The principle of going from simple to complex concepts in nursing education is well established, and yet many textbooks bombard their students with “nice to know” concepts rather than “need to know” ones. With time in nursing curricula shrinking and the world of health knowledge expanding, where does one find the happy medium to accomplish both challenges?

This textbook was written on the premise that students need to know the “facts” and not necessarily the whole world of knowledge surrounding that one fact. It is my hope that the essential facts will be imparted to nursing students, which will empower them to guide individuals and communities toward higher levels of wellness throughout the life cycle. In addition, they will strive to look beyond the moment to anticipate, to identify, and to address common problems that would allow timely, evidence-based interventions to reduce long-term sequelae. This will validate their unique and valued role in health care.

This textbook is designed as a practical approach to understanding the health of women and newborns. Women in our society are becoming empowered to make informed and responsible choices regarding their health, but to do so they need the advocacy and support of nurses who care for them. This textbook focuses on women throughout their lifespan and 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 this textbook reviews an important dimension of a woman’s general health throughout her life cycle and addresses risk factors, lifestyle choices that influence her well-being, appropriate interventions, and nursing education topics to preserve her health and that of her newborn.

The text is divided into 8 units:

**Unit 1: Introduction to Maternity, Newborn, and Women’s Health Nursing**

Unit 1 helps build a foundation for the student beginning the study of maternal-newborn and women’s health nursing by exploring contemporary issues and trends and community-based nursing.

**Unit 2: Women’s Health Throughout the Lifespan**

Unit 2 introduces the student to select 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 students 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 presented in a separate chapter encouraging application of basic knowledge to nursing practice. This nursing care chapter covers 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 a chapter on the normal labor and birth process, including maternal and fetal adaptations. This is followed by a chapter discussing the nurse’s 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 focuses on 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 to include 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 focus on at-risk content. Issues of the newborn with birth weight 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.

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 can also be found in the glossary at the end of the text.

Learning Objectives

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

WOW

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

Healthy People 2010

Throughout the textbook, relevant Healthy People 2010 objectives are outlined in recurring boxes. These serve as a roadmap for improving the health of women, mothers, and their newborns.

Teaching Guidelines

An important tool for achieving health promotion and disease prevention is health education. Throughout the textbook, Teaching Guidelines are aimed at raising awareness and providing nursing students with simple, clear information to impart to their patients.

Nursing Care Plans

Nursing Care Plans provide concrete examples of each step of the nursing process within numerous chapters. These Nursing Care Plans illustrate common health problems of women and newborns that are managed in a variety of settings. To make the Nursing Care Plans more meaningful, a scenario is presented at the beginning of each one.

Nursing Procedures

Step-by-step Nursing Procedures are presented in a clear, concise format to facilitate competent performance of relevant procedures.

Drug Guides

These tables include medication, action, indication, and nursing implications. An understanding of drugs used in the care of pregnant women and newborns is essential to protect and promote the health of this special population.

Consider This!

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

Tables, Boxes, Drawings, and Photographs

Abundant tables and boxes summarize key content throughout the book. Additionally, beautiful drawings and photographs help students visualize the content presented. These important aspects of the text allow for quick, easy access of material.
Key Points

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

References and Helpful Informational Resources

References and Helpful Informational Resources, which were used to develop chapter content, enable students to further explore topics of interest. Many on-line resources are provided. These resources can be shared with women and their families to enhance patient education and support.

Chapter Worksheets

Chapter worksheets are placed at the end of each chapter to assist the student in reviewing the essentials. Chapter worksheets include:

- **Multiple Choice Questions**—These review questions are written to test the students’ ability to apply chapter material. Questions cover maternal-newborn and women’s health content that students might encounter on their national licensing exam (NCLEX). The questions are straightforward and factual in nature to rule out regional/cultural variations.
- **Critical Thinking Exercises**—These exercises challenge students to apply new knowledge and experiences to real-life situations. Questions encourage students to think critically, problem solve, and consider their own perspective on given topics.
- **Study Activities**—These interactive activities promote student participation in the learning process. This section includes many on-line and community-based exercises.

Teaching-Learning Package

Instructor’s Resource CD-ROM

This valuable resource for instructors is compatible with WebCT and Blackboard, and includes all the materials you need to teach your Maternity Nursing course:

- Test Generator, featuring hundreds of questions within a powerful tool to help you create your quizzes and tests
- PowerPoint presentations, corresponding to every chapter and serving as a supplement for your overheads, for your handouts, or for you to post on-line
- Image Bank, giving you access to photographs and illustrations from the text in a convenient, searchable format
- Lecture Outlines, for organizing your classroom instruction
- Sample syllabi, for setting up your course
- Assignments and reading comprehension quizzes, for testing your students’ understanding

Front-of-Book CD-ROM

This free front-of–book CD-ROM features 25 minutes of video clips highlighting the following topics:

- Developmental Stages of Pregnancy
- Vaginal Labor and Delivery
- Scheduled Cesarean Section
- Assisting the Client with Breastfeeding

The CD-ROM also includes 275 NCLEX-style questions for student review, including traditional and alternate-format questions.

Free Connection Web Site

Visit http://thePoint.lww.com for on-line versions of the text’s powerful teaching/learning tools, as well as additional supplements and information about the book.

Electronic Study Guide to Accompany Essentials of Maternity, Newborn, and Women’s Health Nursing

This exciting new resource, built for your WebCT or Blackboard Learning Management System, provides review questions to help students apply and retain the key information from each chapter. Featuring NCLEX-style practice questions and other thought-provoking exercises, the Electronic Study Guide provides you with a great new tool for assessing your students’ mastery of information and for tracking their proficiency within the world of maternity nursing.

Contact your sales representative or visit www.LWW.com/Nursing for more details.

Susan Scott Ricci