Infection prevention and control
For pregnant women during ANC
Burden

1. Infections cause between 10 and 20 percent 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

- Cystitis
- Pyelonephritis
- Chlamydia infection
- Gonorrhea
- Syphilis
- HIV
- Tuberculosis
- Hepatitis B
- Beta Hemolytic Streptococcal Infection, etc.
Causative Organisms in UTIs

- Escherichia coli (commonest organism)
- Klebsiella pneumonia
- Proteus species (in recurrent UTI)
- Less frequent organisms include Group B streptococci, Enterococci and Staphylococcus saprophyticus.
Transmission

- Sexual intercourse
- Poor perineal (genitals and anal area) hygiene – for example, wiping from back to front after urination or defecation
- Urinary stasis – incomplete emptying of the urinary bladder with resultant bacteria growth
Signs and Symptoms of UTI

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

- Fever, Chills
- Nausea, Vomiting
- Hematuria
- Poor urinary output
- Cloudy or strong-smelling urine
Possible Complications

- Preterm labour
- Sepsis
- Acute Kidney Injury
- Acute Renal Failure
Laboratory Diagnosis

- Clean catch midstream urine
- Urine dipstick (positive for nitrate and leucocyte esterase)
- Microscopic examination (presence of white blood cells with or without presence of bacteria)
- Culture and sensitivity test
Prevention

- Good personal hygiene and proper cleaning after urination or defecation
- Wiping from front to back after defecation
- Proper handwashing with soap under running water
- Liberal oral fluids (3–4 liters of water a day) to encourage good urinary output
- Regular voiding when need arises to prevent urine stasis
- Pre-coital and post-coital emptying of the bladder
Early detection of infections in pregnancy is key; start screening early to prevent complications in the mother and baby.

Know the common infections during pregnancy, their presentations, diagnostic tools available and their prompt management.

Prevent infections: Practice proper hand washing, personal hygiene and safe sex

Avoid misuse of antimicrobials to prevent resistance to available antimicrobials for the treatment of infections during pregnancy.