



A healthy world begins with a healthy woman

Antenatal Care during COVID-19 Pandemic



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Introduction

- **WHO** says research is currently underway to understand the impacts of COVID 19 infection on pregnant women.
- Data are limited, but at present there is no evidence that they are at higher risk of severe illness than the general population. However, due to changes in their bodies and immune systems, we know that pregnant women can be badly affected by some respiratory infections.
- It is therefore important that they take precautions to protect themselves against COVID-19, and report possible symptoms (including fever, cough or difficulty breathing) to their healthcare provider.



All women have the right to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection.



Respect and dignity



A companion of choice



Clear communication by maternity staff



Pain relief strategies



Mobility in labour where possible and birth position of choice



World Health Organization

#COVID19 #CORONAVIRUS

Objective

The objective of this training module is to help pregnant women to prevent complications and inform women about important steps they can take to protect their infant and ensure a healthy pregnancy during COVID-19 pandemic



Measures for Pregnant Women to Prevent COVID-19 Infection

Pregnant women can protect themselves by the motto

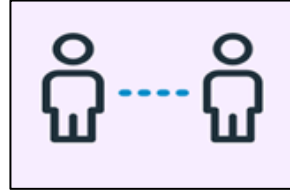
Do the Five

1. Stay at home
2. Hand hygiene
3. Respiratory hygiene
4. Avoid touching the face
5. Safe distance should be maintained



Measures for Pregnant Women to Prevent COVID-19 Infection

Practice Social Distancing



- Avoid people who are sick or who have been exposed to the virus.
- Stay at home or **stay at least 6 feet away from people** who do not live in your home. Avoid crowded spaces.
- **Wearing a cloth face** covering is most important in places where you may not be able to **stay 6 feet away from other people**, like a grocery store or pharmacy.
- Pregnant women should stay indoors, not participate in social gatherings and postpone “baby showers”.

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Stay at least 6 feet (about 2 arms' length)
from other people.**



cdc.gov/coronavirus

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Measures for Pregnant Women to Prevent COVID-19 Infection

Stay at Home

- **Stay at home** as much as possible unless there is a medical need related to development of symptoms of infection or related to pregnancy.
- Routine antenatal visits are to be deferred. If there is a minor query, it can be sorted out telephonically.
- Keep the traffic of home visitors to a minimum or avoid completely if possible.



Measures for Pregnant Women to Prevent COVID-19 Infection

Washing Hands

- **Washing your hands frequently** with an alcohol-based hand rub or soap and water
- Make sure to rub your hands with soap for at least 20 seconds, cleaning your wrists, fingernails, thumb, and in between your fingers
- Then rinse your hands and dry them with a paper towel you can dispose off



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Wash your hands
often with soap
and water for at
least 20 seconds.**



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Measures for Pregnant Women to Prevent COVID-19 Infection

Avoid Touching the Face

Avoid touching your eyes, nose, and mouth with unwashed hands



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Do not touch
your eyes, nose,
and mouth.**



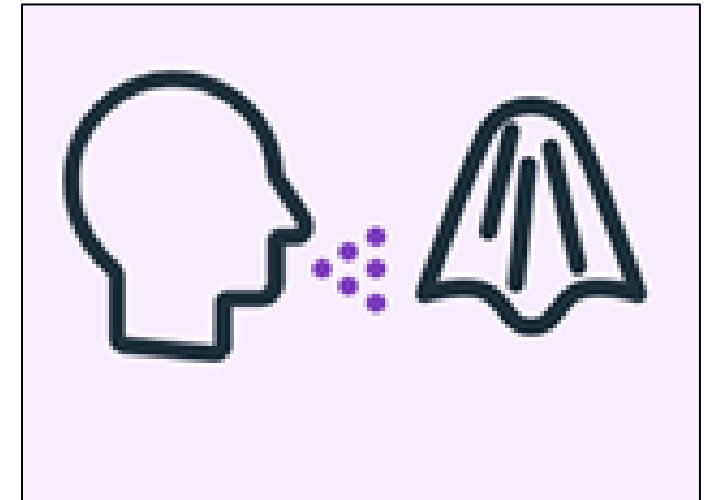
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Measures for Pregnant Women to Prevent COVID-19 Infection

Practicing Respiratory Hygiene

- **Covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.**
- **DO THROW** the used tissue immediately into a closed dustbin
- **DO WASH** hands immediately after you have covered your sneeze or cough
- **DO NOT** use other ways of covering your face like the pallu of the sari or the chunni or the gamcha



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Cover your cough or sneeze
with a tissue, then throw
the tissue in the trash
and wash your hands.**



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What is Antenatal Care?

- Antenatal care is the systematic supervision of women during pregnancy to monitor the progress of fetal growth and to ascertain the well being of the mother and the fetus
- Proper antenatal care provides necessary care to mother and helps to identify any complications of pregnancy such as anemia, pre-eclampsia and hypertension in the mother and detects inadequate growth of the fetus
- Antenatal care reduce Maternal mortality rate
- Reduce the delays:
 - Delay in recognizing the problem
 - Delay in reaching the health facility
 - Delay in receiving the treatment
- Reduce infant mortality rate



Early Registration

- Early registration facilitates proper planning and allows for adequate care to be provided during pregnancy for both the mother and fetus
- It helps in recording the (Last Menstrual Period) LMP and help to calculate the Estimated Date of Delivery (EDD)
- Get baseline information on blood pressure, weight , hemoglobin etc.
- It helps in timely detection of complications at an early stage and manage them appropriately by referral as and when required.



Number and Timings of Visits



Every pregnant woman **need** to have at least **four antenatal visits**:

- First visit: within 12 weeks
- Second visit: between 14 and 16 weeks
- Third visit: Between 28 and 34 weeks
- Fourth visit: Between 36 weeks and term

Overall Intervention during ANC Checkup

Iron/Folic Acid (IFA) supplementation

Administration of injections TT

Birth planning

Referral to higher centre

Components of ANC Checkups

History Taking:

- Confirm the pregnancy (first visit only)
- Menstrual history: Record LMP and calculate EDD
- Obstetric history: Ask about the number of previous pregnancies and their respective outcome
- Ask about any complications in previous pregnancies like



Components of ANC Checkups

General Examination:

- Pallor - indicates anemia. One needs to examine conjunctiva, nails, tongue, oral mucosa and palms
- Jaundice - yellowish staining of the skin and sclera
- Pulse - normal pulse rate 60-90 beats per minute
- Respiratory rate - normal respiratory rate is 18-20 breathes per minute



Edema (swelling) of the ankles and feet



Components of ANC Checkups

Physical Examination:

- **Blood pressure** - should be checked at every visit
- **Weight** - check at every visit. Weight at first visit is taken as baseline. Normally a woman should gain 9-11 kg during her pregnancy.
- **Breast examination** - Check shape and size. Correct an inverted nipple using a syringe
- **Abdominal examination** - Measurement of fundal height
- **Fundal Height** - It indicates the progress of the pregnancy and fetal growth



Danger Signs during Pregnancy

- High fever
- Fast or difficult breathing
- Hemoglobin less than 7
- Excessive vomiting or headache
- High BP more than 140/90
- Breathlessness at rest
- Reduced urinary output with high BP
- Vaginal bleeding
- Severe abdominal pain



Antenatal Care during the COVID-19 Pandemic

- **Do not skip your antenatal care appointments.** If you are concerned about attending your appointment due to COVID-19, talk to your doctor.
- **If you have fever, cough or difficulty breathing, seek medical care early.** Call your doctor before going to a health facility, and follow the directions.
- Trimester I or up to 12 weeks, after pregnancy confirmed on ultrasound scan, there is no need for an urgent ANC visit.



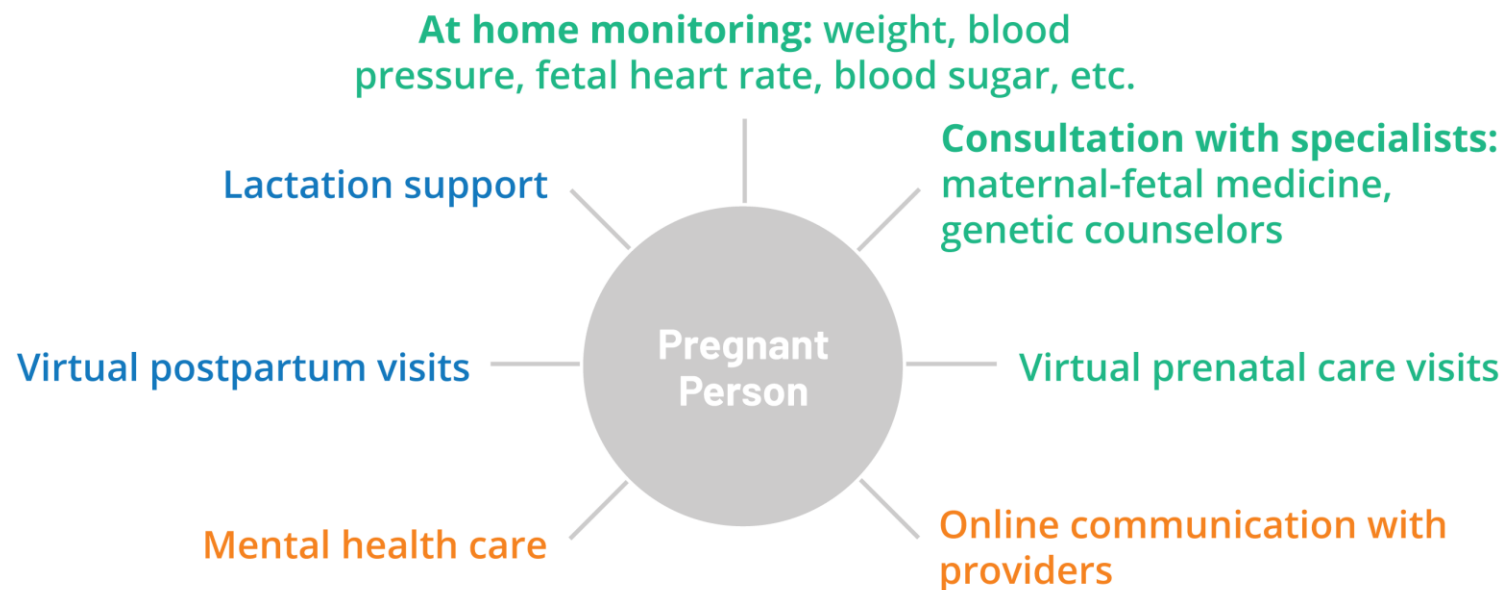
Antenatal Care during the COVID-19 Pandemic

- If you do not have any significant risk pregnancy related disorders, you can at your doctor's discretion reschedule your monthly visits.
- The aim would be to minimize exposure to the women and their caregivers. Routine clarification of doubts can be over telephone or video calls.
- Your doctor can conduct antenatal care visits by phone or video call supplemented with home blood pressure monitoring.
- Essential milestone visits such as the 12 and 19 week scans are needed. Women are advised to note fetal movements everyday.

Antenatal Care during the COVID-19 Pandemic

Many Healthcare Services Can Be Delivered via Telemedicine During and After Pregnancy

- Services delivered during pregnancy (prenatal care)
- Services delivered after pregnancy (postpartum care)
- Services delivered during and after pregnancy (prenatal/postpartum)



Nutrition intake during Pregnancy



to build a baby's
bones and teeth

CALCIUM

reduce your risk of
hypertension and
preeclampsia



Nutrition intake during Pregnancy



to make extra
blood
(hemoglobin) for
mother and child
too

IRON

can prevent a
condition of iron
deficiency Anemia

helps move
oxygen from
your lungs to the
rest of mother's
and baby's body



Nutrition intake during Pregnancy



growth and
development of
the body

PROTEIN

bone and muscle
development
nails



forms a protective
layer for skin, hair
and nails



