



## Addressing Late Pregnancy Concerns through Awareness and Intervention

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### DESCRIPTION

Late pregnancy, also known as advanced maternal age or elderly primigravida, refers to pregnancy in women who are 35 years or older at the time of delivery. Late pregnancy is associated with increased risks of maternal and neonatal complications, such as gestational diabetes, hypertension, pre-eclampsia, placenta previa, stillbirth, low birth weight, and congenital anomalies. Therefore, it is important to address the concerns to a pregnant or planning to conceive later in life, and to provide them with appropriate care and support. One of the main challenges in addressing late pregnancy concerns is the lack of awareness and information among women and their partners about the potential risks and benefits of late pregnancy, as well as the available options and interventions to optimize their outcomes. Many women may delay childbearing due to personal, social, or economic reasons, such as education, career, financial stability, or relationship status. However, they may not be fully aware of the impact of age on their fertility and pregnancy health. Moreover, some women may face barriers to access quality antenatal care, such as stigma, discrimination, or lack of resources, especially in low-resource settings or hard-to-reach areas. Therefore, it is essential to promote awareness and education on late pregnancy among women and their partners, as well as among healthcare providers and policymakers.

- Providing early pregnancy health and wellbeing information before the booking appointment, which should include information about modifiable factors that may affect the pregnancy, such as stopping smoking, avoiding alcohol, taking supplements, and eating healthily. This can help women to prepare for a healthy pregnancy and to prevent or reduce the risk of complications.
- Offering preconception counselling and screening for women planning to conceive later in life, which should include information about the effects of age on fertility and pregnancy, the options and success rates of assisted reproductive technologies, the risks and benefits of prenatal testing and screening, and the implications of multiple pregnancies. This can help women to make informed decisions and to plan their pregnancies accordingly.

- Ensuring that women have regular and adequate antenatal care throughout their pregnancy, which should include at least eight contacts with a skilled health provider, as recommended by the World Health Organization. This can help to monitor the progress of the pregnancy, to screen for potential complications, and to treat problems as they arise. Antenatal care should also provide women with information and support for labour and delivery, breastfeeding, postnatal care, and family planning.
- Improving the quality and accessibility of antenatal care, especially for women at higher risk of complications or facing barriers to care. This can be done by providing antenatal care in a variety of ways, such as through self-referral, community-based services, digital health interventions, or outreach programs. Antenatal care should also be customized to the specific needs and preferences of women, and should respect their rights, dignity, and autonomy.
- Enhancing the capacity and competence of healthcare providers who deliver antenatal care, especially for women with late pregnancy. This can be done by providing them with adequate training, supervision, and resources, as well as by promoting evidence-based guidelines and protocols. Healthcare providers should also be aware of the psychosocial and emotional needs of women with late pregnancy, and should provide them with empathy, respect, and counselling.

### CONCLUSION

By addressing late pregnancy concerns through awareness and intervention, it is possible to improve the health and wellbeing of women and their babies, and to reduce the burden of maternal and neonatal morbidity and mortality. Late pregnancy can be a rewarding and fulfilling experience for many women, as long as they are well-informed, well-prepared, and well-supported throughout their journey. Furthermore, it is essential to raise awareness and advocacy for late pregnancy concerns at the global and national levels, and to involve various stakeholders, such as the governments, the health systems, the civil society, the media, and the communities. This can help to create a supportive and enabling environment for late pregnancy care, and to address the social and cultural factors that may influence the decisions and

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behaviors of the women and their partners. By engaging and empowering the women and their partners, and by respecting

their rights and choices, it is possible to improve their access and utilization of the interventions for late pregnancy concerns.