

Maternity Nursing: A Learning Aid For Midwifery and Nursing Students



Dr. K. Guruparan

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He started his career in District Hospital Kilinochchi as a Specialist in Obstetrics and Gynaecology and then joined the Faculty of Medicine, University of Jaffna in 2015. He is serving as a senior lecturer and Specialist in his field and honorary consultant attached to Teaching Hospital Jaffna.

He delivers his services for both patient care and undergraduate and postgraduate teaching for medical and allied health students.



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Maternity Nursing: A Learning Aid For Midwifery and Nursing Students

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Foreword

It gives me great pleasure to write this foreword for *Maternity Nursing: A Learning Aid for Midwifery and Nursing Students*, authored by Dr. K. Guruparan.

Dr.K. Guruparan is a distinguished Consultant Obstetrician and Gynaecologist, as well as a Senior Lecturer at the Faculty of Medicine, University of Jaffna. With over 15 years of clinical and academic experience, he has served with deep commitment in both hospital and community settings, especially in post-conflict, resource-limited areas such as Kilinochchi.

His work during the resettlement period was not limited to medical care; he also actively contributed to education, disaster relief, social support services, and public health initiatives.

Of particular note is his pioneering work in addressing gender-based violence (GBV). He was instrumental in establishing GBV units in Kilinochchi, Teaching Hospital Jaffna, and at the University of Jaffna—an effort that reflects both his clinical compassion and social vision.

This book is a valuable contribution to health education in Sri Lanka. Designed as a practical learning aid, it covers a wide range of essential topics in maternity care. It provides clear, locally relevant, and evidence-based content tailored for midwifery and nursing students. The text reflects the author's expertise and his deep understanding of the challenges faced by healthcare providers in our country.

I commend Dr. Guruparan for his dedication and for producing this timely and much-needed resource. I am confident that it will support the next generation of healthcare professionals in delivering safe, informed, and compassionate care to mothers.

Dr. Palitha G Mahipala

Former Secretary, Ministry of Health
Democratic Socialist Republic of Sri Lanka

Preface

'If you have knowledge, let others light their candles with it' - Sir Winston Churchill

The journey of life begins even before birth, and the role of the healthcare professional during this delicate and remarkable process is immeasurably important. As a discipline, obstetrics and gynaecology combines the art of compassionate care with the science of medical knowledge. It is a field that demands both technical skill and a deep understanding of human life at its most vulnerable and precious stages.

This book, *Maternity Nursing: A Learning Aid for Midwifery and Nursing Students*, has been written with the specific needs of nursing and midwifery students in mind. It is my sincere aim to provide a comprehensive, clear, and practical guide that will not only aid in academic success but also prepare students to provide safe, skilled, and empathetic care to women and their newborns.

The chapters have been carefully structured to follow a logical progression, beginning with the anatomy and physiology of the reproductive system, and moving through the intricate processes of fertilization, Prepregnancy care and takes you through the antenatal period, delivery, postpartum care, and gynaecological problems.

This work is the culmination of years of teaching, clinical experience, and countless interactions with medical, nursing and midwifery students and patients alike. It reflects not only medical knowledge but also the shared commitment of the nursing profession to safeguard and nurture life.

I thank Dr. G. Yalini for editing and proofreading the chapters and Drs. Abirami Baskaran, Dr. Piraveena Ragavan for their immense support in the making of this book.

I would like to express my heartfelt gratitude to Professor K. Muhunthan for reviewing the manuscript and Dr. P. Mahipala for his message and support for this book.

I appreciate Jaffna Medical Association for publishing this book.

It is my hope that this book will not only serve as a valuable academic resource but will also instill in its readers a sense of purpose, compassion, and confidence as they step into their vital role in women's health.

Dr. K. Guruparan
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Message from the President Jaffna Medical Association

It is with great honor and sincere appreciation that I extend my heartfelt congratulations on the publication of this invaluable book titled '*Maternity Nursing: A Learning Aid for Midwifery and Nursing Students*' meticulously crafted for medical professionals including nurses, midwives, and other healthcare practitioners, and medical undergraduates with relevance to the Sri Lankan context.

This book represents a vital contribution to medical literature and underscores the ongoing commitment to advancing women's health care. This comprehensive resource is a significant milestone in advancing maternal and women's health education in our region. By equipping healthcare providers with up-to-date knowledge and practical insights, this book will undoubtedly enhance the quality of care delivered to mothers and newborns, ultimately contributing to healthier families and stronger communities.

This book covers a broad spectrum of topics in obstetrics and gynecology, including the public health aspects related to maternal and women's healthcare within the Sri Lankan context. The language used is simple and accessible, making it easy to follow. Additionally, the inclusion of diagrams greatly enhances comprehension and aids in better understanding of the content.

I extend my heartfelt appreciation to Dr. K. Guruparan, the author of this book for his dedication and commitment to improving healthcare education, thereby, empowering medical professionals, students, and practitioners to deliver more informed and compassionate care to women.

May this work serve as a catalyst for lifelong learning and professional excellence, contributing to a future where every woman and child benefits from the highest quality of care.

Thank you.

Professor Navaneethakrishnan Suganthan
President-JMA 2025

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