

Maternity and Pediatric Nursing

2nd Edition

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Maternity and Pediatric Nursing

SECOND EDITION

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Ricci-Kyle 2e

Scratch off the sticker with care!

Note: Book cannot be returned once the panel is scratched off.

This text is dedicated to the students who inspire to find new and better ways to convey my passion for the nursing care of families. I also dedicate this edition to my incredible family. Thank you to my husband John who has consistently reminded me of my vision and to my children, Christian and Caitlin, who forever surprise and delight me.

This book is dedicated to all the children out there and the wonderful nurses who care for them. This book is also dedicated to my loving and supportive family. My husband Chris without whom I could not have reached this accomplishment and my three beautiful girls, Grace, Ella and Lily who have allowed me to learn first-hand about growth and development and who truly amaze me each and every day.



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We would like to thank everyone who has helped bring the exciting prospect of this textbook into being, specifically Patrick Barbera, Helene Caprari and Kristin Royer (Product Managers), as well as Holly McLaughlin for her creativity in facilitated the design, and Sarah Kyle for her continued dedication in guiding the vision of the book.

S.S.R., T. K. & S.C.

About the Authors



Susan Scott Ricci has a diploma from Washington Hospital Center School of Nursing, with a BSN, MSN, from Catholic University of America in Washington, D.C., and an M.Ed. in Counseling from the University of Southern Mississippi. She has worked in numerous women's health care settings, including labor and delivery, postpartum, prenatal, and family planning ambulatory care clinics. Susan is a women's health care nurse practitioner who has spent 30+ years in nursing education teaching in LPN, ADN, and BSN programs. She is involved in several professional nursing organizations and holds application of knowledge within nursing practice.



Terri Kyle earned a Bachelor of Science in Nursing from the University of North Carolina at Chapel Hill and a Master of Science in Nursing from Emory University in Atlanta, Georgia. She is a certified pediatric nurse practitioner, and practicing pediatric nursing for over 25 years, she has had the opportunity to serve children and their families in a variety of diverse settings.

She has experience in inpatient pediatrics in pediatric and neonatal intensive care units, newborn nursery, specialized pediatric units, and community hospitals. She has worked as a pediatric nurse practitioner in pediatric specialty clinics and primary care. She has been involved in teaching nursing for over 20 years with experience in both graduate and undergraduate education. Terri is a fellow in the National Association of Pediatric Nurse Practitioners and a member of the Sigma Theta Tau International Honor Society of Nursing, the National League for Nursing, and the Society of Pediatric Nurses.

With the limited time allotted in schools to the topic of maternity and pediatric nursing, Terri recognized the need for a textbook that “got to the **Point**.” She strongly believes in a concepts-based approach for learning nursing—that is, to teach the basics to students in a broad, contextual format so that they can apply that knowledge in a variety of situations. The concepts-based approach to nursing education is time efficient for nursing educators and fosters the development of critical thinking skills in student nurses.



Susan Carman earned a Bachelor of Science in Nursing from the University of Wisconsin-Madison and a Master of Science in Nursing and Master in Business Administration from the University of Colorado-Denver. As a pediatric nurse for over 16 years, Susan has had the opportunity to care for children in a variety of diverse settings and in many of the major children's hospitals throughout the United States. She also has provided volunteer nursing care in a variety of settings including the Dominican Republic and India. She has been involved in teaching nursing for the past 12 years and enjoys watching students transform into competent nurses with strong critical thinking skills. She is a member of Sigma Theta tau and Beta Gamma Sigma.



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Preface

Many nursing curricula combine and teach maternity and pediatrics in tandem. This can be viewed as a *natural fit* of two content areas that belong together. Nursing education in general is founded upon the principle of mastering simpler concepts first and incorporating those concepts into the student's knowledge base. The student is then able to progress to problem solving in more complex situations. In today's education climate with reduced class time devoted to specialty courses, it is particularly important for nursing educators to focus on key concepts, rather than attempting to cover everything within a specific topic.

The intent of *Maternity and Pediatric Nursing* is to provide the nurse the basis needed for sound nursing care of women and children. The content in the book will enable the reader to guide women and children toward higher levels of wellness throughout the life cycle. In addition, the focus of the textbook will allow the reader to anticipate, identify, and address common problems and provide timely, evidence-based interventions to reduce long-term sequelae.

This textbook is designed as a practical approach to understanding the health of women and children. The main objective is to help the student build a strong knowledge base and assist with the development of critical thinking skills. Women in our society are becoming empowered to make informed and responsible choices regarding their health and that of their children, but to do so they need the encouragement and support of nurses who care for them. This textbook focuses on women and children throughout their lifespan, covering a broad scope of topics with emphasis placed upon common issues. Maternity nursing content coverage is comprehensive, yet presented in a concise and straightforward manner. The pediatric nursing content presents the important differences when caring for children compared with caring for adults. A nursing process approach provides relevant information in a concise and non-redundant manner¹. The content covered in the text arms the student or practicing nurse with essential information to care for women and their families, to assist them to make the right choices safely, intelligently, and with confidence.

ORGANIZATION

Each chapter of *Maternity and Pediatric Nursing* focuses on a different aspect of maternity and/or pediatric nursing care. The book is divided into eleven units, beginning with general concepts related to maternity and pediatric nursing care, progressing from women's health, pregnancy and birth, through child health promotion and nursing management of alterations in children's health.

Unit 1: Introduction to Maternity and Pediatric Nursing

Unit 1 helps build a foundation for the student beginning the study of the care of women, infants, and children. This unit explores contemporary issues and trends in maternity and pediatric nursing. Perspectives on women's health and pediatric nursing, core concepts of maternal and pediatric nursing, including, family-centered and atraumatic care, and communication, and community-based nursing are addressed.

Unit 2: Women's Health Throughout the Life span

Unit 2 introduces the student to selected women's health topics, including structure and function of the reproductive system, common reproductive concerns, sexually transmitted infections, problems of the breast, and benign disorders and cancers of the female reproductive tract. This unit encourages the student to assist women in maintaining their quality of life, reducing their risk of disease, and becoming active partners with their health care professional.

Unit 3: Pregnancy

Unit 3 addresses topics related to normal pregnancy, including fetal development, genetics, and maternal adaptation to pregnancy. Nursing management during normal pregnancy is addressed, encouraging application of basic knowledge to nursing practice. Nursing management includes maternal and fetal assessment throughout pregnancy, interventions to promote self-care and minimize common discomforts, and patient education.

Unit 4: Labor and Birth

Unit 4 begins with an explanation of the normal labor and birth process, including maternal and fetal adaptations. This is followed by content focusing on the nurse's

¹ Nursing Process Overview contains NANDA-I approved nursing diagnoses. Material related to nursing diagnoses is from Nursing Diagnoses—Definitions and Classification 2009–2011 © 2009, 2007, 2005, 2003, 2001, 1998, 1996, 1994 NANDA International. Used by arrangement with Wiley-Blackwell Publishing, a company of John Wiley & Sons, Inc. In order to make safe and effective judgments using NANDA-I nursing diagnoses it is essential that nurses refer to the definitions and defining characteristics of the diagnoses listed in this work.

role during normal labor and birth, which includes maternal and fetal assessment, pharmacologic and non-pharmacologic comfort measures and pain management, and specific nursing interventions during each stage of labor and birth.

Unit 5: Postpartum Period

Unit 5 focuses on maternal adaptation during the normal postpartum period. Both physiologic and psychological aspects are explored. Paternal adaptation is also considered. This unit also presents related nursing management, including assessment of physical and emotional status, promoting comfort, assisting with elimination, counseling about sexuality and contraception, promoting nutrition, promoting family adaptation, and preparing for discharge.

Unit 6: The Newborn

Unit 6 covers physiologic and behavioral adaptations of the normal newborn. It also delves into nursing management of the normal newborn, including immediate assessment and specific interventions as well as ongoing assessment, physical examination, and specific interventions during the early newborn period.

Unit 7: Childbearing at Risk

Unit 7 shifts the focus to at-risk pregnancy, childbirth, and postpartum care. Pre-existing conditions of the woman, pregnancy-related complications, at-risk labor, emergencies associated with labor and birth, and medical conditions and complications affecting the postpartum woman are all covered. Treatment and nursing management are presented for each medical condition. This organization allows the student to build on a solid foundation of normal material when studying the at-risk content.

Unit 8: The Newborn at Risk

Unit 8 continues to center on at-risk content. Issues of the newborn with birthweight variations, gestational age variations, congenital conditions, and acquired disorders are explored. Treatment and nursing management are presented for each medical condition. This organization helps cement the student's understanding of the material.

Unit 9: Health Promotion of the Growing Child and Family

Unit 9 provides information related to growth and development expectations of the well child from newborn through adolescence. Although not exhaustive in nature, this unit provides a broad knowledge base related to normal growth and development that the nurse can draw on in any situation. Common concerns related to growth and development and client/family education are included in each age-specific chapter.

Unit 10: Children and Their Families

Unit 10 covers broad concepts that provide the foundation for providing nursing care for children. Rather than

reiterating all aspects of nursing care, the unit focuses on specific details needed to provide nursing care for children in general. The content remains focused upon differences in caring for children compared with adults. Topics covered in this unit include atraumatic care, anticipatory guidance and routine well child care (including immunization and safety), health assessment, nursing care of the child in diverse settings, including the hospital and at home, concerns common to special needs children, pediatric variations in medication and intravenous fluid delivery and nutritional support, and pain management in children.

Unit 11: Nursing Care of the Child With a Health Disorder

Unit 11 focuses on children's responses to health disorders. This unit provides comprehensive coverage of illnesses affecting children and is presented according to broad topics of disorders organized with a body systems approach. It also includes infectious, genetic, and mental health disorders as well as pediatric emergencies. Each chapter follows a similar format in order to facilitate presentation of the information as well as reduce repetition. The chapters begin with a nursing process overview for the particular broad topic, presenting differences in children and how the nursing process applies. The approach provides a general framework for addressing disorders within the chapter. Individual disorders are then addressed with attention to specifics related to pathophysiology, nursing assessment, nursing management, and special considerations. Common pediatric disorders are covered in greater depth than less common disorders. The format of the chapters allows for the building of a strong knowledge base and encourages critical thinking. Additionally, the format is nursing process driven and consistent from chapter to chapter, providing a practical and sensible presentation of the information.

RECURRING FEATURES

In order to provide the instructor and student with an exciting and user-friendly text, a number of recurring features have been developed.

Key Terms

A list of terms that are considered essential to the chapter's understanding is presented at the beginning of each chapter. Each key term appears in boldface, with the definition included in the text. Key terms may also be accessed on [thePoint](#).

Learning Objectives

Learning Objectives included at the beginning of each chapter guide the student in understanding what is important and why, leading the student to prioritize information for learning. These valuable learning tools also provide opportunities for self-testing or instructor evaluation of student knowledge and ability.

Words of Wisdom

Each chapter opens with inspiring Words of Wisdom (WOW), which offer helpful, timely, or interesting thoughts. These WOW statements set the stage for each chapter and give the student valuable insight into nursing care of women, children, and their families.

Threaded Case Studies

Real-life scenarios present relevant woman, child, and family information that is intended to perfect the student's caregiving skills. Questions about the scenario provide an opportunity for the student to critically evaluate the appropriate course of action.

Evidence-Based Practice

The consistent promotion of evidence-based practice is a key feature of the text. Throughout the chapters, pivotal questions addressed by current research have been incorporated into Evidence-Based Practice displays, which cite studies relevant to chapter content.

Healthy People 2020

Throughout the textbook, relevant *Healthy People 2020* objectives are outlined in box format. The nursing implications or guidance provided in the box serve as a roadmap for improving the health of women, mothers, and children.

New! Atraumatic Care

These highlights, located throughout the pediatric sections of the book, provide tips for providing atraumatic care to children in particular situations in relation to the topic being discussed.

New! Thinking About Development

The content featured in these boxes in chapters related to the care of children will encourage student to think critically about special developmental concerns relating to the topic being discussed.

Teaching Guidelines

An important tool for achieving health promotion and disease prevention is health education. Throughout the textbook, Teaching Guidelines raise awareness, provide timely and accurate information, and are designed to ensure the student's preparation for educating women, children, and their families about various issues.

Consider This!

In every chapter the student is asked to *Consider This!* These first-person narratives engage the student in real-life scenarios experienced by their clients. The personal accounts evoke empathy and help the student to perfect caregiving skills. Each box ends with an opportunity for further contemplation, encouraging the student to think critically about the scenario.

Take Note!

The *Take Note!* feature draws the student's attention to points of critical emphasis throughout the chapter. This

feature is often used to stress life-threatening or otherwise vitally important information.

Drug Guides

Drug guide tables summarize information about commonly used medications. The actions, indications, and significant nursing implications presented assist the student in providing optimum care to women, children, and their families.

Common Laboratory and Diagnostic Tests

The Common Laboratory and Diagnostic Tests tables in many of the chapters provide the student with a general understanding of how a broad range of disorders is diagnosed. Rather than reading the information repeatedly throughout the narrative, the student is then able to refer to the table as needed.

Common Medical Treatments

The Common Medical Treatments tables in many of the nursing management chapters provide the student with a broad awareness of how a common group of disorders is treated either medically or surgically. The tables serve as a reference point for common medical treatments.

Nursing Care Plans

Nursing Care Plans provide concrete examples of each step of the nursing process and are included in numerous chapters. The Nursing Care Plans summarize issue- or system-related content, thereby minimizing repetition.

Comparison Charts

These charts compare two or more disorders or other easily confused concepts. They serve to provide an explanation that clarifies the concepts for the student.

Nursing Procedures

Step-by-step Nursing Procedures are presented in a clear, concise format to facilitate competent performance of relevant procedures as well as to clarify pediatric variations when appropriate.

Icons



Watch and Learn

A special icon throughout the book directs students to free video clips located on [thePoint](#) that highlight growth and development, communicating with children, and providing nursing care to the child in the hospital.



Concepts in Action Animations

These unique animations, also located on [thePoint](#), bring physiologic and pathophysiologic concepts to life and enhance student comprehension.

Tables, Boxes, Illustrations, and Photographs

Abundant tables and boxes summarize key content throughout the book. Additionally, beautiful illustrations and photographs help the student to visualize the content. These features allow the student to quickly and easily access information.

Key Concepts

At the end of each chapter, Key Concepts provide a quick review of essential chapter elements. These bulleted lists help the student focus on the important aspects of the chapter.

References and helpful Websites

References used in the development of the text are provided at the end of each chapter. These listings enable the student to further explore topics of interest. Many online resources are provided on **thePoint**, as a means for the student to electronically explore relevant content material. These resources can be shared with women, children, and their families to enhance patient education and support.

Chapter Worksheets

Chapter worksheets at the end of each chapter assist the student in reviewing essential concepts. Chapter worksheets include:

- **Multiple Choice Questions**—These review questions are written to test the student's ability to apply chapter material. Questions cover maternal-newborn and women's health content that the student might encounter on the national licensing exam (NCLEX).
- **Critical Thinking Exercises**—These exercises challenge the student to incorporate new knowledge with previously learned concepts and reach a satisfactory conclusion. They encourage the student to think critically, problem solve, and consider his or her own perspective on given topics.
- **Study Activities**—These interactive activities promote student participation in the learning process. This section encourages increased interaction/learning via clinical, on-line, and community activities.

Teaching–Learning Package

Instructor's Resources

Tools to assist you with teaching your course are available upon adoption of this text on **thePoint**, at <http://thePoint.lww.com/Ricci-Kyle2e>. Many of these tools are also included on the Instructor's Resource DVD-ROM.

- An **E-Book** on **thePoint** gives you access to the book's full text and images online.
- A **Test Generator** that features hundreds of questions within a powerful tool to help the instructor create quizzes and tests
- **PowerPoint presentations** with **Guided Lecture Notes** provide an easy way for you to integrate the textbook with our students' class-room experience, either via slide shows or handouts. Multiple-choice and true/false questions are integrated into the presentations to promote class participation and allow you to use i-clicker technology.
- An **Image Bank** lets you use the photographs and illustrations from this textbook in your PowerPoint slides or as you see fit in your course.


- **New! Case Studies** with related questions (and suggested answers) give students an opportunity to apply their knowledge to a client case similar to one they might encounter in practice.
- **Pre-Lecture Quizzes** (and answers) are quick, knowledge-based assessments that allow you to check students' reading.
- **Discussion Topics** (and suggested answers) can be used as conversation starters or in online discussion boards.
- **Assignments** (and suggested answers) include group, written, clinical, and Web assignments.
- Sample **Syllabi** provide guidance for structuring your pediatric nursing courses and are provided for four different course lengths: 4, 6, 8, and 10 weeks.
- **Journal Articles**, updated for the new edition, offer access to current research available in Lippincott Williams & Wilkins journals.

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Student Resources

An exciting set of free resources is available to help students review material and become even more familiar with vital concepts. Students can access all these resources on **thePoint**, at <http://thePoint.lww.com/Ricci-Kyle2e> using the codes printed in the front of their textbooks.

- An **E-Book** on **thePoint** allows access to the book's full text and images online.
- **NCLEX-Style Review Questions** for each chapter help students review important concepts and practice for NCLEX. **Over 700 questions** are included, more than twice as many as last edition!
- **Multimedia Resources** appeal to a variety of learning styles. Icons in the text direct readers to relevant videos and animations:

- **Watch and Learn Videos** 

A special icon throughout the book directs students to free video clips located on **thePoint**, that highlight growth and development, communicating with children, and providing nursing care to the child in the hospital.

- **Concepts in Action Animations** 

These unique animations, also located on **thePoint**, bring physiologic and pathophysiologic concepts to life and enhance student comprehension.

- A **Spanish-English Audio Glossary** provides helpful terms and phrases for communicating with patients who speak Spanish.
- **Journal Articles** offer access to current research available in Lippincott Williams & Wilkins journals.
- **And more!**

ThePoint ... where teaching, learning, and technology click!

Susan Scott Ricci, Terri Kyle & Susan Carman

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