



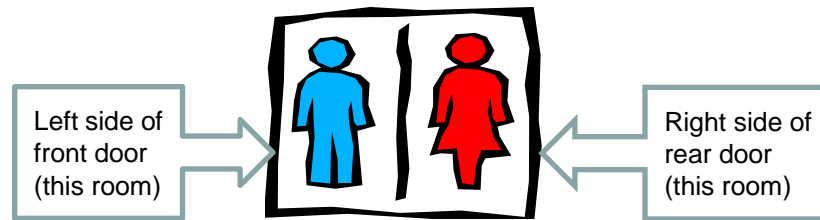
Antenatal Preparation & Postnatal Care

Department of Obstetrics &
Gynecology

Queen Mary Hospital

Points to Note before the talk starts:

1. Washroom location →



Please kindly note that there's no break time during the talk.



2. Fire Exit → Go out this room via rear door, the exit is at the left side of staff elevator lobby.

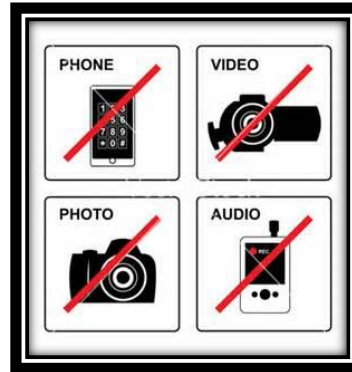
3. You can apply the Certificate of Attendance after completion of ALL Antenatal Health Talk. The application form could be taken from our staff in this talk or TYH OPD staff. The certificate will be mailed to you within one month of application.

Date	Topic of English AN Talk	Wife	Spouse
	1. Antenatal, and Postnatal care		
	2. Baby care, infant feeding and neonatal jaundice		
	3. Labour, Discussion on birth plan		
	Breast feeding class		
	Antenatal Exercise Class		
	1. Antenatal Exercises		
	2. Relaxation & Mental Strategies		
	3. Birth Ball in Labour		
	Re-birth		
	4. Comfort Measures		
	5. Pushing Technique		

Please show this AN talk class record card to our staff during registration. You can apply the certificate of attendance after all AN talk classes were marked in this record card.

Points to Note before the talk starts:

4. Video / audio recording is **prohibited**.



5. If you would like to know more information, please refer to the following link:
http://www.obsgyn.hku.hk/antenatal_health_information



HA Apps - “HApi Journey喜程”

HApi Journey 喜程
Developed by Hospital Authority

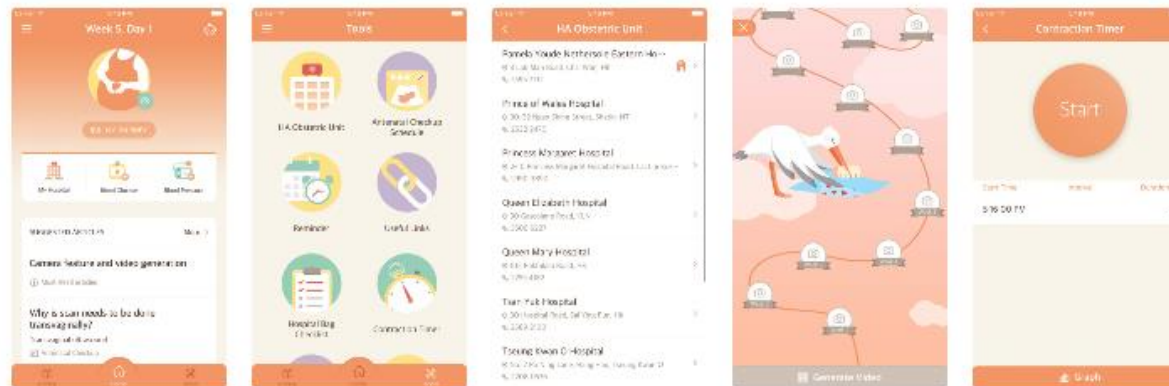


The HA Apps – “HApi Journey” are available for download on iPhone and Android phones.

The Apps allows users to record the health status during pregnancy, such as blood pressure, blood glucose levels, time schedule of antenatal appointment, as well as the timing tools for the measurement of uterine contractions during childbirth.

In addition, users can also view various kinds of pregnancy health information in the program, including nutritional information during pregnancy, breastfeeding, postnatal care and the information of OBS units in all public hospitals.

HApi Journey 喜程 App Screenshots

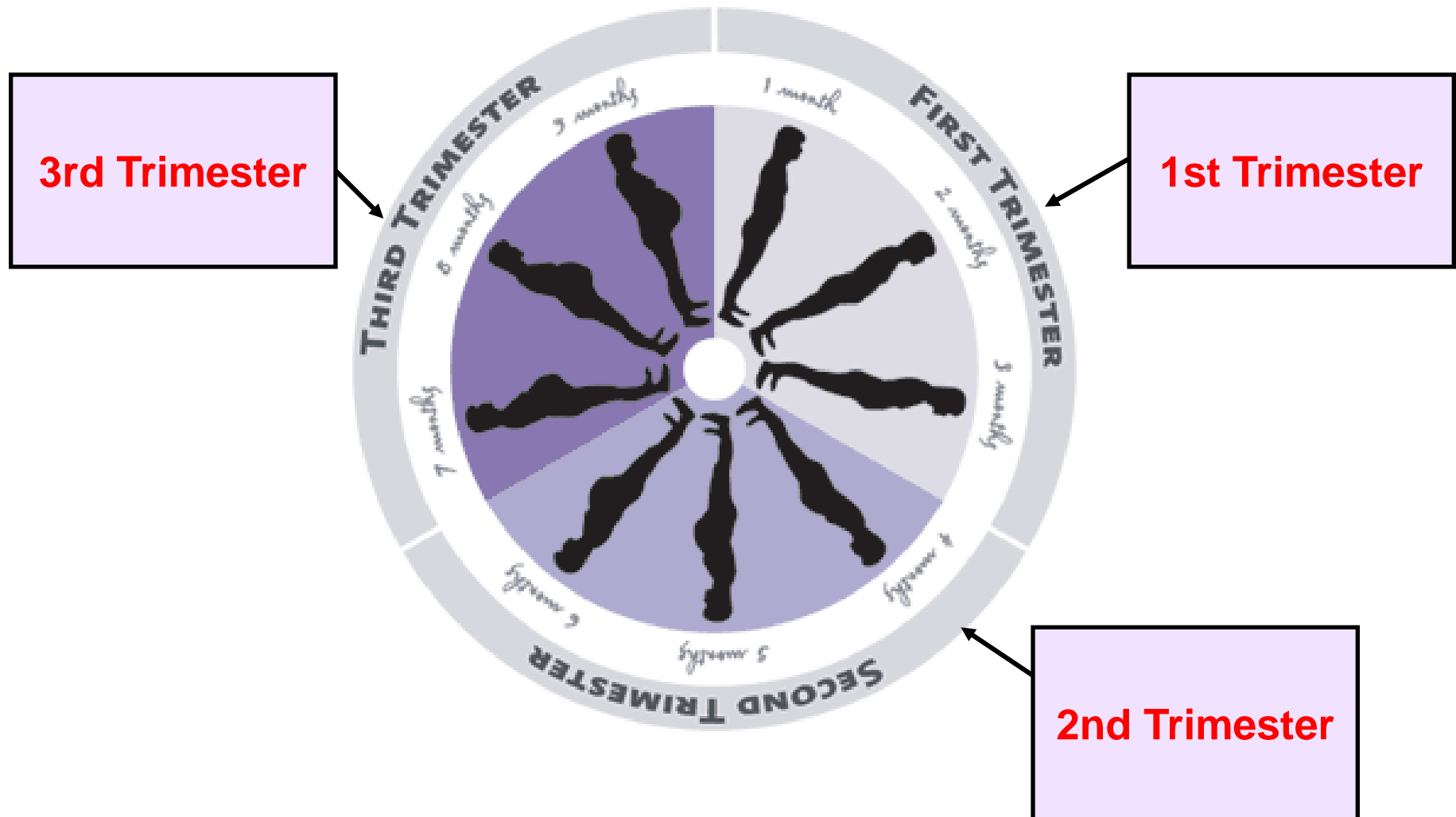


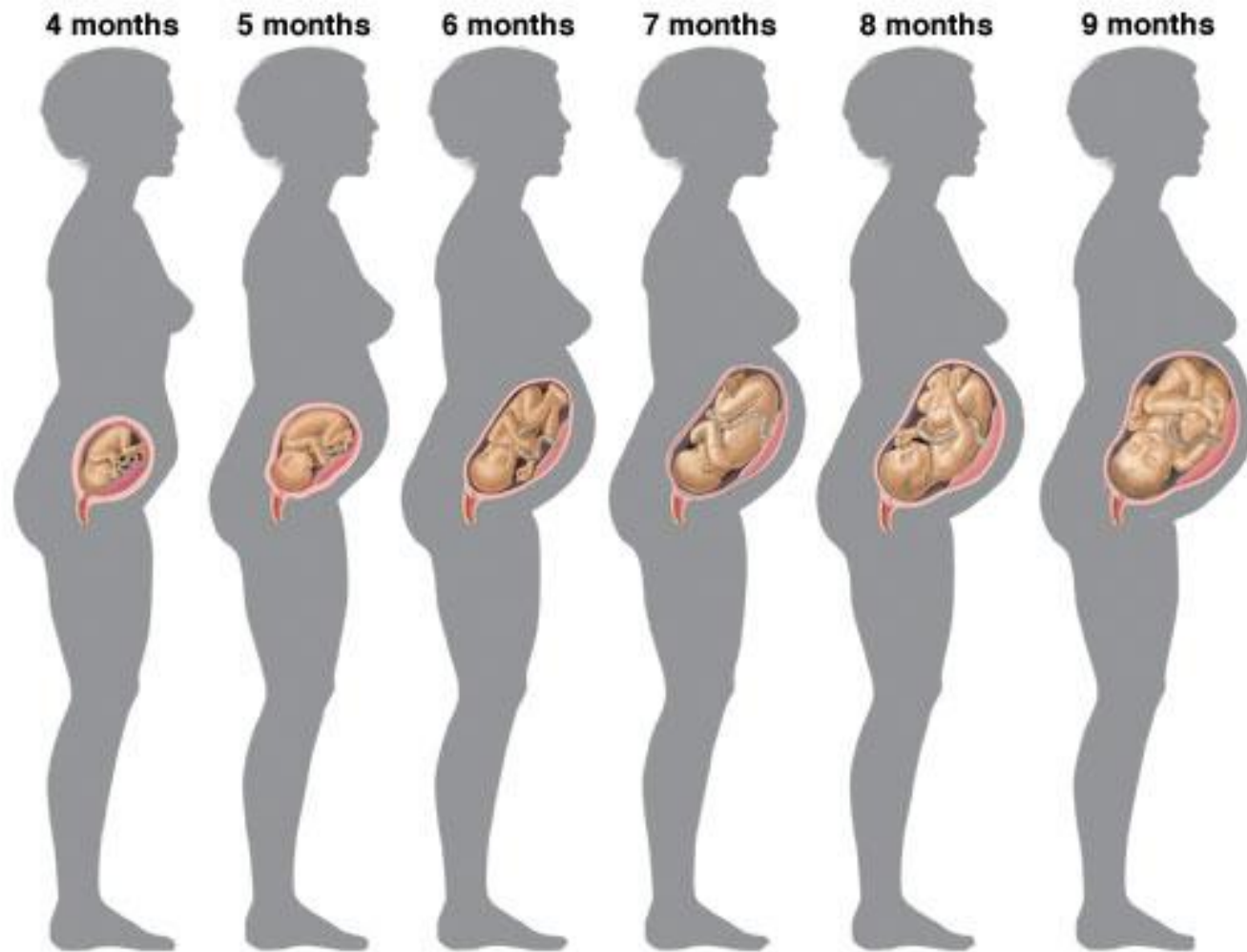


Outline

- Common Problems during pregnancy
- General Care
- Signs of Labor and Management
- Stage of Labor
- Birth Plan
- Postnatal care & Family Planning

The Nine Months.....






Discomforts in Pregnancy:

WHY?



**Growing
Uterus**

**Hormonal
Changes**

 Weight
Circulation
Volume

 Estrogen
Progesterone





Breast Fullness

Dizziness

Pubic Pain

Weight Gain

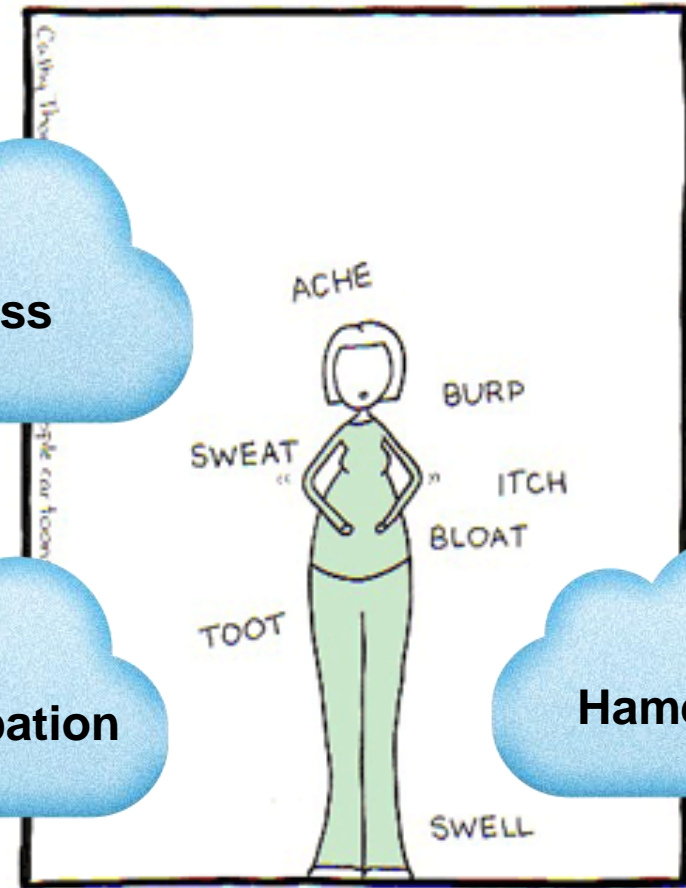
Morning Sickness

Constipation

Hamerroid

Swollen Limbs

Fatigue



I EXPECTED SOME PHYSICAL DISCOMFORT,
BUT THIS IS RIDICULOUS.

Low Back Pain

Frequent Urination

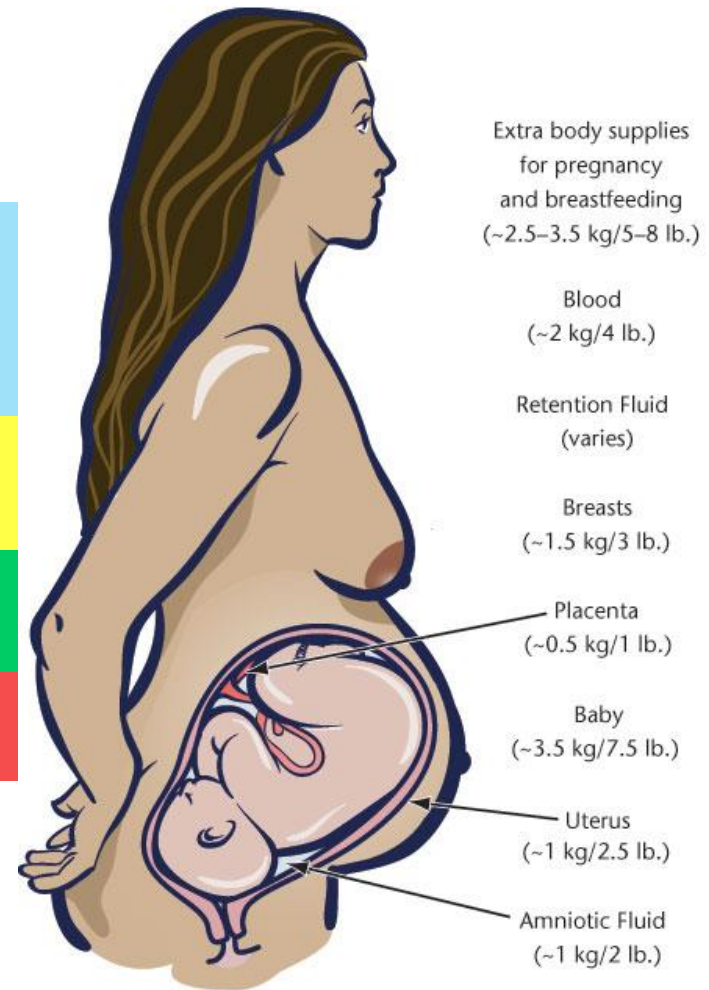
Mood Swing

Weight Gain



$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m)}}$$

Pre-pregnant body weight (BMI)	Total weight gain during pregnancy	Weekly weight gain (13-40 weeks)
Underweight (<19.8)	12.5-18 kg	0.8kg
Normal (19.8-26)	11.5-16 kg	0.5kg
Overweight (>26)	7-11.5kg	0.3kg



Constipation



Cause:

- Growing Uterus
- Hormone: Progesterone
relax smooth muscle in digestive tract
- Iron Supplements

TRY:

- Eat high-fiber food
- Drink plenty of water
- Exercise regularly
- Regular bowel habit
- Laxative & stool softener prescribed by doctor

Hemorrhoid: swollen of vein of rectum

***** Prevent constipation*****



Pubic & Low Back Pain

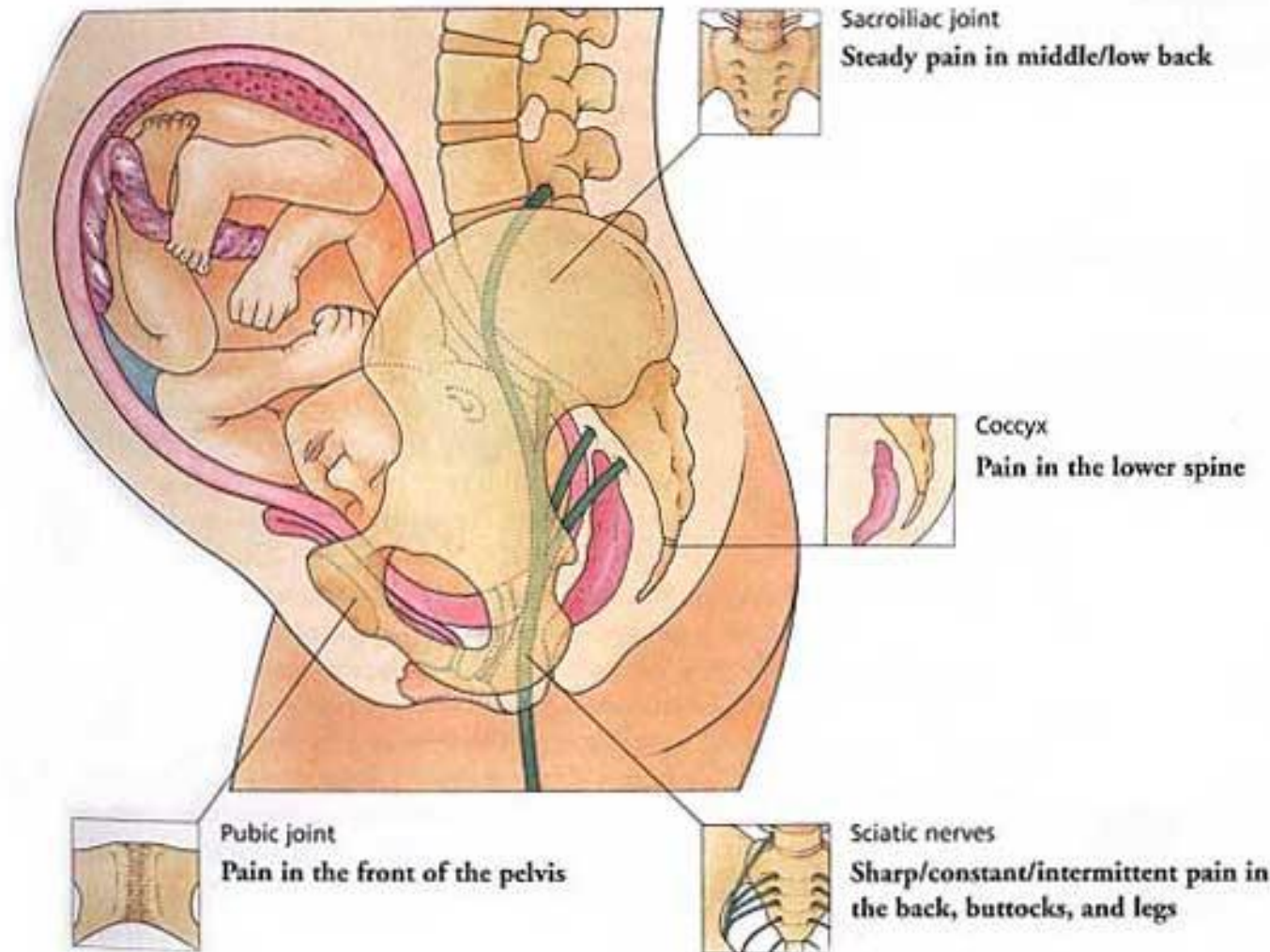
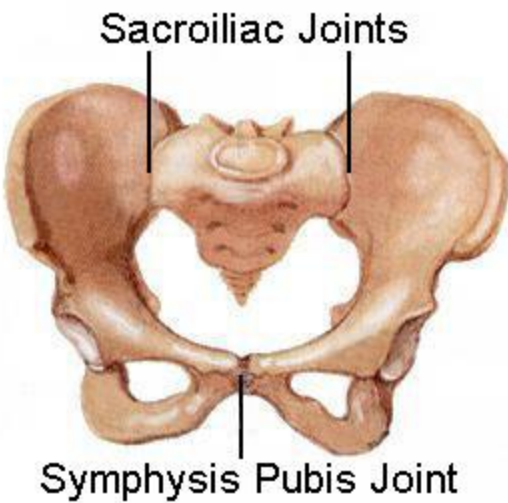


Early Pregnancy

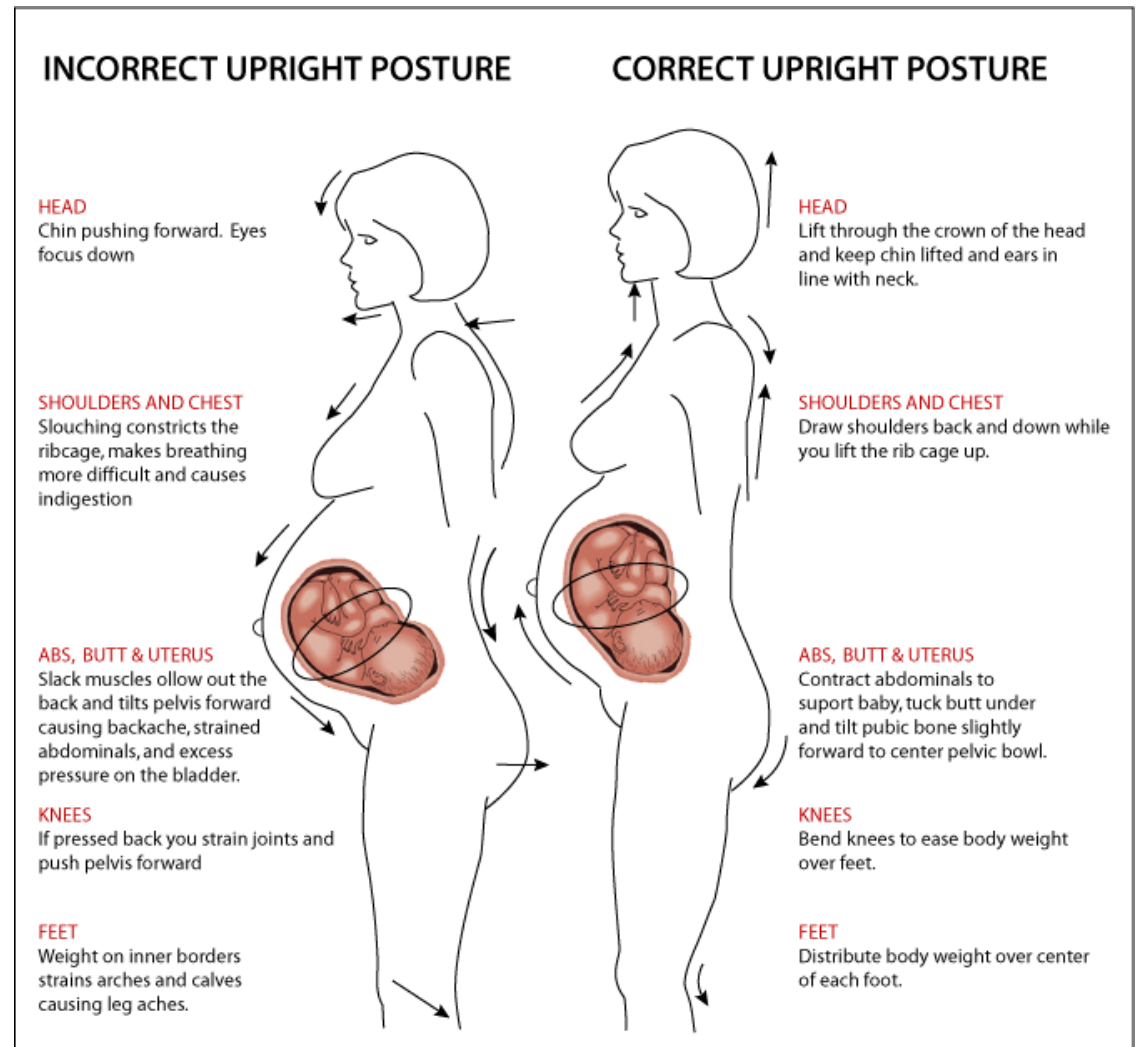
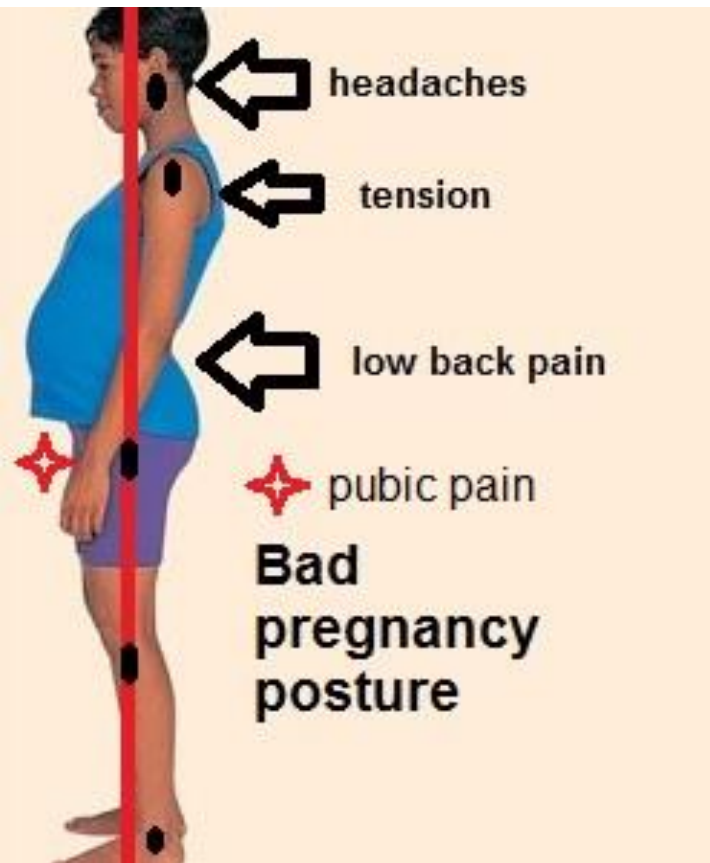


Late pregnancy





Low Back Pain





Leg Spasm

Calf stretching exercises
3 times a day may
prevent leg cramps

Calf
muscles
stretched

Feet kept flat
on floor

About 2-3 feet
(60-90 cm)



Swollen Lower Limbs



Normal foot



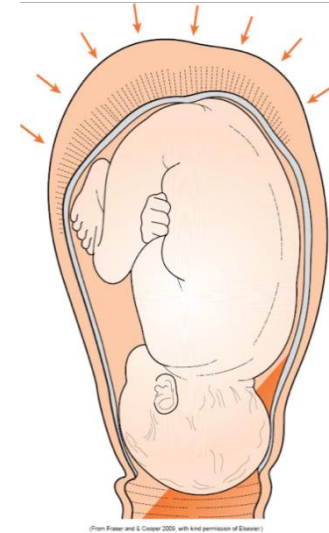
Foot with edema



ADAM



Braxton Hicks



May be felt at around 27-40wks

Braxton Hicks	True Labor
Contractions don't get closer together.	Contractions do get closer together.
Contractions don't get stronger.	Contractions do get stronger.
Contractions tend to be felt only in the front.	Contractions tend to be felt all over.
Contractions don't last longer.	Contractions do last longer.
Walking has no effect on the contractions.	Walking makes the contractions stronger.
Cervix doesn't change with contractions.	Cervix opens and thins with contractions.

Breasts Care



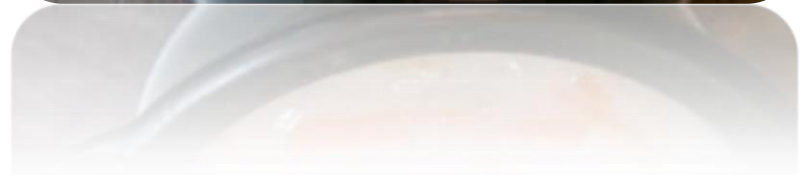
Breasts Care



Looking a BRA with:

- @ Good support
- @ Wide shoulder straps
- @ Non-underwire

Change the bra according to the breast size changes during pregnancy



Sleeping during Pregnancy



- Avoid lying flat, **sleeping on your side**

Tips for Sleeping Success:

- Get into a routine of going to bed and waking up at the same time each day
- Deep breathing & warm shower before sleep
- Use extra pillows to support your tummy & back



Nutrition in Pregnancy



- Extra **~285 kcal** per day
- Eat a variety of foods, avoid picky eating
- Reduce consuming foods of high fat content, and food & drinks with added sugar
- Pay attention to food safety



Nutrition in Pregnancy



Folic Acid

Dark green vegetables
Legumes and beans
Peanuts and nuts
Fruits
Liver



Vitamin A

Colourful fruits, oranges
and dark green leafy
vegetables
eg. cherries, tomatoes,
pumpkins, carrots



Nutrition in Pregnancy



Iron

Pork & beef & poultry
Fish & eggs & livers
Green vegetables
Dried beans
Nuts



Calcium

Milk, cheese & yoghurt
Dark green vegetables
Sesame seeds
Small dried fish & fish eaten
with bones (eg. sardines)



Iodine

Seaweeds
Marine fish & seafood
Egg yolk
Milk & milk products



Nutrition in Pregnancy

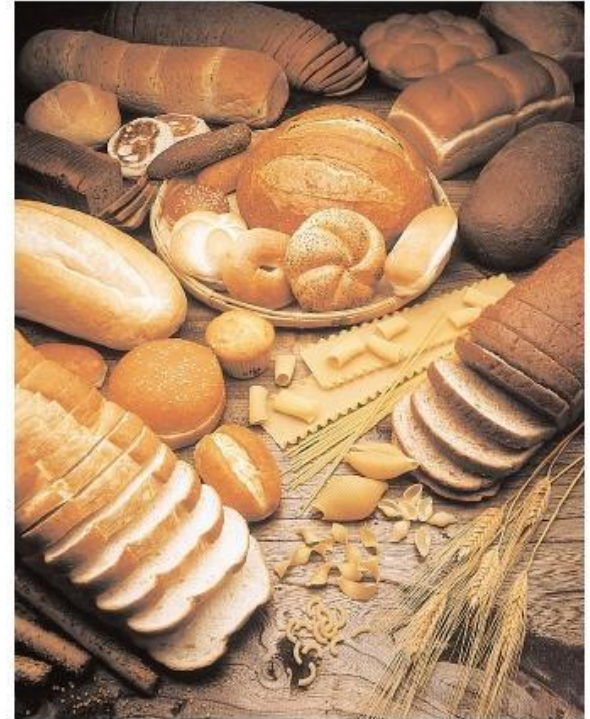


Grain Products

- substitute **refined grain products** with whole-grain products
Eg. brown rice VS white rice
wholemeal bread VS white bread
- increases satiety
- prevents constipation



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Nutrition in Pregnancy



Fruits & Vegetables

- Choose different colours & variety
- Prefer homemade vegetable salads
 - make sure that the vegetables & fruits are washed thoroughly
 - consume as soon as possible



Nutrition in Pregnancy



Protein

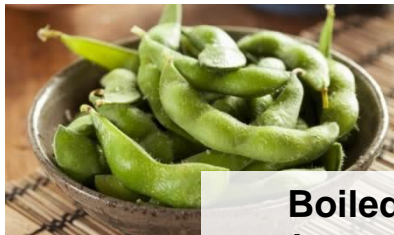
- Choose meat or poultry with skin and fat trimmed off
- Choose soy products that are non-fried & low in sodium
- Avoid preserved or pickled products



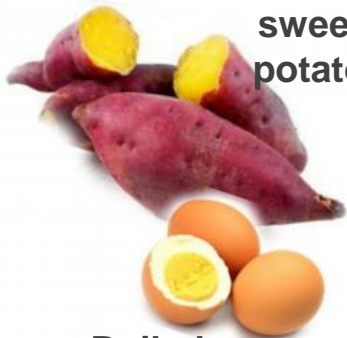
Nutrition in Pregnancy



Examples of nutrient-packed snack:



**Boiled
edamame**



**Boiled
egg**

**Steamed
sweet
potato**



**Plain roast
nuts**



**Steamed
sweet corn**



**Low
fat/skimmed
milk**



**Low sugar
breakfast
cereals**



Assorted fruits

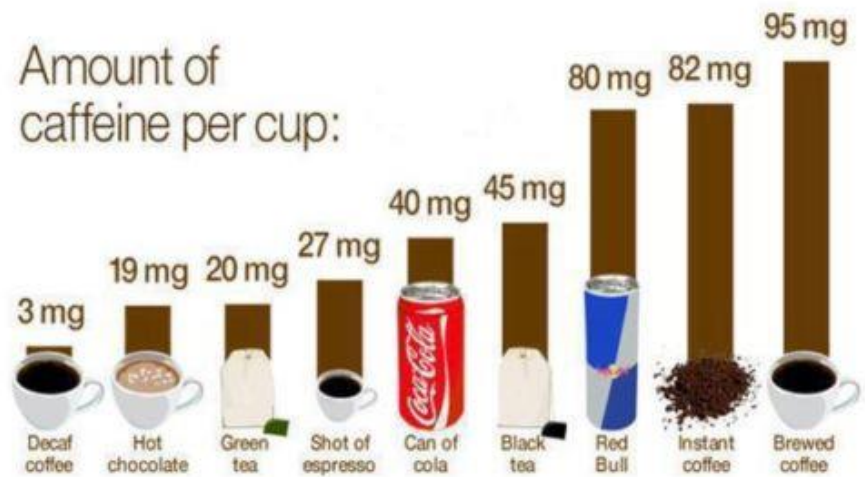


**Wholemeal
bread & multi
grain bread**

Limit or Get Away from



- **Avoid** smoking
- **Avoid** alcohol beverage
- **Avoid** fish contains high levels of methylmercury
eg. shark, swordfish, marlin, king mackerel, bluefin tuna
choose a variety to reduce the risk
- **Avoid** raw and undercooked seafood, meat and eggs
- **Avoid** ready-to-eat refrigerated foods
- **Limit** caffeine containing foods or drinks
eg. coffee, strong tea, caffeine containing soft drinks, energy drinks & chocolate



Building relationship with an unborn baby

Why is it so important for parents to develop a positive relationship with their unborn babies?

It helps mother & father to be more responsive once the baby is born which is good for baby's development



Hi, baby.....

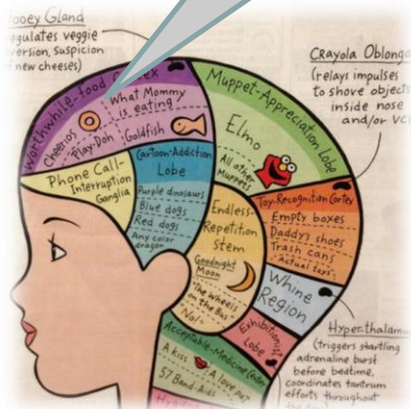
Good for brain development!



Responds to baby



Good for growth!!



Build a close and love relationship with your unborn baby.

What the baby is able to do at different stages!

<http://www.babycenter.com/pregnancy>

Involve your partner and children in it



Antenatal Exercise



Spino-pelvic pain
Swelling
Cramps
Haemorrhoids



Circulation

Prepare for labour



Postnatal rehabilitation

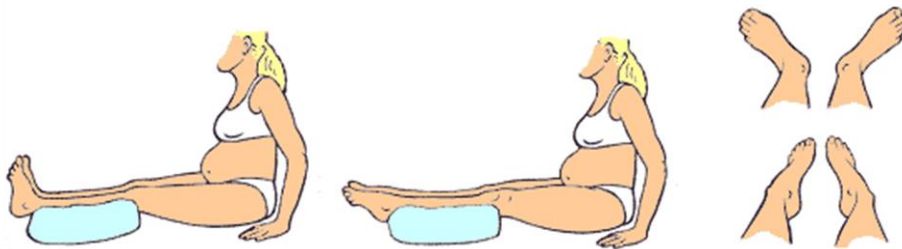
Prevent & manage back pain,
pelvis pain & symphysis pubis
dysfunction



Antenatal Exercise



Take a walk
Stretching exercises



Pelvic Floor Exercise



WHY?

- To strengthen muscles around bladder & vagina
- To reduce or avoid incontinence
- To treat prolapse

WHO?

All pregnant women

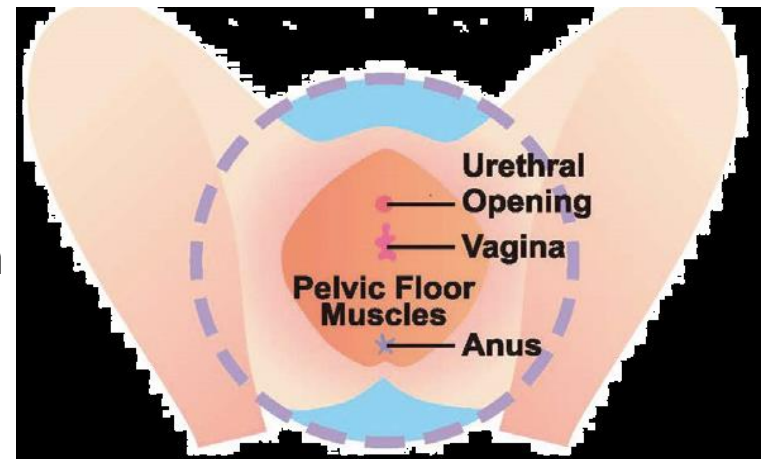
even if you're young and not suffering from stress incontinence now

WHEN?

In pregnancy & after delivery

During normal daily activities

eg. cleaning your teeth or waiting for bus or in the lift



Pelvic Floor Exercise



HOW?

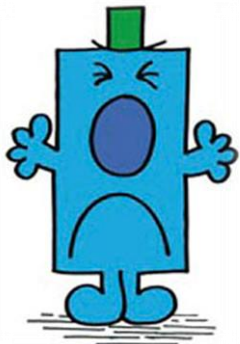
- 1. Lie, sit or stand with your knees slightly apart
- 2. First relax your thighs, buttocks and abdomen
- 3. Concentrate and use all 3 different groups of pelvic floor muscles together, i.e. the urethral, vaginal and anal muscles
- 4. Tightening this group of muscles slowly as if you are trying to withhold passing urine or flatus
- You should have a **'tightening and lifting inward' feeling**
- hold the contraction for 10 seconds, release gradually, rest for 10 seconds and then repeat the above steps
- Perform 3 cycles every day

Sexual Life during Pregnancy



- ♥ Avoid vigorous gestures and pressure on the abdomen
- ♥ **Communicate**
Concern mother's emotion & worries
- ♥ Suitable postures: face side-by-side, kneeling back & face-to-face sit-up

- ⊗ Signs of miscarriage in 1st trimester
- ⊗ Low lying Placenta
- ⊗ If any signs of discomfort, stop & seek medical advice



WHEN to Admit..?



- ANY Signs & Symptoms of Labour
 - Show
 - Leaking
 - Uterine contractions

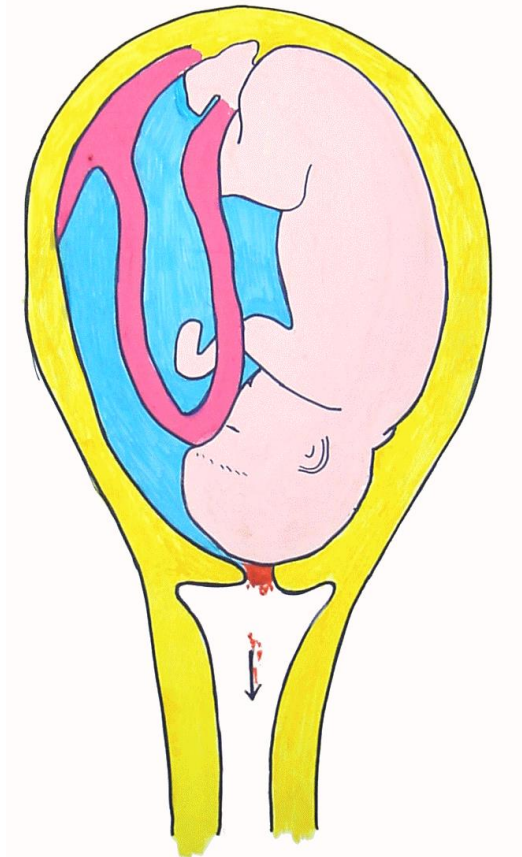
or Decrease fetal movement



Go to Queen Mary Hospital
Block K 9th Floor South
Admission Ward



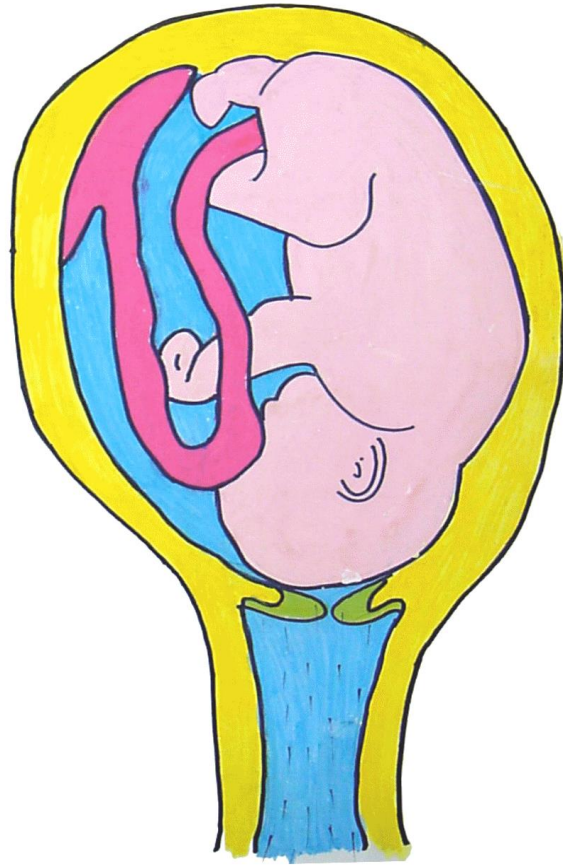
Show



- Ⓢ the cervix secretes thick mucus in pregnancy
- Ⓢ to protect your uterus & baby from invading bacteria
- Ⓢ some of the **mucus plug** may come away as cervix begins to ripen & soften
- Ⓢ usually **jelly-like or sticky discharge with blood**

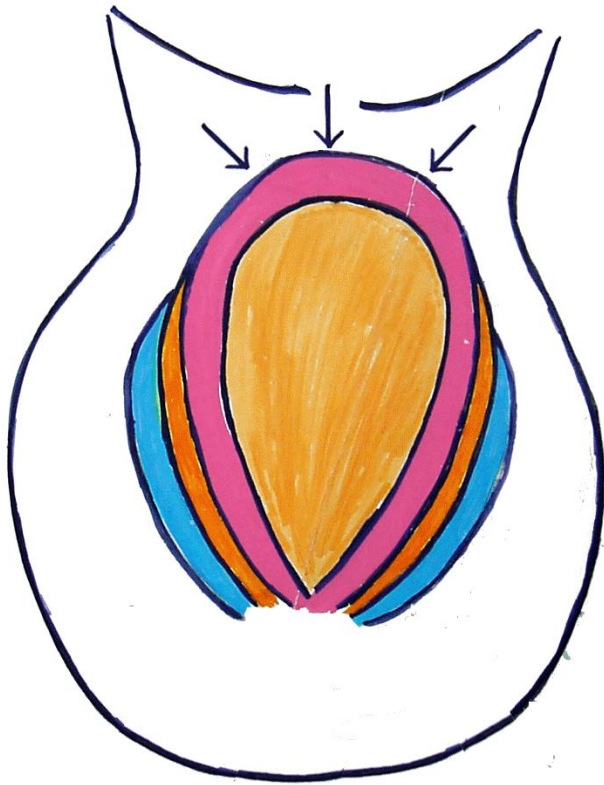


Rupture of membrane





Uterine Contractions (PAIN)



Things for Admission

Mother

- a cup
- toiletries
- tissue paper
- slippers
- maternity pads
- underpad
- YOUR & your PARTNER's I.D. Card
- AN BOOK & CARD
- A small bag for labour room admission:
e.g. lip balm, favourite CD, massage
oil, favourite handkerchief , disposal
underwear

Baby

- new-born
diapers
- wet disposable
tissue
- cotton wool balls





Postnatal Care & Family Planning



Special points to note after delivery

- When to call for nurses ?
- Telephone
- Food and Drink
- Elimination
- Safety

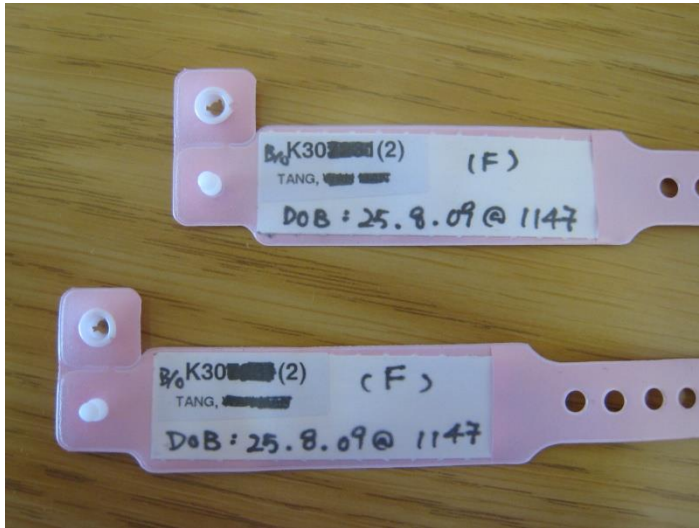


- Infant Feeding
Early skin to skin contact

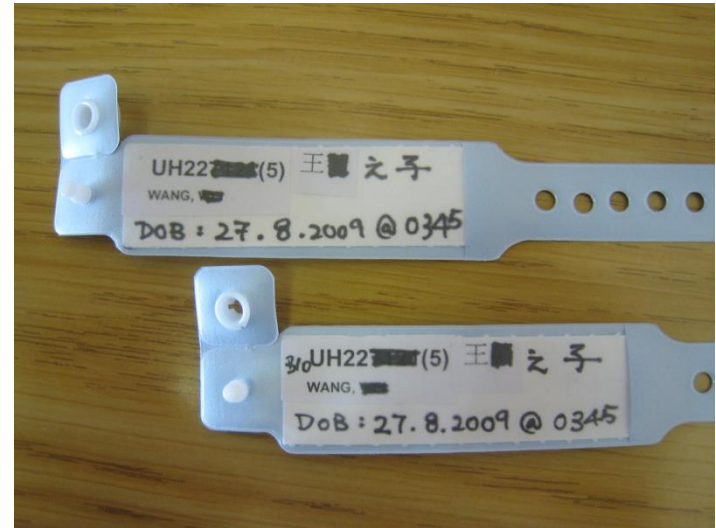


Baby Security

- Baby's bracelet

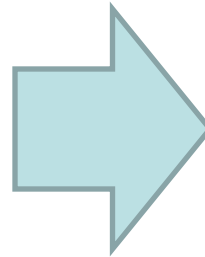
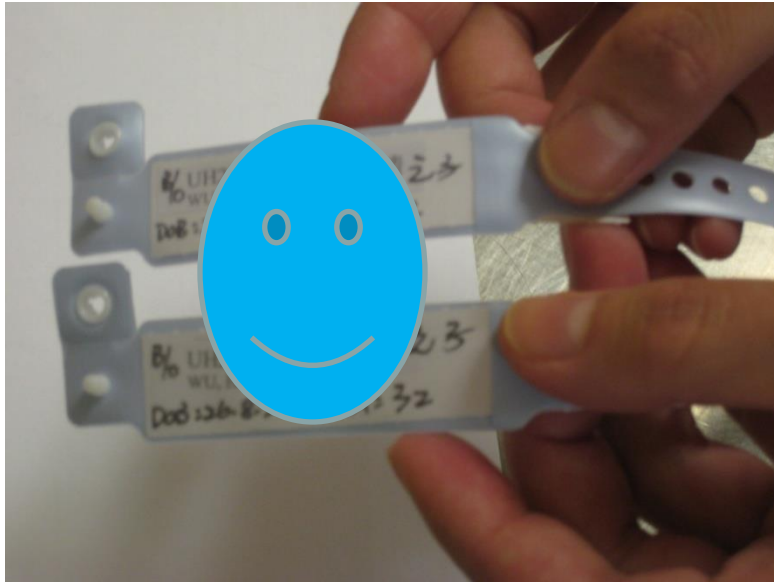


Female



Male

Counter Checking



Wear Bracelet





Identification of Baby





To PN ward...

- 24 hours **Rooming-in**





Security System



Postnatal Care



- Rest
- Early ambulation
- Lochia
- Menstruation
- Personal hygiene and wound care
- Care of the breast
- Diet and nutrition
- Postnatal exercise
- Psychological care
- Postnatal check up





Eating Well during Postnatal Period

- Extra **~500 kcal** per day for Breastfeeding
- Eat a variety of foods, avoid picky eating
- Reduce consuming foods of high fat content, and food & drinks with added sugar
- Pay attention to food safety



- coffee, strong tea
- caffeine containing drinks
- Avoid smoking & alcoholic drinks



- Choose whole grains
- Vegetables & fruits
- A bit more meats, fish, eggs
- Adequate water intake
- Drink appropriate quantity of milk & the alternatives

Watch out for baby's abnormal condition especially after consuming strong flavoured & gas producing food
eg. garlic, curry or spices



Family Planning





A Good Start....

- Antenatal Class



- Hospital Visit



- Preparation for Admission



- Transport



What should be in your bag....



What should be in your bag?



AN Record



Never bring these....



MR. WORRY

By Roger Hargreaves



ANGER
is only one
letter short of

DANGER

And these.....



The background of the image is a bright blue sky filled with large, fluffy white clouds. A faint, semi-transparent grid pattern is overlaid on the entire image, creating a digital or technical aesthetic.

RELAX

Enjoy





**KEEP
CALM**

**BIRTH IS
NORMAL**



Gentle Reminder

1. Please fill out the feedback form and give back to our colleagues.

2. If you would like to know more information and AN talk video, please refer to the following link:

http://www.obsgyn.hku.hk/patient_information

(QR code can be downloaded from our reception counter)



3. Certificate of Attendance –

The application form could be taken from our staff in this talk or TYH OPD staff.

The certificate will be mailed to you within one month of application.

A feedback form titled '香港醫學會產科專科委員會' (Hong Kong Obstetrics and Gynaecology Society). It includes a header with the society's logo and name. The form is divided into several sections: '關於您參加的講座' (About the lecture you attended), '今日講座的內容' (Content of today's lecture), '講者表現' (Presenter's performance), and '其他意見' (Other comments). Each section contains a list of items with checkboxes for '滿意' (Satisfied) and '不滿意' (Dissatisfied). The '今日講座的內容' section includes items like '第一講: 產科簡介' (First lecture: Introduction to obstetrics), '第二講: 胎兒發育過程' (Second lecture: Fetal development process), '第三講: 分娩過程' (Third lecture: Delivery process), '第四講: 分娩後護理' (Fourth lecture: Postpartum care), '第五講: 產後護理' (Fifth lecture: Postnatal care), and '第六講: 母乳哺育' (Sixth lecture: Breastfeeding). The '講者表現' section includes items like '講者內容清晰' (Presenter's content is clear), '講者表達清晰' (Presenter's expression is clear), '講者態度親切' (Presenter's attitude is friendly), and '講者能解答問題' (Presenter can answer questions). The '其他意見' section has a space for additional comments. At the bottom, there is a section for '聯絡人' (Contact person) and '電話' (Phone number). The form is numbered '多謝您的參與' (Thank you for your participation) at the bottom right.

