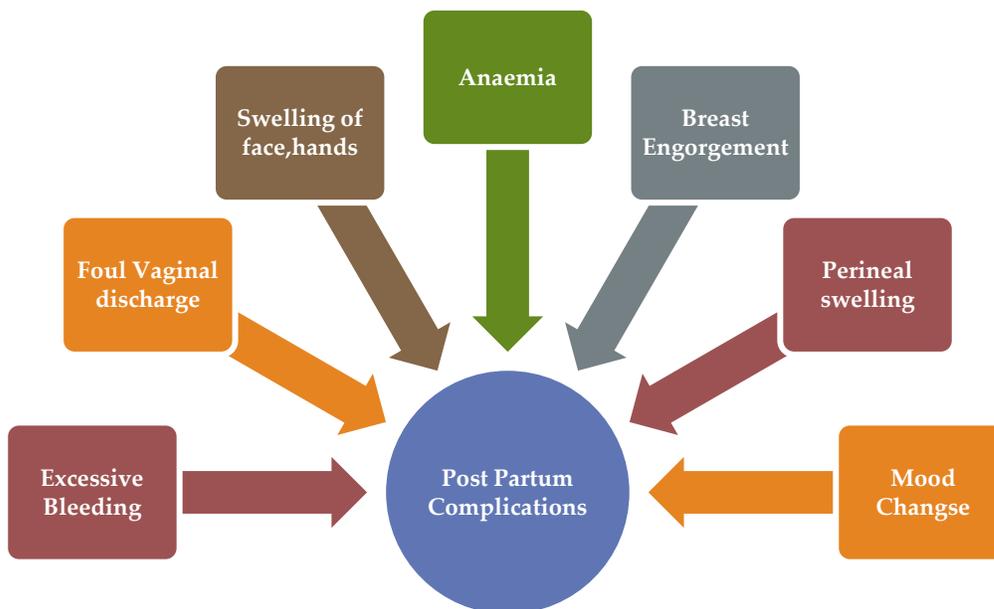


POST NATAL CARE OF MOTHERS

Postnatal Care

- ❖ The first 42 days (6 weeks) after the delivery are considered the postnatal period.
- ❖ However, the first 48 hours, followed by the first week are the most crucial for the health and survival of the mother and new-born.
- ❖ Evidence show that more than 60% of maternal deaths take place during the postpartum period.



Remember

...

- ❖ In case of institutional delivery, the hospital stay should be at least 48 hours, which provides a chance for postnatal care on 1st and 3rd day.
- ❖ Baby must be kept warm and breast feeding initiated within one hour of delivery.
- ❖ Proper cord care and perinatal hygiene is important to prevent infections in the mother and the baby.
- ❖ No diet restriction should be done for the mother. Nutritious diet and IFA supplementation should be continued throughout the postnatal period.
- ❖ In case of any abnormality/appearance of danger signs, ANM/MO must be consulted.

Mother should not do heavy work till six weeks after delivery



Post Partum Care

- ❖ First postnatal visit is on Day 1, second on Day 3, third on Day 7 and fourth at 6th week.
- ❖ Mother must use clean sanitary pad to prevent infection.
- ❖ In case of institutional delivery, first and second visit should ideally happen at the facility.
- ❖ Baby should get vaccination for 0 dose Polio, Hepatitis B (if recommended under routine immunisation) and BCG on the first day.
- ❖ During post-natal period, a woman requires nutritious and balanced diet, which is rich in iron, calcium, vitamins and proteins. She should increase her intake of green leafy vegetables, pulses, jaggery, etc. and eat to her satisfaction. She should also take more milk during this period.
- ❖ Mothers who have delivered by Cesarean section need to follow advice of the doctor regarding rest, food, work etc.



Role of AWW

- ❖ Explain where and how to get benefits of the government scheme related to mother and child.
- ❖ Make sure the stay of mother at the institution post delivery should be at least 48 hours for postnatal care.
- ❖ Note down the Date, place, type of delivery, time of delivery, complications during pregnancy if any, sex of child and birth cry in the given box of MCP card.
- ❖ Conduct home visits as schedule and explain the danger signs for both mother and baby to the mother and the family.
- ❖ Make sure that the danger signs in mother and baby are given immediate attention.
- ❖ Provide SNP to the mother.
- ❖ Explain the importance of family planning and suggest different contraceptive methods, which a couple can use during the post-partum period.
- ❖ Advise registration of birth in case of home delivery.