

Maternal Mortality and High-Risk Pregnancy

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This presentation focuses on
Understanding the Risks, Causes, and
Solutions



Why This Matters

Pregnancy & childbirth are natural, but risky without proper care.

800+ women die every day from pregnancy-related causes (WHO).

95% of deaths occur in low- and middle-income countries.

What is Maternal Mortality?

Death of a woman during pregnancy, childbirth, or within 42 days.

Causes are linked to pregnancy—not accidents.

Reflects quality of healthcare systems.

Kenya's Situation

Maternal Mortality Ratio (MMR): 594

Huge disparities: Mandera: 2,780/100,000 vs
Kirinyaga: 47/100,000



Major Causes of Maternal Death

1. Severe Bleeding

2. High Blood Pressure Disorders


3. Infections (Sepsis)

4. Unsafe Abortion

5. Obstructed Labor

6. Blood Clots

7. Anaemia



**Underlying
Barriers to
maternal
health**

Delays in seeking care

Poor transport

Lack of skilled workers/equipment

Poverty

Harmful cultural beliefs



Prevention of maternal deaths

Antenatal care

Skilled care at birth

Emergency obstetric services

Safe abortion (where legal)

Education & awareness

Better transport systems

High-Risk Pregnancy – Definition

Pregnancy with higher chances of complications for mother/baby.

Needs extra monitoring
& care.

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Who is at Risk?

Age <17 or >35

Existing health conditions

Previous complications

Multiple pregnancy

Poor lifestyle choices

Infections (HIV, malaria, TB)

**Warning
Signs
During
Pregnancy**

Heavy bleeding

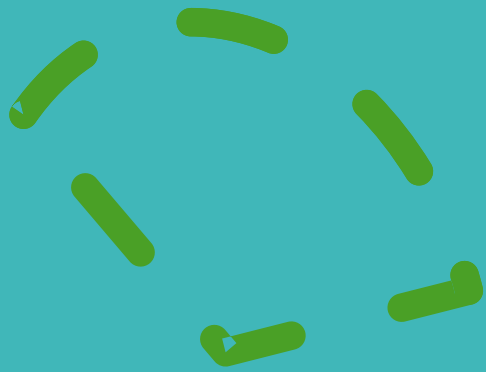
Severe headaches

Swelling of hands/face

High fever Blurred vision

Baby stops moving

Severe abdominal pain



How to Reduce Risks

Antenatal care

Skilled birth
attendance

Emergency
services

Education and
awareness

Postnatal care



Key Message

Most maternal deaths are preventable.

Every woman deserves safe care before, during, and after childbirth.

THANK YOU

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