

## = Community Medicine B =

1) What do we mean when we say anemia of pregnancy?

When a pregnant woman has a hemoglobin level below 11 gr/dL

2) WHO estimated that \_\_\_\_\_ of women in developing country had nutritional anemia.

60%.

3) Another risk to expectant women is

Malaria (an infectious disease) that leads to Anemia

4) How does Anemia contribute to maternal mortality?

Making a woman more susceptible to infections & its known for given women long-term morbidity.

5) What are the pathophysiologic causes of anemia of pregnancy?

Hemodilution, Iron deficiency & folate deficiency

6) What are the risk factors for anemia of pregnancy?

Multiple twins, poor nutrition, smoking, excessive alcohol consumption, any disorder that reduces the absorption of nutrients, anticonvulsant medications

7) What are the causes of "Urinary Tract Infection"

① Ureteral dilation ② Hormonal changes may cause smooth muscle relaxation leading to dilation & urinary stasis. ③ Non-pregnant people get infected by UTI because they have proteins on the cell surface for bacteria to adhere. ④ The immunocompromise during pregnancy may be another cause for increased UTI

- 8) What is Gestational Diabetes Mellitus (GDM)?  
High blood sugar develops during pregnancy & disappears after giving birth, more common in the second half of pregnancy & occur because the body is unable to produce enough insulin.
- 9) What is the prevalence of GDM?  
1% to 14% in all pregnancies
- 10) What are the risk factors for GDM?  
① Age ② family or personal history ③ excess weight ④ Non-white race.
- 11) What are the complications that may affect the mother?  
Induced labor or c-section, polyhydramnios, premature birth, pre-eclampsia, still-birth, type 2 diabetes.
- 12) What are the sexually transmitted diseases?  
Diseases transmitted through sexual contact, can cause pain, infertility & maybe death. e.g. → Gonorrhea, syphilis, chlamydia, genital herpes & trichomonas vaginatis.
- 13) What are the causes of maternal morbidity in Jordan?  
» UTI, » vaginal infections, » anemia, » early bleeding, » hypertension, » GDM, » preeclampsia, » late bleeding, » multiple pregnancies, » kidney diseases, » thyroid disorders, » disseminated intravascular coagulopathy, » heart dis.
- 14) What is maternal mortality?  
The death of a mother whilst pregnant or within 42 days after delivery of any related cause to pregnancy, excluding incidents & accidents.

15) What is maternal mortality ratio?

The number of maternal deaths per 10000 live births, a measure of the risk of death once a woman got pregnant. Maternal deaths / live births

16) What is maternal mortality rate?

The number of maternal deaths in a given period per 100000 women of reproductive age during the same time period. Maternal deaths / woman of reproductive age

17) The risk of maternal mortality is related to?

Previous health & nutritional status, issues of gender discrimination & access to health service. Maternal mortality is much higher in developing countries, and it shows the greatest disparity between developed and developing countries.

18) What are the main causes of maternal mortality?

Pregnancy and child birth complications, e.g. severe bleeding, infections, unsafe abortion, hypertension disorder and obstructed labor.

19) What was the aim of signing the united nations millennium declaration?

Committing the world leaders to combat poverty, hunger, disease, illiteracy, environmental degradation, discrimination against women.

20) What are the 8 millennium development goals?

- ① Eradicate extreme poverty and hunger
- ② Achieve universal primary education
- ③ Gender equality ④ reduce child mortality
- ⑤ improve maternal health ⑥ combat HIV, malaria & other diseases ⑦ ensure environmental sustainability
- ⑧ develop a global partnership.

21) What are the direct causes of maternal mortality in Jordan?

① Haemorrhage ② Thromboembolism

③ Septicemia

22) What the post natal care should be provided to mothers?

Observe physical status, advise & support on breast-feeding, provide emotional & psychological support, health education on weaning and food preparation & advise on FAMILY PLANNING

