

Editorial Note on Prenatal Care

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EDITORIAL NOTE

Prenatal care, also referred to as antenatal care, is a form of preventive medicine. It is provided in the form of medical check-ups, which provide advice about how to live a healthier lifestyle and medical details on things including maternal physiological changes during pregnancy, biological changes, and prenatal nutrition, like prenatal vitamins. This avoids future health issues during the pregnancy and improves the health of both the mother and the infant. The conventional method of antenatal care dates back to the early 1900s, although there is no evidence that it is the safest way to provide antenatal care. Women who had less antenatal visits were less pleased with their treatment than women who had the recommended number of visits. Telemedicine is a new option for certain regular prenatal care visits.

Team antenatal care has a few clear advantages: it is less expensive than one-on-one appointments, and the women receive more hours of care as a group than they would if they were on their own. Just a few small studies on group care have been done, but they have shown that mothers who were in a group environment learned more about pregnancy, birth, and parenting. Midwife-led treatment for low-risk women is when a midwife team (and, if necessary, a GP) is in charge of a woman's care and she does not see a specialist doctor during her pregnancy. Women who have their

pregnancies managed by a midwife are more likely to give birth naturally rather than being induced. They are, however, less likely to have their waters split by instrumental delivery or episiotomy or preterm birth. Pregnant women are graded as normal risk or high risk during their initial antenatal care appointment, using a separate booking checklist.

Many countries provide women with a rundown of their case notes, which includes vital background material about their pregnancy, such as their medical history, growth charts, and any scan results.

Checking for diseases or conditions in a foetus or embryo before it is born is known as prenatal diagnosis or prenatal screening (note that the terms "prenatal diagnosis" and "prenatal screening" apply to two separate forms of tests). During pregnancy, obstetricians and midwives will track the mother's wellbeing and foetal growth through a series of routine check-ups.

Early scans allow for the detection of multiple pregnancies at an early stage of pregnancy as well as more accurate due dates, resulting in fewer women being induced who do not need to be.

A Doppler ultrasound can be used to examine the blood flow to a woman's unborn baby if she is having a difficult pregnancy. This is done to see if there are any signs that the baby isn't receiving enough blood and is thus "at risk."

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