

SNS COLLEGE OF NURSING COIMBATORE -35



Course : B.Sc. Nursing
Semester : VII
Subject : Community Health Nursing-II
Unit : I
Topic : Antenatal care
Prepared by : Viruthasarani K Professor

Introduction

Antenatal care (ANC) is the medical care and support provided to expectant mothers from conception until childbirth to ensure the health of both the mother and the baby. It involves regular checkups with healthcare professionals to monitor progress, identify potential complications early, provide health education, and offer advice on nutrition, hygiene, and exercise.



AIMS OF ANTENATAL CARE

- Monitoring the progress of pregnancy with minimum interference
- Guidance to the expectant mother
- Early detection of any deviation from normal
- Institution of corrective measures wherever possible
- Preparation of the mother for labour & delivery



Definition

Antenatal care, also known as Prenatal care services, is a type of preventive healthcare. Its goal is to provide regular check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of the pregnancy and to promote healthy lifestyles that benefit both mother and child.



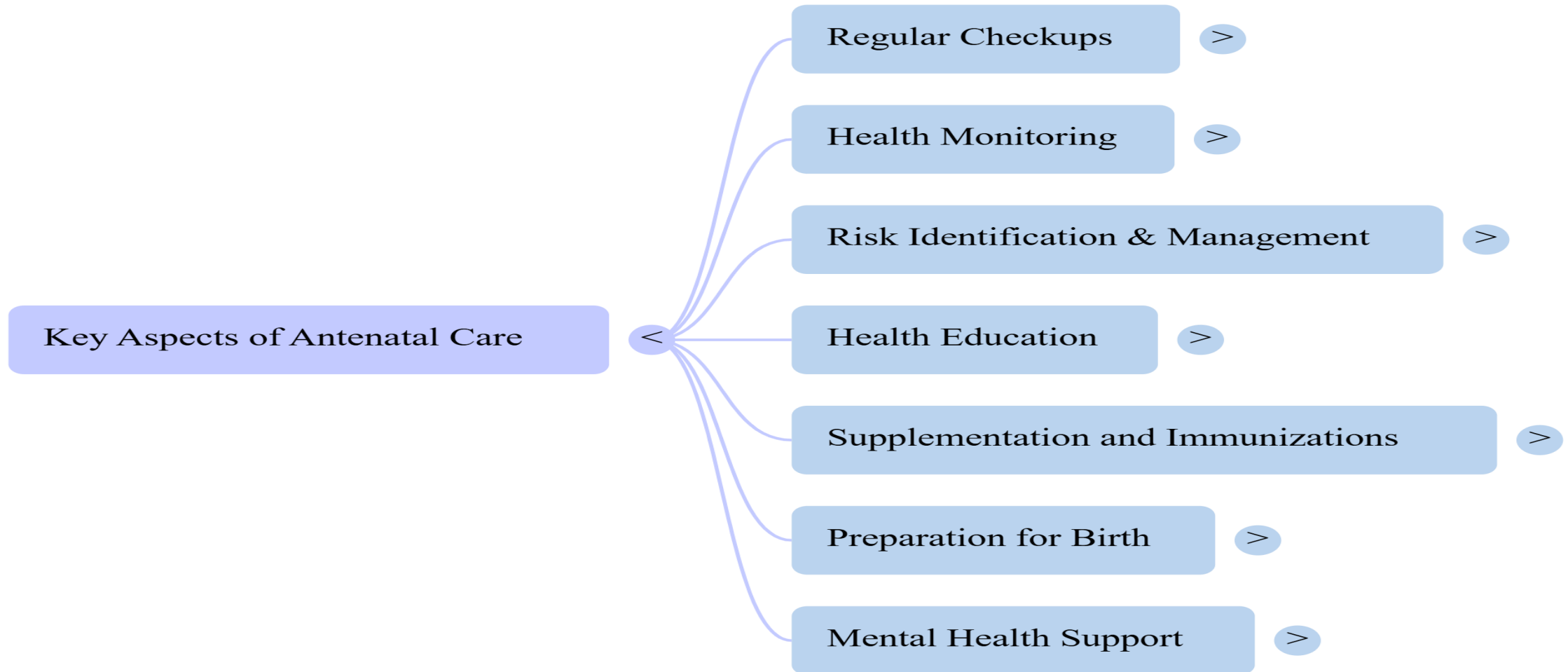
schedule of antenatal visits

SCHEDULE OF 4 ANTENATAL VISITS

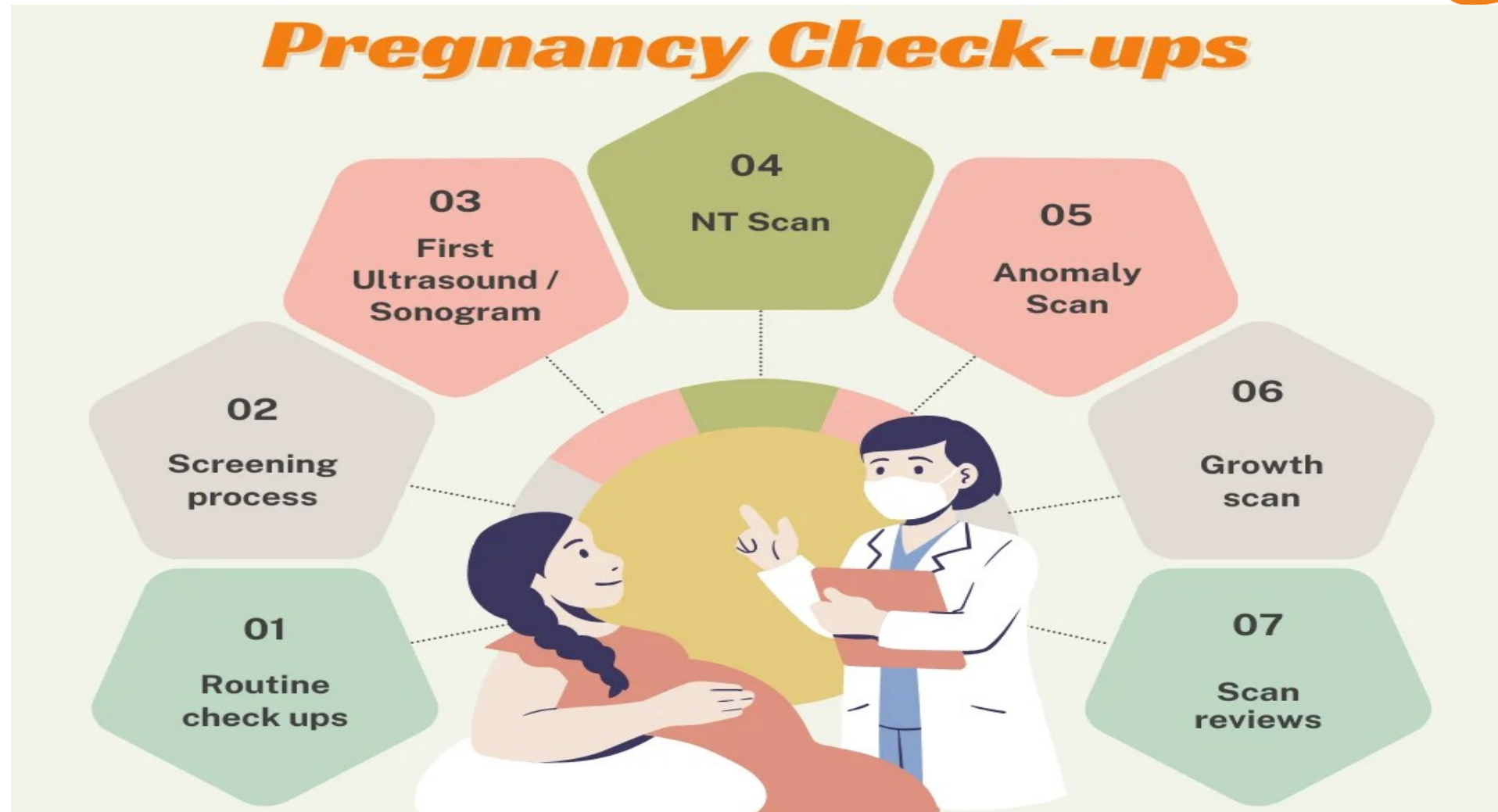
VISIT	DURATION
1st (4 Month)	12 - 16 Weeks (48-122 Days)
2^{nt} (6 Month)	20 - 24 Weeks (140-168 Days)
3rd (8 Month)	28 - 32 Weeks (196-224 Days)
4th (9 Month)	36 - 40 Weeks (252-280 Days)

© Tejindra Rana

Aspects of antenatal care



Regular antenatal check up



Health monitoring



Risk identification



Health education



Supplementation & Immunization

Folic Acid Benefits for the Mother



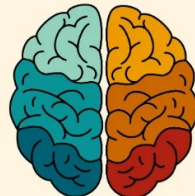
1. Prevents anemia as it helps with production of red blood cells

2. Lowers the risk of preeclampsia



3. Helps maintain energy levels

4. Supports brain function



Ministry of Health & Family Welfare
Government of India

Vaccines Given to Pregnant Women:

TD 1 TD 2 TD Booster

These vaccinations are a crucial defense against Maternal and Neonatal Tetanus and Diphtheria during pregnancy.

Preparation for birth



Develop a
birth plan



Resolving doubts
with specialists



Create bonds of affection
between the couple



Recognize labor
contractions



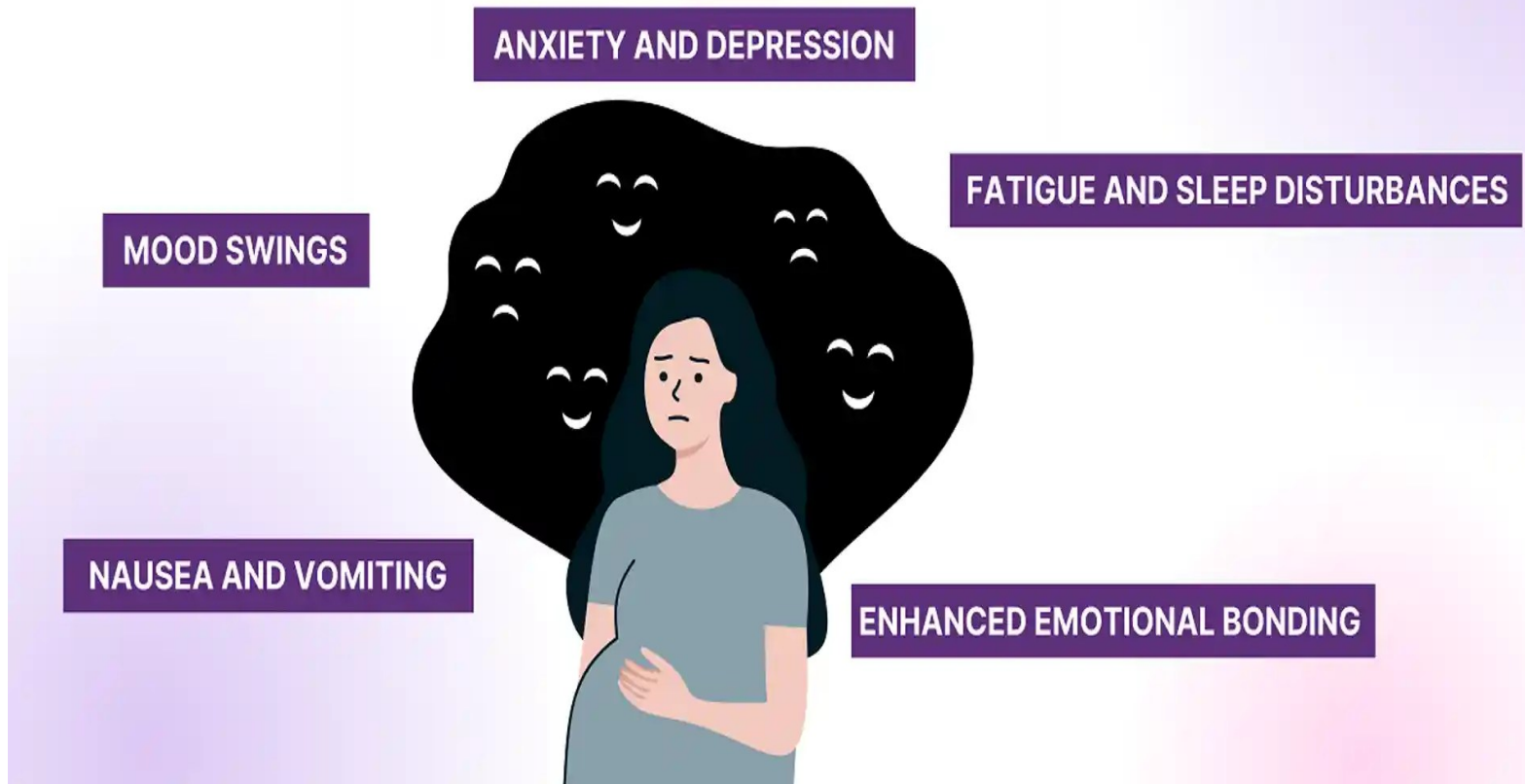
Learn relaxation
techniques



Practice Kegel
exercises

Mental health support

Impact on Mental Health During Pregnancy



8 COMMON TASKS OF NURSE MIDWIVES



Source: Indeed

Conclusion

Antenatal care is the safe delivery of a healthy mother and baby through a series of services that ensure optimal health throughout pregnancy and childbirth. It involves a combination of medical monitoring, education, and support, and its success relies on the mother's active participation and access to quality care.



Thank
you

