PROMOTING MATERNAL CARE AMONG PREGNANT WOMEN

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Pregnancy or Gestation is considered as one of the most complicated yet fulfilling stage of becoming a woman. The objective of is to have a healthy pregnancy for the mother and baby and until the mother reaches the period of delivering the newborn.

The first three months of pregnancy also known as 1st trimester is considered to be the High-Risk period. During this time newly formed zygote is under the process of developing it cells to tissues, this is the most crucial time for the baby’s development. Second Trimester is the 4-6 month, further development happens at this moment. Third trimester is the 7-9 month of pregnancy where the baby develops its Organ-System until it reaches 38-40th weeks of maturation.

Furthermore, pregnant women should immediately seek a health care provider/professional e.g. Obstetrician, Nurse, Midwife to help her in the preparation for the entire pregnancy. Lists are the Health Advocacy given by health professional;

Health Promotion through educating the clients/ patients to be aware of good health through health care teachings, e.g. discussing the importance of rubella immunization before pregnancy.

Health Maintenance through intervening to maintain health when risk of illness such as Asthma, Diabetes Mellitus, Hypertension, Heart Problems. Pre-natal care is highly needed when these diseases/ ailments are present to a pregnant woman or if there is a chance of acquiring it, e.g. Family History of Diabetes, Asthma etc.
Health Intervention through promptly diagnosing and treating illness using intervention that will return client/patient to wellness most rapidly by means of addressing the needs of the newborn and the mother who is now on Postpartum Period.

Health Rehabilitation through preventing further complication from an illness or bringing back client to optimal state of wellness by means of encouraging a woman with sexually transmitted disease to continue therapy and take necessary medication and precautions.

Following these health measures, pregnant woman can maintain a healthy pregnancy or healthy state of being and manage a health growing fetus until the period of delivery.

References:
Maternal and Child Health Nursing, Adele Pilliterri, Fifth Edition, Volume 1