



## Summary

Each year, according to the WHO, ill-health as a result of pregnancy is experienced (sometimes permanently) by more than 20 million women around the world. Furthermore, the "lives of eight million women are threatened, and more than 500,000 women are estimated to have died as a result of causes related to pregnancy and childbirth. Most of pregnant mothers view disturbances that occur during pregnancy as normal events associated with child bearing process.

Obstetric nurse plays a crucial role in promoting an awareness of the public health issues for the pregnant woman and family, as well as helping the pregnant woman to recognize complications of pregnancy and to seek medical assistance. Most hospitals and birthing centers provide guideline for nurses providing care to patients experiencing complications during their pregnancies and nurses should always follow the recommendations of their facilities.

Antenatal care is the care provided from conception until the labour. The antenatal care should be early detection and treatment of abnormalities, promote Health mother and fetus. The goal of antenatal care is to maintain mother's well being and achieve healthy out come for both mother and baby.

Women who are planning to become pregnant should see a physician before conception, so that they can be counseled about pregnancy risks and ways to reduce them. The initial routine prenatal visit should occur between 6 and 8 wk gestation. Prenatal care includes screening for disorders, taking measures to reduce fetal and maternal risks, and counseling.

Nurses play an important role in ensuring the safety of the patient and her unborn child during all phases of pregnancy and delivery. They



must be knowledgeable about complications that can occur during pregnancy and ready to act on behalf of the patient and child. This is the responsibility and goal of the perinatal nurse.

The present study aimed to study the effect of using guideline to control pregnancy related warning signs.

The study was conducted in the Out patient clinics at Benha university hospital .

The sample was selected during 3 day /weeks started from 9.00 A.M. to 1.00 P.M in the period from January 2011 to October 2011 covering nine months until reaching the sample size.

#### **Tool of data collection;**

-The First tool Structured Interviewing Questionnaire for assessing demographic data and obstetric history, Women's knowledge associated with pregnancy related warning signs, women practices Regarding warning signs during pregnancy.

*-The second tool* Guideline booklet

*-The third tool* follow up sheet for assessing the extent to which women follow Guideline booklet.

The pilot study was conducted for 3 day /week for until reached to (10%) 15 pregnant women. They are excluded from the sample size.

**The present study revealed that:**

- The majority of women were unaware of all components of antenatal care and pregnancy warning signs.
- There was a significant relation between Sociodemographic characteristics of studied subject (age, educational level, gestational weeks) and their utilization of instruction guidelines .
- Following guideline had a positive effect on the outcome of pregnancy.

**Accordingly, the study lead to important recommendations:**

- Planning and developing antenatal classes for all mothers for their awareness about the importance of antenatal care as well as early identification of warning signs and to seek medical care at proper time.
- Periodic training program for nurses regarding importance of effective communication, antenatal education regarding warning signs of pregnancy.
- Further researches should be conducted to assess factors that prevent pregnant mother's with high risk pregnancy from seeking early antenatal care.