

## Antenatal Classes

To book your classes, please fill the registration card and place it in the designed classes' box at the reception station at OBS/GYN OPD or contact **+974 40115374** from 08:00-09:00 hrs every days (except weekend).



## Antenatal Class

Monday

OPD Education Room, Al Wakra Hospital

Time: 10:00 to 14:00 hrs, Free on-site registration

مستشفى الوكرة  
Al Wakra Hospital

عضو في مؤسسة حمد الطبية  
A Member of Hamad Medical Corporation



Time	Topics	Presenter
10:00 - 10:05 hrs	Registration	CMS and Antenatal team
10:05- 10:15 hrs	Welcome and introduction	CMS and Antenatal team
10:15 - 10:45 hrs	Common complaints in pregnancy and what can we do about it	CMS Renny – PFE link nurse (Antenatal ward)
10:45 - 11:15 hrs	Lifestyle during pregnancy (working mothers, exercises, travel abroad, air travel, car travel, etc)	CMC Renny – PFE link nurses (OPD)
11:15 - 11:30 hrs	Tea Break	
11:30-12:00 hrs	Breastfeeding	CMS Renny – PFE link nurse (OPD)
12:00-12:30 hrs	Mood changes during pregnancy	CNS Jussara – PFE link nurses (ED)
12:30-13:00 hrs	Nutrition in pregnancy	AWH Dietician – PFE link nurse (Inpatient 3 South)
13:00-14:00 hrs	Exercise during pregnancy	Physiotherapist – PFE link nurse ( LR )

## Antenatal Class

Thursday

OPD education room, Al Wakra Hospital

Time: 10:00 to 14:00 hrs, Free on-site registration

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Time	Topics	Remarks
10:00 - 10:05 hrs	Registration	CMS and antenatal team
10:05 - 10:15 hrs	Welcome and Introduction	CMS and antenatal team
10:15 - 10:45 hrs	Recognition of active labor	CMS Renny – PFE link nurse (LR)
10:45 - 11:15 hrs	Pain management in labor (non pharmacological)	CNS Muntaha – PFE link nurse (OPD)
11:15 - 11:30 hrs	Tea Break	
11:30 - 12:00 hrs	Position in labor	CMS Renny – PFE link nurse (LR)
12:00 - 12:30 hrs	Skin-to-skin contact Delayed cord clamping	CNS Jussara – PFE link nurse (LR)
12:30 - 13:00 hrs	Newborn care Perineal care after childbirth and kegel exercise	CMS Renny – PFE link nurse (Inpatient 3 South)
13:00-14:00 hrs	Awareness of “baby blues” and postnatal depression	CNS Jussara PFE link nurse (inpatient 3South)