

Maternal Health

Childbirth & Maternal Health

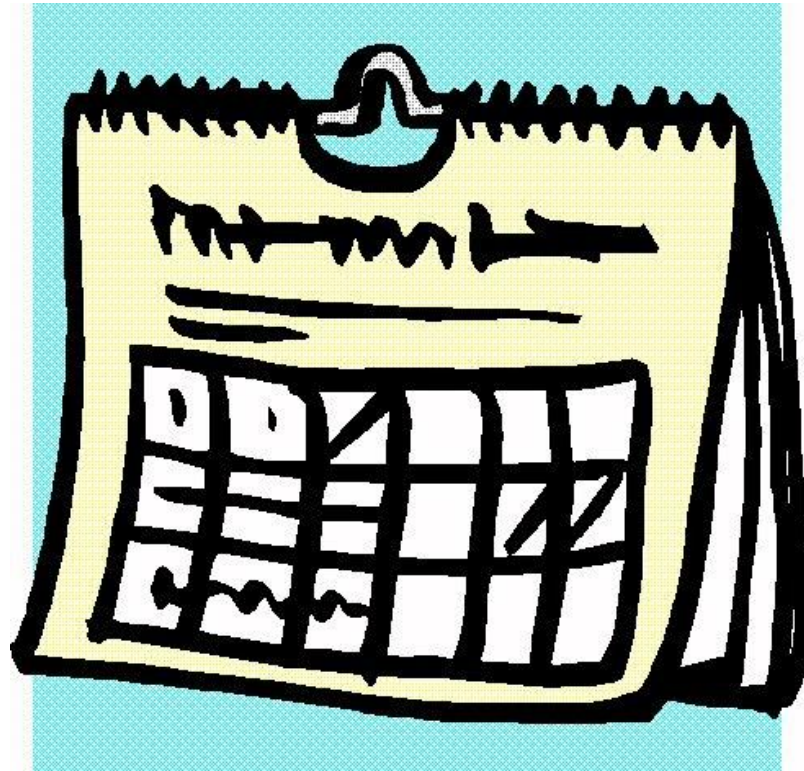
B.M.C. Durfee High School

Objectives

- Identify the three stages of childbirth
- Describe the history of childbirth
- Identify the maternal effects of childbirth

Childbirth

- Birth occurs 270 days after fertilization



Three Stages of Childbirth

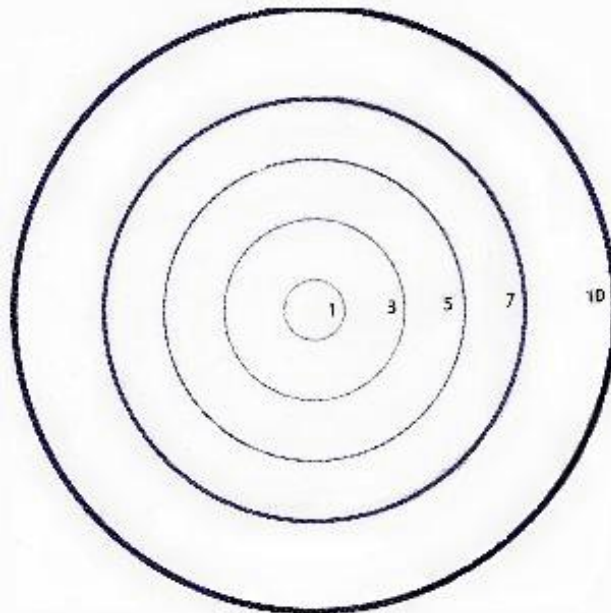
- Contractions
- Birth of the Child
- Afterbirth



Stage 1: Contractions

- Dilate the cervix to about 10 centimeters; 5 fingers

Cervix Dilation Chart



Stage 1: Contractions...

- Hormones initiate childbirth causing smooth muscles lining uterus to contract

Uterus
between
contractions

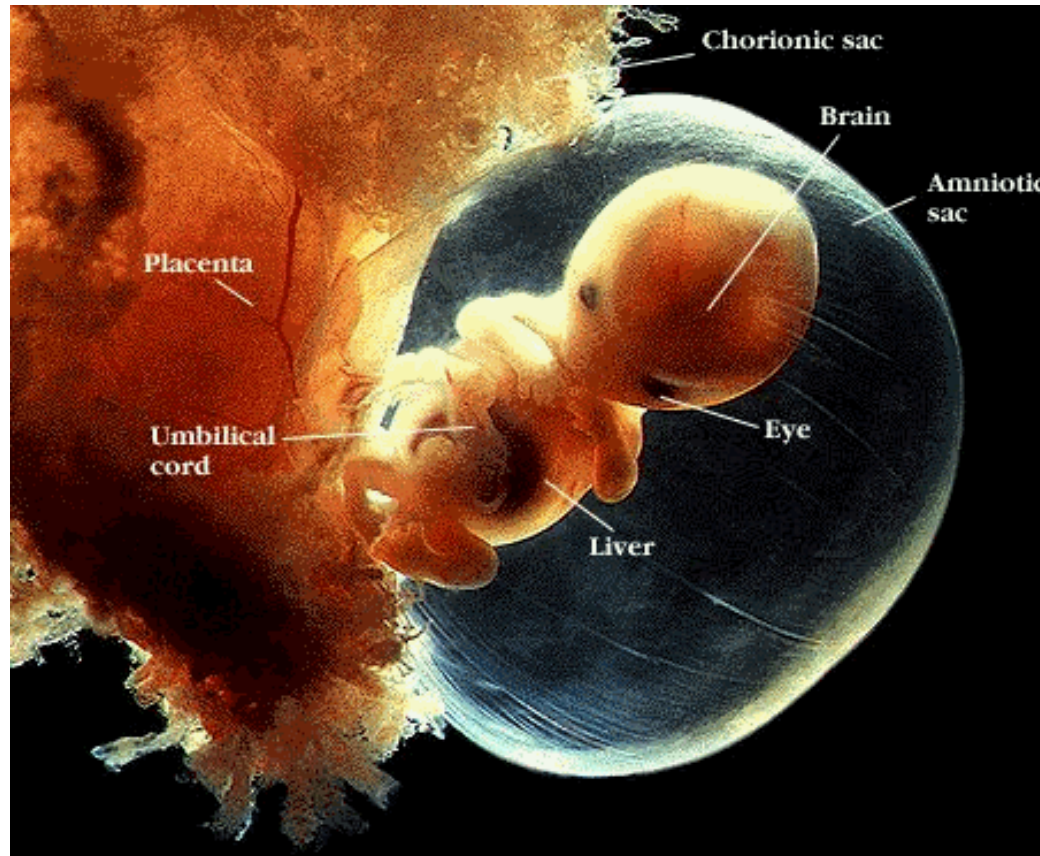


Uterus
during
contractions



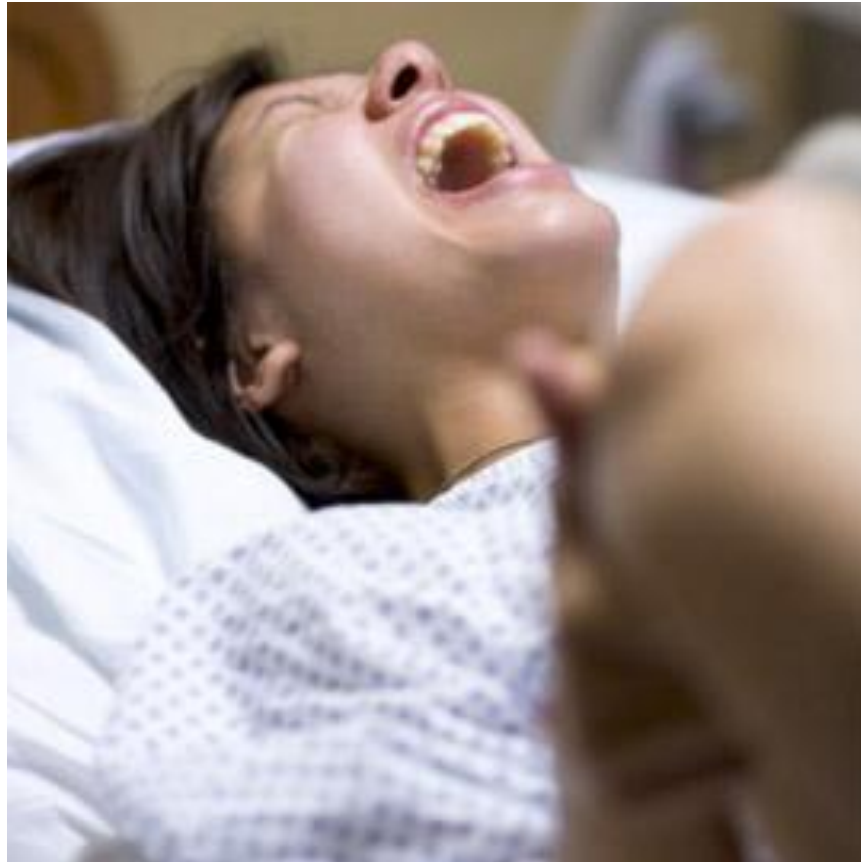
Stage 1: Contractions...

- Amniotic sac breaks and fluid falls through vagina (breaking water)



Stage 1: Contractions...

- Muscles in cervix and vagina relax allowing them to enlarge for fetus to pass through.



Stage 1: Contractions...

- Muscular contractions are called labor



Stage 2: Birth of the Fetus

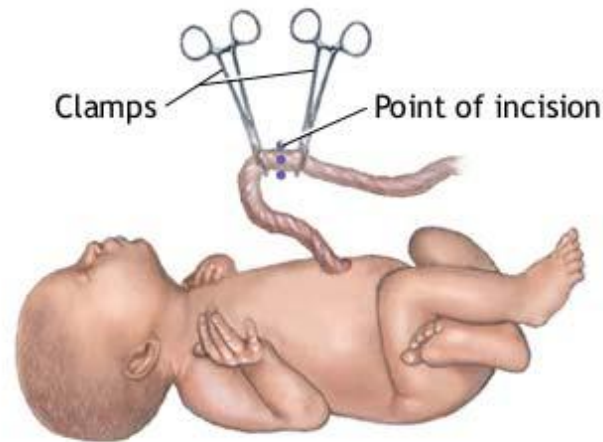
- Usually less than 2 hours
- Pushing



Stage 3: Afterbirth

- Fluid, blood, placenta are pushed out of the body with contractions; umbilical cord is severed

The surgeon will clamp and cut the umbilical



ADAM.

- Afterbirth (placenta, amnion and uterine lining) come out of the body about 10 minutes after the baby is born.

After Birth

- Baby's lungs expand as the baby cries for the first time and breathes on its own.



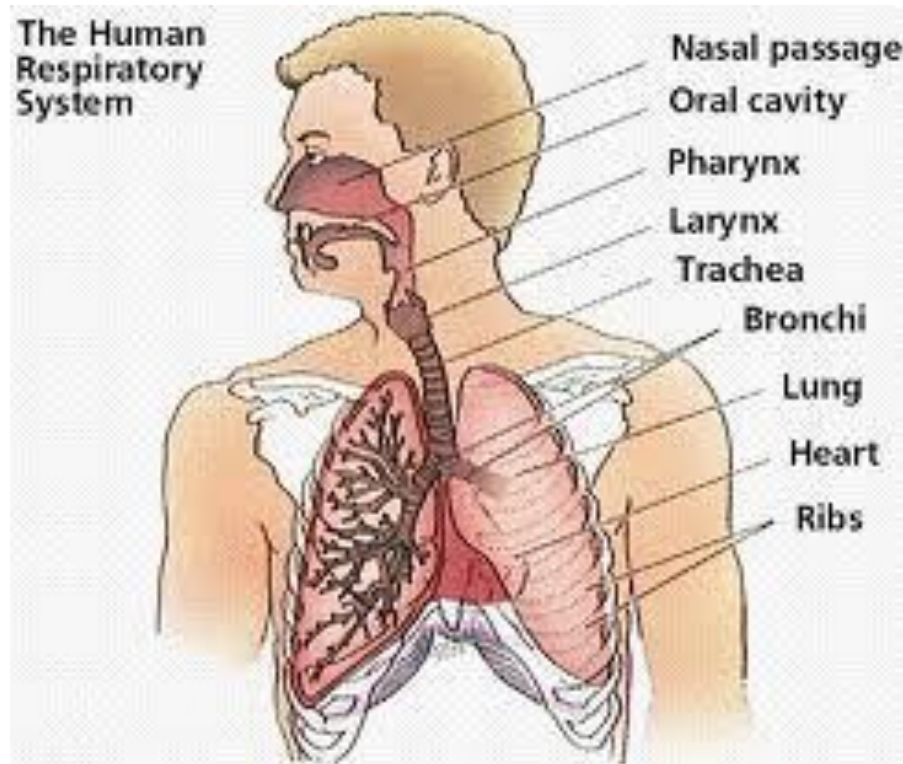
After Birth...

- Umbilical cord is cut and tied; baby's circulatory system closes off and is now independent of the mother.



After Birth...

- Soon the respiratory and excretory systems become fully functional.

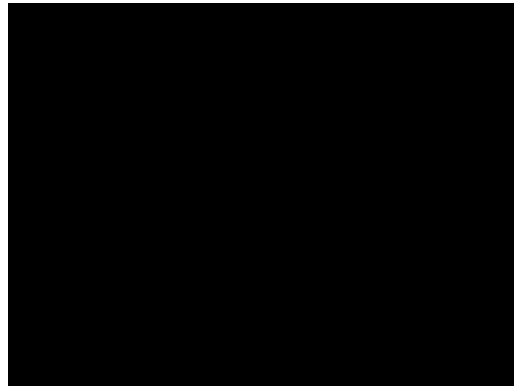


History of Childbirth

- **Midwives: With women**
- **Male doctors and attack on midwives**



Midwifery Video



Home to the Hospital

- Home births and gossip
- Move to hospitals, for poor immigrants
- Infections
 - Thought was bad breast milk
 - Autopsies

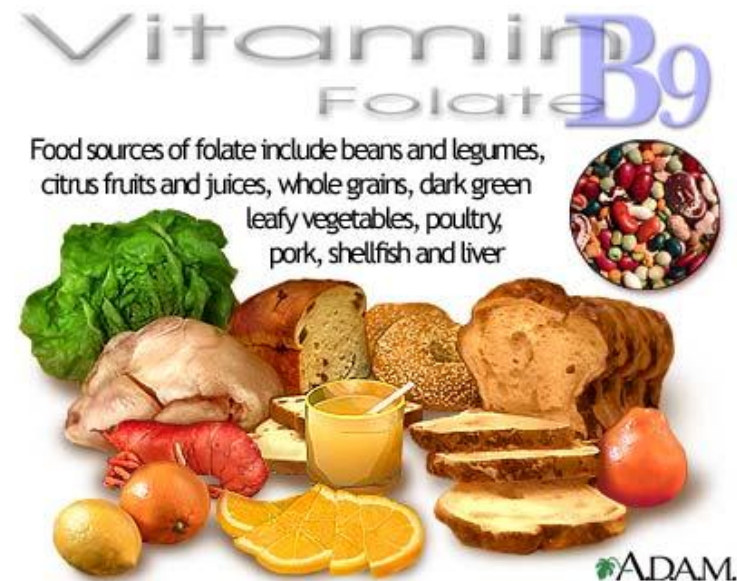
Other Important Moments

- Pain Relief
- Cesarean Sections
 - Before craniotomy or embryotomy



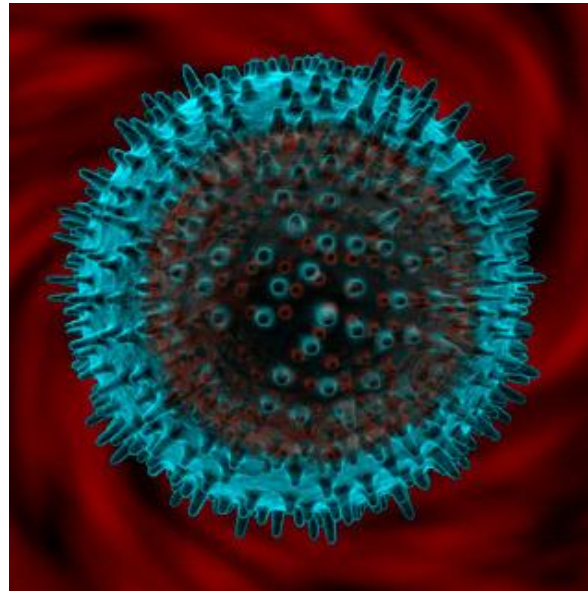
Maternal Effects

- Nutrition
 - Need good nutrition (carbs, proteins, fats)
 - Need more calories (not eating for two!)
 - Need to get folic acid or neural tube defects
 - Gain 20 – 35 pounds



Maternal Effects...

- **Infections**
 - Antibodies help prevent all but the most serious infections
 - Teratogens (agents that cause birth defects)
 - Measles during the 1st six weeks can cause 50% chance of organs not forming properly or deafness



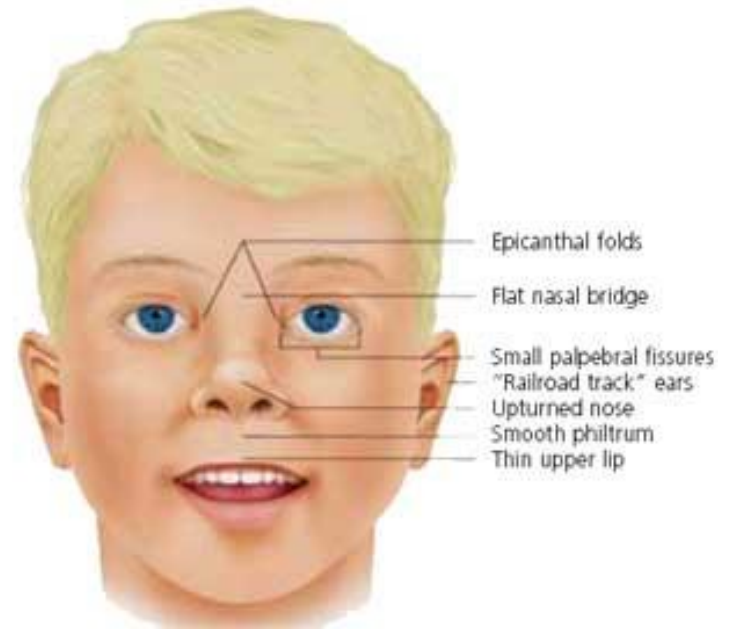
Maternal Effects...

- Prescription Drugs
 - In the 1960s tranquilizer thalidomine → missing or deformed arms and legs
 - Anti-acne drugs can cause facial and cranial deformities
 - NO IBUPROFEN



Maternal Effects...

- **Alcohol**
 - Fetal alcohol syndrome
 - Common cause of mental retardation
 - Smaller than normal brain and head, facial deformations, poor motor coordination, heart defects
 - 60 – 70 % of alcoholic women have babies with FAS



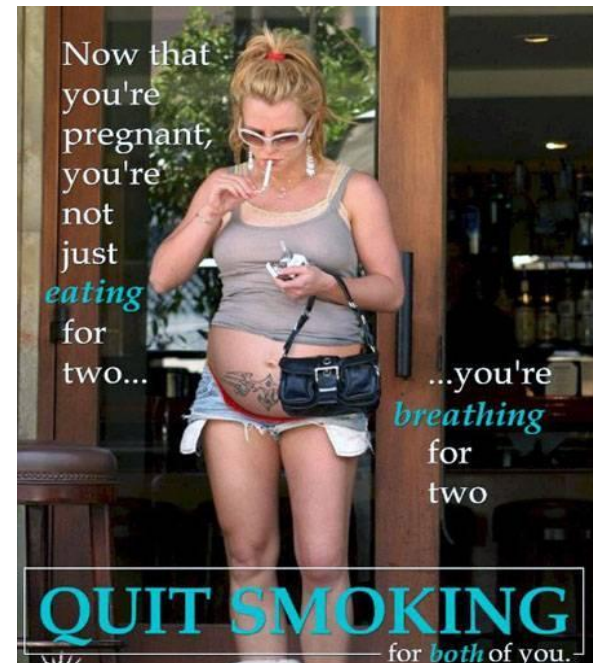
Maternal Effects...

- **Cocaine**
 - Prevents nervous system from developing normally
 - Chronically irritable and abnormally small



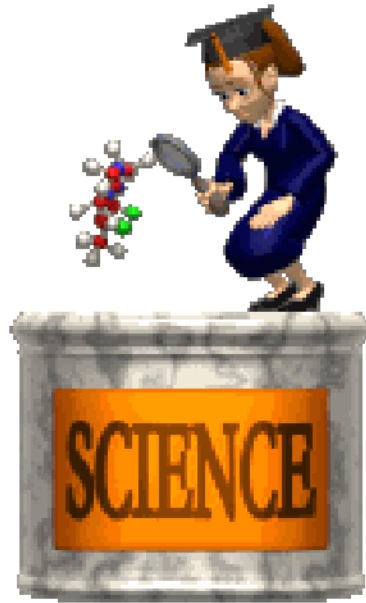
Maternal Effects...

- **Cigarette Smoke**
 - Smoking reduces vitamin C in the blood & fetus
 - May disrupt other nutrients
 - Harms the growth and development (underweight newborn)
 - Risk is higher for stillbirth, miscarriage and premature delivery



Review

- Identify the three stages of childbirth
- Describe the history of childbirth
- Identify the maternal effects of childbirth



Learn Long
Live Long