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1. Introduction

The wellbeing of mothers and children cannot be over emphasized. Maternal and child health is a very important area of public health that focuses on the health of potential mothers or mothers for positive experience during pregnancy, childbirth and postnatal period. (WHO, 2020) It is crucial step to prevent death and met the needs of mothers, and their children.

Maternal and child health is achieved with the range of interventions and programs that is geared towards promoting the overall wellbeing of mothers, and their children. It uses statistical methods to collect and analyze data. Some importance and concepts of maternal and child health such as, equity in health, empowerment, development and human rights, collaboration approach, and public health implications were looked into. Other concepts under prenatal, childbirth and postpartum care, child health and development were also looked into.

The concept of maternal and child health education helps mothers to improve their health standard. A multidisciplinary approach to handle this aforementioned concept would help to ensure comprehensive and effective care throughout the pregnancy, childbirth and the postnatal stage in woman's life. This claim is supported by the following research work on the various topics, such as the concept of maternal and child health, concept of prenatal, childbirth and postpartum care, and concept of child health and development.

1.1 Section A: Concept of maternal and child health

A comprehensive health care service that promotes the wellbeing and good health of mothers and children deserves good attention. Concept and principle of maternal and child health can be summarized as the overall health care services that aids mothers and their children to meet their health need. Some of the concept are: preventive measure, community-stakeholder's engagement and others. The study looks into the concept of maternal and child health.

The concept of maternal and child health is aimed at the good health of women and their baby during pregnancy, delivery, and after childbirth period. On the other hand USAID is looking forward of a world where every woman, their babies and children

survive, and are living in good health in order to reach their anticipation, leading to community development across the continents. (USAID, 2024) Below are the explanations of some concept of maternal and child health.

Admittance and equity: This provides equitable access to necessity health services, resources and medicines for women and their children. This is in regardless of their social as well as economic status. Handling disparity gaps that result in inadequate in health services there by reducing bad health outcomes for mothers and children in an undeserved community.

Development Standpoint: It focuses on the entire stages of development which include preconception, pregnancy, childbirth, baby, childhood, and adolescence. Each stage is unique with diverse needs to address. In all the ultimate goal encompasses all actions geared towards positioning for future motherhood, happy pregnancy and safe delivery.

Preventive measure: These are all the steps taken to elevate the quality of healthcare for women and children such as prenatal care, nutrition education, and vaccination. These measures help to ensure better health and healthy pregnancy. It is all round help rendered to mothers to reduce maternal deaths.

Community-stakeholder's engagement: To effectively address local need of women and have a healthier family, integrating communities, families and stakeholders in health education, decision making processes is a good approach. This mechanism will help in improvement programs and quality care initiatives for maternal and child health. (WHO, 2020) This is going to play a vital role of making women to be part and parcel of their affairs.

Holistic approach: This is the considerations of the interconnectedness and impact of social, mental, physical body and emotional wellbeing of mothers and children. It considers all that will aid to minimize the unnecessary discomfort of pregnancy and birth experience. It doesn't leave out healthy diet, exercise and happy life promotion. It has several attributes such as:

it considers the impact of the body as a whole in relation to pregnancy and child birth.
it considers the fitness of the body to undergo the experience of pregnancy and labor.
It doesn't discriminate the normal process of delivery with receiving assistance if deem wise. By the provision of holistic seminars that gears towards addressing stressors, personal management, general support for family need, families will have a robust health plan. (Durden, 2023)

The importance of maternal health cannot be forgotten as long as this concept I am treating is concern. It is obvious that a healthier population will definitely contribute to the healthy workforce and society. A healthy mother is liable to give birth to a healthy baby. The general effort taken to reduce maternal, new born babies and child's mortality rate are good indicator of global overall health and can improve economics growth. (Leung, 2024) The other way round, economics growth also supports good health.

Driving my opinion and analysis from this course concept, it is obvious that the wellbeing of next generations, and society as a whole will be as a result of the direct impacts of the crucial handling of maternal and child health.

For a better tomorrow, there is the need to enhance the capacity of healthcare system to take care of specific needs of woman and children, by reducing the healthcare costs and improve population health.

The knowledge gotten from this concept will be applied in my life, work and community as follows: In my life it will help me to make informed decisions about my life and that of my family members, leading to better health outcomes. It will serve as a guide for my family planning decisions, in the areas of prenatal care, and childbearing practices. The understanding of this concept will empower me to advocate for quality healthcare service and make inform choice about my health and that of my family members.

I will apply the concept in my work by using evidence- based practices to support initiatives that enhance maternal and child health in communities. I will use the knowledge of the concept to advocate for maternity leave policies for breastfeeding mothers.

In my community I will use the knowledge to engage various stake holders in the community, such as healthcare providers, educators, and policymakers, to foster collaborative efforts in enhancing maternal and child health. I will use this knowledge to advise the community leaders to advocate for resources and services that address the specific needs of mothers and children.

My personal experience on this concept can help shape individual's perspective, and enhance actions related to maternal and child health. On that faithful night, while on my way back to my house at around 9:30 pm was a woman that was finding it difficult to walk. Noticing it, I parked by the side and try to inquire what was the matter. Lo and behold, she was on her labor. The hospital she wants to go was still far, I have to carry her in my car, luckily for her on reaching to the hospital, the midwife was ready to attend to her.

The experience serves as a propeller in my spirit to advocate for efforts to improve access to quality healthcare service for mothers and children. Also I have conducted several workshops and awareness campaigns to educate community members on maternal and child health issues.

An example to demonstrate this concept was that of Avoid Omission Health for All NGO which launched a maternal and child health initiative to improve outcomes for pregnant women in a certain community. We frequently visited the community with team of nurses and other health workers. Providing nutritional supplements and education on pregnancy health about common pregnancy related issues. The initiative significantly impacts mothers and their children as it promotes their good health.

To further the initiative, we step into another dimension where potential parents were advised to attend classes to prepare for labor and delivery. By participating in the class, parents gain knowledge, insight and confidence in navigating the birthing process and making informed decision about their birth preferences.

The picture, table and graph originally produce by me to explain more, the concept of maternal and child health using 150 dpi resolution is shown below:

Fig 1

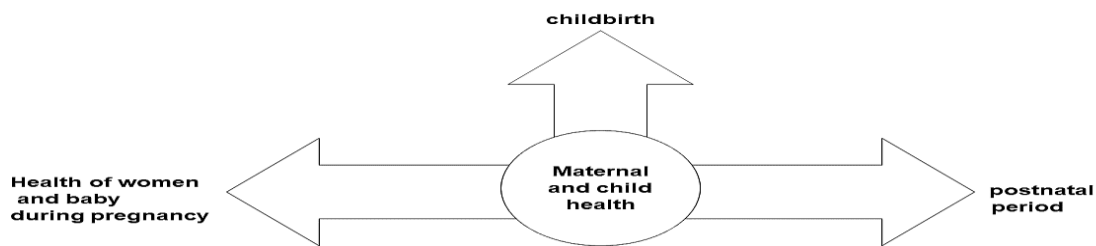


Fig 1 above illustrates the maternal and child health as the health of a woman and baby during pregnancy, child birth and postnatal period. Fig 1.1 below is the observation data table of the expected values in the table fig 1.3. Fig 1.2 is the equation used to get the expected values. Fig 1.4 equation was used to get fig 1.5 data table result and fig 1.6 was used to get the degree of freedom.

Fig 1.1

Observation (O)	Healthy births	Under-weight births	Premature births	Total
Maternal education				
Primary School	140	45	35	220
Secondary School	200	35	30	265
University	220	25	25	270
Total	560	105	90	755

Fig 1.2

$$\text{Expected Value} = \frac{(\text{Row total} \times \text{column total})}{\text{Overall total}}$$

Fig 1.3

Expected €	Healthy births	Under-weight births	Premature births
Secondary school	163.1788079	30.59602649	26.22516556
University	196.5562914	36.85430464	31.58940397
Postgraduate	200.2649007	37.54966887	32.18543046

Fig 1.4

$$\frac{(\text{observed value} - \text{Expected value})^2}{\text{Expected Value}}$$

Fig 1.5

(O-E) ² /E	Healthy births	Under-weight births	Premature births
Secondary school	3.292444311	6.781091425	2.936024149
University	0.060334517	0.093298346	0.079970011
Postgraduate	1.944794842	4.194289685	1.604154743

Fig 1.6

$df = (\text{Number of rows} - 1) \times (\text{Number of columns} - 1)$ where $df = \text{Degrees of Freedom}$
=4

Fig 1.7 below is the result of the carried out chi-square test of Independence, conducted using excel, to ascertain whether there is an association between maternal education level and childbirth outcome using the data table in fig 1.1. I didn't disclose the source of data used for ethical purposes.

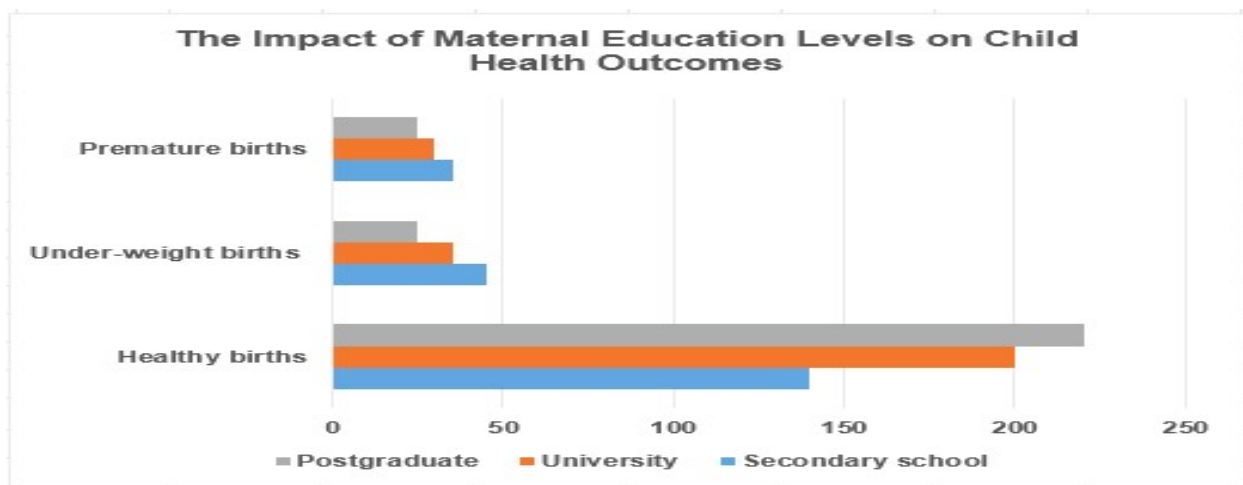
Fig 1.7

χ^2	20.986402
df	4
p-value	0.0003186

From fig 1.7 result table above, my p-value is 0.0003186, which is significantly less than the alpha level, which is 0.05, hence I reject the null hypothesis. This result indicates that there is significant association between maternal education levels and the childbirth outcomes. In other words, the data result suggests that maternal education level does have an impact on the childbirth outcomes.

Higher maternal education levels are associated with better birth outcomes, emphasizing the importance of education and healthcare access in maternal and child health as it is shown in fig 1.8 visualization graph below

Fig 1.8



1.2 Section B: Concept of prenatal, childbirth and postpartum care

The overall care, wellbeing of both the mother and the baby before, during and after childbirth is necessary. The concept of prenatal, childbirth and postpartum care can be summarizing as the overall prenatal, childbirth and postpartum care, aim at ensuring the good health of potential mothers and their babies throughout pregnancy, childbirth and after. The study looks into the concept of prenatal, childbirth and postpartum care.

The period before childbirth and after are essential stages and component of mothers and mothers to be. The concept of prenatal, childbirth and postpartum will be looked into based on the preceding division of the concept, which are prenatal or antenatal, childbirth and postpartum.

Prenatal or antenatal: I wish to interchangeably use this two synonyms hence they both mean before childbirth. (Singh, 2024) They both mean the aids received during pregnancy before childbirth. Both emphasized on the preventive measure and healthiness of the pregnant woman and the unborn baby. Do not forget that “pre” is before while “natal” is birth and “ante” is before while “natal” is birth as well. In my

understanding the only thing that can make it different is care attached to either of the two.

Antenatal care is focus on the preventive health care measures. It helps to provide emotional and social support for a pregnant woman. Including immunization against infection like tetanus, supplementation of nutrient and other medications and materials that will help for the optimal function of the mother and baby. (unicef, 2024) It also included all the necessary screening that a woman of such stage should have.

Childbirth: These are processes that take place at the completion of pregnancy during which the end is the delivery of baby or babies. This process could be called parturition. It has three stages which are dilation, expulsion and placental involve in parturition. (Frothingham, 2023) But is all depending on the type of delivery. There are several types of delivery, which are cesarean section, vaginal birth after cesarean VBAC, vaginal delivery, and assisted vaginal delivery. (ClevelandClinic, 2022) For more understanding, each type is a briefly explain below.

Assisted vaginal delivery: This is done with the help of vacuum or device like forceps to facilitate birth.

Vaginal delivery: This type is mostly accepted; it is a type where the baby is deliver through the vagina.

Vaginal birth after cesarean VBAC: This the situation where a woman has a vaginal birth after previous cesarean delivery.

Cesarean section: This is a surgical incision in the woman abdomen and uterus as a means of delivering baby.

postpartum care: There is the need for mothers to properly recover after childbirth. Postpartum care is generally geared towards the recovering of mother's body to its normal stage before pregnancy. (Diorella & Anil , 2022) Postpartum can last several weeks after delivery to recover of the mother.

Some of the postpartum discomfort are as follows: severe pain in area of surgical wound if the delivery was cesarean section or tear if the delivery was vaginal. It also accompanies fever with temperature above normal body temperature of 37 c. There could be serious infection cause by bacterial and their toxins in the blood or tissues called sepsis. Persistence headache even after medication and more. These and more problems could be solving when mothers follow the guidance of her healthcare professional. (MayoClinic, 2024)

In my opinion and analysis of the concept, educating potential mother in this various stages and its expectations can help them to make informed decision. The other way round, it will make them to engage in self-care that promote a healthy pregnancy and recovery.

The knowledge from this concept will have noticeable impact in my life, work and community as follows: In my life the knowledgeable with childbirth concept will help me and my partner prepare for labor and delivery, birth preferences, making informed choice about pain management, postpartum expectations and financial aspects of parenthood.

In my work, I will use the understanding of this concept to provide comprehensive care to my pregnant employees, offer good guidance on their work related concern during pregnancy, also promote a healthy return to work after the weeks of postpartum period.

In my community, I will help in sharing information about prenatal, childbirth, and postpartum care within my community which will help potential parents access resources, education to promote healthy pregnancies, support services and positive birth experiences.

I have also witness Sarah; a midwife in discharging her duty. she was so caring, creating an avenue for the pregnant woman Faith, to feel normal in her pregnancy. She carefully monitored her labor, and delivery, as well as guidance on breastfeeding and postpartum care.

A case to demonstrate this concept was about a newly married woman Faith. It was a period of happiness to Faith after her first prenatal appointment which confirmed that she was pregnant. In her meeting with obstetrician for an initial prenatal checkup, according to her they discuss about her medical history, nutritional needs and lifestyle habits. The outcome of her visit was good according to her, she receives guidance on prenatal vitamins, healthy eating during pregnancy, and the importance of regular visits for monitoring the growth and bogy development of her baby.

The various original picture, table and graph below were used to explains the concept of prenatal, childbirth, and postpartum care using 150 dpi resolution.

Fig 2.

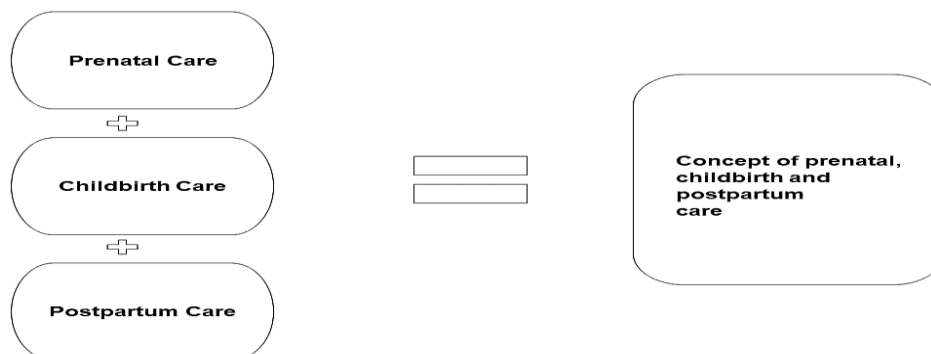


Fig 2. image above illustrates the essential components of healthcare provides to potential mothers and her baby which include prenatal care, childbirth care and postpartum care.

Fig 2.1

Observation (O)			
Prenatal care	Normal birth result	Complicated birth result	Total
Yes	95	25	120
No	40	80	120
Total	135	105	240

Fig 2.1 was a data table to find out if there is significant association between prenatal care attendance “yes or no” and the birth outcomes “normal or complicated. The data source used is not disclosed for ethical purposes. Fig 2.2 was derived from fig 2.1 data table. While fig 2.3 was obtained from fig 2.1 and fig 2.2 respectively.

Fig 2.2

Expected E		
	Normal birth result	Complicated birth result
Yes	67.5	52.5
No	67.5	52.5

Fig 2.3

(O-E) ² /E		
	Normal birth result	Complicated birth result
Yes	11.2037037	14.4047619
No	11.2037037	14.4047619

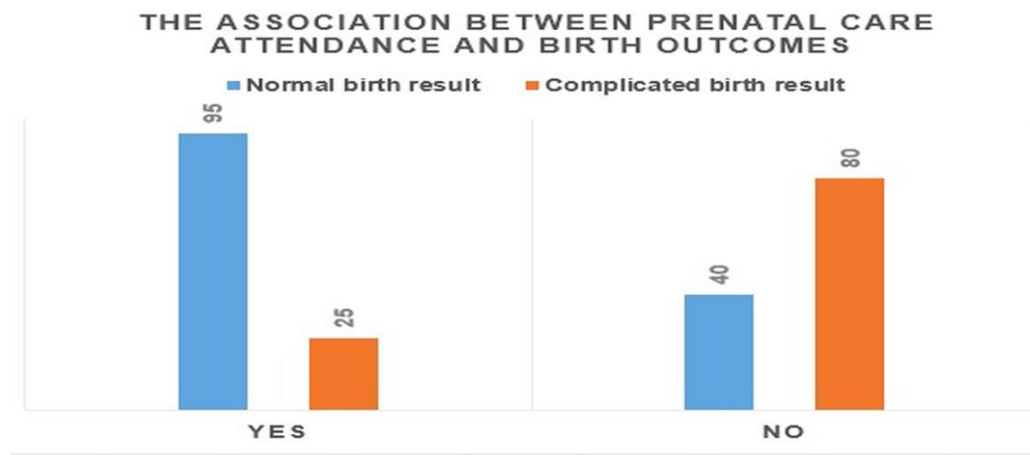
Fig 2.4 below is the result of this chi-square test of independence conducted using excel

Fig 2.4

	X ²	51.216931
	df	1
	p-value	8.27E-13

From fig 2.4 result above I was able to deduce that prenatal care attendance is significantly associated with better birth results. Hence, my p-value $8.27E-13$ is less than the set significant level p-value = 0.05. Therefore, I reject the null hypothesis and accept the alternative hypothesis. This implies that there is a significant association between prenatal care attendance and birth result. This underscores the vital role of prenatal care in ensuring healthier pregnancies and deliveries as it is shown on the visualization graph in fig 2.5 below.

Fig 2.5



1.3 Section C concept of child health and development.

The comprehensive approach to ensure children can reach their full potential as they grow requires necessary attention. The concept of child health and development can be summarized as the general wellbeing and body growth from babyhood stage to adolescent which include emotional, cognitive, and social development. The study looks into the concept of child health and development.

Understanding and promoting child health and development is essential for creating a nurturing environment that support children overall wellbeing. This concept, in a simplified term is to prevent preventable child death and holistic child growth and development promotion. According to World Health Organization child health and development unit focuses on stopping avoidable child death and promoting healthy growth and development in the first ten years of child's life. (Daelmans, 2018) This early stage of child is like what foundation is to the building. If it is well managed has a long term effect in the life of the child. This period is helpful in early identification of improper nutrition, and diverse health issues to be tackled to ensure significantly improved outcome in the growing child.

Let's look into the two concepts, preventable child death and holistic child growth and development promotion. Preventable child death: These are death that can be avoided through efficient prevention intervention and public health initiatives. For more understanding malaria can be taken care of by dealing with the causative vector anopheles mosquito using insecticides treated mosquito net. Balance diet can help in handling malnutrition, diarrhea can be prevented with good hygiene and clean water, and public health education will help to equip the general public. In other to reduce child death deliberate action and attention need to be taken to promote infection prevention mechanisms. (Lawn, Bhutta, Ezeaka, & Saugstad, 2023) The work of NGO's and government policies will also go a long way to help by creating aids avenues and through allocating resources to ensure that children have access to lifesaving interventions.

Holistic child growth and development promotion: This is the overall initiative focused on ensuring that the opportunity for every child to reach their full mental and social potential does not elude them. In the view of World Health Organization, it is the result of healthy nurturing interactions between caregiver and children. It involves exclusive breastfeeding, creating an environment where children can thrive, undergo immunization, and all that is necessary for healthy development appropriate for their age. (WHO, 2020) By so doing a more equitable and healthier society will be built.

In my opinion and analysis, early disease detection and intervention will go a long way in addressing child health issues. In other to achieve that there is the need for regular screening and monitoring during childhood.

I will apply the knowledge gotten from the concept of child health and development in my life, work and community as follows: In my life and family, the understanding gotten from this concept will guide me in making informed decisions about my children education, nutrition, and wellbeing. It will help me to promote good and healthy habits in my family, such as physical activities, mental wellness, which can positively enhance my child's overall health and development.

In my work as a humanitarian worker, I will use the understanding from this concept to design programs that support children and families, particularly those in underserved communities. With that, I will contribute in breaking the cycle of poverty and improving the livelihood of children and families in the community.

In my community, the knowledge of this concept will help me to advocate for policies and programs that will be beneficial to children and families. By so doing, it will help to bring about good health and development results for vulnerable children.

I cannot forget the perspective of my parents in the area of seeing their children in good health. They usually use folktales to educate us of the realities of this world. Some of this life affecting folktales teaches about the importance of regular physical activities, good nutritional meal, and how sleeping well, can help the body. This early experiences

inculcated in me the importance of good lifestyle, eating food with the reason of what it does and the need for proper sleep. Whenever I go back to memory lane the intuition from those days remain the foundation of a propelling force for me today.

John was a child of about four to five years, but he plays a lot as if the world was just for playing. His father decided to take him to school he knew that their curriculum was designed to enhance early cognitive abilities. Within a short of time john’s character started shaping up, as a result of problem solving activities and exposure to language learning in the school, john’s cognitive abilities were boosted. Due to the supportive social development skill from the school, he can interact with peers and cooperate normal, unlike before. This case study is focus on the impact of education on child’s cognitive growth or development.

Below are the original pictures, tables and graphs originally produced by me to illustrate and explain concept of child health and development using 150 dpi resolution.

Fig 3.

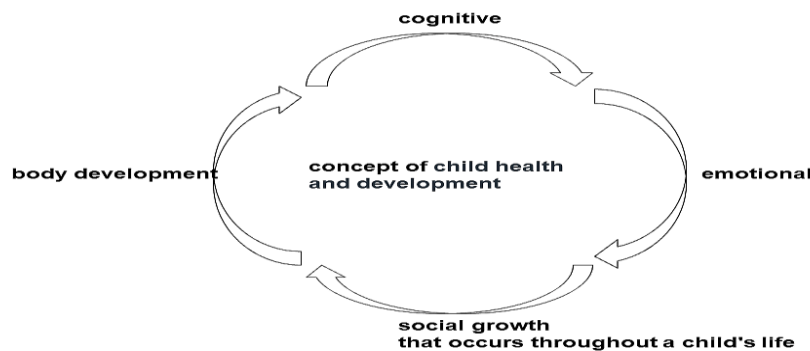


Fig 3 above illustrate the summarized concept of child health and development as the body development, cognitive, emotional, and social growth that occurs throughout a child’s life.

Fig 3.1

Observation (O)	Have access to healthcare (Yes)	Have access to healthcare (No)	Total
Adequate body development	60	10	70
Inadequate body development	15	15	30
Total	75	25	100

Fig 3.1 above is the observation data table used to conduct a chi-square test of independence in excel to determine if there is a significant association between two categorized variables. It was used to analyze the relationship between a child's access to healthcare "yes or no" and their normal development status "adequate or inadequate". Fig 3.2 was an extrapolation from fig 3.1, whereas, fig 3.3 was derived from both fig 3.1 and fig 3.2 respectively.

Fig 3.2

Expected €	Have access to healthcare (Yes)	Have access to healthcare (No)
Adequate body development	52.5	17.5
Inadequate body development	22.5	7.5

Fig 3.3

(O-E) ² /E	Have access to healthcare (Yes)	Have access to healthcare (No)
Adequate body development	1.071428571	3.214285714
Inadequate body development	2.5	7.5

Fig 3.4 below is the result of the chi-square test conducted using excel.

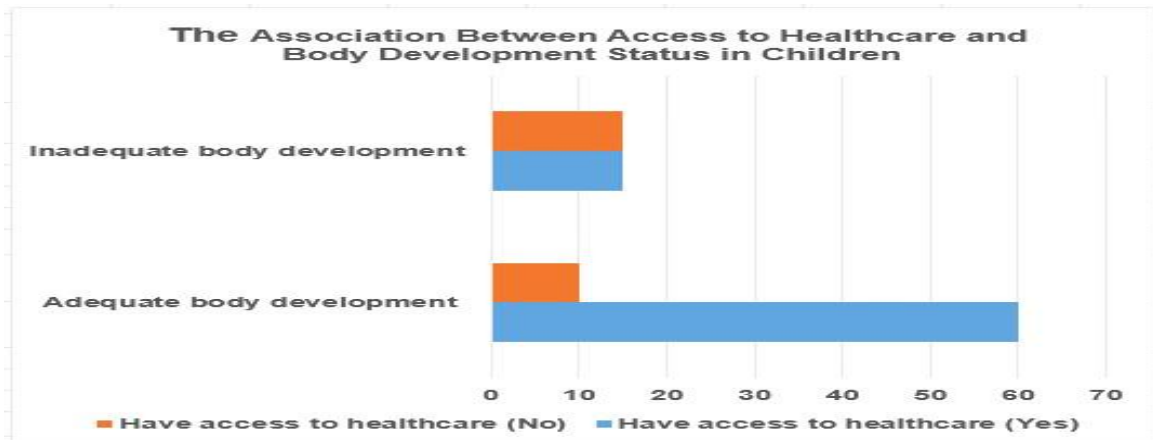
Fig 3.4

χ^2	14.285714
df	1
p-value	0.0001571

From fig 3.4 result table above, my p-value 0.0001571 is significantly less than the alpha level, which is 0.05. Hence, I reject the null hypothesis, and conclude that there is a statistically significant association between access to healthcare and development status among the children in this study. My conclusion implies that access to health has something to do with whether a child has adequate or inadequate body development. The significance of the association found in this statistical test

underscores the importance of improving healthcare access to promote better health outcomes for children as it is shown on the visualization graph in fig 3.5 below.

Fig 1.5



1.4 Conclusion

In sum, the well-being of families, communities, and nations, is an indicator of the quality of health systems. This essay has looked into the title maternal and child health with the following topics: the concept of maternal and child health, concept of prenatal, childbirth and postpartum care, and concept of child health and development, in maternal and child health, from different perspectives and context. Such as the area of summary, description, analysis, application, personal experience and examples of each of the concepts in addition with pictures, tables and graphs.

The essay has shown that all this concept can be applied in the real world. The essay has also shown that maternal and child health is a complex field that needs a lot of skill and understanding. This study, maternal and child health is very important for the wellbeing of families, communities, and the general population. A multidisciplinary approach in handling the issues of this concept can really help to ensure comprehensive and effective care throughout the pregnancy, childbirth and the postnatal stage in women's life. The essay has highlighted some of the similarities and differences among these perspectives and contexts. It has also presented some of the challenges and opportunities for collaboration and interpretation.

The research supports these meaningful good words: Programs that will be targeting mothers with lower education levels to provide them with information on prenatal care, nutrition, and healthy lifestyle choices during pregnancy will help to improve birth outcomes. Implementation of a system to monitor and evaluate the effectiveness of prenatal care programs in improving birth outcomes, which will help regular assessments to identify areas for improvement and ensure that pregnant women receive the best possible care. There is the need to encourage a thorough health examination for children to monitor their development and address any health concerns

at an early stage of their life. Putting all these good words into practice can contribute to better overall health and wellbeing of mothers and their children.

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