

Lesson 4

Prenatal Care



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TOPICS

- Prenatal Care
- Minor Discomforts of Pregnancy
- Danger Signs of Pregnancy
- Nutrition During Pregnancy
- Clinic Visit

TOPIC 3: DANGER SIGN OF PREGNANCY

The pregnant woman should be instructed about the reportable danger signs of pregnancy during the first clinic visits. These signs indicate complications of pregnancy. The pregnant woman must visit the nearest health center/ hospital the soonest possible time.

1. Vaginal bleeding of any amount

- Serious bleeding complications of pregnancy begin with only slight spotting.

2. Persistent vomiting

- Persistent, frequent vomiting is not normal. Vomiting that continues past the 12th week of pregnancy is also extended vomiting. Persistent or extended vomiting depletes the nutritional supply available to a fetus so is a danger to the pregnancy.

3. Chills and fever

- May be symptoms of a relatively benign gastroenteritis
- May indicate an intrauterine infection, a potentially serious complication for both a woman and a fetus.

4. Sudden escape of fluid from vagina

- It means the membranes have ruptured and mother and fetus are now both threatened, because the uterine cavity is no longer sealed against infection.
- If a fetus is small so the head does not fit snugly into the cervix, the umbilical cord may prolapse following membrane rupture.

5. Swelling of face and fingers

- Tightness of the wedding ring
- Difficulty opening eyes in the morning because of edema of the eyelids
- May indicative of Pregnancy Induced Hypertension (PIH)

6. Visual disturbances

- May signal cerebral edema or acute hypertension
- May indicative of Pregnancy Induced Hypertension (PIH)

7. Painful urination or dysuria

- May indicative of urinary tract infection (UTI)

8. Abdominal pain

- Tubal (ectopic) pregnancy
- Separation of the placenta
- Preterm labor, or
- Appendicitis, ulcer, or pancreatitis

9. Chest pain

- Pulmonary embolus
- Thrombophlebitis

10. Severe or continuous headache

- May signal cerebral edema or acute hypertension
- May indicative of Pregnancy Induced Hypertension (PIH)