



**Daffodil**  
*International*  
**University**

**INTERNSHIP REPORT ON  
EFFECT ON (ANC) ANTE NATAL CARE ON NEONATAL HEALTH  
IN MOHAMMADPUR FERTILITY SERVICES & TRAINING CENTER  
OF MA O SHISHU HOSPITAL**

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Submitted to the Department of Nutrition and Food Engineering in the partial fulfillment  
of B.Sc. in Nutrition and Food Engineering

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**UNIVERSITY  
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## LETTER OF TRANSMITAL

Date:

To

Dr. Nizam Uddin

Associate Professor & Head In-Charge

Department of Nutrition and Food Engineering

Daffodil International University

Subject: Submission of Internship Report.

Dear Sir,

It's a great honor for me to have the opportunity to submit the internship report on "Mohammadpur fertility services & training center of ma o shishu hospital." as a part of B.Sc. in Nutrition and Food Engineering (NFE) program curriculum. This report is prepared by the acquired knowledge during my internship period in "Mohammadpur fertility services & training center of ma o shishu hospital." It's a great achievement and experience for me to work under your guidance. This report based on "effect on (anc) ante natal care on neonatal health" in "Mohammadpur fertility services & training center of ma o shishu hospital." for thirty days under the supervision of **Professor Dr Md.Bellal Hossain Dean (In-Charge) & Professor** NFE, DIU and UHM Shahnaz Titthi, (Senior nutritionist of Nutrition counseling department)" " MFSTC Hospital.". This internship gave me both academic and practical exposure. In this time, I have gained knowledge about the organizational culture

Sincerely Yours



.....  
Musrat Jahan Moon

ID: 192-34-193

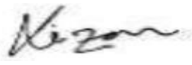
Department of Nutrition and Food Engineering

Daffodil International University

## CERTIFICATE OF APPROVAL

I'm satisfied to confirm that the Internship report on “Nutritional Knowledge, Guidelines of full trimester of pregnancy and Counseling of ANC and Neonatal health care at MFSTC Hospital.” by Musrat Jahan Moon, bearing ID NO: 192-34-193, Department of Nutrition and Food Engineering has been endorsed for show guard and viva-voce.

I am assured that the information and the discoveries in this report are valid work of Musrat Jahan Moon. I emphatically suggested the report introduced by Musrat Jahan Moon further scholastic proposals and safeguard and viva-voce. Musrat Jahan Moon bears a solid moral person and well character. It has an incredible joy working with him and wishes her a fruitful life.

|   |   |
|---|---|
|    |    |
| Dr. Nizam Uddin<br>Associate Professor & Head In-Charge<br>Department of Nutrition and Food Engineering<br>Faculty of Allied Health Sciences<br>Daffodil International University | Professor Dr Md. Bellal Hossain<br>Dean (In-Charge) & Professor<br>Department of Nutrition and Food Engineering<br>Faculty of Allied Health Sciences<br>Daffodil International University |

## **ACKNOWLEDGEMENT**

Thank Almighty, I was able to work at the Mohammadpur Fertility Services & Training Center at Ma O Shishu Hospital and write this report according with all of the norms and regulations.

I'm glad for the opportunity to learn from UHM Shahnaz Titthi, the senior nutritionist in the Nutrition counseling department of MFSTC Hospital. They were always willing to assist me in learning the ropes and getting up to speed so that I could do my work successfully.

In addition, I'd want to thank everyone who assisted me during my internship and who took part in my survey.

Finally, I'd want to thank my fellow mates for the wonderful time we had together, as well as their constant support. Without their assistance, I may struggle to complete this project.

**Declaration:**

It is hereby declared that

1. The internship report submitted is my/our own original work while completing degree at Daffodil International University.
2. The report does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The report does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I/We have acknowledged all main sources of help.

**Student's Full Name & Signature:**

-----Musrat Jahan Moon-----

**Signature.....**

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# Chapter One

## 1.1 Introduction

The term "nutrition" refers to the eating of food for the aim of obtaining energy. For example, the phrase "nutrition" can apply to both the vitamins and minerals found in fresh food and the importance of eating well when attempting to conceive a child.

Pregnant women, in particular, must pay close attention to what they eat. The developing embryo relies substantially on the mother's diet early in pregnancy, especially while breastfeeding. Extensive research has shown that the mother's nutrition can impact the child's health, including the risk of cancer, cardiovascular disease, hypertension, asthma, and diabetes throughout their life

Insufficient or excessive amounts of certain nutrients can lead to fetal impairment or health problems, and malnourished mothers are at risk of giving birth to children with neurological disorders and defects. Approximately 25% of children worldwide are born with suboptimal birth weights due to a lack of proper nutrition. Additionally, certain factors such as alcohol consumption or excessive caffeine intake can have detrimental and irreversible effects on the baby's development, particularly during the early stages of pregnancy.

Pregnancy and early childhood are critical periods of rapid physical growth and development. Inadequate nutrition during these crucial stages can put children at risk of impaired emotional and cognitive development, as well as adverse health outcomes. As a result, several programs and efforts emphasize the importance of proper nutrition for pregnant and lactating women, encouraging them to feed their families well.

The internship program, as the final prerequisite for graduation, prepares us for future professional success. This course is essential for understanding about nutrition and its effects on our bodies and thoughts. As Nutrition and Food Engineering students, we are required to perform internships at hospitals in order to learn the ropes, gain hands-on experience, and become acquainted with important rules and regulations. This internship is an excellent opportunity to obtain hands-on experience.

The internship program has assisted us in filling knowledge gaps and understanding the fundamentals of the healthcare system. This report was written in compliance with the Nutrition Food Engineering Bachelor of Science degree program standards. My internship report focuses on prenatal care and its impact on neonatal health, as well as dietary guidance for pregnant moms and their children. My internship was at the MA o SHISHU HOSPITAL in Mohammadpur, Dhaka, Bangladesh.

Throughout my internship, I followed the directives and supervision of my university's

supervisor, Prof. Dr. Md. Bellal Hossain. Like any other student, I planned my internship schedule. I choose to put my report's major attention on the issue of "Effect on ANC of Neonatal Health," which focuses on the impact that prenatal therapy has on baby wellbeing.

## **1.2 Objective of the program**

This report's primary goal is to complete the requirements of the B.Sc. degree in Nutrition and Food Engineering. This internship program is worth three credits and strives to connect theoretical knowledge with practical experience. It allows us to get firsthand understanding and insight into how topics taught during our academic path are applied.

The goal of this internship program is to help enhance the health of pregnant women and children. Many people are unaware of the three trimesters of pregnancy, optimal diet, breastfeeding practices, delivery methods, and general lifestyle choices. As a result, the government and family planning hospital, which includes a 100-bed mother and child hospital as well as a fertility service and training center, play an important role in filling these gaps and giving required assistance.

We hope to raise awareness and educate people about these crucial areas of mother and child health through this internship. We try to bridge the gap between theory and practice by working closely with healthcare professionals and monitoring real-life circumstances, ultimately contributing to the well-being of pregnant women and children in our community.



## Chapter Two



### 2.1 Review of MFSTC (MAMU) SHISHU HOSPITAL)

This government hospital in Bangladesh provides fertility training services and is located in Mohammadpur, Dhaka-1207. The "Pathfinder fund" was established in 1974 to provide financial support for a one-of-a-kind programme aimed at delivering family planning services to low-income persons. It was the first nature center in the country. This facility pioneered, established, and completely developed the MR service.

MR is now critical for validating women's claims about reproductive health services. This MR can also be used to identify concept failures and other issues. This agency now does 5,000 annual MRs and 4,000 annual patient follow-ups in compliance with official government policy. Abortion survivors are now receiving medical treatment. Which focuses on the root cause of MR and abortion factual issues. This center sees 80% of its clients from the medium and lower income cycles on an annual basis, indicating its good representation and performance, as well as the high quality of its counseling, record-keeping, and follow-up services.

The hospital's main focus has been on performing caesarean sections (CS) and other standard surgical procedures for childbirth. They are also provided information on how to properly feed their babies.

## **2.2 Mission**

Nutrition and family planning service for all client and all patients need to good behavior good quality to given

1. Provide the best treatment of mother care
2. The response with view of fulfilling health of counseling
3. Provide all health advice of pregnancy
4. Give 10-15 years children health advice
5. Overall their mission mothers and children's care

## **2.3 Vision**

To be notable the organization at the prominent to mother health care of pregnancy, try to normaldelivery and providing all medicine what need for mother and children, their vision is to given good quality, health care and productivity to all clients.

## 2.4 Overview of MFSTC Hospital

The MFSTC hospital's service center was established with a vision to excel in the field of mother and children healthcare and family planning projects. The doctors at the hospital exhibit excellent and charming behavior, showing kindness and providing helpful assistance to all clients. Their passion lies in delivering the best possible service, catering to the needs, demands, and desires of their clients. They strive to achieve a higher quality of outcomes in pregnancy, newborn baby treatment, nutritional counseling, breastfeeding support, and neonatal care.

## 2.5 Department & service of MFSTC hospital

### 1. A service for family planning

**1. Birth control injections:** These are hormone injections that effectively prevent unwanted pregnancies for three months. The main hormone in these shots is progestin, which works similarly to birth control tablets. This approach is a dependable method of controlling pregnancy with a restricted timeframe for contraception.

**2. Family planning after childbirth:** It is a comprehensive system that combines information, advice, and counseling services to fulfill women's individual contraceptive needs in the first year following childbirth. This method focuses on post-partum family planning, with the goal of providing appropriate means to avoid future births if the women so wish. The goal is to assist women in making educated decisions about their reproductive health and to effectively minimize the occurrence of additional pregnancies.

**3. Oral pill administration:** Fertilization is the process through which sperm and ovum combine to form a pregnancy. Birth control methods are designed to prevent this union from happening. Hormonal contraceptives operate by interfering with the hormonal signals that initiate pregnancy and prevent ovulation. There is no egg accessible for sperm to fertilize in the absence of ovulation, making conception unlikely. Furthermore, oral contraceptives thicken cervical mucus, forming a barrier that makes it more difficult for sperm to access the egg. Because of these combined mechanisms, hormone tablets are an excellent contraceptive alternative for people who want to avoid pregnancy.

**4. Implant insertion service:** An implant is a long-term birth control procedure used for pregnancy planning and prevention. A tiny rod containing hormones is inserted beneath the skin, usually in the arm. This implant continuously releases hormones for three years, essentially preventing pregnancy throughout that time. After three years, the hormone supply drops and the implant's effectiveness reduces. To continue providing contraceptive protection, the implant may need to be removed or replaced at this time. Overall, the implant provides a dependable and convenient method of birth control with a lengthy period of efficacy.

**5. Sterilization, both male and female:** Sterilization is a permanent form of contraception that involves the removal or altering of certain reproductive components. Sterilization in men is frequently referred to as a "vasectomy." This technique works by obstructing the vas deferens tubes, which transport sperm from the testicles to the penis. By cutting and closing these tubes, sperm is kept separate from the sperm during ejaculation.

Sterilization in females is referred to as "tubal ligation" or "getting your tubes tied." The fallopian tubes are cut, blocked, or sealed during this treatment. These tubes are in charge of transporting the egg from the ovaries to the uterus. Fertilization is prevented by disrupting the egg's route.

Both male and female sterilization techniques are permanent and are intended for people who do not want to have any more children. While sterilization is quite successful, it should be regarded as an irreversible decision because reversing the surgery can be difficult or impossible.

**6. (ECP) emergency contraceptive pill service:** Emergency contraceptive pills function largely by suppressing or postponing ovulation, or the release of an egg from the ovary. They contain hormones that are comparable to those found in traditional birth control methods. By suppressing ovulation, the medications help to ensure that no egg is available for sperm fertilization.

It is vital to note that once implantation has happened, emergency contraception is no longer effective. It is intended to be used as a preventive measure following unprotected intercourse or contraceptive failure, but it cannot be used to terminate an existing pregnancy.

Emergency contraception pills are often regarded as a straightforward and convenient type of emergency contraception. They are widely available in many countries and can be taken orally, making them conveniently accessible to individuals in dire need. However, it is advised to seek the advice of a healthcare expert or pharmacist regarding proper dosage and to discuss any potential adverse effects or interactions.

Condom distribution for male: Condom distribution programs are structural interventions aimed at preventing HIV and other STIs. These programs distribute condoms as a barrier method during sexual intercourse, reducing the risk of transmission. Condoms are crucial for HIV prevention and birth control, providing dual benefits of preventing unintended pregnancies and STIs. They are easily accessible and promote safe sex practices, recommended by the CDC as part of

comprehensive prevention strategies. Condom distribution programs enhance public health by increasing access and promoting condom use for effective birth control and HIV prevention.

**7. (USG) guided removal of missing implant service:** this service guided removal of soft hands using Sonography. The ultra sound guidance may improve the success rate of IUS removal without the need for more invasive procedures such as hysteroscopy to removal system and removal soft tissue in the hands using this process of implant.

**8. (IUD) intra uterine device service:** The intrauterine device (IUD) service is categorized into two types: the copper IUD device and the hormonal IUD device. Both options provide effective protection against pregnancy for a duration of up to 12 years. If individuals express their interest in utilizing this service, it is made available to them.

**9. (IUCD) hysteroscopy guided removal of missing service:** the contraceptive service includes the use of a small, often T-shaped device known as a coil. This device is inserted into a woman's uterus to prevent pregnancy. It is considered a form of long-acting reversible birth control method.

## **B. MCH service**

- 1. (ANC) ante natal care service:** Regular check-ups and monitoring throughout the entire trimester of pregnancy are essential components of preventive healthcare. These services, known as antenatal care, aim to prevent potential health problems and promote healthy lifestyles for the benefit of both the mother and child. By providing comprehensive medical attention and guidance during pregnancy, antenatal care services ensure the well-being of the mother and contribute to the healthy development of the unborn child.
- 2. Caesarean section (CS) delivery service including:** A caesarean section, commonly referred to as a C-section, is a surgical procedure performed for the delivery of a baby. It is an option available to both mothers and babies when recommended by healthcare professionals and the healthcare service. While hospitals generally strive for vaginal or normal deliveries, there are situations where a C-section is advised. This includes cases where the mother is underweight or facing complications that may pose risks to her or the baby's health. The decision to perform a C-section is made based on medical evaluations and considerations to ensure the safety and well-being of both the mother and the baby.
- 3. (PNC) post-natal care service:** given immediately care for birth (After) first six weeks of life of mother for her newborn baby. Care including to the hormone level and uterus size, to returns the non-pregnant state. Postnatal care includes also systematic examination of mother and baby care.

4. **Service of Distribution of vitamin A capsule:** The distribution of Vitamin A capsules is an important intervention aimed at controlling Vitamin A deficiency. This service holds significant preventive value, similar to immunizations, in promoting child health. Providing Vitamin-A supplementation to infants and children between the ages of 4 to 6 months is crucial for their optimal health and development. Additionally, providing Vitamin A capsules or tablets to mothers as part of their healthcare regimen ensures standardized health services and contributes to maintaining their overall well-being. By implementing this intervention, the aim is to address Vitamin A deficiency and improve the health outcomes of both mothers and children.
5. **Sick children under 5 years:** When a child between the ages of 2-5 months to 5 years visits the clinic with specific symptoms such as pneumonia, diarrhea, malaria, malnutrition, etc., it is essential to gather additional information to assist in diagnosing and treating the illness. After identifying the main symptoms, healthcare professionals should ask further questions to gain a comprehensive understanding of the child's condition. In the case of malnutrition, it is important to assess the child's nutritional status and check for anemia. Additionally, healthcare providers should inquire about any other problems or concerns mentioned by the mother. Furthermore, it is crucial to verify the child's immunization status to ensure they are up to date with their vaccinations. By conducting a thorough assessment and obtaining relevant information, healthcare professionals can provide appropriate treatment and address any underlying health issues.
6. **Adolescent reproductive health care:** A comprehensive program that addresses the overall physical, mental, and social well-being of individuals is essential for promoting optimal health. In the context of children aged 10-15 years, it is crucial to provide them with proper nutrition advice and services to support their health and development. This includes educating them about healthy eating habits, balanced diets, and the importance of regular physical activity.
7. **Indoor service of pediatrics care:** The pediatrics care for children's health is a comprehensive resource that offers the latest research and information to support child health care specialists and pediatricians in all areas of hospital and neonatal care.
8. **MR & post abortion:** Menstrual regulation (MR) is performed when the cessation of menstruation occurs due to various reasons such as infections and sepsis issues. MR services are usually offered as part of general family planning advice and management, aiming to address and resolve these concerns.
9. **Immunization including hepatitis-B vaccine:** The hepatitis-B vaccine is advised for adults, women, and children who are living with diabetes and individuals at a higher risk of infection due to their lifestyle or country of birth.

10. **Nutrition advice service of pregnant mother & malnourished children:** Many impoverished individuals experience food and nutrition deficiencies due to their low income and economic challenges. As a result, they often suffer from malnutrition-related problems. To address this issue, they are provided with food guidance and support, including nutritional food plates and cards, aimed at improving their dietary intake and overall health.
11. **Breast cancer screening:** breast cancer screening means checking women's breasts for knowing cancer before there are signs of some symptoms of the disease of breast.
12. **Management treatment of referral cases:** Referral cases in the healthcare system are managed by a health worker at a specific level of the healthcare system. This health worker possesses the necessary resources such as drugs, equipment, and skills to handle the referred cases effectively.

### **C. Health education & counseling service**

1. **Nutrition counseling:** provide nutritional advice of food and gives mother and children food value of pregnancy and children health.
2. **Breast feeding counseling:** Breastfeeding services are crucial for mothers and newborn babies as they provide counseling and support regarding breastfeeding. These services address any concerns or issues related to breastfeeding, conduct check-ups to identify and resolve breastfeeding problems, and educate mothers on the proper techniques for breastfeeding their children.
3. **Antenatal and postnatal counseling:** These services also offer guidance and advice to pregnant women both before and after giving birth to their newborn babies. They provide continuous follow-up and monthly check-ups to ensure the well-being of both the mother and the baby during this critical period.
4. **Adolescent health counseling:** the adolescent health counseling program are given to the children and women for their health issue

#### D. Infertility services

1. **To give assurance to the long-term contraceptive users:** Long-term contraceptive services aim to provide assurance to individuals who use these methods by addressing their specific needs and concerns. These services offer support and guidance regarding different contraceptive methods for birth control, allowing individuals to make informed decisions about their reproductive choices.
2. **Couples are counseled about infertility:** the infertility program are given to their birth control service and remove inflectional problem of tube connect methods of infertility
3. **To identify the common causes of infertility in both male and female and provide basic management and treatment:** It is important to note that infertility programs involve specialized care and treatment. These programs provide specific attention and support for individuals experiencing infertility. As part of the treatment, patients may be prescribed medication for pain management and advised to take bed rest when necessary.
4. **To provide moral support through:** patient need to moral support of their doctors, family and patient for mental and physical support.
5. **To provide ultrasonography of infertile clients including TVC:** It offers real-time imaging of the fetus during pregnancy, providing portable technology that can be brought to the bedside. This imaging tool assists in diagnosing the causes of pain, swelling, and infections in the body, aiding healthcare professionals in determining the underlying conditions and providing appropriate treatment.

#### E. Emergency obstetric care service (EOCS)

1. **Assure care to the new born baby:** It is indeed crucial to provide parents and families with practical and natural advice on how to care for a newborn baby during the first few days. This includes guidance on keeping the baby warm and ensuring their safety. By offering such advice, parents and families can better understand the necessary measures to create a safe and comfortable environment for the newborn.
2. **Assure delivery service and ante natal mothers:** to provide their healthy pregnancy, safe childbirth, promotion of early, and assure delivery process to check-up mothers
3. **Assure safe delivery:** without any risk and complications they provide safe delivery
4. **Assure medicine service:** Their medicine service is designed to cater to uneducated individuals by employing a user-friendly approach. One method they utilize is using colorful boxes, such as yellow, red, and blue, to facilitate easy identification and consumption of the medicines. This visual system helps individuals better understand and manage their medication, ensuring improved adherence and overall health outcomes.
5. **Assure emergency treatment service:** emergency delivery and new born they have emergency sections for emergency treatment.



## **F. Supporting Services:**

1. One, a dependable ambulance service is available at all times for patients.
2. Second, a blood bank is available in case a customer need blood due to an injury.
3. Third, persons with asthma who require high-flow, small-unit service can use a central oxygen supply.
4. The on-site pharmacy sells medications for pregnant mothers and their infants, as well as any supplements that may be required.
5. Fifth, a social welfare system's major purpose is to provide its clients with high-quality medical care. Breast-feeding support, family planning services, and other nutritional help programs are among the services provided.
6. Hormone levels, fertility affects, cell damage, inflammation, and other conditions that may contribute to a couple's failure to conceive are all assessed by general pathology and infertility-focused laboratories.
7. Seventh, if the patient has a blood clot in their legs or arms, ultrasonography can be utilized to look at the issue from both above and below the waist.

## **G. The Service and Training Division**

1. To begin, students from national universities and medical schools are given the opportunity to participate in field training through the welfare department.
2. Counseling training is provided to health and family planning field workers so that they can better serve both indoor and outdoor patients.
3. Hands-on education in the most significant hysteroscopy method and cutting-edge equipment are included in this course in benign gynecological surgery employing hysteroscopy.
4. Six months of midwifery training: developing and executing a nurse midwifery program. After finishing a six-month training program, you will be certified as a midwife.
5. Under a socialism program, EOC is a health care service for all people's well-being that is assessed every six months to ensure patient safety.
6. The CSBA (Center for Strategic and Budgetary Assessments) charges \$2,400 for a 6-month membership. Every year, more than 500,000 women in underdeveloped countries die as a result of pregnancy problems. It is a sophisticated medical service that assists pregnant women and their newborns. This is part of the larger goal of the six-month midwifery program, which aims to improve the health of women and their infants via increased knowledge and practice.
7. Menstrual regulation (MR), postabortion care (PAC), intrauterine device (IUD), No-Scalpel vasectomy (NSV) for male sterilization, tubal ligation (TIL) for female sterilization, implant service program, counseling, and infection prevention are some of the services available. And they are offered the option of using any of these techniques to solve their difficulties.

8. MCH and RTI training for doctors and paramedics in clinical contraception, fast test and treat, HIV/AIDS case management, and reproductive health and nutrition. Maternal and child health services are helpful in preventing and treating respiratory infections in mothers and children. Clients receive counseling on a variety of issues, including STDs, HIV prevention, STD testing and treatment etc.

#### **H: training facility:**

1. The Mother and Child Fertility Center features a cutting-edge conference room with cutting-edge equipment and seating for up to 75 people. This is a novel way for the center's doctors, dietitians, and nurses to meet and discuss any important issues.
2. There is only one cafeteria (Accommodation 60) that serves healthy meals at reasonable pricing.
3. They feature six training classrooms with digital projector monitoring and a sound system, a total capacity of sixty persons, and all of the essential digital and modern facilities.

#### **I: Investigations Division**

1. To achieve their maternal and child health goal, they must first improve their reproductive health, maternal and child health, nutritional status, and contraceptive use. Some nutritious plates, cards, and wall-paper are used to educate children, and theater is used to convey information about pregnant mothers' health.
2. Surveys and operational research are analytical approaches to problem resolution and decision making that contribute to effective management. They look at difficulties, such as those concerning the mother and child, as well as infertility.
3. They undertake a clinical trial examining a number of contraceptives available in the healthcare system before establishing the family planning program.

#### **j. A location where trainees can remain and have meetings.**

1. First, there is a dorm for students participating in six-month training programs (CSBA, Midwifery, EOC).
2. We require a well-decorated conference room that can seat at least 65 people in order to host effective meetings where we can all collaborate on critical problems.
3. Third, there is a meeting room that can seat up to 65 people and has been elegantly constructed for optimal efficiency and unity of thought and action.
4. The Department's ultimate goal is to increase the contraceptive prevalence rate (CRP) by providing and promoting family planning services.
5. To slow the growth of the human population.

6. Third, pre-planned family units are formed.
7. The client wishes to reduce the rate of maternal and neonatal mortality.
8. Fifth, keep in touch on a regular basis and provide guidance, counseling, support, and follow-up.

## **Chapter 03**

### **3.1 The effect on Ante natal care of neonatal health**

- The antenatal care department is critical to delivering complete healthcare to pregnant women. This department focuses on preparing women for pregnancy during all three trimesters. It provides a variety of treatments, including the detection and care of obstetric problems even when no symptoms are present. It also gives information and advice on lifestyle, pregnancy, delivery, and personal difficulties, as well as addresses pregnant women's special needs and concerns. The agency also provides assistance on various ways, ensuring that women have the necessary skills if needed. Full check-ups and regular follow-up services are provided to monitor the health of pregnant women. Antenatal care improves intrauterine growth and pregnancy duration, making it extremely advantageous to expectant mothers. Either through diagnosis and ongoing treatment of pregnancy problems such as
  - Toxemia
  - Anemia
  - Gestational diabetes
  - Gestational hypertension
  - Maternal infection or sepsis
  - Antepartum hemorrhage (bleeding in the genital track from 24 weeks of pregnancy)
  - Intrauterine growth retardation
  - Delivery complications
  - Post partum hemorrhage
  - Gestational weight gain

This all-risk factor is modifiable to reducing these problems and promote healthy lifestyles that benefit both mother and child.

### **3.2 Aim and objective of ANC**

1. To study the effect of antenatal care of pregnancy outcome. To find out weight and height
2. Find out to the prevalence of low birth weight
3. Provide mental and physical support
4. To give them advice to eating healthy food.

### **3.3 Materials and methods**

The department for mother and child care service is based on various materials and methods to provide healthcare services. This includes the involvement of resident and urban health training centers as well as family planning initiatives. The focus is on comprehensive care throughout all trimesters of pregnancy, with a study period of one year for a thorough understanding of pregnancy. It is acknowledged that certain pregnancies can be risky for underweight and malnourished women, which may lead to critical situations during delivery. In the analysis and support provided, cases involving miscarriage, abortion, stillbirth, and twin deliveries are excluded to prioritize the well-being of women in their first term of pregnancy. The aim is to provide appropriate guidance and advice to ensure a healthy pregnancy and safe delivery.

When first visiting ANC, patients are required to provide a thorough medical history, including all pertinent treatment information.

Use their statistics to calculate their body mass index (BMI).

In counseling, all issues are discussed (personal issues are inquired about to determine the birth planning situation) and treatment options are provided, if desired.

Analyses of natal weight data

Between 32 and 42 weeks of pregnancy, pregnant women should be consulted.

Mostly the 60% rural area patients come to visit in their department. And 40% urban area peoples are come to visit.

### **Neonatal health care**

The neonatal period, which covers the first 28 days of a baby's life, carries the highest risk of mortality. Therefore, it is crucial to prioritize feeding care during this period. Some babies may suffer from illnesses or complications related to maternal health issues. Neonatal care is especially important for premature and sick babies who require specialized treatment in a sensitive environment. Neonatal Intensive Care Units (NICUs) are equipped with secure incubators and carefully designed rooms that aim to minimize noise and light levels, providing an optimal environment for the babies' well-being.

From birth until three months of age, a baby is typically referred to as a newborn. The level of neonatal healthcare provided varies depending on the specific problems and illnesses that may have arisen during gestation or at birth, including the number of weeks of gestation. Healthcare professionals offer different levels of care to address the unique needs of newborns and ensure their health and development.

### **3.4 The levels of care**

The first form of care is referred to as "low dependency care," and it is reserved for healthy, growing infants who do not require constant monitoring.

Second, MFSTC Hospital has a transitional care facility, which is part of the hospital's maternity ward. They administer fundamental bedside care to newborns who are healthy and receiving medical treatment.

Babies born prior to 37 weeks of gestation due to low birth weight (less than 1500 grams) or inherited disease require emergent care for a variety of reasons.

High dependency care: while not required for all newborns in the neonatal unit, this form of care is essential for those recovering from a life-threatening illness.

The fifth kind of nurturing practice is kangaroo care, also known as skin-to-skin contact. Care and treatment for neonates with a low birth weight. While mothers were exhorted to provide skin-to-skin and chest-to-chest care to their infants. This marsupial mother care enhances milk production, reinforces parental pride, and promotes bonding. Typically, they allow the infant to rest on their bosom for two hours and provide at least an hour of attention each time.

The initial breast feeding of a neonate is a crucial aspect of their early care. Some mothers experience breast issues, such as milk leakage or hemorrhaging, when their infants attempt to nurse. This is an essential component of the infant's diet. This is why they instruct new mothers on breastfeeding and locking on.

## **Chapter four**

### **4.1 Conclusion:**

This internship has been a valuable experience for me as it has allowed me to witness the practical application of my theoretical knowledge in the field of Ante Natal Care (ANC) and its impact on neonatal health care treatment guidelines. Observing the continuity of care provided to mothers during ANC and witnessing the work of neonatal health counselors at MFSTC hospital has exposed me to a wealth of new information and insights specific to this healthcare setting.

Through this internship, I have gained a deeper understanding of the hospital's operations and the various aspects of maternity care, including pregnancy and neonatal health counseling. It has sparked a new sense of enthusiasm and inspiration within me, encouraging me to further explore a career in maternity care and become a neonatal health counselor, actively involved in the care and treatment of babies.

This internship has not only provided me with professional knowledge and skills but has also exposed me to the diverse range of activities and responsibilities across different sections of the hospital. Overall, it has been a rewarding experience that has fueled my passion for working in the field of maternal and neonatal health.

## Chapter-5

### REFERENCES:

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