

REPRODUCTIVE HEALTH, OBSTETRICS & GYNAECOLOGY SERVICES

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Content

- Pre conception care
- Antenatal care
- Labour and Delivery issues
- Post natal care
- Family planning
- Well woman check up
- Menopuse
- Male Reproductive Health
- Common Gynecological problems
- Youth/ Adolscent Reproductive Health

Preconception care

- RH History & physical examination
- Investigations-FBC,RBS/FBS,VDRL, Blood group, Urinalysis,HIV, HBSAg, HCV, U/S, HSG
- Interventions
 - Health Education-Counseling, FP, Conception planning, FP,Life style issues(Nutrition, weight BMI 20-30), Alcohol, smoking,substance abuse), Timing intercourse(2-3 /week), exercise
 - Prenatal diagnosis-Sickle Cell Disease, TORCHES,donwn syndrom
- Other specific intervention
 - Folic acid, iron, Zinc, Vitamin A 10,000IU, Iodine, calcium
 - Management of pre existing conditions

Antenatal care

- This is the care given from conception to onset of labour
- Aims to achieve good outcome for mother and Baby
- Objectives-Early detection and treatment of problems, prevention of complications, monitor pregnancy progress, Birth preparedness(Know EDD, Book Hospital, Finances, delivery mode-CS vs SVD), Emergency preparedness), Health promotion
- History, Physical examination, Investigations(Urinalysis, VDRL, Blood group, Hb, HIV, HBSag, HCV)
- Follow up visits-Fetal status, Maternal status, weight gain, BP, Maternal status, U/S, TT

Labor and Delivery

- Normal Delivery vs C/S
- Trial of Scar???
- C/S by choice??
- What are the major causes of maternal deaths?
 - Direct**- Hemorrhage , Sepsis, Hypertensive disorder, complications of abortion and Obstructed labor
 - Indirect**-Malaria, HIV and Anemia

Postnatal Care

- Depends whether it is normal delivery , C/S or there are other complications
- 2weks
- 6weeks-FP, Papsmear

Family planning

- Pills
- IUD
- Implants
- Injections- every 1 month, 2 months, 3 months
- Others

Well woman check up

- Breast- Palpations, U/S, Mammogram,
- Cervical cancer Screening
- U/S- Fibroids, Ovarian tumors, Adenomyosis
- Pelvic exam
- HIV status
- TBC, LFTS, U/E/Creat, Fasting Blood sugar
- Others BMI, ECG, Lipid Profile, BP
- CA125 if indicated

Menopause

- Hot flashes
- Mood swings
- Fractures
- Cancers ie ca endometrium, ovarian cancers
- Lipido
- Anatomical changes

Male Reproductive Health

- Erectile Dysfunction-
- Sperm count and Quality, infertility issues
- Life style –Nutrition, weight, alcohol
- Prostate cancer screening ie PSA
- Benign Prostatic Hyperplasia
- Andropause Vs Menopause

Wellman check up

- Lipid profile
- PSA
- TBC
- Fasting Blood Sugar
- LFTS
- U/E/Creat
- BMI, BP
- ECG
- HIV test
- Others as per indication

Common Gynecological Problems

- Cancers
- Fibroids
- Infertility
- Menstrual flow abnormalities-Heavy, absent, irregular, painful
- Abnormal Vaginal discharge
- Lower Abdominal pain-PID, UTI, Cystitis

Youth/Teenage/Adolescent Reproductive Health Issues

- Menstrual flow abnormalities
- Sexuality-How to manage it
- Developmental issues-late or early Puberty, missing
- Counseling
- Substance abuse

THANK YOU

ASANTE SANA