Steps to take for healthy mothers and babies

Interventions before, during, and after pregnancy

Maternal deaths: 289,000
Newborn deaths: 4.2M
Child deaths: 5.6M

80% of all maternal deaths are due to:
- Severe bleeding
- Infection
- Unsafe abortion
- High blood pressure

What can researchers and healthcare workers do to reduce these figures?

Preconception interventions
- By consulting with a healthcare worker, women can:
  - Receive treatment for psychological/substance issues before pregnancy
  - Be screened for pre-pregnancy STDs
  - Optimize their BMI
  - Vaccinate against tetanus
  - Gain access to family planning

Research has found that these interventions during preconception can improve outcomes by:
- Calcium to reduce hypertension
- Continuous social support
- Iron and folate supplementation
- Managing unintended pregnancies
- Prevent and manage HIV/AIDS

Pregnancy interventions
- Improved access to a skilled birth attendant is key
- Investing in midwives can save millions of women and newborn lives
- Midselves can perform 87% of the essential care for women & newborns with proper education

Research has found that these interventions during pregnancy can improve outcomes by:
- Newborn immunization
- Non-analgesic treatments
- Preventing and managing post-partum haemorrhage

Childbirth interventions
- Research has demonstrated that the following interventions can improve newborn and maternal health:
  - Vitamin A supplementation > 6 months of age
  - Zinc
  - Corticosteroids

Postnatal interventions
- Researchers have demonstrated that the following interventions can improve newborn and maternal health:
  - Vaccinations given in the first 24 hours of life (BCG/OPV, Hep B)

Research has found that these interventions during childbirth can improve outcomes:
- Immediate essential newborn care
- Neonatal resuscitation
- Newborn immunization

Broken into segments as follows:

1. Maternal deaths: 289,000
2. Newborn deaths: 4.2M
3. Child deaths: 5.6M
4. Preconception interventions
5. Pregnancy interventions
6. Childbirth interventions
7. Postnatal interventions

#EveryNewborn