

## Maternal Morbidity follow up tool

### INSTRUCTIONS

1. This form is used to follow up women with near miss or severe complications in pregnancy or childbirth for long term morbidity.
2. At each visit, write the details of the woman and file the records of each visit together.
3. Use the following questions as a guide to ask the woman about her health condition and any health issues. Also specifically check whether or not she has any of the following problems. Give details if she has any of these.
4. Using these questions as a guide, write a half to one page narrative of the health condition of the woman and its impact on her life.

Name: .....

Original problem.....

Date of Visit.....

No. of visits- first/second/third/fourth

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1. General health status
  - a) How does she feel generally over the last 3 days – does she feel well, average, not well
  - b) Any tiredness
  - c) Is she able to do all her normal chores – without difficulty/with difficulty/ started doing her household work/ labour work. job etc
  - d) Is she on any medication?
  
2. Reproductive health – ask if she had any of these issues over the last 2 weeks
  - a) Any urinary infection – burning sensation, frequency of urination, lower abdominal pain while passing urine
  - b) Any inability to control her urination, dribbling of urine while laughing, coughing, sneezing etc., dribbling of urine before she can reach the bathroom
  - c) Any inability to control her faeces
  - d) Any foul smelling discharge from vagina
  - e) Any problems with menstruation – irregular, excessive, prolonged, painful
  - f) Any fistula – ie. passing of urine or motion through vagina

3. Sexual health

- a) Has she resumed sexual activity – if yes, how many days after delivery? Was this consensual?
- b) Any pain during sexual activity
- c) Any contraception used
- d) Any new pregnancy?

4. Mental health – ask for these in the last 2 weeks

- a) Feeling down, depressed or hopeless
- b) Feeling tired or having little energy
- c) Trouble falling asleep, staying asleep or sleeping too much
- d) Poor appetite or overeating
- e) Feeling bad about herself or that she is a failure or has let her family down
- f) Thoughts that she would be better off dead or hurting herself in any way

5. Baby

- a) Has the baby survived? If yes, ask the following questions
- b) Has she been able to breastfeed the baby?
- c) Is she able to care for the baby?
- d) Are the baby's developmental milestones keeping with its age (to provide an annexure with key milestones at 3 months, 6 months etc.)
- e) Does the baby have any serious illness that requires health care?

6. Socioeconomic

- a) How has the pregnancy, its outcomes and complications impacted on the woman's relationship with her family?
- b) How has the pregnancy, its outcomes, complications affected the family's economic status?
- c) Is the woman facing any stigma or discrimination because of the pregnancy outcome, any health issues she has developed? If yes, explore how this has affected her mental health status.

7. Has she had to seek health care for any condition in the last 2 weeks? If yes, details.

8. Is there any other detail that you would like to add?

**Please write a half to one page narrative detailing the woman's health status based on the above question guide and its impact on her life and her family**