or responded to notifications.</p>	<pre>interface AlertManager { void sendAlert(String userId, String message, String context); void scheduleReminder(String userId, String reminderType, LocalDateTime time); } interface DeliveryService { void deliverNotification(String userId, String channel, String message); } interface PreferenceManager { void updatePreferences(String userId, NotificationPreferences preferences); } interface ResponseTracker { void trackResponse(String userId, String notificationId, boolean isRead); }</pre>

## 6. Traceability Matrix

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R1	✓														✓					
R2		✓															✓			
R3			✓						✓								✓			
R4				✓				✓								✓				


Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R5		✓			✓						✓					✓	✓		✓	✓
R6					✓											✓	✓			✓
R7						✓										✓				✓
R8							✓								✓	✓				✓
R9				✓				✓					✓	✓	✓	✓				


Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R10										✓	✓					✓				✓
R11											✓					✓	✓			
R12											✓	✓								
R13													✓							
R14	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R15								✓						✓						✓
R16	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	
R17		✓	✓		✓		✓		✓								✓		✓	
R18								✓							✓					✓
R19			✓						✓								✓			✓
R20		✓										✓					✓			✓
R21												✓				✓	✓		✓	
R22		✓			✓				✓								✓		✓	✓

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R23						✓	✓				✓				✓	✓			✓	
R24								✓												✓
R25					✓							✓					✓		✓	
R26					✓	✓	✓										✓			✓
R27						✓	✓	✓	✓		✓		✓	✓	✓		✓		✓	✓
R28		✓		✓											✓			✓		✓

## 7. Initial GUI Sketches

Below are some wireframe sketches that demonstrate the expected user interface for Mom Village the System.


Dashboard
Health ▾
Care ▾
Profiles ▾
Q Search
Sign In
Get Started



### Welcome Back

Sign in to your MomCare account

Email Address

Password


☐ Remember me
 [Forgot password?](#)

Sign In




Or continue with

Google
Facebook

Don't have an account? [Sign Up](#)



Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

**Quick Links**

- Pregnancy Tracker
- Nutrition Plans
- Consultations
- Mental Health

**Support**

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## Join MomCare

Start your journey with us today

I am a:



Mother



Doctor

First Name

Last Name

Email Address

Phone Number

Password

Confirm Password

Expected Due Date



[Create Account](#)

Already have an account? [Sign In](#)



Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.



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## Baby Profiles

Track your baby's growth, milestones, and health records

[+ Add Baby](#) [Edit Profile](#)

**Emma Johnson**

1 year 6 months old  
Born on 3/15/2024

Current Stats  
**12 lbs 8 oz**  
**23 inches**

Profile

Growth Chart

Milestones

Vaccinations

### Basic Information

Name

Emma Johnson

Gender

Girl

Date of Birth

03/15/2024

Notes

Healthy baby girl, breastfeeding well, sleeping through the night

### Physical Stats

Birth Weight

7 lbs 2 oz

Birth Length


20 inches

Current Weight

12 lbs 8 oz

Current Length

23 inches



Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[f](#) [ig](#) [tw](#)

### Quick Links

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## Welcome back, Sarah Johnson! 🙋

Here's your pregnancy journey overview

### Pregnancy Progress

#### Week 24

Trimester 2

Due Date  
2024-08-15

60% complete

#### Baby Size



About the size of a mango

#### Weight Gain

12 lbs

Within healthy range

### Quick Actions

### Pregnancy Progress

#### Week 24

Trimester 2

Due Date  
2024-08-15

60% complete

#### Baby Size



About the size of a mango

#### Weight Gain

12 lbs

Within healthy range





 Pregnancy Info

 Nutrition

 Exercises

 Consultations





### Upcoming Reminders

-  Prenatal Checkup  
2024-03-20 at 10:00 AM
-  Prenatal Vitamins  
Daily at 8:00 AM
-  Tdap Vaccine  
2024-03-25 at 2:00 PM
-  Prenatal Yoga  
Today at 6:00 PM

[View all reminders →](#)

### Emergency Contact

### Upcoming Reminders

-  Prenatal Checkup  
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Daily at 8:00 AM
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-  Prenatal Yoga  
Today at 6:00 PM

[View all reminders →](#)

### Emergency Contact

  
**Call Emergency**  
24/7 Support Available

### Today's Tip

 **Stay Hydrated:** Drink at least 8-10 glasses of water daily to support your baby's development and prevent dehydration.

[Learn more about nutrition →](#)

### Today's Tip

 **Stay Hydrated:** Drink at least 8-10 glasses of water daily to support your baby's development and prevent dehydration.

[Learn more about nutrition →](#)

## Pregnancy Month by Month

Track your pregnancy journey with detailed monthly information

### Select Month

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

### Baby Development - Sixth Month






**Size of a Corn**

Your baby is growing rapidly!

### Medical Care & Tests

#### Recommended Tests

-  Glucose screening
-  Blood count check
-  Urine protein test

### Select Month

Month 1

Month 2

Month 3

Month 4

Month 5


Month 6

Month 7

Month 8

Month 9

### Baby Development - Sixth Month






**Size of a Corn**

Your baby is growing rapidly!

#### Common Symptoms



-  Stronger baby kicks
-  Shortness of breath
-  Swollen feet
-  Braxton Hicks

#### Body Changes




-  Belly button may pop out
-  Weight gain accelerates
-  Joint loosening

### Medical Care & Tests

#### Recommended Tests

-  Glucose screening
-  Blood count check

#### Tips & Recommendations

-  Elevate feet when resting
-  Wear compression socks
-  Practice breathing exercises




[← Previous Month](#)

Month 6 of 9


[Next Month →](#)

-  Braxton Hicks

#### Body Changes

-  Belly button may pop out
-  Weight gain accelerates
-  Joint loosening

-  wear compression socks

-  Practice breathing exercises

[← Previous Month](#)

Month 6 of 9

[Next Month →](#)

## Nutrition Guide

Complete nutrition guidance for a healthy pregnancy

 Meal Plans

 Food Safety

 Vitamins

### Select Trimester

Trimester 1

Trimester 2

Trimester 3

#### Breakfast

##### Foods

- Oatmeal with banana
- Scrambled eggs
- Whole grain toast
- Calcium-fortified juice

##### Key Nutrients

Fiber Protein Calcium B vitamins

#### Lunch

##### Foods

- Turkey and cheese sandwich
- Spinach salad
- Yogurt
- Water

##### Key Nutrients

Protein Iron Calcium Hydration

#### Dinner

##### Foods

- Lean beef stir-fry
- Brown rice
- Mixed vegetables
- Milk

##### Key Nutrients

Iron Protein Vitamins Calcium

#### Snacks

##### Foods

- Trail mix
- String cheese
- Fruit smoothie
- Whole grain crackers

##### Key Nutrients

Healthy fats Protein Vitamins  
Energy



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## Exercise & Mental Health

Safe exercises and mental health support for pregnancy

[Exercise Guide](#)

[Mental Health](#)

[Self Assessment](#)

Trimester

[Trimester 1](#)

[Trimester 2](#)

[Trimester 3](#)

Category

[All Categories](#) ▾



### Prenatal Yoga Flow

beginner

Yoga • 20-30 minutes

#### Benefits

[Improves flexibility](#) [Reduces stress](#) [Better sleep](#)

[View Details](#)



### Walking Program

beginner

Cardio • 30-45 minutes

#### Benefits

[Cardiovascular health](#) [Weight management](#)  
[Mood improvement](#)

[View Details](#)



### Swimming & Water Aerobics

intermediate

Water Exercise • 30-40 minutes

#### Benefits

[Low impact exercise](#) [Reduces swelling](#)  
[Supports body weight](#)

[View Details](#)



### Pelvic Floor Exercises

beginner

Strength • 10-15 minutes

#### Benefits

[Prevents incontinence](#) [Supports pelvic organs](#)  
[Aids in delivery](#)

[View Details](#)



### Prenatal Pilates

intermediate

Pilates • 25-35 minutes

#### Benefits

[Core strength](#) [Better posture](#) [Balance improvement](#)

[View Details](#)



### Breathing Exercises

beginner

Relaxation • 10-20 minutes

#### Benefits

[Stress reduction](#) [Better oxygen flow](#) [Labor preparation](#)

[View Details](#)



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Vaccination Tracker

Track vaccinations for mother and baby

Vaccination Schedule

My Records

Reminders

Filter by:

All Vaccines

Mother

Baby

Tdap (Tetanus, Diphtheria, Pertussis)

27-36 weeks pregnant

Mother

Completed

Description

Protects mother and baby from whooping cough, tetanus, and diphtheria

Schedule (1 doses)

Dose 1: Between 27-36 weeks of pregnancy

Next Due

Next pregnancy

Why It's Important

Critical for protecting newborn from whooping cough in first months

Common Side Effects

Mild pain at injection site

Low-grade fever

Fatigue

+ Record Vaccination

Set Reminder

Influenza (Flu Shot)

Any trimester

Mother

Due

Description

Protects against seasonal influenza viruses

Schedule (1 doses)

Dose 1: Annually during flu season

Next Due

October 2024

Why It's Important

Reduces risk of flu complications during pregnancy

Common Side Effects

Mild soreness

Low-grade fever

+ Record Vaccination

Set Reminder

COVID-19 Vaccine

Any trimester

Mother

Scheduled

Description

Protects against COVID-19 infection

Schedule (1 doses)

Dose 1: Initial series

Dose 2: Boosters as recommended

Next Due

March 25, 2024

Why It's Important

Reduces severe illness risk and passes antibodies to baby

Common Side Effects

Injection site pain

Fatigue

Headache

+ Record Vaccination

Set Reminder

Hepatitis B

Birth - 18 months

Baby

Scheduled

Description

Protects against hepatitis B virus infection

Schedule (1 doses)

Dose 1: At birth

Dose 2: 1-2 months

Dose 3: 6-18 months

Next Due

At birth

Why It's Important

Prevents chronic liver disease

Common Side Effects

Mild fever

Soreness at injection site

+ Record Vaccination

Set Reminder

DTaP (Diphtheria, Tetanus, Pertussis)

2 months - 6 years

Scheduled

Description

Protects against diphtheria, tetanus, and whooping cough

Schedule (5 doses)

Dose 1: 2 months

Dose 2: 4 months

Dose 3: 6 months

Dose 4: 15-18 months

Dose 5: 4-6 years

Next Due

2 months after birth

Why It's Important

Prevents serious bacterial infections

Common Side Effects

Mild fever

Fussiness

Injection site redness

+ Record Vaccination

Set Reminder

Polio (IPV)

2 months - 6 years

Scheduled

Description

Protects against poliovirus

Schedule (4 doses)

Dose 1: 2 months

Dose 2: 4 months

Dose 3: 6-18 months

Dose 4: 4-6 years

Next Due

2 months after birth

Why It's Important

Prevents paralytic polio

Common Side Effects

Mild soreness

Low-grade fever

+ Record Vaccination

Set Reminder

MMR (Measles, Mumps, Rubella)

12 months - 6 years

Baby

Scheduled

Description

Protects against measles, mumps, and rubella

Schedule (2 doses)

Dose 1: 12-15 months

Dose 2: 4-6 years

Next Due

12 months after birth

Why It's Important

Prevents serious viral infections

Common Side Effects

Mild rash

Fever

Swollen glands

+ Record Vaccination

Set Reminder

Varicella (Chickenpox)

12 months - 6 years

Baby

Scheduled

Description

Protects against chickenpox

Schedule (2 doses)

Dose 1: 12-15 months

Dose 2: 4-6 years

Next Due

12 months after birth

Why It's Important

Prevents chickenpox and complications

Common Side Effects

Mild fever

Rash at injection site

+ Record Vaccination

Set Reminder

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## Search

Find doctors, medications, exercises, nutrition info, and more

All

Doctors

Medications

Exercises









Foods

Articles

Tips

 Search

### Popular Searches

-  prenatal vitamins
-  morning sickness
-  safe exercises
-  vaccination schedule
-  breastfeeding tips
-  emergency contacts
-  nutrition guide
-  depression symptoms

### Quick Access



Find Doctors



Medication Safety



Exercise Guide



Nutrition Tips



Pregnancy Info



Emergency Contacts

### Search Tips

What you can search for:

- Doctor names and specializations
- Exercise types and pregnancy safety
- Food safety and nutrition guidelines
- Pregnancy symptoms and information
- Vaccination schedules and requirements

Search tips:

- Use specific terms for better results
- Use category filters to narrow results
- Search for symptoms, not just conditions
- Include trimester information when relevant



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 **Breastfeeding Management**  
Track feeding sessions and get expert guidance

Feeding TrackerTips & GuidanceCommon Challenges

Feeding Timer



Select Side

LeftRightBoth

Start Feeding

Recent Sessions

+ Add Manual Entry

08:30

25 min • left side  
*Good latch, baby seemed satisfied*

2024-03-20

11:45

20 min • right side

2024-03-20

15:20

30 min • both side  
*Switched sides after 15 minutes*

2024-03-20

Today's Stats

Total Sessions

0

Total Duration

0 min

Average Duration

0 min

Left Side

0

Right Side





0

Next Feeding Reminder

Estimated next feeding

In 2 hours

Set Custom Reminder

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Doctor Consultations


Connect with qualified healthcare professionals

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Search doctors...

All Specializations

All Genders



Dr. Sarah Ahmed

Obstetrics & Gynecology

12 years experience

4.9 rating

Cairo Medical Center


500 EGP

Available:

MonWedFri

Book

Chat



Dr. Mohamed Hassan

Maternal-Fetal Medicine

15 years experience

4.8 rating

Alexandria Hospital


600 EGP

Available:

TueThuSat

Book

Chat



Dr. Fatima El-Sayed

High-Risk Pregnancy

18 years experience

4.9 rating

Giza Women's Hospital


700 EGP

Available:

MonTueThu

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Dr. Ahmed Mansour

Reproductive Endocrinology

10 years experience

4.7 rating

Alexandria Medical Center


500 EGP

Available:

WedFriSun

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Dr. Nadia Farouk

Prenatal Care

14 years experience

4.8 rating

Alexandria Medical Center


600 EGP

Available:

MonWedSat

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Dr. Khaled Ibrahim

Ultrasound Specialist

8 years experience

4.6 rating

Alexandria Medical Center


700 EGP

Available:




TueThuFri

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Chat

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## Emergency Contacts

Quick access to important contacts during pregnancy

 **Emergency:** If you're experiencing a life-threatening emergency, call 123 immediately. For pregnancy-related concerns, contact your healthcare provider first.

 All Contacts

 Emergency

 Medical

 Family

+ Add Contact

### Emergency Services

Emergency

123

General emergency services

 Call 

### Dr. Sarah Ahmed

Obstetrician

+20-12-345-6789

Primary OB/GYN - Emergency line available

 Call 

### Cairo Medical Center

Hospital

+20-2-123-4567

Maternity ward emergency

 Call 

### Ahmed Hassan

Husband

+20-10-987-6543

Primary emergency contact

 Call 

### Fatima Hassan

Mother

+20-11-234-5678

Secondary emergency contact

 Call 

### Poison Control Center

Poison Control

16123

For medication or poisoning emergencies

 Call 

### When to Call Emergency Services

- > Severe bleeding that won't stop
- > Signs of stroke (sudden weakness, confusion, severe headache)
- > Difficulty breathing or chest pain
- > Severe abdominal pain
- > Loss of consciousness
- > Signs of preeclampsia (severe headache, vision changes, upper abdominal pain)

### When to Call Your Doctor

- > Persistent nausea and vomiting
- > Fever over 100.4°F (38°C)
- > Decreased fetal movement
- > Unusual vaginal discharge
- > Severe morning sickness
- > Concerns about medication safety

### What to Tell Emergency Responders

- > Your current pregnancy week
- > Your due date
- > Any pregnancy complications
- > Current medications
- > Your doctor's name and contact info

### Quick Actions

 Call Emergency (123)

 Poison Control (16123)

 Call My Doctor

### Location Services

Share your location with emergency contacts for

 Share My Location



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### Medication Safety Guide

Check medication safety during pregnancy

**Important:** Always consult your healthcare provider before taking any medication during pregnancy. This guide is for informational purposes only and should not replace professional medical advice.

All Categories

All Trimesters

**Safety Categories**

Safe  
Generally safe when used as directed

Use with Caution  
Consult doctor before use

Avoid  
Not recommended during pregnancy

**Acetaminophen (Tylenol)**

Safe

Pain Relief

**Description**  
Generally safe for pain and fever relief during pregnancy when used as directed.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Rest Cold compress Warm bath

**Ibuprofen (Advil, Motrin)**

Avoid

Pain Relief

**Description**  
Avoid in third trimester. May cause complications with baby's heart and kidneys.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Acetaminophen Physical therapy Rest

**Aspirin**

Caution

Pain Relief

**Description**  
Low dose aspirin may be prescribed by doctor. Avoid regular doses.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Acetaminophen Doctor consultation

**Prenatal Vitamins**

Safe

Vitamins

**Description**  
Essential for healthy pregnancy. Contains folic acid, iron, and other nutrients.

**Trimester Safety**  
T1 T2 T3

**Folic Acid**

Safe

Vitamins

**Description**  
Prevents neural tube defects. Recommended before conception and during pregnancy.

**Trimester Safety**  
T1 T2 T3

**Iron Supplements**

Safe

Vitamins

**Description**  
Prevents anemia. May cause constipation - increase fiber intake.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Iron-rich foods Vitamin C to enhance absorption

**Diphenhydramine (Benadryl)**

Safe

Allergy

**Description**  
Safe for allergies and sleep aid when used occasionally.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Saline nasal spray Humidifier Avoid allergens

**Loratadine (Claritin)**

Safe

Allergy

**Description**  
Safe antihistamine for seasonal allergies.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Avoid allergens Nasal irrigation

**Pseudoephedrine (Sudafed)**

Caution

Cold/Flu

**Description**  
Avoid in first trimester. May be used later with doctor approval.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Saline spray Humidifier Steam inhalation

**Dextromethorphan**

Safe

Cold/Flu

**Description**  
Safe cough suppressant when used as directed.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Honey Warm tea Humidifier

**Antacids (Tums, Rolaids)**

Safe

Digestive

**Description**  
Safe for heartburn relief. Choose calcium-based antacids.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Small frequent meals Avoid spicy foods Sleep elevated

**Simethicone (Gas-X)**

Safe

Digestive

**Description**  
Safe for gas relief as it's not absorbed into bloodstream.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Avoid gas-producing foods Eat slowly Walk after meals

**Warfarin**

Avoid

Blood Thinner

**Description**  
Can cause birth defects. Heparin is safer alternative if blood thinning needed.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Heparin (under medical supervision)

**ACE Inhibitors**

Avoid

Blood Pressure

**Description**  
Can cause kidney problems and growth restriction in baby.

**Trimester Safety**  
T1 T2 T3

**Alternatives**  
Methyldopa Labetalol (under medical supervision)

**Retinoids (Accutane)**

Avoid

Skin

**Description**  
Highly teratogenic. Can cause severe birth defects.

**Trimester Safety**  
T1 T2 T3




**Alternatives**  
Topical treatments Consult dermatologist

**Emergency Medication Questions**

If you have urgent questions about medication safety or have accidentally taken something you're unsure about, contact your healthcare provider immediately or call:  
**Poison Control:** 1-800-222-1222  
**Your Doctor:** (Your doctor's emergency line)

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## Mental Health Support


Resources for emotional wellbeing during pregnancy and postpartum

Information

Self-Assessment

Coping Tips


Resources

 **Prenatal Depression**

Prenatal depression affects 10-20% of pregnant women. It's a serious condition that can impact both mother and baby.

**Common Symptoms:**


- > Persistent sadness or anxiety
- > Loss of interest in activities
- > Fatigue and sleep problems
- > Difficulty concentrating
- > Changes in appetite

 **Postpartum Depression**

Postpartum depression affects 10-15% of new mothers and can occur up to a year after delivery.

**Warning Signs:**

- > Severe mood swings
- > Difficulty bonding with baby
- > Overwhelming fatigue
- > Feelings of inadequacy
- > Thoughts of harming self or baby


 **Risk Factors & Prevention**

**Risk Factors:**


- Previous history of depression
- Hormonal changes
- Lack of support system
- Stressful life events
- Unplanned pregnancy
- Relationship problems

**Prevention Strategies:**




- Build strong support network
- Practice stress management
- Maintain healthy lifestyle
- Regular prenatal care
- Open communication with partner
- Seek help early if needed

 **Important Notice**

If you are experiencing thoughts of self-harm or harming your baby, please seek immediate help. Contact emergency services (911), your healthcare provider, or a crisis hotline. This information is for educational purposes and does not replace professional medical advice.

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