

POSTNATAL CARE

Care of the mother and newborn after delivery is known as post natal care / post partal delivery

- Combined area is known as perinatology

CARE OF THE MOTHER

- Objectives of pNc
- To prevent complication of the postpartum mother
- To provide care for rapid restoration of the mothers

health

- To check adequacy of breast feeding
- To providing family planning services
- To provide health education to mother and family

PNC SERVICES

1. Post natal visits

- Home visit by ANM - at least 3 visit
- Home visit by ASHA after delivery -
- Home delivery - 7 visits [day

1, 3, 7, 14, 21, 28, 42]

- Institutional delivery - 6 visit [no visit on 1st day]
- Delivery by LSCS - 5 visit [no visit on day 1, 3]

2. Post natal examination • Health checkup - twice a day during first 3 days

- Then once a day till the umbilical cord cuts off
- And then at the end of 6th week [to check involution of the uterus]
- Hemoglobin examination - during the pnc

visit

3. Postnatal exercises - bring stretched abdominal muscles back to normal

4. additional calorie requirement during lactation

- First 6 month - + 600 kcal/ day
- 6 to 12 month - + 520 kcal/ day

5. Iron and folic acid supplementation

- 60 mg elemental iron and 500 mcg folic acid daily
- To be continued for 180 days of postpartum period
- 6. Family planning
 - IUD and conventional contraceptives

are the choice during first 6 months of delivery

- Postpartum sterilization recommended on the 2nd day of delivery

COMPLICATIONS DURING POSTPARTAL PERIOD

- Puerperal sepsis - infection of the genital tract within 3 weeks of delivery
- Thrombophlebitis - associated with varicose vein
- Secondary hemorrhage - vaginal bleeding from 6 hours after delivery to the end of

puerperium

CARE OF THE CHILD

- 1. iron and folic acid supplementation
 - 6-59 months- 20 mg elemental iron and 100mcg folic acid biweekly
- 2. breast feeding
 - Exclusively breast feeding - nothing else but breast milk is given until 6 months after birth
 - Weaning - at the end of 6 months, breast milk is supplemented with protein rich supplementary foods