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FACULTY OF NURSING

# ANTENATAL ADVICES



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# OBJECTIVES

- introduce the antenatal advice.
- define the antenatal advice.
- List down the principle of antenatal advice.
- Explain antenatal advices.



## INTRODUCTION-

antenatal also known as prenatal advices.it is a type of preventive health care, it is goal is to provide regular check-up that allow to midwives to treat and prevent potential health problems throughout course of pregnancy and to promote healthy life styles that benefit both mother and child.

- DEFINITION-

Antenatal advices is the advice for healthy pregnancy to pregnant women , receive from health care professionals during pregnancy, this advices also can be provided by a team that can include doctors , midwife.

- PRINCIPLES-

1. To counsel the women about the importance of regular check-up .
2. To maintain or improves the health status of the women .
3. To improve the psychology and to remove the fear of the unknown by counselling the women.

## ANTENATAL ADVICES-

- Diet
- Rest and sleep
- Exercises
- Bowel care
- Bathing
- Clothing

- Dental care
- Care of breast
- Coitus
- Travel
- Smoking and alcohol
- Immunization
- Drug
- General advices



# SUMMATIVE EVALUATION

- Define antenatal advice.
- List down the antenatal advices.

# SUMMARY

- In this microteaching topic antenatal advices we discussed about the
- Introduction of antenatal advice.
- Definition of antenatal advice.
- Principles of antenatal advice.
- Antenatal addvices.

# CONCLUSION

- Antenatal advices is the advice to pregnant women regarding the maintaining healthy pregnancy that beneficial to mother as well as fetus.

# BIBLIOGRAPHY

- Dc Dutta's textbook of obstetrics including perinatology and contraception , jaypee brothers medical publishers LTD. PAGE NO -99-101.
- [WWW. Nfog.org>files>guidelines](http://WWW.Nfog.org/files/guidelines).





thank  
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