

P R E F A C E

Maternal-newborn and child health nursing are expanding areas as a result of the broadening scope of practice within the nursing profession and the recognized need for better preventive and restorative care in these areas. The importance of this need is reflected in the fact that many of the year 2010 health goals for the nation focus on these areas of nursing.

At the same time that the information in these areas of nursing is increasing, less time is available in nursing programs to teach it. Students experience difficulty reading all of the material contained in two separate textbooks.

Maternal and Child Health Nursing: Care of the Childbearing and Childrearing Family, Fifth Edition, is written with this challenge in mind. It views maternal-newborn and child health care not as two separate disciplines but as a continuum of knowledge. It is designed to present the content of the two disciplines comprehensively but not redundantly. It is based on a philosophy of nursing care that respects clients as individuals, yet views them as part of families and society.

The book is designed for undergraduate student use in either a combined course in maternal-newborn and child health or for a curriculum in which these courses are taught separately. It provides a comprehensive, in-depth discussion of the many facets of maternal and child health nursing, while promoting a sensitive, holistic outlook on nursing practice. As such, the book will also be useful for practicing nurses or graduate students who are interested in reviewing or expanding their knowledge in these areas.

Basic themes that are integrated into this text include the experience of wellness and illness as family-centered events, the perception of pregnancy and childbirth as periods of wellness in the life of a woman, and the importance of knowing normal child development in the planning of nursing care. Also included are themes reflective of changes in health care delivery and the importance of meeting the needs of a culturally diverse population.

THE CHANGING HEALTH CARE SCENE

Managed care has drastically changed the health care delivery system, increasing the role of the nurse from a minor to a major player. It has made understanding multidisciplinary approaches to care greater than ever before. An increasingly multicultural population is reflected among both nurses and their clients, necessitating fine-tuning of culturally sensitive care. In order that nurses can be prepared for this new level of responsibility, educational changes have to keep pace with this health care reform.

New nursing curricula that are in keeping with this spirit of change emphasize expected outcomes, a greater focus on communication, therapeutic interventions, critical thinking, and nursing process.

Nursing issues that grow out of the current climate of change include the following:

- **The importance of health teaching with families as a cornerstone of nursing responsibility:** The teaching role of the nurse has greater significance in the new health care milieu as the emphasis on preventive care and short stays in the acute care setting create the need for families to be better educated in their own care. Focus on Family Teaching displays throughout the text address this issue.
- **An emphasis on National Health Goals:** As a way to focus care and research, National Health Goals have gained wider attention at a time when there is a greater need than ever to be wise in the choice of how dollars are spent. Students can familiarize themselves with these goals by referring to the Focus on National Health Goals displays that appear throughout the book.
- **The importance of individualizing care according to sociocultural uniqueness:** This is a reflection of both greater cultural sensitivity and an increasingly diverse population of caregivers and care recipients. Greater emphasis is being placed on the implications of multiple sociocultural factors in terms of how they affect a patient's response. Focus on Diversity of Care displays throughout the text show how cultural factors can be given consideration in the planning of care.
- **Changing areas of practice:** The variety of new care settings, as well as the diversity of roles in which nurses can practice, is reflected both in the proliferation of community-based nursing facilities and also in the increase in the numbers of nurse-midwives and pediatric and neonatal nurse practitioners. This new edition places emphasis on the specific needs of clients related to the various health care settings in which they find themselves today. Focus on Evidence-Based Practice boxes expand this area.
- **Nursing process:** The nursing process format found throughout this text provides a strong theoretical underpinning for this important concept and is designed to help a student understand how to use the nursing process in clinical practice.

ORGANIZATION OF THE TEXT

Maternal and Child Health Nursing follows the family from the pregnancy period, through labor, delivery, and the postpartal period; it then follows the child in the family from birth through adolescence. Coverage includes ambulatory and in-patient care and focuses on primary as well as secondary and tertiary care.

The book is organized in nine units:

Unit I provides an introduction to maternal and child health nursing. A framework for practice is presented, as well as current trends and the importance of considering childbearing and childrearing within a family context.

Unit II examines the nursing role in preparing families for childbearing and childrearing. Reproductive and sexual

health, reproductive life planning, and the concerns of the infertile family are discussed.

Unit III presents the nursing role in caring for the pregnant family. Care of the family during pregnancy and of the growing fetus is discussed. Separate chapters address the role of the nurse when a woman has a pre-existing illness, develops a complication of pregnancy, has a special need, or will be cared for at home during pregnancy. Additional chapters detail the role of the nurse as a genetic counselor and an advocate for fetal health.

Unit IV addresses the nursing role in caring for a family during labor and birth. Separate chapters detail the labor process, the role of the nurse in providing comfort during labor, the nursing role when a woman develops a complication of labor and birth, and cesarean birth.

Unit V describes the nursing role in caring for a family during the postpartal period. Separate chapters discuss the care of a woman and her family, the newborn, and the changing role when a complication for either a woman or her newborn develops.

Unit VI discusses the nursing role in health promotion during childhood. The chapters in this unit cover principles of growth and development and care of the child from infancy through adolescence, including child health assessment and communication and health teaching with children and families.

Unit VII presents the nursing role in supporting the health of children and their families. The effects of illness on children and their families, diagnostic and therapeutic procedures, medication administration, and pain management are addressed, with respect to care of the child and family in hospital, home, and ambulatory settings.

Unit VIII examines the nursing role in restoring and maintaining the health of children and families when illness occurs. Disorders are presented according to body systems so that students have a ready orientation for locating content.

Unit IX discusses the nursing role in restoring and maintaining the mental health of children and families. Separate chapters discuss the role of the nurse when intimate partner or child abuse or mental, long-term, or fatal illness is present.

PEDAGOGIC FEATURES

Each chapter in the text is organized to provide a complete learning experience for the student. Numerous pedagogic features are included to help a student understand and increase retention. Important elements include the following:

- **Chapter Objectives:** Learning objectives are included at the beginning of each chapter to identify outcomes expected after the material in the chapter has been mastered.
- **Key Terms:** Terms that would be new to a student are listed at the beginning of each chapter in a ready reference list. When the terms first appear in the text, they are shown in boldface type and then defined. Definitions appear again in the Glossary.
- **Chapter-Opening Case Studies:** Short scenarios appear at the beginning of each chapter. These vignettes are designed to help students appreciate that nursing care is always individualized and provide a taste of what is to come in the chapter. At the end of the chapter, Critical Thinking questions related to the scenario bring the chapter full circle.
- **Tables and Displays:** Numerous tables and displays summarize important information and provide detail on some topics so that a student has a ready reference.
- **Checkpoint Questions:** Throughout the text, multiple-choice Checkpoint Questions appear to help readers check progress and comprehension. They ask readers to use the knowledge just gained in the last few pages, helping them retain this information. Answers are supplied at the end of the book.
- **“What If” Questions:** “What If” (critical-thinking) questions also appear periodically throughout the text. These ask readers to apply the information just acquired in an “actual” situation. Readers must process the information and apply it to the new situation, thus maximizing learning and emphasizing critical thinking.
- **Key Points:** A review of important points is highlighted at the end of each chapter, to help students monitor their own comprehension.
- **Critical Thinking Exercises:** To involve a student in the decision-making realities of the clinical setting, several thought-provoking questions are posed at the end of each chapter. They could also serve as a basis for conference or class discussion.
- **References and Suggested Readings:** These provide a student with the information needed to do more in-depth reading of the sources noted in the text, as well as other relevant articles on the topics included in the chapter.
- **Appendices:** Appendices provide a quick reference to laboratory values, growth charts, vital sign parameters, nutrition pyramids, and drugs safe for use during lactation.

ANCILLARY PACKAGE

A complete learning and teaching package includes the following:

- **Free Interactive Self-Study CD-ROM:** Found on the inside front cover of each book, this free CD contains 300 **multiple-choice NCLEX-style questions** to challenge the student’s comprehension and application of the material in the textbook. Feedback is provided for each answer. Also included are samples from our forthcoming **video** series, *Lippincott’s Maternity Nursing Video Series* and *Lippincott’s Pediatric Nursing Video Series*.
- **Instructor’s Resource CD-ROM:** The perfect complement to classroom teaching strategies, this resource contains useful lecture points, discussion questions, and assignments for each chapter (as well as the answers to the critical thinking exercises that appear in

the text). Also included is a **computerized test bank**, containing more than 1000 multiple-choice NCLEX-style questions; an **image bank** containing art from the text; and **PowerPoint presentations** for every chapter.

- **Study Guide:** This companion to the text challenges the student's retention of key concepts and encourages crit-

ical thinking and application of information to actual nursing situations.

- **Connection Website:** Students and teachers can find additional resources to enhance learning at <http://connection.lww.com>.

Adele Pillitteri, PhD, RN, PNP