

KEY MESSAGES FOR POSTNATAL COUNSELLING

CARE OF THE MOTHER



DANGER SIGNS IN MOTHER

- **Postpartum Haemorrhage:** Sudden and profuse blood loss, persistent or increased blood loss, dizziness, fainting, palpitations or increased heart rate
- **Severe Pre-Eclampsia/Eclampsia:** Convulsions, severe headache, blurred vision, epigastric pain
- **Infection:** Fever, abdominal pain and/or foul smelling discharge
- **Thromboembolism:** Pain in any one calf, redness or swelling of calves, shortness of breath or chest pain



CARE OF THE PERINEUM

- Wash perineum every day after passing stools and urine
- Change perineal pads every 4-6 hours or more frequently if there is heavy lochia
- Avoid sexual intercourse until the perineal wounds have healed



PERSONAL HYGIENE

- Mother should bathe every day
- **Handwashing:** Wash hands with soap and water
 - After changing baby's nappies or diaper or cleaning baby's bottom
 - After passing stools or urine
 - Before meals



NUTRITION

- Increase fluid intake
- Increase food intake and eat a variety of foods, include green leafy vegetables and orange/yellow fruits or vegetables at least thrice a week
- Take calcium supplements (500 mg) twice a day after food for 6 months. Include calcium rich foods such as milk, curds and ragi in daily diet
- Take one tablet of iron and folic acid (100 mg iron and 500 µg folic acid) daily for 6 months after delivery. Take iron tablet about two hours after food, and never along with calcium supplements



FAMILY PLANNING

- It is desirable to have a gap of at least 24 months before next pregnancy
- Woman to be counselled on Post-Partum Family Planning methods such as Post-Partum Sterilisation (PPS), Post-Partum Intrauterine Contraceptive Device (PPIUCD), Depot Medroxyprogesterone Acetate (DPMA), Progesterone Only Pills (POP), Centchroman, Condom and Lactation Amenorrhoea Method (LAM)
- If the woman has adopted a post-partum family planning method, she should be advised for follow-up as per recommended schedule:
 - **PPIUCD-** At 6th week along with routine postpartum care
 - **PPS-** 7th day of surgery

CARE OF THE NEWBORN



DANGER SIGNS IN THE NEWBORN

- Breastfeeding poorly, as compared to earlier
- Has fever or is cold to touch
- Difficult breathing and/or fast breathing
- Lethargic baby, with movement only when stimulated or no movement at all
- Convulsions
- Blood in the stools/Diarrhea
- Yellow palms and soles
- Umbilical redness extending to skin or draining pus



BREASTFEEDING

- Breastfeed frequently, as often and for as long as the infant wants, day or night, even during illness
- Breastfeed at least 8-12 times in 24 hours, every 2-3 hours
- Do not give water, other liquids or foods from birth till the first six months
- Empty one breast fully before offering the other breast



PREVENT/MANAGE BREASTFEEDING PROBLEMS

- **If nipples are sore,**
 - Apply breastmilk for soothing effect
 - Ensure correct positioning and attachment of the baby.
- **If breasts are engorged,**
 - The baby should continue to suckle if possible
 - If baby cannot suckle effectively, mother should be helped to express milk
 - Putting warm compress on the breast may be helpful
- **In case of breast abscess,**
 - Mother should feed from the other breast and consult a medical officer
 - If the baby wants more milk, undiluted animal milk should be given with added sugar by cup and spoon



MAINTAIN WARMTH

- Cover baby's head and feet in cool weather and dress baby in extra clothing
- Keep in skin-to-skin contact with mother at birth
- Keep the baby warm at all times



IMMUNISATION

- Inform if baby was given BCG, first dose of Hepatitis B and zero dose of oral polio at birth
- Next vaccination is due at 6 weeks – inform about the time and place
- Keep the Mother and Child Protection (MCP) card safely and bring it along during every immunization/health visit



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