



viva

Normal pregnancy

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ViVa! Wise choices for parenthood – flimsy knowledge increases risks

ViVa is a joint project of TAMK and Pirkanmaa Hospital District where good, far-reaching health choices of youth and families are promoted



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Collaborators

- City of Tampere
- the Federation of Finnish Midwives
- the Family Federation of Finland
- the Mannerheim League for Child Welfare
- Ovumia clinic
- the Finnish Diabetes Association
- Vauvantai



<http://viva.tamk.fi/>
Viisaat Valinnat Youtube



Statistics 2016 - Finland

- 52 870 births, 53 614 children born
- 99,7% living babies
- 26 hospitals for giving birth
- 99,5% of births happens in hospitals, 92 births on the way to hospital, 45 at home
- Average age to have baby is 30,7
- Average age for first baby is 29

Statistics 2016 - Finland

- More than every third mother is overweight
- Average hospital stay: 2,7 days
- Premature: 5,7% of all births
- Perinatal death rate: 4,1/1 000 (219 children)
- Birth weight of newborns
 - boys 3548g
 - girls 3441g

Preparing for normal, healthy, pregnancy

- Delayed parenthood
- Preconception nesting
- Preconception counseling

What can one do?

- Folic acid and vitamin D already in advance
- Nutrition
- Alcohol, smoking, drugs, medication
- Normal activity
- Chemicals, cosmetics, plastics
- Stress
- Addictions
- Time use

Maternity Clinic (part of public health services)

- Public health nurse (PHN) or midwife led clinics
- 10-15 visits with nurse/midwife (first @8-12 weeks), 2 with MD, 1 visit after birth
- Parent skills training & info
- Fetal screening x2 (11+0-13+6 and 19 -21)

Screening during pregnancy

- Infections: HIV, HBV, syphilis, chlamydia
- Week 36: GBS (group B Strep.), 15-40% of all women test +, prophylactic ab during birth
- Blood group and antibodies, hb, RR, weight, growth of uterus, gluc and prot in urine
- Fetal heartbeat
- Risk pregnancies -> Maternity outpatient clinic

Take home message

- A healthy pregnancy begins 6 months before test is +
- Teaching and screening for normal pregnancy prevents problems
- Listen and encourage!





Thank You!

