

# Prenatal Care Allows Early Detection of Possible Health Problems

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## Abstract

Pregnancy control ensures a systematic approach to every pregnant woman and her baby. Ensures that all diagnostic procedures and procedures necessary to monitor the mother and baby are performed in a timely manner. With this approach, pathological events in the fetus or the mother can be recognized in time, they can be prevented, they can be properly treated, and thus ensure that the pregnancy is brought to an end without consequences. Prenatal care implies taking the necessary medical measures and procedures in order to protect the mother's health. It is carried out according to the principles of modern prenatal care, which include the overall protection of a pregnant woman's health, because her life can be threatened if proper prenatal care for her health is not taken.

**Key words:** woman; pregnancy; fetus; prenatal care; health

## Introduction:

Early, adequate prenatal care has long been related with progressed pregnancy results [1]. Adequate prenatal care is a comprehensive prepare in which any issues related with pregnancy are recognized and treated. Essential components of prenatal care are early and proceeding chance evaluation, health advancement, therapeutic and psychosocial interventions, and follow-up. Inside the community setting, a few administrations are accessible to give health care for pregnant women.

Not all women are mindful of the community assets accessible to them. Most public health administrations are accessible for discussion, local healing centers have "hotlines" for questions, and open libraries have pregnancy-related assets as well as Web access. Medical caretakers can be an exceptionally supportive connect to assets for all women in any case of their financial status.

Technologically progressed care has been appeared to progress maternal and newborn child results. Regionalized highrisk care, suggested by the American Academy of Pediatrics in the late 1970s, pointed to advance consistency across the nation, covering the prenatal care of high-risk pregnancies and high-risk newborns. The progressed innovation found in level III perinatal territorial centers and community-based prenatal observation programs have come about in way better risk-adjusted mortality rates. For illustration, fetal observing and ultrasound innovation have customarily been utilized in intense care settings to screen the advance of numerous high-risk pregnancies. Be that as it may, with the expanded fetched

of healing center remains, numerous administrations were moved to outpatient offices and into the domestic. The aim was to decrease health care costs and to screen women with complications of pregnancy in the domestic or maybe than in the hospital.

Prepregnancy care is an critical time during the women's health continuum that can decrease maternal-fetal horribleness and mortality [2]. It is an opportunity earlier to conception to optimize health, recognize and alter hazard components, and give instruction around contemplations and behaviors that seem influence a future pregnancy. Preconception counseling is getting to be ever more critical as more women are analyzed with unremitting conditions such as hypertension, diabetes mellitus, corpulence, autoimmune diseases, and psychiatric illness. Preconception counseling ought to be actualized into the schedule therapeutic care of all reproductive-aged women. Any experience with nonpregnant women with regenerative potential is an opportunity to progress regenerative health and affect future obstetric outcomes.

## Healthy Lifestyle

Ideally, prenatal care starts during a woman's childhood [3]. It incorporates adjusted sustenance with satisfactory admissions of calcium and vitamin D during childhood to avoid rickets (which can mutilate pelvic estimate); satisfactory immunizations against infectious diseases so a woman has assurance against viral diseases

such as rubella during pregnancy; and support of an by and large sound way of life to guarantee the best state of health conceivable for a woman and her accomplice when entering pregnancy.

An by and large sound way of life incorporates a positive attitude about sexuality, womanhood, and childbearing. Once a lady gets to be sexually dynamic, arrangement for a successful pregnancy incorporates practicing more secure sex, normal pelvic examinations, and incite treatment of any sexually transmitted contamination to anticipate complications that may lead to subfertility. It incorporates not smoking or utilizing recreational drugs. Securing and utilize of regenerative life arranging data can offer assistance to guarantee that each pregnancy is planned.

Women who keep up a sound way of life this way come to a to begin with prenatal visit arranged to take after health-promotion techniques. For numerous women this visit is the to begin with time they have been to a health care office since their schedule health maintenance visits of childhood. It moreover may be the to begin with time they have had an arrangement that centers more on health advancement than on the diagnosis of a infection. A woman may have a particular reason (her agenda) for coming to a to begin with prenatal visit (e.g., to affirm the determination of pregnancy). A prenatal visit includes more than this, in spite of the fact that. It is moreover a time for extra health advancement, pregnancy instruction, and improvement of a positive design of solid behaviors for the family to utilize in the future (your plan). What and how much is required change depending on the way of life, age, and equality of a woman and her degree of family support.

## Pregnancy

Pregnancy is a ordinary physiologic handle; in any case, complications that increment the mortality or horribleness to the mother and/or baby happen in 5–20% of pregnancies [4]. Our display framework of prenatal care centers on prevention.

Prenatal care suppliers must be recognizable with the ordinary changes of pregnancy and the conceivable pathologic changes that may happen so that helpful measures can be started to diminish any dangers to the mother or fetus. The reason of pre-birth care is to guarantee a effective pregnancy result when conceivable, counting the conveyance of a live, sound fetus. It's demonstrated that mothers accepting prenatal care have a lower hazard of complications, and one of the central points of prenatal care is the recognizable proof and uncommon treatment of the high-risk patient—the one whose pregnancy, since of a few calculate in her restorative history or an issue that creates during pregnancy, is likely to have a destitute outcome.

Ideally, a woman planning pregnancy ought to have a restorative assessment some time recently conception; this permits the doctor to decide whether any chance variables will complicate a pregnancy in the setting of a total history and physical examination, along with prenatal research facility thinks about. During the restorative assessment, the dangers of cigarette smoking, liquor and sedate utilize, and presentation to known teratogens are talked about. Instructions on nutrition, work out, and vitamins can be given some time recently pregnancy. For example, folic acid taken 3 months some time recently conception may be useful in diminishing the rate of open neural tube defects and cardiac anomalies.

Most women do not have a preconception assessment, and the to begin with prenatal visit may be planned well into the to begin with and sometimes in the moment or third trimester. Components for deferred restorative care ought to be looked into with the quiet, and any barriers—whether social, money related, or cultural—may be tended to for this and future pregnancies.

## Education

Prenatal visits are planned to screen for different complications of pregnancy and to teach the persistent [5]. They incorporate a

arrangement of outpatient office visits that include schedule physical examinations and different screening tests that happen at distinctive focuses in the prenatal care. Imperative issues of prenatal care incorporate introductory persistent assessment, schedule quiet assessment, security and housing, sustenance and nourishment security, disease states during the pregnancy, and planning for the delivery.

Since pregnancy and conveyance is a ordinary physiological handle, the reason of the prenatal care is to teach and construct compatibility with the quiet and family, build up gestational age, screen for conceivable conditions that may affect maternal or fetal health, and screen the advance of the pregnancy [6]. During the to begin with visit, a decently broad prepare is utilized to screen for at-risk conditions utilizing a point by point history, common physical examination, and research facility board. The best way to guarantee that each issue is managed with in a efficient way and until determination is to utilize a “problem list.” In this way, various issues are composed into the issue list, and examination is performed until determination of the issue. An understanding of the technique and approach to tending to each issue is crucial to the care of patients. Moreover, an understanding of the physiologic changes of pregnancy permits for elucidation of physical examination discoveries and affect of different diseases.

## Tests

The panel of tests in the to begin with trimester incorporates a total blood check, basically for hematocrit, blood type, antibody screen, rapid plasma reagin (RPR) or Venereal Disease Research Laboratory (VDRL) screening for syphilis, rubella counter acting agent screen, hepatitis B surface antigen, urinalysis, and urine culture [5]. If a understanding has no history of chickenpox, a titer for varicella zoster virus (VZV) antibodies is sent. A purified protein derivative (PPD) is as a rule put during the to begin with or moment trimester to screen for tuberculosis in high-risk patients. A urine pregnancy test ought to be sent if the understanding is not totally certain she is pregnant. If there has been any bleeding or cramping, a serum  $\beta$ -hCG level ought to be gotten. In spite of the fact that there is a few talk about over the utilize of schedule toxoplasma titers, they are frequently requested as well. All patients are counseled around HIV (human immunodeficiency virus), and testing ought to be advertised routinely. In expansion, first-trimester screening tests for aneuploidy with nuchal translucency (NT) by ultrasound and serum markers are progressively being gotten in most women through referral to a prenatal diagnosis unit. In expansion to this battery of tests, there are a assortment of other screens advertised to high-risk patients.

## Routine Visits

Blood pressure, weight, urine dipstick, measurement of the uterus, and auscultation of the FH (fetal heart) are performed and surveyed on each follow-up prenatal care visit [5]. Maternal blood weight diminishes during the to begin with and moment trimesters and gradually returns to pattern amid the third trimester; rise may be a sign of preeclampsia. Maternal weight is taken after serially all through the pregnancy as a intermediary for satisfactory nourishment. Too, expansive weight picks up toward the conclusion of pregnancy can be a sign of liquid maintenance and preeclampsia. Estimation of the uterine fundal stature in centimeters compares generally to the weeks of incubation. If the fundal tallness is continuously diminishing or is 3 cm less than GA (gestational age), an ultrasound is done to more precisely evaluate fetal development. After 10 to 14 weeks, Doppler ultrasound is utilized to auscultate the fetal heart rate (FHR). Urine is routinely dipped for protein, glucose, blood, and leukocyte esterase. The presence of protein may be demonstrative of preeclampsia, glucose of diabetes, and leukocyte esterase of urinary tract infection (UTI). Pregnant women are at an expanded hazard for complicated UTIs such as

pyelonephritis, given expanded urinary stasis from mechanical compression of the ureters and progesterone-mediated smooth muscle relaxation.

At each visit, the understanding is inquired around side effects that demonstrate complications of pregnancy. These side effects incorporate vaginal bleeding, vaginal discharge or leaking of fluid, and urinary symptoms. In expansion, after 20 weeks, patients are inquired almost contractions and fetal development. Vaginal bleeding is a sign of conceivable unsuccessful labor or ectopic pregnancy in the first trimester and of placental abruption or previa as the pregnancy progresses. Vaginal release may be a sign of disease or cervical alter, while leaking fluid can demonstrate cracked fetal membranes. Whereas unpredictable compressions are common all through the third trimester, normal contractions happening more regularly than five or six per hour may be a sign of preterm labor and ought to be surveyed. Changes in or the nonattendance of fetal development ought to be assessed by auscultation of the FH in the previable fetus and with assist testing such as a nonstress test (NST) or biophysical profile (BPP) in the viable fetus.

### First Trimester Bleeding

Reassurance should be given to the patient as bleeding can cause critical maternal anxiety [7]. She ought to be counseled that bleeding in the to begin with trimester is common and pregnancy misfortune after the nearness of fetal cardiac action is uncommon. Physical action limitations are impossible to affect the last result. Schedule prenatal care ought to be tended to counting prenatal vitamins and shirking of tobacco and alcohol. This persistent ought to be energized to set up prenatal care.

First-trimester bleeding is related with an expanded chance of unconstrained premature birth. This chance is low if fetal cardiac action is show on ultrasound. Chance components related with pregnancy misfortune incorporate extremes of age (<20 or >35 years) and direct to serious bleeding. First-trimester bleeding has also been related with other antagonistic pregnancy results. In a efficient survey of practical pregnancies that had first-trimester bleeding, undermined fetus removal was related with a essentially higher frequency of antepartum hemorrhage, preterm untimely burst of membranes, preterm conveyance, intrauterine development limitation, low birth weight, perinatal mortality, 5 minute Apgar score less than 7, and congenital anomalies. These dangers are low, in any case, and there is no information to recommend particular mediations to prevent these unfavorable occasions. First-trimester bleeding alone is not as of now an sign for expanded fetal or maternal surveillance.

Conception whereas taking verbal prophylactic pills, as happened in this understanding, is not uncommon. There is no prove that introduction in early pregnancy to combined hormonal contraception is related with any adverse result and bears no relationship to this patient's bleeding. The patient can be counseled that conceiving whereas taking combined hormonal contraceptives postures no hazard to the fetus.

### Ultrasound

Ultrasound can be utilized to date a pregnancy with an obscure or uncertain LMP (last menstrual period) and is most exact in the to begin with trimester [5]. To identify fetal distortions, most patients experience a schedule screening ultrasound at 18 to 20 weeks. Routinely, an endeavor is made to recognize placental area, amniotic liquid volume, GA, and any self-evident distortions. Of note, most patients will think of this ultrasound as the time to discover out the fetal sex. In spite of the fact that assurance of fetal sex is therapeutically demonstrated in a few settings (e.g., history of fragile X syndrome or other X-linked disorders), it is not fundamentally a portion of the schedule level I obstetric ultrasound. It is valuable to

clarify this point with patients to build up appropriate desires for the ultrasound.

In high-risk patients, cautious consideration is paid to commonly related peculiarities such as cardiac inconsistencies in pregestational diabetics. Fetal echocardiography and, once in a while, MRI are utilized to expand appraisal of the FH and brain, respectively.

In the third trimester, ultrasound can be utilized to screen high-risk pregnancies by obtaining biophysical profiles (BPP), fetal development, and fetal Doppler considers. The BPP looks at the taking after five categories and gives a score of either 0 or 2 for each: amniotic liquid volume, fetal tone, fetal movement, fetal breathing developments, and the nonstress test (NST), which is a test of the FHR. A BPP of 8 to 10 or superior is consoling. Ultrasound with Doppler stream considers can moreover be utilized to evaluate the blood stream in the umbilical line. A diminish, nonattendance, or inversion of diastolic stream in the umbilical course is continuously more troubling for placental lacking and resultant fetal compromise. The utilize of ultrasound (US) in prenatal care has revolutionized the determination and treatment of fetal conditions during incubation [7]. Furthermore, most mothers-to-be anticipate to have an ultrasound at 18–20 weeks EGA to decide the gender of the baby whereas completing the anatomic screen (secured by most insurers regardless of clinical sign). Thinks about have appeared that routinely performed US does not move forward result versus clinically shown US for suspected variations from the norm in the mother or fetus. Anomalies identified on ultrasound will require follow-up or referral to obstetrical and/or maternal-fetal medication (MFM) experts for administration as clinically indicated.

One specific US for the fetus is the biophysical profile (BPP), which is done to survey fetal status. It is most commonly utilized to evaluate the fetus when the mother has gestational diabetes requiring medication, preeclampsia, or is past the due date. There are four components of the BPP ultrasound: fetal development, fetal tone, fetal breathing, and amniotic liquid volume. These estimations are combined with the comes about of a nonstress test (NST). Scoring for each is either 2 for typical or 0 for anomalous result. Ultrasound data is best combined with clinical data based on history and examination to offer assistance direct suitable choice making.

### Mortality

The maternal mortality rate is the number of deaths from any cause during the pregnancy cycle per 100,000 live births [1].

During the past a few decades, mortality and horribleness have significantly diminished as a result of an expanded emphasis on hygiene, good nutrition, exercise, and prenatal care for all women. In any case, women are still encountering complications at critical rates. The United States is one of the most therapeutically and mechanically progressed countries and has the most noteworthy per capita investing on health care in the world, but our current mortality rates demonstrate the require for improvement.

The maternal mortality and morbidity rates for African-American women have been three to four times higher than for whites. Analysts do not totally get it what accounts for this difference, but a few suspected causes of the higher maternal mortality rates for minority women incorporate low financial status, constrained or no protections scope, predisposition among health care suppliers (which may cultivate doubt), and quality of care accessible in the community. Language and legal barriers may moreover clarify why a few foreigner women do not get good prenatal care.

Lack of care during pregnancy is a major figure contributing to a destitute result. Prenatal care is well known to anticipate complications of pregnancy and to support the birth of healthy newborn children, and not all women get the same quality and amount of health care during a pregnancy. More than 40% of African-American, Native American, and Latino women do not get prenatal care during their to begin with trimester of pregnancy.

The CDC (Centers for Disease Control and Prevention) has famous that the dissimilarity in maternal mortality rates between women of color and white women speak to one of the biggest racial incongruities among public health indicators. Dispensing with racial and ethnic disparities in maternal—child health care requires improved endeavors at preventing illness, promoting health, and conveying suitable and opportune care. The CDC has called for more inquire about and checking to get it and address racial disparities, along with expanded subsidizing for prenatal and postpartum care. Inquire about is required to recognize causes and to plan activities to diminish these incongruities, and the CDC is calling on Congress to grow programs to give preconception and prenatal care to underserved women.

## Conclusion

Prenatal care is health care that a woman receives while she is pregnant. This includes examinations and prenatal testing. Early treatment can cure many problems and prevent others. Prenatal care includes various diagnostic procedures that are applied from the beginning of pregnancy to birth with the aim of early detection of possible health problems of the unborn child, about his body and motor skills, disorders of the structure or function of organs or systems, hereditary diseases, risks of miscarriage, early birth, birth of a child less birth weight and so on. Prenatal diagnostics can enable possible diseases of the fetus and its treatment.

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