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Diploma in Pharmacy 1st Year

Social Pharmacy

Experiment

To understand reproductive health and child health program

Aim:

To understand reproductive health and child health program

Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Anshu , “ Practical Manual of Social Pharmacy ” Published by Nirali Prakashan , Pg.No 5 - 8

Theory :

The reproductive and child health program was formally launched by Gov. of India on 15th Oct 1997. The main aim of the programme is to reduce infant, child and maternal mortality rates.

The main objectives of the programme in its first phase were

Reproductive Health and Child Health:

- ✓ People have the ability to reproduce and regulate their fertility.
- ✓ Women are able to go through pregnancy and child birth safely.
- ✓ The outcome of pregnancy is successful in terms of maternal and infant wellbeing.
- ✓ Couples are able to have sexual relations free of fear of unwanted pregnancy and of contracting sexually transmitted diseases.

Components of RCH (Reproductive and Child Health) Programme:

- ✓ Women's health, safe motherhood (including safe management of unwanted pregnancy and abortion)
- ✓ women's development
- ✓ Child health (child survival and child development)

- ✓ Adolescent Health (sexuality development, adolescence education and vocational component)
- ✓ Effective family planning(Ensuring informed choice, counseling, gender equality and greater male participation)
- ✓ Prevention, detection and management of Reproductive Tract Infections, Sexually Transmitted Infections,
- ✓ HIV/ AIDS and cancer of the reproductive system
- ✓ Prevention and management of infertility and other reproductive disorders
- ✓ Prevention, detection and management of genetic and environmental disorders
- ✓ Reproductive health care of elderly persons

Nutrition: Nutrition is more closely related to some aspects of sexual and reproductive health This topic will focus on the importance of good nutrition in two stages of the life course:

- ◆ Maternal and Newborn health
- ◆ Adolescent health
- ❖ Iron and calcium deficiencies contribute substantially to maternal deaths.
- ❖ Maternal iron deficiency is associated with babies with low weight (<2500 g) at birth
- ❖ Maternal overweight and obesity are associated with maternal morbidity, prete birth, and increased infant mortality.
- ❖ ✓ Fetal growth restriction is associated with maternal short stature and underweight and its causes about.
- ❖ ✓ 12% of neonatal deaths and increases the incidence of obstructed labour leading also to maternal deaths.
- ❖ ✓ Increasing exclusive breast feeding to near-universal levels could save more than 800 000 lives/year.

Over nutrition among adolescents:

- Overweight and obesity impacts negatively on many outcomes for lifelong health, including sexual and reproductive health. Excess weight and abdominal fat are risk factors for menstrual abnormalities, ovulatory dysfunction, altered endometrial function, miscarriage, and pregnancy and perinatal complications.

- During the course of a normal pregnancy, different diseases can appear and influence the normal development of pregnancy. Among these diseases, those noteworthy for their frequency and consequences include gestational diabetes, different hypertensive disorders (pre-eclampsia, preeclampsia, etc.), premature rupture of membranes, maternal anemia, liver diseases (such as cholestasis gravidarum), and psychiatric disorders (such as depression and anxiety).
- These maternal diseases have the maternal nutritional status analyzed in terms of nutritional intake, taking into account a deficient or excessive intake of some nutrients, as well as a mother's dietary pattern, BMI, and pregnancy weight gain, has been associated with a higher incidence of diseases during pregnancy and a negative impact on a baby's health. Therefore, maternal diet, nutritional status, or weight gain during pregnancy have an indirect impact on the incidence of disease in babies through an increased risk of disease during pregnancy repercussions or an unwelcome one on the health and well-being of a fetus, a newborn, and later a child at a physical and psychological level.

Some basic advice, in a language accessible to the entire population that can be encouraged and remembered at each consultation is as follows:

- ◆ Eat in moderation or avoid excess and include a variety of foods with each meal.
- ◆ Consume milk, yogurt, or cheese every day.
- ◆ Eat fruits and vegetables of all kinds and colours daily.
- ◆ Eat a wide variety of red and white meats while removing visible fat.
- ◆ Prepare meals with preferably raw vegetable oil and avoid cooking fat.
- ◆ Decrease the consumption of sugar and salt.
- ◆ Consume a wide variety of bread, cereals, pasta, flours, starches, and legumes.
- ◆ Do not consume alcoholic beverages.
- ◆ Drink plenty of drinking water throughout the day.
- ◆ Take advantage of mealtimes for getting together and chatting with others.

Result : Reproductive health and child health program is understood.

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