

## Ôevsjv`k wgWlqvBdvwi tckvi ,iæZi,

fzwgKvt-Avwg Mwe©Z Avwg GKrb bvm© (BSc in nursing, Eoc, Diploma in Midwifery)| Avwg Avil Mwe©Z Kvib Avwg wKQz msL`K wgWlqvBd`K Kv`R `ÿ K`i M`o tZvjvi my`thvM t`c`qwQ| wb`Ri ev`Íe AwfÁZvi Av`jv`K wKQz NUbv wb`P D`jØL KiwQ Ges Gi gva`g evsjv`k wgWlqvBdvix tckvi ,iæZi Zz`j aiwQ|

### †Km ÷vwWÑ1 wW†m`i/2004 Bs

Avgv`i `^v` Kgx© KvRj, (CSBA) t`bvqvLvix t`Rjvi, PvUwLj Dc`Rjvi cÖZ`všÍ MÖv`gi evwo`Z wM`q`Qb t`Wwjfvix Kiv`bvi Rb`, t`Wwjfvixi ci gv`qi Mf©dzj t`ei n`Q bv | ZvB Avgv`K t`dvb K`i e`jb Avcv, Avwg nvmbvev` MÖv`g GKwU t`Wwjfvix Kwi`qwQ| wKŠ` Mf©dzj t`ei n`Q bv| GLb Avwg wK Kie? Avwg Zv`K ejjvg cÖv\_wgK g`v`bRg`v`U K`i gv`K nvmcvZv`j wb`q Av`mv| Avgvi K\_v Abyhvqx KvRj, cÖm`wZ gv KzjQzg (33) ermi , 4\_© MÖvwfWv gv`K Dc`Rjv `^v` Kg`cø, PvUwLj, t`bvqvLvix Riæix wefv`M wb`q Av`mb| ZLb gv`qi Ae`v LyeB Lvivc| gv AÁvb Ae`vq Av`Qb| Riæix wefv`Mi t`gwW`Kj Gwm`÷`U bRiæj Bmjvg mv`ne t`K t`Lv`bvi ci wZwb KZ©e`iZ t`gwW`Kj Awdmvi Wv`vi t`jvKg vb Dwİb AvRv` m`vi`K †W`K G`b cÖm`wZ gv`K t`Lv| AvRv` m`vi Riæix wefv`Mi `iRvq `vwo`q cÖm`wZ gv`K AÁvb Ae`vq t`L t`Rjv m`i nvmcvZv`j t`idvi Kivi civgk© w`q P`j hvb| t`gwW`Kj Gwm`÷`U bRiæj mv`ne gv`qi AvZixq `^Rb`K G`x`y`j`Y Avbvi Rb` civgk© t`b| ZLb Avwg bRiæj mv`ne`K ejjvg, fvB cÖm`wZ gv`K GKUz g`v`bR K`i bv cvVv`j iv`Ívq gviv hv`eb| Avgv`K GKUz cÖm`wZ gv`K g`v`bR Kivi my`thvM t`b| ZLb Avwg t`ivMxi mv`\_ Avmv AvZixq `^Rb`K t`vKvb t`\_`K wKQz Jlya ( t`hgb- Inj: Hartman solution 2000ml, Saline set, I/v canula, Gloves) Avb`Z ewj| Avbvi ci `æZ canula K`i Running Hartman solution 2000ml and Oxytocin t`lqvi ci gv`qi Ávb wd`i Av`m| cÖm`wZ gv`qi Pulse, B/P `^vfvweK n`j Avwg nvZ w`q Mf©dyj t`ei K`i wb`q Avwm| gv my` Abyfe K`ib| Zvici gv`K eøvW t`lqvi Rb` t`gwW`Kj Gwm`÷`U bRiæj mv`ne t`K t`idvi Ki`Z ewj| Avðv`h`i welq n`jv, Avgvi t`Póvi d`j GKwU gv my` n`q`Q, wKŠ` Avgvi Kv`Ri t`Kv`bv `^xK...wZ cvBwb| Kvib ZLb Avwg `^xK...Z, `^vaxb wgWlqvBd ev bvm© wQjvg bv| Avgvi KvR Kg© wQ`jv m`x`b© Wv`v`ii Aax`b| ZvB`Zv Wv`vi t`jvKg vb m`vi wM`q bvwjk Ki`jv Dc`Rjv `^vš` I ct ct Kg©KZv© Wv`vi t`MŠi P`æ ewbK m`v`ii Kv`Q| GB e`j t`h, Avwg t`ivMx t`idvi K`iwQ t`m t`ivMx t`K`bv bvm© g`v`bR Ki`jv| bvm© Gi KZ eo mvnm , t`K Zv`K AbygwZ w`q`Q nvZ w`q Mf©dyj t`ei Kivi? ZLb Dc`Rjv `^vš` I ct ct Kg©KZv© Wv`vi t`MŠi P`æ ewbK m`vi, Avgv`K t`W`K kvmv`jv Zzwg t`K nvZ w`q Mf©dzj t`ei Kivi? Zzwg wK Wv`vi? `vovl t`Zvgvi weiæ`x Avwg gvbbxq cÖavbgš`xi Kv`Q Awf`thvM Kie| Avwg Avðv`h` n`q m`vi`K DĖi w`jvg GwK ej`Qb m`vi? Avwg t`Póv bv Ki`j †Zv cÖm`wZ gv gviv t`h`Zv, Avi Zvi PviwU ev`Qv GwZg n`q c,,w\_ex`Z gv wenxb t`eu`P \_vK`Zv| Avwg`Zv Lvivc t`Kvb KvR Kwiwb.....\ hvB t`nvK wZb eQi ci m`vi e`wj n`q hvlqvi mgq, Avgv`K t`W`K gv\_vq nvZ fzwj`q e`jwQ`jb gv Zzwg mwVK , Avgv`K gvd K`i w`l| DĖi Avwg e`jwQjvg bv m`vi Avgvi fzj n`Z cv`i, Avgv`K gvd Ki`eb Ges Avgvi Rb` t`vqv Ki`eb| Avwg hv`Z gvby`li t`mev K`i t`h`Z cvwi| Rxe`b fv`jv fv`jv KvR Ki`Z

cvwi| cÖkœ nþjv ZLb wK Avwg ^vaxb wgWlqvBd /bvm© wQjvg? bv| ZvBþZv AvgvþK Svþgjqv coþZ nþqwQj|

### **þKm ÷vwWÑ2**

AvR Avwg ^vaxb wgWlqvBd wbþq KvR KiþZ cvwi| GUv Avgvi þmŠfvM" | 24/03/2020Bs `ycyi 2.40NwUKvq wWDwU þkl Kþi evmvi Dþİþk ilbv nB| wbþP bvgþZB þ`wL Riæix wefvþM GKB iKg cÖm~wZ gv iZœv þeMg (26) 3q MÖvwfWv, Retain placenta with PPH, with shock, Riæix wefvþM KZ©e"iZ mevb nZfð^| GB þfþe þh wK Kiþev cÖm~wZ gvþK? Avwg mvgþb GwMþq wMþq wPrKvi Kþi ewj `æZ PPH e·wU AvgvþK þ`b| AvgvþK mrvnh" Kiæb| PPH e· nvþZ wbþq `æZ, ,PPH, with shock,g"vþbR Kivi ci þivMx GKUz my" Abyfe Kiþj nvZ w`þq Mf©dzj þei Kwi| þivMxþK fwZ© Ges wZb e"vM i³ þ`lqvi civgk© w`þq Avwg hLb evmvq Pþj hvB, ZLb Riæix wefvþMi mevb Avbþ` AvZñviv GKwU gv g,,Zz"i `yqvi þ`þK wdþi GþmþQ þ`þL| ciw`b 25/03/2020Bs mKvþj wWDwUþZ Gþm þ`wL GK e"vM i³ þ`lqv nþqþQ, Avil `yB e"vM i³ cÖ`Z AvþQ| wKŠ' AvR Avi Kvþiv KvþQ %oKwdqZ w`þZ nqwb, Avwg þK nvZ w`þq Mf©dzj þei Kivi? þKb nvZ w`þq Mf©dzj þei KþiQ? eis AvR mKj Wv³vi ejþb wm÷vi AvcbvþK AmsL" ab"ev`, Ggb GKwU Lvivc cÖm~wZ gvþK g"vþbR Kþi my" Kþi þZvjvi Rb" | AvR GB dj cvlqvi Kvib nþ"Q, AvR mevb Rvþb wgWlqvBd ^vaxb! ZvBþZv wgWlqvBd GþZv ,iæZic~b©|

### **þKm ÷vwWÑ3**

cwj (23) ermi, 2q MÖvwfWv, 38 mßvn Mf©Kvj| cÖme e"v\_v wbþq nvmcvZvþj fwZ©| wewc 160/100, cv dzjv, ZvcgvÎv ^vfvweK, Gjeywgb ++. þivM wbb©©q PET. Riæix g"vþbRþgU k^vm cÖk^vm wVK AvþQ, c"vþUjv G·þþUÛ, þKþ\_UvivBþRkbÑ cÖmve Gi cwigvb wVK AvþQ| Eclampsia e· þ`þK Riæix Tab. labegest 200mg orally stat. Inj: Nalipsin Ist bottle 60d/m. 2<sup>nd</sup> bottle Aþa©K þdþj w`þq 12d/m. 3<sup>rd</sup> bottle 6d/m w`þq PET management Kijvg| GiB gvþS cÖmþei Kvþ©Kix AMÖMwZ fvþjv wQj Ges bigvj þWwjfvix nþq hvq| GKvR ,þjv wbLyZ fvþe Kiv mðœe nþqþQ Blwm/wgWlqvBdvwi þU³wbs Gi Kviþb| AZGe evsjvþ`þk wgWlqvBd þckvi ,iæZi Acwimxg|

### **þKm ÷vwWÑ4**

þinvbv, eqm 27 eQi, 2q MÖvwfWv| cÖme e"v\_v wbþq nvmcvZvþj fwZ© nlqvi ci KZ©e"iZ wmwbbi ÷vd bvm© dvþZgv Ges BqvQwgb `yBRþb wgþj cÖme Kivþbvi ci iïæ nq PPH, PPH control KiþZ bv þcþi AvgvþK Kj þ`q| Avwg `æZ Gþm þ`wL cÖPyi i³ÿiY nþ"Q| cixÿv Kþi þ`wL Rivqyi gyL wQuþo wMþqþQ| Zvici Avwg wZbwU sponge holder, vaginal speculum, needle holder & catgut w`þq cervical tear repair Kwi Ges cÖm~wZ gvþK `yB e"vM i³ I fvþjv GwUevþqvWUK þ`lq nq| Zvici Avgvþ`i MvBwb g"vWvg Wv³vi wZw\_ AvwRR þ`þL Lye Lywk nb| AZGe AwfÁ wgWlqvBþdi ,iæZi AþbK þewk| Kvib AwfÁ wgWlqvBd bv

nþj, Kj þ`lqvi ci Wv<sup>3</sup>vi AvmþZ AvmþZ AþbK mgq iæMx gviv þhþZ cvþi| weþkl Kþi DcþRjv Ges BDwbqb chv©þqi þmþUvi ,þjvþZ|

### þKm ÷vwWÑ5

mviwgb Av<sup>3</sup>vi, eqm 26 ermi 2q MÖvwfWv, 20/01/2020Bs weKvj 3 NwUKv | cÖvBþfU nvmcvZvþji GKRb Wv<sup>3</sup>vi Mf©eZx gvþK þ`þL eþjþQb Avav NþUvi gþa``wmRvi KivþZ nþe, bv nq ev``Qvi mgm``v nþe| mviwgbþbi GK wbKU AvZixq þLviþk`Avjg ivR%bwZK þbZv Gþm ejþjv, Avwg mvwn`v AvcvþK bv þ`wLþq wmRvi Kivþev bv| þLviþk`Avjg mvþne AvgvþK þdvb w`þq ejþjb Avcv gvgvwbþK Wv<sup>3</sup>vi Avcv þ`þL wmRvþii K\_v eþjþQb| wKš' c~þe©i ev``Qv bigvj þWwjfvix nþqþQ, GLb wmRvi þKþbv? Avwg Avcbvi KvþQ wbþq AvmþZwQ| Avwg ZvnnþK AþbK eySvþbvi þPón KþiwQ þh, Wvt þ`þL wmþvšl þ`lqvi ci bvm© ev wgWlqvBd Gi KvþQ AvmþZ/þ`LvþZ nq bv| Avwg GBiKg AþbK Mf©eZx gvþK þdiZ w`þqwQ| wKš' bvþQviev`v þLviþk`Avjg mvþneþK þdivþZ cvwiwb| evav þ`lqv ``^þËl wZwb Avgvi evmvq Mf©eZxþK wbþq Avþmb| ivR%bwZK þbZv ,AvgvþK Lye wek^vm Kþib, wecþ`Avcþ`mvnh``Kþib| AZGe þhþnZz evmvq Pþj GþmþQb, ZLb Avwg Mf©eZx gvþK þ`LþZ eva``nB| Mf©eZx gvþK cixþv bxwiþvi djvdj wbæœ ifct

G/E:

Para-1

G-2

LMP-14.06.19

EDD- 21.03.2020

B/P-120/70

Temp- Normal

P/A/E

FHS-144b/m

FM- +

Uterus Ht-36wks

P/V/E

Os-4cm

cx-effacement 90%

P-C

M-I

S-O

Mf©eZx gvþK cixþv wbixþv Kivi ci wmRvi Kivi gZ þKvb jþb bv þcþq weþeþKi Zvobvq þRvivþjv fvþe wmRvþii wmþvšl w`þZ cvwi bvB| Zey ewj g``vWvg hLb þ`þLþQb ZLb nqþZvev þKvþbv mgm``v wQj| Avcbviv ivRx \_vKþj wmRvi KivþZ cvþib| wKš' bv, Zviv wmRvþi ivRx bvB| Zvici miKvix nvmcvZvþj fwZ© Kivi ci cvþUv©MÖvþdi mgq Abyhvqx ivZ bqUvq GKwU my`' myþ`i bigvj þWwjfvix nq|

GKRb `ÿ wgWlqvBþdi cþÿ mæœ GB iKg cwiwPZ Rb ev AvZixq ``^Rb, þh þKvþbv Mf©eZx gvþK mvnh``Kiv|

## **‡Km ÷vwWÑ6**

gviRvnb, 20ermi 36 mßvn Mf©eZx| Breach Presentation, Zxeª cÖme e¨v\_v mvwf©·  
mᄁú~b© †Lv|v| wmRvi Kivi gZ mgq bvB| Av†~Í ax†i VvÛv gv\_vq, Avwg cÖ~‘wZ MÖnb K†i|  
cÖ\_†g ev”Pv GK`g †Kvgi ch©šÍ wb†R wb†R Avmvi Rb¨ A†cÿv Kwi| Zvici Avwg Av†~Í Av†~Í  
ev”Pvi GK nvZ evwni Kwi, Zvici 2q nvZ evwni Kwi| Zvici †KŠk†j gv\_v evwni Kwi| gvkjvøvn&  
my~’ my>’i †g†q ev”Pv, IRb 2900MÖvg| AwfÁ wgWlqvBd n†j wbivc†` Breach †Wwjfvixl  
Ki†Z cvi†eb|

## **‡Km ÷vwWÑ7**

†Rmwgb, 28ermi 39 mßvn Mf©eZx, c~†e©i BwZnvm wmRvi, Breach Presentation  
,FHs 160 b/m, Ref-to wmRvwiqvb †mKkb| AwfÁ wgWlqvBd n†j mwVK mgm¨v wbb©q K†i  
Riæix wm×všÍ wb†Z cvi†eb|

## **‡Km ÷vwWÑ8**

kvšÍv, 19ermi, 40mßvn Mf©eZx| cÖme e¨v\_v wb†q nvmcvZv†j fwZ© n†q†Qb| cixÿv  
wbixÿv K†i djvdj

P/V/E

Os-4cm

cx-effacement 50%

P-Cord

M-I

S-2

`æZ wmRvwiqvb †mKkb Kivi Rb¨ wm×všÍ †`B| `ÿ wgWlqvBd n†j Cord Presentation eyS†Z  
cvi†eb Ges ev”Pv l gv†K wbivc` ivLvi Rb¨ wm×všÍ wb†Z cvi†eb|

## **‡Km ÷vwWÑ9**

cwigwb, eqm 29ermi, 39mßvn Mf©eZx| Zxeª cÖme e¨v\_v wb†q nvmcvZv†j fwZ©  
n†q†Qb| wgWlqvBd AvKwjgv†K ejjvg, Zzwg Mf©eZx gv†K cixÿv wbixÿv K†i †`L| AvKwjgv  
mewKQz cixÿv wbixÿv K†i ejj, Avcv mvwf©· 6wmGg| wKŠ’ k³ wK †hb nv†Z jv†M| Avwg  
ewj †`wL wK jv†M? Avwg †`†L l†K eywS†q w`jvg †h, gv\_v nv†Z jv†M wKŠ’ cvwb †bB, GBRb¨  
†Zvgvi nv†Z k³ Abyfe n†q†Q| cvwb †bB GBUv Zzwg †c†Ui Dci nvZ †i†L eyS†Z cvi†e| †hgb,  
†c†Ui Dc†i GKcv†k nvjKvfv†e nvZ w`†q Pvc w`†j Rivqy mn ev”Pv hw` `æZ wcQ†j P†j hvq  
eyS†e cvwb †bB| Avi hw` Av†~Í Av†~Í m†i hvq, Zvn†j eyS†e cvwb bigvj Av†Q| Avi hw` †cU  
k³ Abyfe nq, Rivqy wcQ†j bv hvq, Zvn†j eyS†e cvwbi cwigvb A†bK †ewk Av†Q| GKRb `ÿ  
wgWlqvB†di c†ÿ mᄁçe Gfv†e cvwbi cwigvb wbb©q Kiv|

## **‡Km ÷vwWÑ10**

dv†Zgv Av<sup>3</sup>vi, eqm 20 eQi| cÖ\_g Mf©eZx, Mf©Kvj 30 mßvn, Breach Presentation, Zxe<sup>a</sup> cÖme e<sup>ˆ</sup>v\_v wb†q nmcvZv†j fwZ©| mvwf©· 8wmGg †Lv†v| cÖ\_†g ††L `ywðšÍv Ki†j| g†b A†bK mvnm wb†q Inj: Roxadex 2.5amp I/m Stat w††q A†c†v K†i mgq gZ Av†ˆÍ Av†ˆÍ †Wwjfvix Kwi†qwQ| ev”Qv myˆˆ, †Ku†††Q, Mv†qi is †Mvjvwc, k^vm cÖk^vm wVK Av†Q| wKšˆ Kg IR†bi wki, Rb¥ IRb 1800MÖvg gvÎ| ZvB cÖ\_†g wKQz mgq Skin to skin contact ††L Avkvev`x n†qwQ †h, ev”PvUv GKUz hZœ wb†j †eu†P hv†e| ZvB Riæix Kˆˆv½viæ gvˆvi †Kqvi (KMC) BDwb†U †idvi K†i Kˆˆv½viæ gvˆvi †Kqvi w`jvg| gvkjvøvn& ev”PvUv ax†i ax†i Av†iv myˆˆ n†”Q Ges IRb evo†Z†Q †R†b Lywk n†qwQ g†b Z...wß †cjvg| ZvB†Zv ewj GKRb `ÿ wgWlqvBd n†j Skin to skin contact Ges Kˆˆv½viæ gvˆvi †Kqvi (KMC) eyS†eb Ges myˆˆ K†i Zzj†Z cÖ†qvR†b †idvi Ki†Z cvi†eb|

### **†Km ÷vwWÑ11**

eZ©gv†b wgWlqvBd hviv KvR K†i ev fwelˆˆr G Ki†eb, Zviv †Zv cwievi cwiKíbv wb†q KvR Ki†eb| GUv GKwU fv†jv wm×všÍ| Avwg †de<sup>a</sup>æqvix/2020 GK gv†m 23wU cÖme cieZx© Kcvi-wU Kwi†qwQ| Kcvi-wU mieivn \_vK†j Av†iv †ewk Kiv†Z cviZvg| hvnvi d†j wKQzw`b c†i G†m GB mgˆÍ gv†qiv ej†e bv †h, Avgvi fz†j ev”Pv M†f© P†j G†m†Q, Avgv†K GgAvi K†i †`b| Kcvi-wU Gi Kvi†b gv ,†jv wbivc` n†q wM†q†Qb| GUv AekˆˆB RvwZi Rbˆˆ g½j| GUv wgWlqvB†di c†ÿ Kiv mæœe|

### **†Km ÷vwWÑ12**

iv†kˆˆv, eqm 32 eQi| 38mßvn Mf©©©©eZx| cÖme e<sup>ˆ</sup>v\_v wb†q nvmcvZv†j fwZ© nq| cix†v wbix†v Kivi ci P/V K†i eyS†Z cvwi Face Presentation. ZvB `æZ MvBwb gˆˆvWvg †K †X†K ejjvg gˆˆvWvg GwU Face Presentation. gˆˆvWvg ej†jv G†Zv KwVb WvqvMbwmm †K Ki†jv| Avwg e†jwQ †h, Avwg ††LwQ gˆˆvWvg Avcwb GKUz ††Lb| gˆˆvWvg ††L ejj ZvB†Zv! ZvovZvwo wmRv†ii Rbˆˆ %oZwi K†ib| GLb eySvi welq nj USG Report G face Presentation eySv hvq bv| Face Presentation ev”Qv†K USG Report G Cephalic ey†S GUvB ˆ^vfvweK| ZvB GKRb AwfÁ wgWlqvBd n†j eyS†Z cvi†eb GwU Face Presentation. GRbˆˆ Avwg ej†Z PvB wgWlqvBd †ckvUv A†bK ,iæZicˆˆb©| hw` fv†jv KvR Rvbw \_v†K|

### **†Km ÷vwWÑ13**

#### **Intra Uterine Death (IUD)**

myigv, eqm 35 eQi| 38mßvn 4\_© Mf©eZx| G†m†Qb ANC †Z| ANC Ki†Z wM†q †`wL ev”Pvi †Kvb nvU©weU bvB| Av†iv fv†jv K†i ††L ev”Pvi nvU©weU bv †c†q Mf©eZx gv †K AvjvU^vm†bvMÖvwd Kivi civgk© †`lqv ci Avë^vm†bvMÖvwdi wi†cvU© wb†q cyYivq Avmvi ci wi†cvU© ††L wbwðZ njvg M†f©i ev”Pv g,,Z (IUD) , ciewZ©†Z Mf©eZx†K nvmcvZv†j fwZ© K†i `yBw`b ch©†e†b ††L (IUD) cÖme KivB |

GKRb `ÿ wgWlqvBd ANC †`lqvi mgq wbY©q Ki†Z cvi†e Mf©eZx gv†qi M†f©i mšĺvb Rxwez wKsev g„Z|

#### **†Km ÷vwWÑ14**

weDwU , eqm 24 eQi, 38 mßvn Mf©eZx GKjvǎúwkqv wb†q nvmcvZv†j G†m†Qb, Riyix wefvM †\_†K Lei †c†q GKjvǎúwkqv e· wb†q `ǎæZ G†m inj: Sedil , Inj: Labetrol, Inj:Nalipsin, Inj: Antibiotic, Catheterization, Airway Tube, O2 Inhalation mn hveZxq wPwKrmv w`†q †Rjv m`i nvmcvZv†j †cÖib Kivi ci †ivMx†K wmRvi Kivi ci ev”Pv Ges gv my” n†q evwo wd†ib |  
hLb evsjv†`†k wgWlqvBd KvH©µg mwµq wQj bv ZLb G mg`Í Mf©eZ©x†`i g`v†bR†g>U †KD Rvb†Zv bv , G ai†bi †ivMx Avm†j GKjvǎúwkqv g`v†bR†g>U Kiv Qvov †Rjv m`i nvmcvZv†j cvwV†q †`lqv n†Zv | G†Z K†i A†bK †ivMx g„Zz` eib Ki†Zv |  
eZ©gv†b wgWlqvBvdM†bi GKjvǎúwkqv g`v†bR†g>U Rvbv \_vKv&i Kvi†b evsjv†`†k GKjvǎúwkqv RwbZ gvZ... g„Z`yi nvi D†jØL RbK nv†i K†g G†m†Q|

#### **†Km ÷vwWÑ15**

ZvQwjgv, eqm 28 eQi, 41 mßv†ni 2q Mf©eZx gv| i†³i MÖæc B(-)ve| cÖme e`v\_v wb†q nvmcvZv†j fwZ© n†q†Qb| gv Ges Zvnvi AvZixq `^Rb †K Rvbv†bv nq †h, gv†qi †h†nZz i†³i MÖæc B(-)ve,ZvB †Wwjfvixi ci ev”Pvi i†³i MÖæc cixÿv K†i hw` (+)ve cvlqv hvq, Zvn†j gv†K wKš’ 1wU Inj: Anti-D w`†Z n†e| ZvB Avcbviv c`†e© †\_†KB Bb†RKkb †Kvb dv†g©mx†Z Av†Q Ges mgq gZ †h†bv cvlqv hvq Zv wbwðZ Ki†eb| cieZx© mg†q gv†qi bigvj †Wwjfvixi nlqvi ci ev”Pvi i†³i MÖæc cixÿv K†i A (+)ve cvlqv hvq| ZvB cÖm~wZ gv†qi AvZixq `^Rb†K Inj: Anti-D wb†q Avm†Z ewj, Avbvi ci cÖm~wZ gv†K gvs†m GK †WvR †`lqv nq| `ÿ wgWlqvBdMb cÖmeKvjxb mg†q i†³i MÖæc (-)ve n†j cÖm~wZ gv†K g`v†bR Ki†Z cvi†eb|

#### **†Km ÷vwWÑ16**

jyebv, eqm 22 eQi, 2q MÖvwfWv| Avgvi Kv†Q wbqwgZ Mf©Kvjxb †PKAv†c Avm†Zb| 2q wfwR†U iæwUb cixÿv ,†jv Ki†Z w`†j, †m cixÿv ,†jv K†i Ges Avwg cixÿvi djvd†j †`L†Z cvB HBsAg positive. Avwg Zvnv†K Afq w`†q eywS†q ewj Avcbvi †Kvb mgm`v n†e bv| Avcbvi †Wwjfvixi ci ev”Pvi Rb` iaygvÎ `yBwU Bb†RKkb cÖ`Z ivL†Z n†e| Bb†RKkb `ywU njt Inj: Hepabig (child), Inj: Angerix-B (child). cÖmeKvjxb mg†q jyebv Avgvi wbKU Av†mb| Avwg h\_vh\_ wbivcËvi †Wªm cwiavb K†i Zvi cÖme mgvß Kwi Ges ev”Pv†K Bb†RKkb ,†jv cÖ†qvM Kwi|

#### **†Km ÷vwWÑ17**

AvQgv,30 ermi, 4\_© MÖvwfWv| wZb N>Uv c~te© evwo†Z †Wwjfvix n†q†Q| PPH wb†q Avgv†i nvmcvZv†j Riæix wefv†M G†m†Q| Riæix wefvM †\_†K Avgv†K Kj K†i| Avwg †Što wM†q `æZ GKRb mrvnh` Kvix†K mv†\_ wb†q PPH e· †\_†K cÖ†qvRbxq wRwbm cÎ e`envi Kwi Ges PPH Gi Kvib Ly†R cvB, U²gv I †jPv†ikb| Avwg wb†RB †mjvB Kwi| GB ai†bi cÖm~wZ ,†jv c~te© †Rjv m`†i †idvi Kiv n†Zv| wKš' eZ©gv†b wgWlqvBdMb wb†Riv g`v†bR Ki†Z cv†i|

#### **†Km ÷vwWÑ18**

wgWlqvBd †ckvwU Avjv`vfv†e Pvjy nlqvi ci Avgiv GKwU ANC- Kbv©i Pvjy K†iwQ| cÖwZgv†m cÖvq GK nvRvi Mf©eZx gv†K †mev †lqv nq| wgWlqvBdMb ^vaxbfv†e †mev †lqvi d†j GK nvRvi Mf©Kvxb †mev cÖvß gv †\_†K cÖvq 250-300kZ Mf©eZx gv†K cÖm†ei Rb` nvmcvZv†j fwZ© Kiv†bv nq| d†j nvmcvZv†j †Wwjfvixi msL`v w`b w`b e,,w× cvB†Z†Q| PvUwLj Dc†Rjvq 16wU cÖvB†fU nvmcvZvj Ges cÖPzi Wv³vi \_vKv m†ËjI Avgiv bvm© wgWlqvBdM†bi Kvi†b †ewki fvM Mf©eZx miKvix nvmcvZv†j †mev wb†Z/cÖme Kiv†Z Av†mb| wgWlqvBd †mev iia nlqvi c~te© GB nvmcvZv†j bigvj †Wwjfvixj msL`v wQj GKkZ Gi wb†P, eZ©gv†b Zv `yBkZ Gi Dc†i| Dc†Rjv ^v`´ Kg†cø, PvUwLj, †bvqvLvix†Z cig ggZvq cv†Uv©MÖvd Abyhvqx bvm© wgWlqvBdMb †Wwjfvix Kivb weavq GLv†b gvZ...g,,Zz` I wkî g,,Zz` †bB ej†j P†j| beRvZK GLv†b Lvivc nq bv ev †Kv\_vl †idvi Kiv jv†M bv ej†j P†j| GB Dc†Rjv nvmcvZv†j cÖvq 85% bigvj †Wwjfvix nq|

#### **†Km ÷vwWÑ19**

GLv†b cÖwZwU gv Ges beRvZK PNC-1 †mev †c†q \_v†Kb| cÖvq cÖwZwU gv I wkî PNC-2, PNC-3, PNC-4 †mev wb†Z Av†mb| GLv†b cÖwZwU RxweZ e`Pv†K gv†qi mv†\_ Skin to skin contact G ivLv nq| bvf†Z 7.5% †K~v†iv†nw·wWb †lqv nq| ev`Pv†K wZb w`b ci †Mvm†ji civgk© †lqv nq| ev`Pv†K Breast Feeding Gi cÖxwZ wkLv†bv nq| cvuP gvm eqm ch©šÍ iay gvÎ ey†Ki `ya Lvlqv†bvi civgk© †lqv nq| ev`Pv†K wmwWDj Abyvm†i wUKv †lqvi civgk© †lqv nq| Qq gvm eqm †\_†K N†i ^Zwi Kiv evowZ Llevi †lqvi civgk© †lqv nq| evwn†ii Llevi †hgb PzBsMvg, PK†jU, wPcm.....BZ`vw` Lvlqv†bvi Rb` wb†la K†i eySv†bv nq| GB nvmcvZvjwU gv I wkî evÜe nvmcvZvj|

#### **†Km ÷vwWÑ20**

Kvgiæb bvnvi, eqm 22 eQi, cÖ\_g MÖvwfWv,Mf©Kvj 37 mßvn| Twin Pregnancy, Both baby cephalic Presentation. cÖme e`v\_v wb†q fwZ© n†q†Q| `yBRb †ewe g`v†bR Kivi gZ cÖ†qvRbxq wRwbmcl ,wQ†q wbB Ges gv†K Avk^Í Kwi `y†Uv ev`Pv, ZvB e†j Avcbvi f†qi wKQz †bB| Avcbvi cÖme ^vfvweK n†e Ges ev`Pv `ywU ey†Ki `ya †L†Z cvi†e| Avwg †Zvgvi gv†qi gZ, Avwg †Zvgv†K mwVK K\_v ejwQ| Zvici Av†Í Av†Í cÖme e`v\_v evo†Z \_v†K| `y†Uv ev`Pv Ges gv Dfq mæú~b© my`´ †\_†K bigvj †Wwjfvix nq| `y†Uv ev`Pv†K wkfv†e GKmv†\_

ey†Ki `ya Lvlqv†Z nq wkwL†q w`†qwQ| evRvi †\_†K K...wġg `ya bv Lvlqv†bvi civgk© w`†qwQ| gv†K e†jwQ, Zzwg nq†Zv ††L†Qv ev ky†b†Qv Miæ Ges QvM†ji `ywU ev”Pv GKmv†\_ nq, Miæ Ges QvMj evRvi †\_†K K...wġg `ya wK†b bv| eis Zv†`i evQzi `ywU†K `ya Lvlqv†bvi ci AwZwi<sup>3</sup> `ya Avgiv gvbyl RvwZ cvb Kwi| AZGe Zzwg †Zvgvi `ywU e]v”Pv†K Aek”B ey†Ki `ya Lvlqv†Z cvi†e| G†Zv my>`i K†i eySv†bvi ci gv Lye Lywk nq|

## **†Km ÷vwWÑ21**

### **Breast & VIA Test**

evsjv†`†k cÖwZ eQi eû gv gviv hvq Rivqy Ges `ġb K`vYv†i| `ÿ wgWlqvBdMb Breast & VIA Test Gi gva`†g Aí mg†q †ivM wbb©q K†i eû gv†K Rivqy Ges `ġb K`vYv†ii nvZ †\_†K iÿv K†i AKvj g„Zz` †iva Ki†Z cvi†eb|

## **†Km ÷vwWÑ22**

RvbœvZ Aviv, wgWlqvBd 2018 mv†j PvUwL†j Av†mb B>Uvwb© Kivi Rb`| B>Uvwb© Kivi ci, GB nvmcvZv†j wZb gvm PvKwi K†ib †mf ``v wPj†Wªb G| GLvb †\_†K `ÿZv AR©b K†i eZ©gv†b egywejQwo BDwbqb, PKwiqv, K·evRvi †mf ``v wPj†Wªb G Kg©iZ| RvbœvZ Avgv†K †dvb w`†q GKw`b ejj egywejQwo Avmvi ci †gvU wZbwU cÖm~wZ gv†qi Rivqyi gyL wQu†o wM†qwQj| Avwg wb†R †mjb K†iwQ| i†b Avgvi gbUv Lywk†Z ficyi| hw` †m `ÿ wgWlqvBd n†Z bv cviZ, Zvn†j nq†Zv ev GB wZbwU gv†K K·evRvi †Rjv m`†i †idvi Ki†j iv`ġvq gviv †h†Z cvi†Zv| wgWlqvBd Gi †mevi Kvi†b gv wZbwU wbivc` Av†Q| ZvB†Zv wgWlqvBdvwi †ckv ,iæZjc~b©| mviwgb, wgWlqvBd PvUwL†j †mf ``v wPj†Wªb G 1 eQi KvR K†i `ÿ wgWlqvBd n†q eZ©gv†b kÖxcyi, MvRxcyi Av†Qb| †mLv†b wM†q ANC- Kbv©i Pvjy K†i†Q, bigvj †Wwjfvixi mSL`v e„wx K†i†Qb| cÖmeKvjxb mg†q AcÖ†qvRbxq Bb†RKkb Aw·†Uvwmb e`envi Ges AwZwi<sup>3</sup> nvZvnvwZ bv Ki†j ev”Pv I gv `yBR†b fv†jv \_v†Kb wk†L wM†q†Qb| Zv†Z Avwg Avbw>`Z| cÖwZwU BDwbqb Ges Dc†Rjvq RvbœvZ I mviwgb†`i gZ wgWlqvBd Aek”B cÖ†qvRb|

## **†Km ÷vwWÑ23**

cwievi cwiKíbv cÖ×wZ:- evsjv†`†ki AvqZb Abymv†i RbmsL`v A†bK †ewk| ZvB eZ©gv†b wgWlqvBdMb KvH©Kix cwievi cwiKíbv c×wZ w`†q \_v†Kb| hvnv Avgiv c~†e© Ki†Z cviZvg bv, eZ©gv†b cvwi| Avwg GKv †deªæqvix/2020 Bs`iay Kcvi-wU w`†qwQ 23wU| ZvB RbmsL`v wbqšž†b evsjv†`k wgWlqvB†di fzwgKv AZ`šġ ,iæZjc~b©|

Post dated pregnancy- wmRvi Kiv Qvov wKfv†e bigvj †Wwjfvix Kiv†Z nq Zv BwZc~†e© B>Uvwb© Kiv mKj wgWlqvBdMb wk†L wM†q†Qb| ZvB Zviv †hLv†b KvR Ki†eb, †mLv†b bigvj †Wwjfvix †ewk n†e| wmRv†ii mSL`v Kg n†e|



**Dwĩß Kiv Ges wiPvwm†Ukb**:- GKRb wgWlqvBd hLb cÖme Kiv†eb, ZLb hw` ev”Pv Lvivc nq, bv Kvu†` ev k^vm cÖk^vm wb†Z bv cv†i Zvn†j wgWlqvBd cª\_†g mvKkb w`†eb, Dwĩß Ki†eb Ges wiPvwm†Ukb w`†eb| hvnv †Kej `ÿ wgWlqvBdM†bi c†ÿ mæçe|

wgWlqvBdMb wbivc` cÖme Kivb, cv†Uv©MÖvd †gBb†UBb K†ib, †jevi lqvW© cwi®<vi cwi”Qbœ iv†Lb weavq w`b w`b cÖm~wZ †ivMxi msL”v evo†Z \_v†K| GB Rb” 2018 mv†ji wW†mæ^i gv†m Dc†Rjv ^v~” Kg†cø·, PvUwLj, †bvqvLvix g†Wj nvmcvZvj wn†m†e L”vwZ jvf K†i| eZ©gv†b GB nvmcvZvjwU wgWlqvBdvwi †jW †Kqvi †m>Uvi wn†m†e Av†Q| wgWlqvBdvwi †jW †Kqvi †m>Uvi nlqv†Z Avwg †ek wKQz wgWlqvBd `ÿ wn†m†e M†o Zzj†Z †c†iwQ| †mUv Avgvi †mŠfvM”| wKš’ `yt†Li welq n†jv, Avwg wZb erm†ii bvwm©s G wW†cøvgv cvk Kivi ci GK eQ†ii wW†cøvgv Bb wgWlqvBdvwi cvk Kwi, 1993mv†j| ZLb Avwg evsjv†`†ki g†a” cÖ\_g ^vb AwaKvi Kwi| 2010 mv†j 6 gvm e”vcx Emergency Obstetric Care (EOC) †Uªwbs Kwi| eZ©gv†b wgWlqvBd c` hw`l Avgvi cQ>`, wKš’ wgWlqvBd wn†m†e Avgvi †Kvb ^xK...wZ bvB| Avwg eZ©gv†b we.Gm.wm bvwm©s cvm K†iwQ| Avwg wgWlqvBd wUPvi n†q DbœZ gv†bi wgWlqvBd %oZwi Ki†Z PvB|

cwi†k†l ej†Z cvwi †h, ††k gvZ,, l wkí g,,Zz” nvi Kgv†bv, AcÖ†qvRbxq wmRvwiqv b Acv†ikb eÜ Kiv, wbivc` bigvj †Wwjfvix evov†bv, cÖm~wZ gv†q†i wbtms†Kv†P miKvix nvmcvZvj †mev wb†Z Avmvi Rb” Drmnv cÖ`vb, wbivc` bigvj †Wwjfvixi Rb” evsjv†`†ki bvg we†k^ DR|j Kivi Rb” wgWlqvBdvwi †ckvi weKí †bB| h†\_vchy³ e”e”vcbv, cÖ`†ÿc l cÖwkÿ†Yi ga”†g wgWlqvBd†i`i `ÿ wn†m†e M†o †Zv†j Avgv†i ††k†K we†k^i ey†K tivj g†Wj wn†m†e `vuo Kiv†bv mæçe e†j Avwg g†b Kwi|

Rbvev †gvmvt mvwn`v Av³vi  
wmwbqi ÷vd bvm©  
Dc†Rjv ^v~” Kg†cø·  
PvUwLj, †bvqvLvix  
†gveBj: 01712-168870  
01864-725635

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