



mamalette
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TOPIC:

Preventing Malaria In Pregnancy

Introduction

Malaria is a parasitic infection transmitted by the bite of female Anopheles mosquitoes. It can cause high fever, chills, and flu-like symptoms that can be life-threatening when not treated quickly.

Lesson Aims

- Understand why Malaria in Pregnancy is important?
- Understand how MiP can be prevented and treated?
- To know why every pregnant woman must attend ANC regularly?

Why Awareness Is Important

Why is knowledge about malaria in pregnancy important?

Malaria is an important and serious health problem generally, but poses a special challenge to pregnant women and their unborn/newborn children. Malaria causes far more impact on the developing fetus than on the expectant mother and accounts for up to one-third of preventable low birth weight. Is also a contributing cause of maternal anemia, a risk factor for maternal mortality. Each year for malaria accounts for 2% to 15% of maternal anemia, and possibly up to 10,000 maternal deaths.

Question: What are the effects of malaria on a pregnant woman and her unborn baby ?

What are the factors that predisposes a pregnant woman to malaria?

1. Pregnant women living in high mosquito prevailing areas, are at high risk of having malaria.
2. Pregnancy weakens a woman's immune system in general. This makes the expectant woman vulnerable to malaria.
3. Women infected with HIV have a high risk of contracting malaria due to their poor immunity level.

Prevention Of Malaria In Pregnancy

There are three main components of MIP control:

1. Intermittent preventive treatment in pregnancy (IPTp):
The most effective antimalarial drug for IPTp is sulfadoxine-pyrimethamine (SP). Fansidar is the most common brand of SP.
2. Use of insecticide-treated nets (ITNs): An ITN is a netted material that has been treated with a safe insecticide. Treatment with an insecticide greatly improves a net's effectiveness by:
 - Repelling mosquitoes so that, even in a net with holes, mosquitoes cannot pass through the netting.
 - Killing a proportion of the female mosquitoes that try to bite.

Effective drugs are needed for malaria because the disease can be fatal to both the mother and the newborn. Because malaria during pregnancy is serious, and they must be treated promptly with an appropriate drug.

Regular ANC attendance is very important for pregnant women because this is how malaria can be easily prevented through counselling, prevention control and treatment.

Important Fact

Antenatal clinic visits provide a unique opportunity to educate women about the effects of malaria on pregnancy and about what can be done to eliminate or minimize its adverse consequences.

Symptoms of Malaria In Pregnancy

Malaria is contracted from mother to child/growing fetus (also known as congenital malaria) is transmitted through the process called intrauterine transmission. Malaria occurs in the child when the placenta becomes heavily infested with the parasites.

Symptoms of malaria include;

- High fever and sweating or feeling chills
- Nausea
- Cough
- Headache
- Vomiting
- Muscle pain
- Diarrhea etc

Question: Has anyone had malaria in pregnancy before? If pregnant how are you protecting yourself?

