

Prenatal care

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Ignorance

Most women are ignorant on the significance of an excellent and regular prenatal care (Zastrow & Kirst-Ashman, 2007). They do not make arrangements, and if they do, they ignore them. This is common with girls who have no experience in childbirth.

Scarcity of Qualified Physicians

Scarcity of qualified doctors has led to women being put on hold due to extensive waiting lists (Zastrow & Kirst-Ashman, 2007). In addition, when mothers get a chance to visit, they find long lines at the clinics. This frustrates the pregnant women who have other places to be.

Effects of Prenatal Care on Developmental Lifespan

Prenatal care for the mother and the child lessens a lot of threats that could occur during delivery, and after. At a prenatal clinic, a mother will be directed on the diet, for example, intake of folic acid condenses prospects of abnormalities. In addition, the right diet will guarantee the child grows at a normal, healthy rate.

Ways of Enlightening the Public on Prenatal Care

The public needs to be aware of the significance of prenatal care, thus health specialist can use the following ways. Firstly, they could initiate campaigns to create awareness all over the country, and advertise it thoroughly. Secondly, experts should learn to treat mothers with trust and comfort, since some women fear medical procedures. Lastly, the professionals can join forces with filmmakers, and authors to film documentaries, and publish books on pregnant women.

Conclusion

Prenatal care is recommended for all expectant women. This is done in order <https://assignbuster.com/prenatal-care/>

to evade problems that may occur during delivery. Experts should participate in making mothers aware of prenatal care.