Facts About
Infection Prevention And Control For Pregnant Women During ANC
For Health Workers
Burden

1. Infections cause between 10% and 20% of the global maternal deaths, and over a third of the 2.4 million newborn deaths that are estimated to occur each year.

2. The prevalence of the infection could be as high as 7.7% in women receiving antenatal care and 19% among pregnant adolescents.

3. Asymptomatic urinary tract infections may occur in 10% and 15% of pregnant women.

Common infections in pregnancy

1. Cystitis
2. Pyelonephritis
3. Chlamydia infection
4. Gonorrhea
5. Syphilis
6. HIV
7. Tuberculosis
8. Hepatitis B

Beta Hemolytic Streptococcal Infection, etc.
Causative Organisms in Urinary Tract Infections (UTIs)
1. *Escherichia coli* (commonest organism)
2. *Klebsiella pneumonia*
3. *Proteus species* (in recurrent UTI)
4. Less frequent organisms include *Group B streptococci*.
5. *Enterococci and Staphylococcus saprophyticus*.

Transmission
1. **Sexual intercourse**
2. **Poor perineal** (genitals and anal area) hygiene – for example, wiping from back to front after urination or defecation
3. **Urinary stasis** – incomplete emptying of the urinary bladder with resultant bacteria growth

Signs and Symptoms of UTI during Pregnancy
- **Urinary frequency**
- **Urinary urgency**
- **Dysuria**
- **Suprapubic pain/tenderness** (Cystitis)
- **Flank/back pain and costovertebral angle tenderness** (Pyelonephritis)
- **Fever**,
Signs and Symptoms of UTI during Pregnancy

- Chills
- Nausea
- Vomiting
- Hematuria
- Poor urinary output
- Cloudy / or strong-smelling urine

Possible Complications of Infection during Pregnancy

1. Preterm labour
2. Sepsis
3. Acute Kidney Injury
4. Acute Renal Failure

Laboratory Diagnosis

1. Clean catch midstream urine
2. Urine dipstick
3. Microscopic examination
4. Culture and sensitivity testing
Prevention of Infection during Pregnancy

1. Good personal hygiene and proper cleaning after urination or defaecation.
2. Wiping from front to back after defaecation.
3. Proper handwashing with soap under running water.
4. Liberal oral fluids (3-4 liters of water a day) to encourage good urinary output.
5. Regular voiding when need arises to prevent urine stasis
6. Pre-coital and post-coital emptying of the bladder.

Treatment

There are efficacious medications or the clinical management of infections during pregnancy. Refer patient to a clinician for appropriate management.

Call to Action.

1. Early detection of infections in pregnancy is key; start screening early to prevent complications in the mother and baby.
2. Know the common infections during pregnancy, their presentations, diagnostic tools available and their prompt management.
3. Prevent infections: Practice proper hand washing, personal hygiene and safe sex.
4. Avoid misuse of antimicrobials to prevent resistance.
Additional information.


Where to go for more information.
For more information, contact Regional Directorate of Health Services, Bono East, Tel No... and PATH Ghana, Tel No...