## **Midwifery continuum** Chain of best practices



#### Pregnancy care

Essential and effective interventions

#### **Midwife**

# Woman & Man

Health promotion & early interventions

- Nutrition
- Alcohol, tobacco, drugs and medication

Individual information

Making necessary changes Learning to make wise choices

Accepting normal weight

Educating and screening for normal pregnancy

- · lifestyle guidance
- minimum 8 antenatal contacts, 1 ultrasound scan (WHO)

Commitment to healthy lifestyle Early interaction with infant

during pregnancy Fetal movement

Prevention of malaria (nets)

Sleep, rest and relaxation

Peer support

Risk identification. screening and care

- infections
- GDM
- hypertension
- · work conditions
- intimate partner violence

Creating a safe environment

Assessing high or low risk pregnancy and childbirth Early detection of abnormalities Individual guidance Antenatal classes Midwifery led care

Commitment to guidelines and protecting physiology Preparing for childbirth Practicing physiologigal pain relief methods Preparing to breastfeed

### Healthy pregnancy and positive experience

Read more: Lancet series Midwifery 1 - 4, 2014

