



## A Global Perspective: Improving Maternal Health Access and Equity

Rebecca Genuis\*

Department of Health Care, University of Alberta, Edmonton, Canada

### DESCRIPTION

Maternal health care services play a pivotal role in ensuring the well-being of both expectant mothers and their new-borns. Access to quality maternal health care is essential for reducing maternal mortality, promoting safe pregnancies, and promoting healthy communities. In recent years, there has been a growing global emphasis on improving maternal health care services to address the challenges faced by pregnant women and enhance their overall health outcomes.

#### The Importance of maternal health care

**Reducing maternal mortality:** Maternal mortality remains a significant global concern, with many mothers losing their lives during pregnancy and childbirth due to preventable causes. Accessible and comprehensive maternal health care services are critical in identifying and managing potential complications, ultimately reducing the risk of maternal mortality.

**Ensuring safe pregnancy and childbirth:** Quality maternal health care ensures that pregnancies are monitored closely, and potential complications are identified and addressed promptly. This includes regular antenatal check-ups, nutritional support, and education on proper prenatal care. Access to skilled health professionals during childbirth is also potential for ensuring a safe and positive birthing experience.

**Promoting maternal mental health:** Maternal health care services extend beyond physical well-being to comprise the mental health. Pregnancy and childbirth can be emotionally challenging, and mental health support is vital for mothers to navigate this transformative period successfully. Integrating mental health services into maternal care can contribute to the overall well-being of both mothers and their infants.

**Addressing disparities and inequities:** Disparities in maternal health outcomes persist globally, with marginalized communities often facing greater challenges. Improving maternal health care services involves addressing these variations by ensuring equitable access to quality care for all women, regardless of socioeconomic status, geographic location, or cultural background.

#### Strategies for enhancing maternal health care services

**Promoting education and awareness:** Education is a key component of improving maternal health. Providing information on proper nutrition, prenatal care, and family planning empowers women to make informed choices about their health. Community-based educational programs can play a potential role in disseminating information and dissipate surrounding pregnancy.

**Increasing access to prenatal care:** Early and regular prenatal care is essential for monitoring the health of both the mother and the developing foetus. Efforts should be made to increase access to prenatal services, particularly in rural and underserved areas. This may involve mobile health clinics, telemedicine, and other innovative solutions to support the access.

**Training skilled birth attendants:** Ensuring that skilled health professionals are available during childbirth is fundamental to reducing maternal mortality. Training midwives and other birth attendants in evidence-based practices and emergency obstetric care enhances the quality of care provided to pregnant women.

**Strengthening health systems:** Robust health systems are the essential for the effective delivery of maternal health care services. This includes well-equipped health facilities, sufficient human resources, and reliable supply chains for essential medications and equipment. Strengthening health systems contributes to the overall management of maternal health care programs.

**Investing in maternal health care services:** It is a strategic imperative for creating healthier communities and ensuring the well-being of future generations. By prioritizing education, access to prenatal care, and addressing variations, societies can make significant strides in reducing maternal mortality and improving the overall health of mothers and infants. Maternal health should remain a global priority as we work towards creating a world where every woman has the opportunity to experience a safe and healthy pregnancy.

**Correspondence to:** Rebecca Genuis, Department of Health Care, University of Alberta, Edmonton, Canada, E-mail: GRebecca@gmail.com

**Received:** 03-Jan-2024, Manuscript No. HCCR-24-24683; **Editor assigned:** 05-Jan-2024, HCCR-24-24683 (PQ); **Reviewed:** 19-Jan-2024, QC No. HCCR-24-24683; **Revised:** 26-Jan-2024, Manuscript No. HCCR-24-24683 (R); **Published:** 02-Feb-2024, DOI: 10.35248/2375-4273.24.12.390

**Citation:** Genuis R (2024) A Global Perspective: Improving Maternal Health Access and Equity. Health Care Curr Rev. 12:390.

**Copyright:** © 2024 Genuis R. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.