

Health problems during pregnancy and referral

(A) Emergency referral during pregnancy

Danger signs for women	How to recognize	Action to be taken
Bleeding from vagina	Bleeding - any amount, (bright red bleeding, or clots or tissue)	Refer to FRU/ Distt./ Tertiary Hospital
Loss of foetal movement	Absence of movement, kicking	Refer to FRU/ Distt./ Tertiary Hospital
Headache/dizziness/blurred vision	Severe headache and blurred vision or severe headache and spots before the eyes	Refer to FRU/ Distt./ Tertiary Hospital
Swollen face /hands	Pitting oedema over back of palm	Refer to PHC
Convulsions/fits	Eyes roll, face and limbs twitch, body gets stiff and shakes, fists clinched	Refer to FRU/ Distt./ Tertiary Hospital

(B) Non Emergency referral during pregnancy

Problem	How to recognize	Action to be taken
Severe anemia	Tongue very pale ,weakness, general swelling on body	Refer to PHC/ Distt./ Tertiary Hospital
Night blindness	Pregnant woman finds it difficult to see at dusk	Refer to ANM or PHC
Fever	Skin warm to touch , Temp.>100° F (37.8° C)	Give Paracetamol tab. If no relief after 48 hours, refer to PHC
Pain/burning when urinating	Frequent urination & urgency, or pain/burning when passing urine	Have mother drink water (about 2 glasses in morning, afternoon and evening. If no relief after 24 hours, refer to PHC
White discharge	Passage of white discharge per vagina, itching in private parts	Teach mother to use gentian violet; placed high in her vagina daily. If no relief after 5 days, refer to PHC
Itching /Scabies /boil with pus on skin	Skin rashes with itching – could be present in other family members as well - Scabies - Presence of pus filled boils	For boils, advise woman to apply hot formentations to the area thrice daily. If no improvement after 2 days, refer to PHC. For scabies, refer to ANM/PHC
Bad obstetric history	Past history of abortion, still birth, neonatal death	Refer to FRU/ Distt./ Tertiary Hospital
Multiple pregnancy	Suspicion / Knowledge	Refer to FRU/ Distt./ Tertiary Hospital
Malpresentation	Suspicion / Knowledge	Refer to FRU/ Distt./ Tertiary Hospital