

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT



THE NETWORK  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



# TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

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## TUFH 2020 Abstracts

<b>Title</b>	<b>MY PREGNANCY HANDBOOK</b>
<b>Type</b>	Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
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<b>Country</b>	Uganda
<b>Abstract N<sup>o</sup></b>	TUFH89
<b>Content</b>	<p>Health information is a very crucial aspect in promoting patient centered care. It increases patient satisfaction with care, promotes adherence to post-care instructions and improves the quality of self-care. However, there is need to continuously develop various education tools that meet clinicians' and patients' needs. The My Pregnancy Hand book has been prepared to deliver authentic health information concerning pregnancy to the general public based on WHO and Ministry of health guidelines. The book covers preconception, pregnancy and antenatal care, danger signs in pregnancy and labor preparation. Written in simple non-medical English, designed with colorful pictures and text makes it attractive and reader friendly. It has been endorsed by midwives, obstetricians and awaits approval by Ministry of Health. Methods A survey was conducted for a period of two months among midwives, obstetricians and mothers revealed that the book is simple and reader friendly (96%), answers questions mothers have about pregnancy (90%). However, there is need to translate the book into local languages (100%). Conclusion: The book has proven to be a reliable tool for antenatal health education for both midwives and mothers. However, there is need to translate the book into local languages so that it can be utilized by a wider proportion of the population. Simple hand books like My Pregnancy can greatly improve patient education, increase access of authentic health information, enhance understanding, retention and practice of medical advice to patients.</p>