

Speak Up ! Module 2

Post your questions and thoughts

⇄ ANONYMOUS 10/19/23 9:32AM

finzone study centre diffa niger republic

what is the consequences of placenta punching during delivery because we have alot of placental abruption cases here in sayam camp and alot of women complain about it and there is not any community health workers here to enlight the women

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Anonymous 10/19/23 2:05PM

Thanks for this question. Placental abruption is serious complication - this is when the placenta partly or completely separates from the inner wall of the uterus before delivery. This can decrease or block the baby's supply of oxygen and nutrients and cause heavy bleeding in the mother. It happens without warning and there can be bleeding and pain, but sometimes you the bleeding is hidden in the uterus.

Please

can you tell us what you mean by placental 'punching'? We didn't know what this term describes. Thanks, Sara Nam

⇄ ANONYMOUS 10/19/23 9:25AM

Hi my name is Zubairu Sani from sayam camp diffa niger republic

my question is as we know how menstrual blood formed and bleed out; so why is it that most pregnant women here in the camp have blood discharges and where does it come since they were already conceived

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Anonymous 10/19/23 2:00PM

Hi Zubairu, thanks for your question. Some women get some 'spotting' during pregnancy, and the most common causes are:-

- Sex
- a vaginal examination
- Infections
- Implantation bleeding - this happens very soon after fertilization, pregnancy officially begins when the egg implants in the lining of the uterus and can cause a small amount of blood to be discharged.

The cause needs to be confirmed by a health professional, and you should refer the woman to the facility for assessment, treatment if needed and reassurance.

Sara Nam

⇄ ANONYMOUS 10/19/23 9:16AM

Micah Idriss Ayub/ Kakuma-Inzone

1: What is the reason as why a women should not exceed 5 years after birth?

a) What complications if she stays more than 5 to 10 years after her birth for her to get pregnant and deliver again?

2: Some pregnant women, nausea starts from zero months of her pregnancy till the end of her birth period,

I don't know if that's normal or she is going under any complications in her pregnancy period?

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Anonymous 10/19/23 3:06PM

Hi Micah, to reply to Q1: data from large scale studies show us that babies conceived 18 months to 5 years after a previous birth are healthier than those conceived at shorter or longer intervals.

Babies conceived 18 to 5 years after a previous birth are at greater risk of being born preterm, too small or with low birth weight, all of which are risk factors for poor health in infancy and can lead to complications later in life. Let me know if you have more questions on this, or anything else. Sara Nam

Anonymous 10/19/23 3:08PM

For Q2: it's normal for some women to get mild nausea during pregnancy, especially during the first trimester (first 3 months up to 12 weeks). It usually subsides after this. However, if it goes on for a longer time, or if any time the nausea stops a woman from eating a healthy balanced diet, she should be reviewed by a maternity professional (nurse, midwife or doctor). Sara Nam.

Anonymous 10/19/23 3:09PM

There is a rare condition that can cause severe nausea, and can be associated with itching of the skin. This is another reason a woman should see a maternity worker. Sara Nam

↩️ **ANONYMOUS** 10/18/23 11:41AM

Nania Ayub-kakuma Inzone

According to Health spacing of pregnancy after a miscarriage or abortion, the best time to conceive is when the women is fully recovered from the miscarriage. But some men are not patient. As a CHW you encourage them to use protection but the man refused, As a CHW what will be the next step to take.

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Anonymous 10/19/23 7:52AM

Hi Nania, the situation you describe here is challenging. As a CHW, IF the woman agrees to you supporting her, you could offer to meet with her partner to give him information about protection (I assume you mean condoms, which are great for protecting against sexually transmitted infections and pregnancy).

Some ideas that you could explore include:

- Hold community discussions (with men, ideally separated by age groups) about the benefits of condoms and other contraceptive methods.
- Raise awareness about the importance of respecting your partner and their wishes in relationships, including about the importance of discussing and respecting choices for family planning methods and ensuring consent for sex. (not saying no is not good enough).

I hope this is helpful – maybe others will have ideas about how community programmes can address this challenge. We will discuss issues around this topic more in the module on sexual health. Sara Nam.

Anonymous 10/19/23 8:30AM

Amazing!

↩️ **ANONYMOUS** 10/18/23 10:33AM

Yar Majok- Inzone Kakuma

As a CHW you notice a pregnant woman with signs and symptoms of TB, you refer her for treatment. Unfortunately, the woman delivers before she completes her TB treatment. What are the chances of the Newborn being affected by TB or being safe?

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Anonymous 10/18/23 5:22PM

A mother can infect her newborn baby if she is infectious; usually this is only if she has a cough and is NOT on treatment. Normally after 2 weeks of treatment the mother is usually not infectious. It is very rare for the baby to be born with active TB to a mother with TB.

Usually, whilst the mother is undergoing treatment for TB she will not have to be separated from the newborn baby. Generally, breastfeeding is encouraged. Breastfeeding may also offer some protection to the baby. Best, Stephanie

Anonymous 10/19/23 8:26AM

Great!

⇒ **ANONYMOUS** 10/18/23 10:18AM

is it health women to have sex during pregnancy period ?

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Anonymous 10/19/23 7:48AM

From Sara Nam: It's absolutely fine for women to have sex during menstruation - it just depends on whether she and her partner are comfortable with this. However, it is important to use a family planning method if the woman is not trying to be come pregnant, and a condom will protect both people from STIs as well as HIV and hepatitis.

⇒ **ANONYMOUS** 10/18/23 8:29AM

I think it is important to understand that the woman should not forced into resuming sex, and if that happen the action falls into the category of sexual and gender based violence or intimate partner violence. The CHW would be expected to have discussed the topic, highlight possible risks and expectations, with the woman or/and the partner as part of postnatal care and HTSP.

Joel Makamba

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Anonymous 11/14/23 9:31AM

Hi Joel, Great point to raise - this topic on gender based violence will be discussed further in Module on Sexual and Reproductive Health, that you will cover later this month. Sara Nam

⇒ **ANONYMOUS** 10/16/23 8:05AM

Healthy Timing, Spacing, and Pregnancies

Is it healthy for a woman to have sex after giving birth probably a week times?

Thanks,
Chol

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Anonymous 10/16/23 7:28PM

No, i don't think so! Within a week after delivery ,a woman can still have blood yet and well injured....how will it be possible for a man to make sex?

Anonymous 10/17/23 8:40AM

That's a great question.

While there's no required waiting period before a woman can have sex after giving birth, many health care providers recommend waiting until four to six weeks after delivery, regardless of the delivery method. This gives women time for their bodies to heal.

Most importantly is that women should feel ready and want to resume sexual relationships. They should be reminded that family planning methods are important to consider, to avoid becoming pregnant again too soon.

If a woman had a vaginal tear or stitches, having sex too early can cause pain increase her risk of an infection.

A caesarean delivery can also affect vaginal sensation. The changes in hormones can make the tissues of the vagina dry and thin, possibly leading to painful sex, and greater risk of infections. Also, after a caesarean section, women should make sure the incision site has properly healed before resuming sexual relations. In addition, women might experience fatigue, vaginal dryness, pain and low sexual desire.

Damage and strain to their internal pelvic muscles which happens during childbirth will mean that sex may 'feel different' for women. Many women will need information about these normal changes and some reassurance that these things usually improve with time.

Sara Nam & Stephanie Gee

Anonymous 10/19/23 8:38AM

Great job!

