



Od planiranja porodice, preko antenatalne zaštite, do zdravog novorođenčeta

From Family Planning through Antenatal Protection to a Healthy Newborn

Radmila Mihajlović, Ljubinka Jovanović, Marija Stojanović, Jovanka Milošević

Opšta bolnica Požarevac

General Hospital Požarevac

Apstrakt

Planiranje porodice je svesna delatnost individue i parova u reproduktivnom dobu života kojom teže ne samo da regulišu broj i vremenski raspored rađanja, već i da rode zdravo dete i da kvalitetno ostvare sve svoje uloge tokom životnog ciklusa. Planiranje porodice obuhvata različite aspekte – biološke, zdravstvene, demografske, sociološke, psihološke, ekonomske, etičke, političke, a sa stanovišta nosilaca pojavljuje se na tri nivoa: kao individualna praksa, kao pokret društvenih grupa i kao program za planiranje porodice koji donosi država.

Civilizacijskim dostignućem smatra se osnovno pravo svih parova i pojedinaca da slobodno i odgovorno odluče o broju i razmaku rađanja dece, kao i da imaju pravo na informacije, obrazovanje i sredstva da to učine. Koncept „planiranja porodice” („family planning”) zamenio je koncept „kontrola rađanja” („birth control”), kao savremeniji i bolji, na Drugoj svetskoj konferenciji o stanovništvu, koja je održana u Beogradu, 1965. godine.

Trudnoća predstavlja značajan događaj u životu žene i celokupne porodice. To je fiziološko stanje koje dovodi do brojnih promena u organizmu buduće majke, kako u fizičkom, tako i u psihičkom nivou. Kako bi sve proteklo u najboljem redu i bez neželjenih sekvenci, neophodno je redovno i adekvatno praćenje toka trudnoće. Kako se od embriona prati plod, njegov rast i razvoj do samog porođaja, tako se uporedo prati i zdravlje buduće majke. Nizom pregleda koji se obavljaju u određenom vremenskom intervalu mogu se uočiti potencijalni rizici, a samim tim i izbeći nepoželjan ishod trudnoće.

Cilj rada je da prikaže zdravstveni tim koji se svakodnevno bori sa raznim iskušenjima. U sredini u kojoj trudnica i buduća majka živi, značajno mogu uticati na razvoj i tok trudnoće budućeg deteta u razvoju različiti faktori rizika. Faktori rizika su karakteristike ili događaji čija prisutnost u antenatalnom periodu statistički ukazuje na verovatnoću da može doći do razvoja poremećaja u rastu i razvoju deteta, odnosno da će nastati nepovoljni ishod po zdravlje majke i deteta. Način i uslovi života utiču na sve, posebno na osetljive grupe u koju spadaju i trudnice. Sve učestalija je pojava patoloških i visokorizičnih trudnoća koje zahtevaju specifične metode i mere.

Glavni zadaci zdravstvenih radnika u zaštiti zdravlja u trudnoći su:

- praćenje zdravstvenog stanja trudne žene i ploda,
- pravovremeno identifikovanje trudnoće sa visokim rizikom (koja zahteva posebnu brigu za majku i plod),
- svim trudnim ženama pružiti podršku, dati odgovarajuće savete i informacije o promenama u trudnoći.

Abstract

Family planning is a conscious activity of individuals and couples in the reproductive age of life, in which they strive to not only regulate the number and timing of births but also to give birth to a healthy child and to fulfill all their roles during the life cycle. Family planning includes various aspects - biological, health, demographic, sociological, psychological, economic, ethical, and political, and from the point of view of the holders, it appears on three levels: as an individual practice, as a movement of social groups and as a family planning program brought by the state.

The basic right of all couples and individuals to freely and responsibly decide on the number and period between births of children, as well as the right to information, education, and means to do so, is considered a civilizational achievement. The concept of “family planning” replaced the concept of “birth control” as more modern and better at the Second World Population Conference, which was held in Belgrade in 1965.

Pregnancy is a significant event in the lives of women and the entire family. It is a physiological condition that leads to numerous changes in the future mother's body, both physically and psychologically. In order for everything to go smoothly and without unwanted sequences, regular and adequate pregnancy monitoring is necessary. As the fetus, its growth and development are monitored from the embryo to the birth itself, the health of the future mother is also monitored at the same time. Through a series of examinations performed at a certain time interval, potential risks can be observed and therefore an undesirable pregnancy outcome can be avoided.

The goal of the work is to show the healthcare team that struggles with various temptations every day. In the environment in which the pregnant woman and future mother live, various risk factors can significantly affect the development and course of the pregnancy of the developing future child. Risk factors are characteristics or events whose presence in the antenatal period statistically indicates the probability that a disorder in the growth and development of the child may occur, that is, that an unfavorable outcome for the health of the mother and child will occur. The way and conditions of life affect everyone, especially sensitive groups that include pregnant women. The occurrence of pathological and high-risk pregnancies that require specific methods and measures is becoming more frequent.

The main tasks of health workers in the protection of health during pregnancy are:

- monitoring the health condition of the pregnant woman and the fetus,



Planirana i sistematična primena mera prevencije u antenatalnom životnom razdoblju žene u velikom procentu smanjuje incidencu morbiditeta u trudnoći i značajno povećava broj uspešno završenih trudnoća. Uloga sistema zdravstvene zaštite u antenatalnoj zaštiti je da obezbedi dostupnu i kvalitetnu zaštitu seksualnog i reproduktivnog zdravlja žena, koja je zasnovana na dokazima, bilo da se radi o obezbeđivanju dostupne i kvalitetne zdravstvene zaštite za trudnice i porodilje, prevenciji polno prenosivih infekcija i slično.

- timely identification of high-risk pregnancy (which requires special care for mother and fetus),
- to provide support to all pregnant women, and give appropriate advice and information about changes during pregnancy.

Planned and systematic implementation of prevention measures in the antenatal period of a woman's life significantly reduces the incidence of morbidity in pregnancy and significantly increases the number of successfully completed pregnancies. The role of the health care system in antenatal care is to provide affordable and high-quality protection of women's sexual and reproductive health, which is based on evidence, whether it is about providing affordable and quality health care for pregnant women and women giving birth, prevention of sexually transmitted infections, and so on.