

Francine H. Nichols  
Elaine Zwelling



# Maternal-Newborn Nursing

THEORY AND PRACTICE



Francine H. Nichols, PhD, RNC  
Elaine Zwelling, PhD, RN

# Maternal-Newborn Nursing

## THEORY AND PRACTICE

**W.B. SAUNDERS COMPANY**

A Division of Harcourt Brace & Company

Philadelphia London Toronto Montreal Sydney Tokyo

**W.B. SAUNDERS COMPANY**

*A Division of Harcourt Brace & Company*

The Curtis Center  
Independence Square West  
Philadelphia, Pennsylvania 19106

**Library of Congress Cataloging-in-Publication Data**

Nichols, Francine H.  
Maternal-newborn nursing: theory and practice / Francine H.  
Nichols, Elaine Zwelling.— 1st ed.

p. cm.

ISBN 0-7216-6777-5

1. Maternity nursing. I. Zwelling, Elaine. II. Title.  
[DNLM: 1. Maternal-Child Nursing. WY 157.3 N618m 1997]

RG951.N527 1997 610.73'678—dc20

DNLM/DLC

96-15371

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THE PUBLISHER

MATERNAL-NEWBORN NURSING: Theory and Practice

ISBN 0-7216-6777-5

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Printed in the United States of America

Last digit is the print number: 9 8 7 6 5 4 3 2 1





# Maternal-Newborn Nursing

THEORY AND PRACTICE



*This book is dedicated to*

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*the students and nurses who care for childbearing families,  
the educators who teach maternal-newborn nursing, and  
the researchers who contribute to the scientific basis  
of maternal-newborn nursing  
and with love to our families*

---

*the memory of my father, Eugene Hensley,  
my mother, Marjorie Hensley,  
and my sons, David and Gary Nichols*

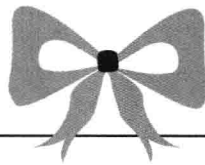
*FRANCINE H. NICHOLS*

---

*my husband, David Zwelling,  
my son and daughter-in-law, Mark and Melissa Schroeder,  
and my first grandchild, Madeline Schroeder*

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# Preface

Childbirth is a unique and powerful human experience that has physiologic, psychological, and social importance. Birth represents a new beginning in every parent's life and forever influences the way an individual sees the self, the world, and the future. Maternal-newborn nurses have the distinct privilege of helping families respond positively to the major life transition of childbearing. They also have the responsibility to ensure that childbirth is as safe as possible and, equally important, as psychologically positive as possible. Regardless of age, students in maternal-newborn nursing have the opportunity to participate in the excitement, wonder, and mystery of birth, as well as to examine the information from a personal perspective and to explore their beliefs and values about childbirth and parenting.

## PHILOSOPHICAL BASE

The following philosophical beliefs related to maternal-newborn nursing provided the foundation for this text:

- Childbearing is a family affair and maternal-newborn services are best provided in a family-centered approach, while maintaining the physical safety of the individual family members.
- The reproductive health of the total family is important to the health of society and of the infant, and maternal mortality rates indicate both the health status of the population and the quality of health services for a population.
- Childbirth is a normal physiologic process that generally requires few medical interventions. While advancements in technology have improved outcomes for high-risk women and in-

fants, technology for low-risk women should be used judiciously.

- Parenting is learned and nurses can play a critical role in assisting families as they navigate the critical passages to parenthood.

## FEATURES

### Research and Theory Based

A scientific base of research and theory is essential to provide a firm foundation for the practice of maternal-newborn nursing. Research and theory are also the basis for the knowledge that is a key factor in advancing maternal-newborn nursing. Such knowledge forms the cornerstone of maternal-newborn nursing's power: professionally, politically, and socially.

This text provides students and nurses with a comprehensive guide to maternal-newborn care and the scientific research and theoretical basis that promote consistent approaches to specific situations while fostering insight that is essential in providing individualized care for maternal-newborn clients. Throughout the text, conclusions from the research are presented as opposed to emphasis on one or two isolated studies. The "Trends in Research" unit openers were developed to emphasize the importance of looking at the **total body of research** related to a specific situation in order to evaluate the validity of findings, draw conclusions, and determine implications for practice. The "Implications for Research" section in each chapter provides information on research that is needed in maternal-newborn nursing practice. A summary of research from the *Cochrane Pregnancy and Childbirth Database* on effective care in pregnancy and

childbirth based on an analysis of controlled research trials is included in Appendix IX. As students and nurses study and provide maternal-newborn nursing care, we encourage them to refer to this information and determine what the research indicates about specific practices.

## Nursing Process

Maternal-newborn nursing practice encompasses promoting wellness, preventing potential health problems, and caring for actual health problems of childbearing women, their infants, and their families. The nursing process is a critical decision-making tool that enables nurses to plan individualized research- and diagnosis-based nursing care for clients. The approved NANDA system of nursing diagnosis (problem-oriented diagnosis) is used throughout this text. Information is also presented on how to develop wellness-oriented diagnoses for maternal-newborn nursing by modifying the NANDA system.

## Nursing Care Planning Guides

Six comprehensive Nursing Care Planning Guides that cover the major areas of maternal-newborn nursing care are included. Nursing care is presented in steps with rationales for both usual and potential nursing diagnoses, with appropriate interventions and expected outcomes for the typical client. While there are common client problems, each individual's response to a situation is unique and the nurse needs to adapt the plan of care to each client's needs. Students will find the Nursing Care Planning Guides helpful in preparing for clinical experiences, during the process of providing nursing care, and when reviewing for examinations over the content. The Nursing Care Planning Guides include assessment tools currently used in clinical practice. We believe that incorporating actual assessment tools used in practice will help the student make the transition from the classroom to the practice setting more easily.

## Procedures

Thirty illustrated detailed Procedures are presented. These Procedures will increase learning and help students prepare for clinical experiences. Students can also refer to them as needed during clinical practice and in reviewing content.

## Community and Home Care

The advances and challenges of community and home care during pregnancy, postpartum, and neonatal periods are discussed. In addition to the usual information on community and home care, detailed guidelines are included on planning and accomplishing the home visit, documenting the home visit, communicating with the primary health care provider, safety precautions within the community, and essential risk management practices.

## Social and Political Issues

We have strived to provide balanced coverage of social and political issues. Our goal is to encourage informed decision making and a higher level of practice through a straightforward discussion of sensitive and controversial issues in health care and politics related to maternal-newborn nursing. We believe that an individual needs to be knowledgeable about all aspects of the problem in order to make appropriate decisions related to situations that are enmeshed in ethical, political, and legal issues as well as influenced by one's personal beliefs.

## Critical Thinking Boxes

Examples of ethical, legal, and practice dilemmas from actual case histories are presented and questions that focus on the stark reality of "real world" situations are included. The practice in values clarification and decision making that results from these exercises will increase a person's ability to deal with the complex problems faced in clinical practice.

## Teaching Guides

Appropriate chapters provide a Teaching Guide that covers related content for client teaching in maternal-newborn practice. Tips for improving teaching effectiveness and teaching aids are included in one convenient table.

## Improving Your Practice Boxes

These boxes promote values clarification, critical thinking, and cultural sensitivity. Discussing the

relationships between your values, beliefs, and attitudes and their impact on providing nursing care will promote self-analysis and self-awareness, which are crucial components of critical thinking.

## **Historical Perspectives Boxes**

The historical perspectives and time lines in this book provide the reader with a context for understanding today's practice, ethical, legal, and political issues. This historical information is helpful in evaluating current maternal-newborn care practices.

## **Illustrations**

This text contains nearly 500 original full-color drawings and photographs that have been developed specifically to promote understanding of often complex material. Where appropriate, text entitled "Understanding . . ." and highlighting key points is included with the illustrations. Photographs are included that depict specific situations commonly encountered in maternal-newborn nursing.

## **Definitions and Key Concepts**

Definitions and Key Concepts are included in each chapter to promote learning and emphasize

major concepts in the chapter. These features will also aid the student in studying or reviewing content.

## --- **WE WANT TO HEAR FROM YOU!**

We welcome your comments. As you read this text, please let us know what you found the most helpful and your suggestions for future editions. Our goal is to provide in-depth coverage of content in a readable and understandable format. You can contact us at:

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# Acknowledgments

This book is the result of the contributions and expertise of many, many individuals. A special thank you goes to the contributing authors of chapters, Nursing Care Planning Guides, and Procedures for their critical analysis of the literature and for presenting the scientific basis for the practice of maternal-newborn nursing. Many clinical experts gave us constructive feedback on the manuscript throughout the development of this text and provided assessment forms, collaborative care plans, and other information that has been included in the book. Reviewers provided us with valuable feedback on the manuscript related to teaching maternal-newborn nursing and student needs. We are deeply indebted to each of them.

We are also most appreciative of the research consultants: Dr. Lorraine Walker, who reviewed the "Trends in Research" unit openers and assisted with the integration of research in the text; and Dr. Sharron Humenick and Dr. Susan Genaro, who reviewed selected "Trends in Research" unit openers. Dr. Kay Avant reviewed and refined the use of nursing process throughout the text as well as its presentation in the Nursing Care Planning Guides. Linda Goodwin, RNC, MED, served as clinical consultant for the text and provided valuable recommendations.

Special acknowledgments go to Anne Ford Doyle and Deborah McKeown, photographers, and all of the staff at Fairfax Hospital and INOVA Health System who assisted in obtaining the wonderful photographs for this text. Sincere appreciation is also extended to the parents who allowed us to take these pictures. Other individuals shared specific photographs with us that are included throughout the text and we thank each of them for this.

We also thank our editorial assistants, Frances Wood and Connie Reed, for their excellent organizational and project management skills, which were vital to a project of this complexity. We thank Catherine Dally, MS, RNC, Thelma Patrick, PhD, RN, and Linda Goodwin, RNC, MED, for un-

dertaking the writing of the Instructor's Manual, Study Guide, and Testbank.

Finally, this book became a reality because of the efforts of the following individuals: Ilze Rader, acquisitions editor, for her continued belief in this project, her vision for the final product, and her guidance throughout; Sue Bredensteiner, developmental editor, for her overall coordination of the project and for her creativeness in developing our ideas for art; Martha Tanner, developmental editor, for her meticulous work on the Nursing Care Planning Guides and Procedures; Marie Thomas, editorial assistant, for keeping communications flowing; David Harvey, senior manuscript editor, for his precise attention to detail and superb editing of the manuscript; Ellen Zanolle, senior book designer, for her elegant design for the book; Peg Shaw, illustration coordinator; DesignPointe Communications, Inc., especially Vicky Heim and Richard A. Fritzler, artists, for the excellent drawings; and Linda R. Garber, senior production manager, and all of the other members of the production team for the work necessary to achieve the splendid metamorphosis from manuscript to book.

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