

Journal of  
Obstetric,  
Gynecologic, &  
Neonatal Nursing

# JOGNN

*Scholarship for the Care of Women,  
Childbearing Families, & Newborns*

March 2019  
Volume 48 • Number 2



## EDITORIAL

What Is a Pilot Study?

## LETTERS

Promoting Maternal Health Through the  
First Postpartum Year

In Response

## REVIEWS

Systematic Review of the Effect of Topical  
Application of Human Breast Milk on Early  
Umbilical Cord Separation

Systematic Review of Interventions for  
Reproductive Life Planning

## RESEARCH

Characterizing the Subgingival Microbiome  
of Pregnant African American Women

Young Women's Knowledge About  
Fertility and Their Fertility Health Risk  
Factors

High Prevalence of Maternal Serum  
25-Hydroxyvitamin D Deficiency Is Not  
Associated With Poor Birth Outcomes  
Among Healthy White Women in the  
Pacific Northwest

Randomized Controlled Trial of a  
Prefeeding Oral Motor Therapy and Its  
Effect on Feeding Improvement in a  
Thai NICU

## HEALTH CARE IMPROVEMENT AND EVALUATION

Initiative to Improve Exclusive Breastfeeding  
by Delaying the Newborn Bath

## METHODS

Designing Interventions to Improve the  
Health of Women Using the ORBIT Model

Psychometric Properties of the Short Form  
of the Health Practices Questionnaire-II  
Chinese Version

Developing and Pretesting a Survey  
About Immigrant Women's Experiences  
With Postpartum Depression Screening

## AWHONN POSITION STATEMENT

Elective Induction of Labor

## SPECIAL REPORT

Current Resources for Evidence-Based  
Practice, March 2019

ISSN 0884-2175  
<http://jognn.org>



**AWHONN**

ADVANCING THE SPECIALTY  
OF WOMEN'S HEALTH

1969-2019, 50 YEARS

## EDITORIAL

### 117 What Is a Pilot Study?

The primary purpose of a pilot study is not to answer specific research questions but to prevent researchers from launching a large-scale study without adequate knowledge of the methods proposed.

*Nancy K. Lowe*

## LETTERS

### 119 Promoting Maternal Health Through the First Postpartum Year

In response to a recent editorial, the author asks whether the fourth trimester is a sufficient period for the extended care of women after they give birth.

*Lorraine O. Walker*

### 120 In Response

*Nancy K. Lowe*

## REVIEWS

### 121 Systematic Review of the Effect of Topical Application of Human Breast Milk on Early Umbilical Cord Separation

Topical application of human breast milk is an effective and safe way to reduce time to cord separation.

*Angela Hui Ping Kirk, Jinling Yang, Woei Chyi Sim, Lydia Yi Xin Chia, and Ying Lau*

### 131 Systematic Review of Interventions for Reproductive Life Planning

Much of the evidence on reproductive life planning focuses on the feasibility of implementing interventions rather than effectiveness in influencing knowledge and behavioral outcomes.

*Sarah L. Hipp, Jane Chung-Do, and Elizabeth McFarlane*

## RESEARCH

### 140 Characterizing the Subgingival Microbiome of Pregnant African American Women

Gingivitis in pregnancy is associated with perturbations in the composition of the subgingival microbiome; increased abundance of bacteria may trigger an acute-phase, systemic, inflammatory response.

*Irene Yang, Anna K. Knight, Anne L. Dunlop, and Elizabeth J. Corwin*

### 153 Young Women's Knowledge About Fertility and Their Fertility Health Risk Factors

Young women's knowledge about fertility was significantly related to their fertility health risks; assessing this knowledge may allow health care providers to provide individualized education about fertility and reproductive health.

*Qiyun Mu, Lisa Hanson, James Hoeltje, and Richard J. Fehring*

### 163 High Prevalence of Maternal Serum 25-Hydroxyvitamin D Deficiency Is Not Associated With Poor Birth Outcomes Among Healthy White Women in the Pacific Northwest

Pregnant women who sought out-of-hospital midwifery care in the Pacific Northwest had high prevalence of vitamin D insufficiency, but this did not negatively affect birth outcomes.

*Doria K. Thiele, Elise N. Erickson, and Jonathan M. Snowden*

### 176 Randomized Controlled Trial of a Prefeeding Oral Motor Therapy and Its Effect on Feeding Improvement in a Thai NICU

The Premature Infant Oral Motor Intervention improved feeding efficiency for Thai newborns ages 32 to 34 weeks postmenstrual age.

*Brenda S. Lessen Knoll, Tipawan Daramas, and Victoria Drake*

*Continued*

## On Our Cover:

*Painting of Inses, Judi Parkinson, 2010 (@istockphoto.com).*



### HEALTH CARE IMPROVEMENT AND EVALUATION

#### 189 Initiative to Improve Exclusive Breastfeeding by Delaying the Newborn Bath

Delaying a healthy newborn's initial bath for 12 or more hours increased the odds of exclusive breastfeeding during the newborn hospital stay.

*Heather Condo DiCioccio, Candace Ady, James F. Bena, and Nancy M. Albert*

### METHODS

#### 197 Designing Interventions to Improve the Health of Women Using the ORBIT Model

The authors describe the innovative ORBIT model and how it can be applied in the design of behaviorally oriented interventions for the care of women.

*Lorraine O. Walker and Susan M. Czajkowski*

#### 205 Psychometric Properties of the Short Form of the Health Practices Questionnaire-II Chinese Version

The authors found acceptable validity and reliability statistics for the 13-item HPQ-II CV when administered to pregnant, Taiwanese women.

*Ling-Hua Wang, Yu-Ping Chang, Hsueh-Fen Chou, Margaret Doerzbacher, and Huey-Shyan Lin*

#### 216 Developing and Pretesting a Survey About Immigrant Women's Experiences With Postpartum Depression Screening

Based on theory and feedback from professionals and Chinese immigrant women, we refined a survey about immigrant women's perspectives on screening for postpartum depression.

*Zhiyuan Yu, Diane R. Lauver, Lin Wang, and Hong Li*

### AWHONN POSITION STATEMENT

#### 227 Elective Induction of Labor

AWHONN advocates against elective induction of labor before 39 weeks gestation. Induction at or after 39 weeks gestation is an option that should be carefully weighed against expectant management.

### SPECIAL REPORT

#### 230 Current Resources for Evidence-Based Practice, March 2019

A review of new resources to support the provision of evidence-based care for women and infants.

*Marit L. Bovbjerg*

### ARTICLES ONLINE

Access all articles at <http://jognn.org>.