



Maternal Health

Objectives of this session

By the end of the session the ASHA will learn about:

- Diagnosing pregnancy using Nischay Kit.
- Determining Last Menstrual Period (LMP) and Expected Date of Delivery (EDD).
- Key components of antenatal check-up¹.
- Identification of problems and danger signs during the antenatal period and appropriate referral.
- Provide appropriate care for anaemia.
- Developing plans for birth preparedness.
- Follow-up with pregnant women.
- Knowledge of safe delivery.
- Understand obstetric emergencies and enable appropriate referral for emergencies.
- Updating Maternal Health Cards with support from the ANM.



1. Pregnancy Diagnosis

Diagnosis of pregnancy should be done as early as possible after the first missed period.

There are two ways to diagnose pregnancy early:

- Missed Periods
- Pregnancy testing: through use of the Nischay home pregnancy test card
 - ◆ The Nischay test card can be used easily by you to test if a woman is pregnant.
 - ◆ The test can be done immediately after the missed period.
 - ◆ A positive test means that the woman is pregnant.
 - ◆ The benefit of early diagnosis of pregnancy is that the woman can be registered early by the ANM and start getting antenatal care soon.
 - ◆ A negative test means that the woman is not pregnant. In case she is not pregnant and does not want to get pregnant, you should counsel her to adopt a family planning method.
 - ◆ The result of the test should be kept confidential.

Instructions for the use of the Nishcay Kit are in Annexe 2.



¹ All knowledge areas in this chapter have been covered in ASHA Module 2.