

Bridging gaps, saving lives: Special focus on maternal and child health in Madhya Pradesh

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Maternal and child health serves as a vital indicator of a community's health and development. Although Madhya Pradesh (MP) has made commendable strides in healthcare access and infrastructure, persistently high maternal and infant mortality rates highlight the need for continued effort. Real-time improvement will come from collective learning, scientific rigor, and a shared commitment to care. It is with this conviction that we present the *Mother and Child Special Edition* of VJMR, celebrating research and initiatives devoted to nurturing healthier beginnings for every mother and child.

A comprehensive review article, compiled by senior professors from various government medical colleges of Madhya Pradesh under the guidance of Prof. Dr. Aruna Kumar, Director of Medical Education, MP and Prof. Dr. Sunil Agrawal, Dean, SS Medical College, Rewa, MP, presents practical recommendations for the referral of sick pregnant women from peripheral health centers to higher facilities. These guidelines will serve as a crucial lifeline to serve as a guiding document for doctors working in peripheral and resource-limited settings, enhancing triage efficiency, reducing delays, and ultimately improving maternal and neonatal outcomes across the state.

Our first original research article, by Dr. Saumya Tiwari from Government Medical College, Satna, underscores the importance of Robson's Classification in auditing Caesarean section indications. Her study highlights how systematic audits can help optimize Caesarean rates, minimize maternal morbidity, and enhance patient safety. Her work resonates with global efforts toward evidence-based obstetric care, urging clinicians to pursue not just necessity but appropriateness in every decision.

Every referral, every intervention counts – The second original article by Dr. Saurabh Patel, from SS Medical College, Rewa, on outcomes from Special Newborn Care Units in a central Indian tertiary hospital, highlights the realities of neonatal survival. It not only provides valuable insights into neonatal outcomes and the challenges of referral-based newborn care but also emphasizes the critical role of early intervention, timely referral, and continuous monitoring in improving survival rates among high-risk neonates.

Another article on MDRU Research Methodology Workshop by Dr. Sanjay Pandey, Scientist, MDRU, highlights the importance of learning how research should be designed and executed, besides providing a basic understanding of various study designs, research principles, and ethical considerations. Dr. Lokesh Tripathi from SS Medical College, Rewa in his article on Telemedicine, demonstrates how technology can bridge the rural–urban divide, enabling patients in remote areas to access consultations from specialist doctors without the constraints of distance.

This special edition is a testament to MP's medical fraternity's grit. Let us unite our efforts, strengthen collaborations, and build systems that deliver equitable, compassionate, and effective care.

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