# Midwifery continuum Chain of best practices





### Pre-pregnancy care

Essential and effective interventions

#### **Midwife**

## Woman & Man

Sex education Guidance of

- nutrition
- supplementing iron, folid acid, vitamin D, ect.

Screening BMI & weight

Fertility awareness Preventing unwanted pregnancies Achieve or maintain normal weight with healthy nutrition

Screening infections Information about the meaning of dental care

Commit to self-care

Preventing complications caused by:

- Alcohol
- Tobacco
- Substances

Stop using harmful substances early before getting pregnant

Sharing information

- Pre-existing medical conditions
- Vaccinations

Make necessary actions and changes

Educating reproduction knowledge

Carry out Informed pregnancy planning

#### Optimal health for periconceptional time

Read more: Lancet series on Preconception health 1 - 3, 2018

