



# RAINBOW PREGNANCY - EDUCATING WOMEN ABOUT PREVENTION OF OBSTETRIC COMPLICATION USING "VIBGYOR".

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## Introduction

Pregnancy and motherhood is one of the most vulnerable period where focused healthcare and practices be put into practice into a woman's normal life as she now begins to live for two. Prevalence of obstetric complications definitely has a negative impact on a woman's psychology , quality of life as well as outcome of pregnancy.



## Incidences and Prevalence

According to the figures reported by the United Nations in 2010, India and Nigeria witnessed one third of pregnant women dying due to complications with Nigeria 14% and India 19%. A research literature review done between 2000 and 2010 analysed fifteen research articles done in Nepal, Bangladesh and India. The research used questionnaires on self-reported obstetric complications and the outcome of these studies stated that 12% to 75% of women report complications in any one of their pregnancy.

During the 1990's which was the year when the millennium development goals were launched the mortality due to complications of pregnancy and childbirth were estimated to be around 10 million women and about 4 million newborns. This alarming rise in the rates led to agreement between the WHO , United Nations Population Fund and the World Bank to accelerate progress on maternal and newborn health in the countries affected with highest mortality.

## Awareness towards Obstetric Complications.

Creating an awareness towards the possible obstetric complications and educating women and families on the warning signs will lead to access to the appropriate emergency obstetric care and help in timely interventions to reduce maternal mortality and morbidity. This concept poster focusses on few key points which has to reach the general population in order to emphasize the importance of early detection of high risk cases and regular preconception as well as antenatal care. Hence the key points are framed into the mnemonic "VIBGYOR" in order to make the course of pregnancy a colorful event.

**V**isit and Register at the closest health care facility as soon as pregnancy is confirmed.

**I**nstitutional Delivery(Hospital) is always better to avoid complications.

**B**alanced Diet is a must especially iron and calcium rich foods.

**G**enetic and Prenatal Counselling helps to identify hereditary diseases.

**Y**oga, Meditation and exercises helps to promote a healthy and stress free pregnancy.

**O**btain the right information about the schemes launched for maternity care as well as the warning signs during pregnancy.

**R**egular Antenatal Care and Routine Health Checkups help to identify and manage complication at the earliest.

## Conclusion

"Reaching people, Creating Awareness, Preventing complications" is a major responsibility of the healthcare professionals especially in developing countries like India with increasing population. Channelizing the maternity services that are puddled in various levels and making it accessible to all people by streamlining the policies are important. Keeping abreast of the current statistics and the rising rates of preventable obstetric complications, sound health education to promote community awareness is important.