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Poster Presentations

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A review of counseling in the pregnancy with abnormal fetuses

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Background: This review examines the cases of improving the therapeutic skills of therapists and areas of counseling, and the important cases that need midwives' services when there is the diagnosis of an abnormal fetus which requires attention.

Objective: Finding the best counseling methods for healthcare providers.

Materials and Methods: In this review study, a search conducted by using the keywords congenital anomalies, psychological counseling and prenatal counseling in PubMed, Science Direct, Clinical Key, and Google scholar search engine. After screening, the complete data of 20 articles were included in this

review article.

Results: The results of the studies showed that counseling in pregnancy with abnormal fetuses includes medical and psychological counseling. In medical counseling, full knowledge of the types of tests and their interpretation is important, and prenatal screening training programs for health care providers should be revised based on their educational needs. In psychological counseling, to meet the needs of a changing population of clients, midwives in the context of the wider health care system need more accurate knowledge of religious beliefs and religious and cultural contexts of their clients in order to take the best approach for relevant care. The diagnosis of a congenital anomaly during transmission from parents adds to the accumulation of stress-related events that may increase the risk of developing psychological symptoms in the early stages after diagnosis.

Conclusion: Considering the different cultures of different countries of the world, midwifery counseling skills play an important part in the diagnostic and therapeutic process. Therefore, creating extraordinary educational programs on university education is needed for midwives.

Key words: Congenital anomalies, Psychological counseling, Prenatal counseling.