

BIRTH PREPAREDNESS AND COMPLICATION READINESS

Module 2

BIRTH PREPAREDNESS AND COMPLICATION READINESS

Session Objectives:

By the end of session, participants will be able to:

- ◉ Define birth preparedness
- ◉ Define complication readiness
- ◉ Define the components of birth plans and complication readiness plans
- ◉ Describe advantages of birth preparedness and complication readiness



WHAT IS BIRTH PLANNING?

- ◉ Birth preparedness is advance planning and preparation for delivery.
- ◉ Birth preparedness helps ensure that women reach skilled delivery care when labor begins.
- ◉ Birth preparedness reduces the likelihood of unnecessary delays that can occur when women experience obstetric complications.



COMPONENTS OF BIRTH PLANNING

Preparation for normal birth:

- ◉ Skilled attendant
- ◉ Place of birth
- ◉ Transportation
- ◉ Funds
- ◉ Essential items
- ◉ Nutrition



STEPS IN BIRTH PLANNING

- ◉ First antenatal visit: Introduce concept of birth planning
- ◉ Second and return visits: Review and update birth plan
- ◉ Final antenatal visit: Finalize birth plan



WHY DON'T WOMEN USE AVAILABLE SKILLED DELIVERY CARE?

- ◉ Failure to recognize danger signs
- ◉ Lack of money to pay for medical expenses and cost of transportation
- ◉ Fear of being ill-treated in the health facility
- ◉ Reluctance on the part of the mother or the family to go to the health facility due to cultural constraints
- ◉ The woman or family member present at the birth lacks the power to make critical decisions
- ◉ Lack of encouragement from relatives and community members to seek care
- ◉ No available person to take care of the children, the home, and /or the livestock if the woman and other caretakers leave the home
- ◉ Lack of companion to go along to the health facility

◉ ...What else?



WHAT DO WOMEN AND FAMILIES NEED TO KNOW TO MAKE A BIRTH PLAN?

- ◉ Woman's expected due date
- ◉ The importance of birth preparedness and complication readiness, (i.e., that advance planning can be lifesaving for mother and/or newborn)
- ◉ How to recognize obstetric risks and danger signs, and the location of the nearest appropriate facility for delivery
- ◉ Facility charges for delivery
- ◉ What basic supplies will be needed



WHAT DO WOMEN AND FAMILIES NEED TO KNOW TO MAKE A BIRTH PLAN? (CONT'D)

- ◉ Available transport options and associated costs
- ◉ Total expenses that can be anticipated
- ◉ Possible sources of funds
- ◉ Whom to involve in birth preparations
- ◉ When to start birth preparations



ITEMS NEEDED FOR BIRTH AND NEWBORN

Items for Clean and Safe Birth

- ◉ Perineal pads/cloth
- ◉ Soap
- ◉ Clean bed clothes
- ◉ Placenta receptacles
- ◉ Clean instrument for cord cutting/cord ties
- ◉ Waterproof plastic cover
- ◉ 3 tablets misoprostol

Items for Newborn

- ◉ Blankets
- ◉ Diapers/napkins
- ◉ Hat/cap
- ◉ Clean baby clothes
- ◉ Chlorhexidine gel



ADVANTAGES OF BIRTH PLANNING

- ◉ Birth planning sensitizes communities to potential pregnancy risks and helps motivate and empower community members to prepare for deliveries.
- ◉ Formal antenatal care services can serve as a starting point for birth preparedness counseling.
- ◉ Birth preparedness supports existing cultural norms and beliefs, such as saving funds for emergency needs.



ADVANTAGES OF BIRTH PLANNING (CONT'D)

- ◉ Birth preparedness allows an opportunity to counsel clients about danger signs and how to avoid delays in dealing with life-threatening complications and early referral.
- ◉ In many communities, use of postpartum care is low and it is perceived as unnecessary. Counseling for postpartum family planning, newborn care, immunization, and so on leads to increased uptake of postpartum care/visits and healthier mothers and babies.



COMPLICATIONS NEED QUICK ACTION: WHY?

- ◉ The interval from onset to death from antepartum hemorrhage can be approximately 12 hours.
- ◉ The interval from onset to death for postpartum hemorrhage can be two hours.
- ◉ Preparation for complications in advance, before the emergency occurs, may make the difference between life and death.

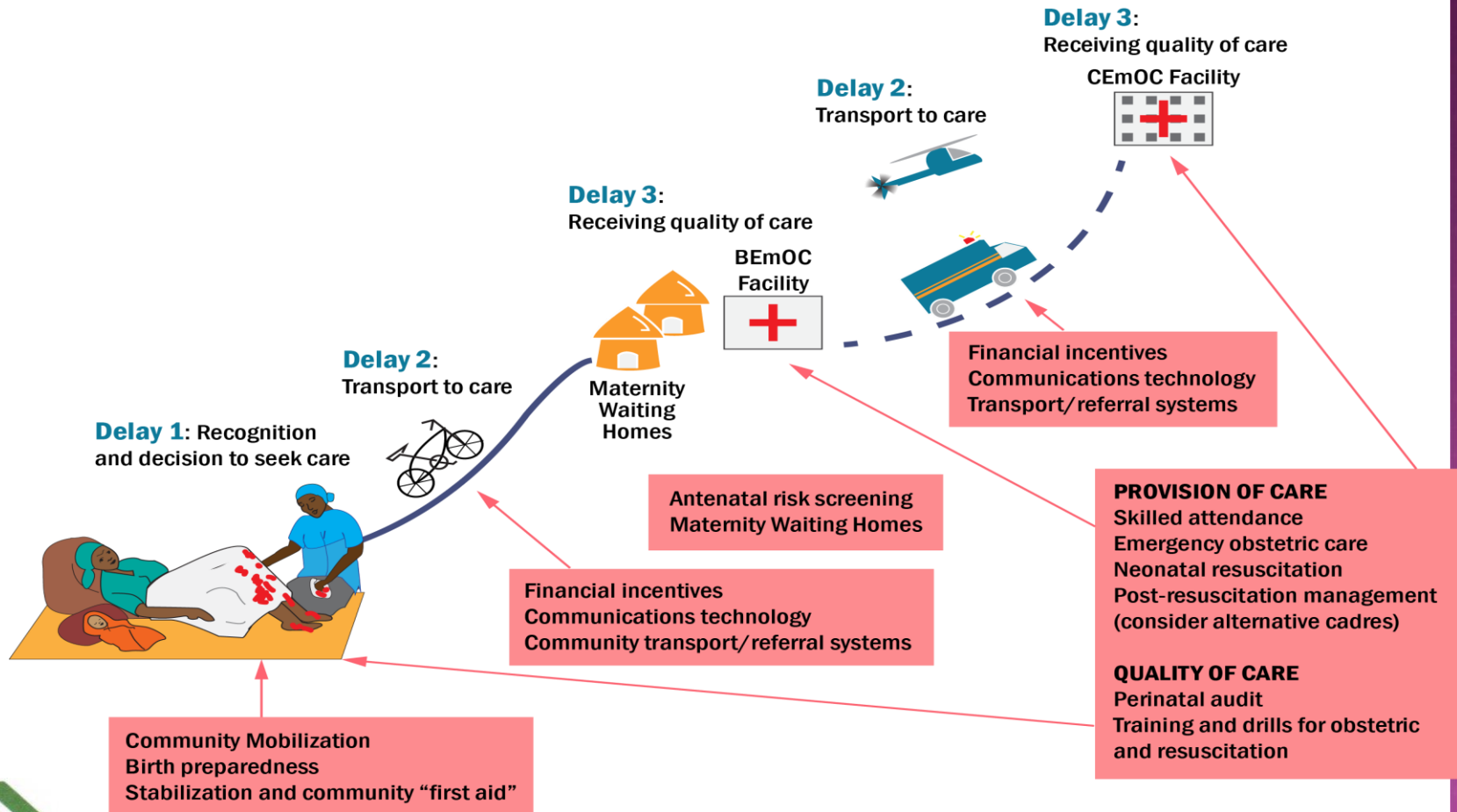


WHAT IS COMPLICATION READINESS?

- ◉ There is no “magic bullet” for preventing maternal mortality.
- ◉ 15% of all pregnancies develop complications, and most of these complications cannot be predicted.
- ◉ **Complication readiness addresses the three delays: seeking care, reaching appropriate care, and receiving care.**
- ◉ **Every woman and her family must be ready to respond in case of complication.**



THE THREE DELAYS



COMPLICATION READINESS

Complication readiness includes:

- ◉ Early detection of danger signs
- ◉ Designated decision-maker(s)
- ◉ Communication
- ◉ Emergency transportation
- ◉ Emergency funds
- ◉ Blood donors



COMPLICATION READINESS (CONT'D)

- ◉ Women must have access to good quality health services within a health system that functions effectively from the community to the referral level.
- ◉ Families and communities must understand and value the services available, and know why using these services can be lifesaving.



Thanks!

