Prenatal & Postnatal Care Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$3,000 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Prenatal & Postnatal Care Training Course is designed to equip healthcare professionals, midwives, community health workers, and caregivers with up-to-date, evidence-based knowledge on antenatal care (ANC), postnatal care (PNC), maternal nutrition, pregnancy monitoring, neonatal care, and danger sign identification. With increasing global focus on reduced maternal mortality, improved infant survival rates, and WHO-aligned maternal health standards, this program strengthens clinical competence and community-based care delivery.

The course integrates modern maternal healthcare protocols, risk assessment tools, emergency obstetric response, breastfeeding support, and mental health awareness for mothers. It emphasizes practical skills, case-based learning, and real-world application to improve outcomes in both clinical and rural settings. Participants will gain expertise in high-risk pregnancy management, postpartum complications, newborn care, family planning counseling, and health education strategies, aligned with global Sustainable Development Goals (SDGs) for maternal and child health.

Programme Curriculum

Prenatal & Postnatal Care Training Course

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Course Duration

5 days

Course Objectives

1. Understand evidence-based prenatal care guidelines (WHO ANC model)
2. Identify high-risk pregnancy conditions and early warning signs
3. Apply antenatal screening and fetal monitoring techniques
4. Strengthen skills in maternal nutrition and pregnancy diet planning
5. Improve competency in safe childbirth preparation and birth planning
6. Deliver effective postnatal care and maternal recovery support
7. Promote exclusive breastfeeding and lactation management
8. Recognize and manage postpartum complications and infections
9. Enhance newborn care and neonatal survival strategies
10. Support maternal mental health and postpartum depression screening
11. Provide family planning and reproductive health counseling
12. Implement community-based maternal health interventions
13. Align practice with SDG 3: Good Health and Well-being targets

Target Audience

1. Midwives and nurse-midwives
2. Community health workers (CHWs)
3. Nurses in maternal and child health units
4. Obstetricians and gynecology trainees
5. Public health practitioners
6. NGO health program officers
7. Medical and nursing students
8. Traditional birth attendants undergoing upskilling

Course Modules

Module 1: Foundations of Maternal Health Care

- Overview of prenatal and postnatal care systems
- WHO antenatal care guidelines and global standards
- Maternal mortality and morbidity trends
- Health system roles in maternal care delivery
- Case Study: Maternal death audit review in rural clinic

Module 2: Antenatal Care (ANC) and Pregnancy Monitoring

- Pregnancy trimester assessment protocols
- Fetal growth tracking and ultrasound basics

- Blood pressure and gestational diabetes screening
- Infection prevention in pregnancy (HIV, malaria)
- Case Study: Early detection of preeclampsia in high-risk mother

Module 3: Maternal Nutrition and Lifestyle Management

- Essential micronutrients during pregnancy
- Managing anemia in pregnancy
- Physical activity and safe exercise guidelines
- Hydration and dietary planning for expectant mothers
- Case Study: Nutritional intervention reducing low birth weight

Module 4: High-Risk Pregnancy Management

- Identification of obstetric risk factors
- Emergency referral systems and protocols
- Hypertension, diabetes, and bleeding complications
- Safe delivery planning for high-risk mothers
- Case Study: Emergency C-section due to placenta previa

Module 5: Labour, Delivery Preparation & Birth Planning

- Stages of labour and monitoring techniques
- Pain management and delivery support
- Birth preparedness and complication readiness
- Infection control during delivery
- Case Study: Safe delivery outcome after prolonged labour

Module 6: Postnatal Care (PNC) for Mothers

- Postpartum recovery monitoring
- Uterine involution and bleeding management
- Postpartum infection prevention
- Mental health screening and depression care
- Case Study: Postpartum hemorrhage emergency response

Module 7: Newborn Care and Neonatal Health

- Immediate newborn care after birth
- Thermal protection and hygiene practices
- Breastfeeding initiation and support
- Neonatal danger signs identification
- Case Study: Neonatal resuscitation saving preterm infant

Module 8: Family Planning & Community Maternal Health

- Contraceptive methods and counseling
- Birth spacing benefits and reproductive planning
- Community outreach and maternal health education
- Male partner involvement in maternal care
- Case Study: Community program reducing teenage pregnancy rates

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com