



mamalette
You Are Mamalette. You Are Not Alone

TOPIC:

Danger Signs In Pregnancy

Lesson Introduction

Pregnancy is a happy time for most women. During pregnancy most expectant mothers experience an average pregnancy. There are certain dangers associated with pregnancy which can result in health complications for both mother and baby.

Knowing what these complications are can help reduce a mother's risk of experiencing them which is why we are discussing danger signs today.



The Danger Signs

There are different danger signs which can occur in pregnancy sometimes these signs do not necessarily mean there is something wrong, but it is best for a pregnant woman to see her midwife or doctor to rule out any danger to her and her baby. Some of the danger signs include bleeding at any trimester in pregnancy, severe headache or increased body temperature.

Question: What are the danger signs you are familiar with?

Certain symptoms should be reported to your doctor immediately, during any stage of the pregnancy.

These include, but are not limited to, the following: Bleeding or leaking fluid from the vagina, Blurry or impaired vision, Unusual or severe abdominal pain or backaches, Frequent, severe, and/or continuous headaches, Fever, Pain or burning with urination, Strong cramps, Swelling of face, fingers, and feet etc.

What To Do

When a pregnant mother notices anything abnormal it is best for her to visit the nearest health centre. She should also talk to her doctor or midwife or contact her cell leader if she is not sure of any sign she is experiencing

Discussion: Have you ever experienced any danger sign during pregnancy? If so what did do when you notice this danger sign or signs.

Lesson Aims & Objectives

For women to know the danger signs in pregnancy.

For women to understand and know what to do when they notice any danger sign.

SUMMARY

- There are different danger signs which can occur in pregnancy sometimes these signs do not necessarily mean there is something wrong.
- When a pregnant mother notices anything abnormal it is best for her to visit the nearest health centre.
- Certain dangers associated with pregnancy which can result in health complications for both mother and baby.