

UNDERSTANDING THE CHALLENGES OF MAINTAINING A HEALTHY PREGNANCY

Admission: In spite of technology and medical science's ability to manage complex health problems, the current maternity care environment has increased risks for healthy women and their babies. Pregnancy is a wonderful time in every woman's life. A woman's body undergoes changes due to which the fetus can grow and develop normally. Childbirth education can help women simplify pregnancy and birth and be a resource for understanding how decisions about maternity care influence the health and safety of mothers and babies. But sometimes there are complications that adversely affect the health of mother and child. These complications are called pathologies.

Aim of the study: to identify and analyze pregnancy-related issues in order to increase chances of having a healthy baby.

The research methods and material: From fertilization to delivery, pregnancy requires a number of steps in a woman's body. One of these steps is when a fertilized egg travels to the uterus to attach itself. In the case of an ectopic pregnancy, the fertilized egg doesn't attach to the uterus. Instead, it may attach to the fallopian tube, abdominal cavity, or cervix [1].

Symptoms of an ectopic pregnancy can include a combination of: a missed period and other signs of pregnancy; tummy pain low down on one side; vaginal bleeding or a brown watery discharge; pain in the tip of your shoulder; discomfort when going to the toilet [3].

Another very serious condition that can occur during pregnancy is preeclampsia, which is high blood pressure during pregnancy in a woman who usually has normal blood pressure. This can cause problems with the woman's organs and potentially lead to a miscarriage and threaten the life of the mother if not watched and treated [1].

In addition to swelling (also called edema), protein in the urine, and high blood pressure, preeclampsia symptoms include: sudden increase in oedema – swelling of the feet, ankles, face and hands; excessive weight gain caused by fluid retention vision problems, such as blurring or seeing flashing lights [7]; belly pain, especially in the upper right side; severe headaches; dizziness; severe vomiting and nausea [4].

The next condition can happen as a result of preeclampsia. Eclampsia is when a pregnant woman begins to experience seizures. Seizures are normally seen in connection with brain injuries or disorders. In a case of eclampsia, the seizures are due to the woman's blood pressure being high along with the other changes that are happening during pregnancy. There are ways to treat this condition, but it varies from one pregnancy to the next. Sometimes, the only treatment is delivery of the baby in order to preserve the health of the baby and mom [1].

The lifeline for a developing fetus is the placenta. This supplies oxygen and nutrients and removes waste for the fetus since it isn't able to do it on its own. The placenta is usually delivered after a baby is born since it is needed up until birth. When the placenta separates from the uterus prior to birth, this is called abruptio placentae, or placenta abruption. This is also dangerous for the mom because she can bleed to death. There are four different classes of severity for this condition, which range from

no symptoms to it being so severe that it causes hemorrhaging and fetal death, and sends the mom's body into shock [1]

Placental abruption is most likely to occur in the last trimester of pregnancy, especially in the last few weeks before birth. Signs and symptoms of placental abruption include: vaginal bleeding, although there might not be any back pain uterine contractions, often coming one right after another [5]; sudden-onset abdominal pain; enlarged uterus disproportionate to the gestational age of the fetus decreased fetal movement, and decreased fetal heart rate [6].

And there is another possible problem that can arise with the placenta. Placenta previa is when the placenta is blocking the cervix, which is the entry way to the vagina or birthing canal. In this case, the baby cannot make its way to the vagina for birth. Most babies in this situation will therefore have to be delivered by Cesarean section, also called C-section. Moms experiencing this condition may have light to heavy bleeding, and early delivery by emergency C-section may be necessary [1].

Therefore, if a woman has any of the above symptoms, she should see a doctor in order to reduce the risk of even worse complications that will threaten the life of the child.

Conclusions: Childbirth education can help women connect with excellent resources and research to help them make decisions about their pregnancies and births that ultimately will make birth healthier and safer for them and their babies. More complete knowledge of the physiologic response of the body to early pregnancy will enhance our understanding of the causes of each sign and symptom and its relation to pregnancy loss.

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