



**TEERTHANKER MAHAVEER MEDICAL COLLEGE &  
RESEARCH CENTRE**  
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**DEPARTMENT OF OBG**

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Ref. No. TMMC & RC/OBG

Dated: 30.07.2022

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**HOLISTIC ANTENATAL CARE**  
**(SYLLABUS)**

**MODULE I: Introduction to WHO model of antenatal care**

- Pre conceptional counselling
- Nutrition intervention
- Maternal and fetal assessment
- Preventive measures
- Intervention for common physiological symptoms
- Health system intervention to improve the utilization and quality of ANC
- Antenatal visits
- Antenatal care in high risk pregnancy
- Mental health

**MODULE II: Communication Skills in managing Antenatal Women**

- Counselling sessions will be done

**MODULE III: Respectful Maternity Care**

- Dignified care
- Consented care
- Confidential care
- Non-abandonment in care
- No physical abuse
- No abuse related to cost, including detention
- Equity in access

**MODULE IV: conduct of labour with a birth companion**

- Women who wanted a companion present during labour and childbirth identified compassion and trustworthin most important characteristics of a labour companion.

## **MODULE V: Kangaroo's Mother Care and breastfeeding and maternal postpartum health**

- What is Kangaroo Mother Care (KMC)
- Parts of KMC
- Which babies should get KMC?
- Benefits of KMC
- How to start practicing KMC
- What mothers need to do while starting KMC?
- KMC procedure

### **Postpartum points**

- Provide postnatal care in first 24 hours for every birth
- Provide every mother and baby a total of four postnatal visits
- Offer home visits by midwives, other skilled providers or well-trained and supervised community health workers (CHWs).
- Use chlorhexidine after home deliveries in high newborn mortality settings.
- Re-emphasize and support elements of quality postnatal care for mother and newborn, including identification of issues and referrals.

**Total Duration      30 Hrs**

### **Note:**

- This course will be done over the period of 3 months with lectures and practical including field works

### **REFERENCES:**

1. WHO recommendations on antenatal care for a positive pregnancy experience,2016
2. Bowser D,Hill K 2010,exploring evidence for disrespect and abuse in facility based childbirth :report of a landscape analysis.Harvard school of Public health university
3. Postnatal Care for Mothers and Newborns Highlights from the World Health Organization 2013 Guidelines
4. Companion of choice during labour and childbirth for improved quality of care, WHO, 2016.
5. Kangaroo mother care & optimum feeding of low birth weight infants, National Health Mission, Operational Guidelines, September 2014.