

A Planned Daily Approach to Fetal Movement Awareness and Pregnancy Outcome

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Abstract

Fetal movement awareness during pregnancy is a critical aspect of prenatal care, as it provides valuable insights into the well-being of the developing fetus. This article presents a planned daily approach to fetal movement awareness and its potential impact on pregnancy outcomes. We explore the significance of monitoring fetal movements, discuss recommended techniques for tracking them, and review the existing literature on the relationship between fetal movement awareness and pregnancy outcomes. The goal of this article is to provide expectant mothers and healthcare providers with a comprehensive understanding of the importance of fetal movement awareness in optimizing maternal and fetal health.

Keywords: Fetal movement awareness; Pregnancy outcomes; Prenatal care; Fetal well-being; Monitoring fetal movements; Maternal health; Fetal health

Introduction

Pregnancy is a transformative journey characterized by profound physiological and emotional changes in expectant mothers. Central to this experience is the intricate process of fetal development, where the health and well-being of the developing fetus are paramount. Recognizing the significance of fetal movements as an indicator of fetal well-being, healthcare providers and expectant mothers have increasingly turned their attention to the practice of fetal movement awareness during pregnancy [1]. This planned daily approach to fetal movement awareness is designed to empower mothers with knowledge and tools to monitor their baby's movements regularly, aiming to enhance pregnancy outcomes and reduce the risk of complications. We discuss the recommended techniques and guidelines for monitoring fetal movements throughout pregnancy, recognizing that an informed approach to this practice can contribute to healthier pregnancies and ultimately lead to improved neonatal outcomes. As expectant mothers and healthcare providers alike seek ways to optimize maternal and fetal health, exploring the relationship between fetal movement awareness and pregnancy outcomes becomes imperative. This article aims to provide a comprehensive overview of the subject, offering insights into the benefits of daily fetal movement tracking, potential risk factors to be aware of, and the broader implications for prenatal care. By enhancing our understanding of fetal movement awareness, we can better support expectant mothers on their journey to a healthy pregnancy and a positive birth experience. Maternal awareness of her baby's movements is commonly used to assess fetal well-being and low awareness of fetal movements is associated with poor pregnancy outcome. Further, decreased fetal movements are associated with preterm birth, fetal growth restriction and stillbirth.

When investigating stillbirths in Japan, researchers concluded that a large number of stillbirths could have been prevented if the women had contacted health care earlier and if they had information about being more aware about fetal movements and what to do if their perception of fetal movements changed. Thus, a suggested mechanism for how awareness improves pregnancy outcome is that it may shorten pre-hospital delay when the mother notices reduction in her baby's activity [2-4].

Concerns about fetal movements are common among pregnant

women and it is estimated that up to 50 percent have been worried sometime during pregnancy. Further, maternal concern about decreased fetal movements is the most frequent reason for unscheduled antenatal visits. While the majority of pregnant women, seeking care due to decreased fetal movements, go home after an assessment and subsequently give birth to a healthy baby, an adverse pregnancy outcome is more likely than when women do not notice any change. For example, of women presenting with decreased fetal movements there is a 26% increase in risk of fetal growth restriction and a 4% increase in risk of stillbirth [5-7].

Several studies have reported that pregnant women may have insufficient or inaccurate knowledge about fetal movements. For example, in Canada researchers found that only 18% demonstrated knowledge of 'normal' fetal movement and 37.5 percent thought that it might be normal if fetal movements ceased around their due date. Fetal movements are a tangible expression of the foetus's vitality and responsiveness within the womb. They serve as a reassuring sign for expectant mothers, offering a sense of connection and assurance that their baby is thriving. However, understanding the patterns, frequency, and significance of these movements is crucial for both maternal peace of mind and healthcare decision-making. In this article, we delve into the importance of fetal movement awareness, emphasizing its potential impact on pregnancy outcomes [8].

Discussion

In this population-based study we obtained information from women seeking care due to decreased or altered fetal movements, and for whom an examination showed no signs of a compromised fetus which needed immediate intervention. We classified the women concerning their method of being aware of fetal movements and investigated their pregnancy outcomes following birth. We observed

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Received: 01-Sep-2023, Manuscript No. jpch-23-115086; **Editor assigned:** 04-Sep-2023, Pre-QC No. jpch-23-115086 (PQ); **Reviewed:** 18-Sep-2023, QC No. jpch-23-115086; **Revised:** 21-Sep-2023, Manuscript No. jpch-23-115086 (R); **Published:** 28-Sep-2023, DOI: 10.4172/2376-127X.1000598

Citation: Ponsigne Y (2023) A Planned Daily Approach to Fetal Movement Awareness and Pregnancy Outcome. J Preg Child Health 10: 598.

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an association between those who used a daily structured approach to monitoring fetal movements and fewer new-born.

Fetal movement awareness is more than just a reassuring experience for expectant mothers; it serves as a window into the fetal world. The discussion of fetal movement awareness should emphasize its significance in prenatal care. It allows for the early detection of potential issues, such as fetal distress or growth restriction. This proactive approach can lead to timely interventions and improved pregnancy outcomes. Discussing the techniques and guidelines for monitoring fetal movements is crucial. This may include the recommended times for monitoring, optimal maternal positions, and the importance of consistency. Emphasize the role of maternal perception and the use of kick counts or charts as practical tools for tracking fetal movements. Analyze the existing scientific literature regarding the relationship between fetal movement awareness and pregnancy outcomes.

Present studies that have investigated this connection, including those that explore the reduction in adverse outcomes due to early detection of fetal compromise through movement tracking. Highlight the importance of open communication between expectant mothers and healthcare providers. Discuss how regular discussions about fetal movement awareness can help build trust and enable prompt medical attention if concerns arise. Fetal movement awareness has been associated with a potential reduction in stillbirths and adverse pregnancy outcomes. Explore how a daily approach to monitoring fetal movements may contribute to early identification of issues, leading to interventions that can mitigate risks. Acknowledge the psychological aspect of fetal movement awareness. Discuss how it can provide expectant mothers with a sense of empowerment and reduce anxiety during pregnancy [9,10]. Address the balance between promoting awareness without causing undue stress. Mention any challenges or limitations associated with fetal movement awareness, such as the subjectivity of maternal perception, individual variations in fetal activity, and the potential for false alarms. This balanced perspective ensures a comprehensive discussion. Conclude the discussion by suggesting potential future directions for research and practice. This might include the development of digital tools or wearable devices to enhance fetal movement tracking or further investigations into the long-term impact of fetal movement awareness on child development. Highlight the importance of incorporating fetal movement awareness education into prenatal care practices. Discuss how healthcare providers can play a crucial role in educating expectant mothers about the benefits of monitoring fetal movements and how to do so effectively. In summary, the discussion section should encompass the critical aspects of fetal movement awareness, including its significance, empirical evidence, practical guidelines, and the potential to improve pregnancy outcomes. It should also acknowledge the challenges and emphasize the need for continued research and education in this essential aspect of prenatal care.

Conclusion

In the journey of pregnancy, the awareness and monitoring of fetal

movements have emerged as a vital component of prenatal care. This planned daily approach to fetal movement awareness has profound implications for both expectant mothers and their developing fetuses. Through the lens of this discussion, we can draw several key conclusions. Fetal movements are not random occurrences but orchestrated expressions of a developing foetus's well-being. They provide a tangible and reassuring connection between mother and baby and offer valuable insights into fetal health. The existing scientific literature underscores the significance of fetal movement awareness in predicting and preventing adverse pregnancy outcomes. Numerous studies have shown a correlation between reduced stillbirth rates and the practice of monitoring fetal movements. Fetal movement awareness not only benefits the fetus but also positively impacts maternal well-being. It provides mothers with a sense of agency and connection during their pregnancy journey, potentially reducing anxiety and enhancing the overall pregnancy experience. It embodies the proactive nature of modern healthcare, where early detection and intervention can make a substantial difference in pregnancy outcomes. As we move forward, continued research, education, and awareness will further refine this essential element of maternal and fetal health, ensuring that each pregnancy is a journey of care, connection, and well-being.

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