

Steps to strengthen the existing SRI preventive healthcare program

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Applying principles of comprehensive Antenatal care

- Revising the basic Antenatal care provided with the intention to build up upon the existing structure; add on to the existing knowledge in a manner that the recipients uptake the knowledge and are internally motivated to practice the principles on longer term basis.
- Some important areas of antenatal care to be emphasized:

First Trimester:

1. Early pregnancy assessment, pre-existing systemic diseases
2. Early pregnancy problems that can cause mortality and serious morbidity: sensitization of induced abortions, ectopic pregnancy.
3. Ultrasound at 12 weeks
4. Basic care provision for early pregnancy problems.
5. Importance of Micronutrients especially folic acid in pre-pregnancy and first trimester, Vitamin D.

Mid trimester:

1. Screening and necessary Lab Work plus congenital anomaly ultrasound at 22-24 weeks.
2. Importance of high-risk assessment: early referral to specialists and tertiary care.
3. Prevention of anemia, Detection of Pregnancy induced hypertension, Gestational diabetes Urinary infections.

Late trimester:

1. Ultrasound
2. High-risk assessment, hemoglobin level check at 32 weeks, abdominal examination, and early referral if required to secondary and tertiary care units.

Labor Management:

- Revision of normal labor mechanism
- Partogram and its proper filling
- Episiotomy
- Third stage management
- Introduction of delayed cord clamping
- Shoulder dystocia skills and drills

Management of postpartum hemorrhage

- Retained placenta
- Tears
- Uterine atony
- Predictors of postpartum hemorrhage

Early Neonatal care

- Neonatal resuscitation

Contraception

- Techniques
- Counseling session techniques
- Uptake improvement
- Training and provision of contraceptives
- Statistics

Maternal morbidity and mortality data of the women in the area.

Sensitization and solutions both in the form of education, basic recognition modules, and surgical solution by carrying out surgery and teaching proper surgical techniques.

- Basic gynecological issues
- pelvic infections
- menstrual disorders and their management
- uterovaginal prolapse

Cancer Screening

- Breast cancer
- Cancer of cervix
- (teaching and training VIA technique to the community health workers)
- Uterine cancer
- Ovarian cancer

Hospital

- Sensitization of quality principles to the hospital administration
- Quality management system, Hospital protocol development
- Implementation of audit concepts
- Audit
- Safe delivery techniques
- Teaching and training how to effectively manage emergency
- Management drill for Eclampsia and Pre-eclampsia