

**Virtual Care: Innovative ways of Prenatal Education****Anupriya Sarala***Cerner Sweden AB, Lund, Sweden*

According to WHO, lack of knowledge is one of the leading causes for women not attending antenatal care. Knowledge and awareness of normal pregnancy and breastfeeding practices is the key to make informed decision during the precious time in women's life. Offering structured, easy to follow education helps the mothers to be aware of the healthcare trends and available care options, identify variations from normal, seek medical care when needed etc.

Simple and easy to follow course syllabus, Structured training delivery all can help to deliver the right information at the right pace. Virtual care is an innovative platform to provide prenatal and breastfeeding education to pregnant and breastfeeding mothers.

The process for implementing a virtual care service is simple. Having a website supporting the women to understand the concept and different type of services provided, could be the starting point. Virtual consultations uses the help of digital technologies such as audio and Video consultations to help the woman join the education sessions at the comfort of their home. A secured website complying to national and international regulations should be selected and a privacy policy should be communicated in the site. Providing multiple options or choices of course delivery is a great way to have acceptance from the client. Individual, group sessions, crash courses, academy etc are some options to try, while delivering prenatal education. Importance of reaching out to patients to make them aware of the virtual healthcare possibilities is also very important. It would be an advantage to work in partnership with hospitals, communities and private clinics to increase awareness and encourage mothers to join prenatal classes by explaining the benefits of the session. Involving partners and family members during the classes and counselling sessions also are important to

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Publications:

1. ChemInform Abstract: Synthesis and NMR Study of Epimeric Pairs of 2,3-Dihydro- and 2,3,6,7-Tetrahydro-tabersonine and Their Derivatives.
2. Partial synthesis of new indole alkaloid derivatives with biological activity starting from plant material.

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