Pregnancy care in adolescents
Training course in sexual and reproductive health research 2011

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1. Use of maternal health care by adolescents
2. Ensuring that pregnant adolescents get the health care they need
3. Ensuring that pregnant adolescents get the social support they need
Use of maternal health care by adolescents

Studies show that in some – but not all – countries, adolescents are less likely than adults to obtain antenatal care and to get skilled care during delivery.

Sources:


1. Use of maternal health care by adolescents
2. **Ensuring that pregnant adolescents get the health care they need**
3. Ensuring that pregnant adolescents get the social support they need
Preventing early pregnancy & poor reproductive outcomes among adolescents in developing countries
The story of Priya
Outcome 6 - Increasing use of skilled antenatal, childbirth, and postpartum care

Policy-Level Actions:
- Expand access to skilled antenatal, childbirth and postnatal care
- Expand access to Basic Emergency Obstetric Care (BEmOC) and Comprehensive Emergency Obstetric Care (CEmOC)

Individual, Family & Community-Level Actions:
- Inform adolescents and community members about the importance of skilled antenatal and childbirth care

Health System-Level Actions:
- Ensure that adolescents, families and communities are well prepared for birth and birth-related emergencies
- Be sensitive and responsive to the needs of young mothers and mothers-to-be.
Clinical Care for adolescents: What should be done differently?

Relatively little. But health workers should...

- **Antenatal care:**
  Provide adolescents with an early start to antenatal care
  Assist them with preparing for birthing and birth-related emergencies
  Treat them for anemia, which is likely to be more of a problem in pregnancy.
  Give special attention to counseling and nutritional supplementation
  Give them special attention in treatment and management of malaria in pregnancy and access to PMTCT services
  Prioritize hem for detection and management of violence.

- **Delivery care:**
  Provide special attention during obstetric care to adolescents aged less than 16 years

- **Postnatal care:**
  Give special attention to breastfeeding promotion throughout pregnancy and postpartum and to neonatal care more in general
  Give special attention to preventing too-early second pregnancies
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Pregnancy care in adolescents

World Health Organization
Determinants

- Pregnant adolescent is not aware of danger signs.
- Pregnant adolescent is ashamed/afraid to seek care.

Behavioural Outcomes

- Not seeking care in the presence of danger signs.
- Delays seeking care in the presence of danger signs.

Health outcomes

Maternal mortality due to complications during pregnancy.
Empowering individuals to prevent maternal mortality & morbidity in adolescents.

Interventions
Educating newly weds & young mothers about self care & danger signs in pregnancy.

Determinants
Pregnant adolescent well aware of danger signs & where to seek help if they appear.
Pregnant adolescent is confident about seeking care.

Behavioural Outcomes
Pregnant adolescent seeks care promptly in the presence of danger signs.

Health outcomes
Reduction in maternal mortality due to complications during pregnancy.

Sources:
SOME DETERMINANTS OF MATERNAL MORTALITY IN ADOLESCENTS - 2.

Determinants

- Mother-in-law decides that the condition is not serious.
- Family is unable to borrow money to pay for transport to the health facility.

Behavioural Outcomes

- Delays seeking care in the presence of danger signs.

Health outcomes

- Maternal mortality due to complications during pregnancy.
Mobilizing families & communities to prevent maternal mortality in adolescents - 1.

**Interventions**
- Mobilizing husbands & their families to support their wives/daughters. (India)
- Supporting women's groups & building their capacity to identify & solve problems. (Bolivia)

**Determinants**
- Husbands and in laws/parents accompany pregnant adolescent to the health facility if danger signs appear.
- Family is able to obtain a loan from community women's groups to cover the cost of transport & other expenses.

**Behavioural Outcomes**
- Pregnant adolescent seeks care promptly if danger signs appear.

**Health outcomes**
- Reduction in maternal mortality due to complications during pregnancy.

**Sources:**
Ensuring that young pregnant women get the health care & social support they need