

# MCN

*The American Journal of Maternal/Child Nursing®*

**CE** Posttraumatic Stress  
after Birth

Promoting Teen  
Mothers' Mental Health

**CE** Perinatal Practices and  
Traditions


Breastfeeding Barriers  
and Support

Postpartum Sleep,  
Depression, and Fatigue

Expressing Milk for  
Preterm Babies

Postpartum Care for  
Women with Diabetes



 Wolters Kluwer



## feature articles

### 76 **CE** Posttraumatic Stress Disorder After Birth: A Metaphor Analysis

*Nine percent of mothers screened positive for meeting the diagnostic criteria for Posttraumatic Stress Disorder (PTSD) due to childbirth in a recent study of childbearing women in the United States. The purpose of this study was to analyze the language used by mothers experiencing PTSD after traumatic birth for metaphors as a rich source of insight into this mental illness for maternal child nurses.*

Cheryl Tatano Beck, DNSc, CNM, FAAN

### 84 Promoting Teen Mothers' Mental Health

*Teen mothers may have experienced adverse childhood experiences that were distressing and traumatic. These events can have a negative influence on their pregnancy and parenting. Trauma-informed care and strengths-based care can be helpful in supporting teen mothers.*

Patricia Freed, EdD, MSN, RN, CNE,  
and Lee SmithBattle, PhD, RN

### 90 **CE** Perinatal Practices and Traditions Among Asian Indian Women

*Asian Indian women living in the United States have many cultural practices and traditions related to pregnancy, birth, and postpartum. An overview is provided to help perinatal nurses give quality care to this unique and growing population.*

Deepika Goyal, PhD, FNP-C



### 98 **SDC** Breastfeeding Barriers and Support in a Rural Setting

*A community assessment in a rural area of Missouri was conducted to identify challenges to successful breastfeeding. Breastfeeding women and healthcare providers offer their insights on current realities and what would be needed to improve breastfeeding rates.*

Laurel R. Goodman, BA, MPH, Wilson Majee, PhD, MPH,  
Joshua E. Olsberg, PhD, and Urmeka T. Jefferson, PhD, RN

### 104 Sleep, Depression, and Fatigue in Late Postpartum

*Sleep problems and fatigue are common issues among mothers of new babies. This study explores the relation between sleep, fatigue and depression for new mothers during the late postpartum period. Suggestions for helpful interventions are offered.*

Karen A. Thomas, PhD, RN and Susan Spieker, PhD

### 110 **SDC** Trying to Live With Pumping: Expressing Milk for Preterm or Small for Gestational Age Infants

*Concern about infant feeding is a common problem reported by mothers of preterm babies admitted to neonatal intensive care units. This study explores the experiences of mothers of preterm babies as they faced the challenges of pumping breast milk to provide the best nutrition for their baby and maintain their ability to breastfeed once the baby was able.*

Riikka Ikonen, RN, MNsc, Eija Paavilainen, PhD,  
and Marja Kaunonen, PhD

### 116 Postpartum Care for Women with Gestational Diabetes

*Gestational diabetes mellitus is one of the most common pregnancy complications in the United States, affecting 7% of all pregnancies, yet care for this population is not always ideal. This study evaluates postpartum care and follow-up for women with gestational diabetes in a tertiary care center in New Mexico.*

Felina Mychelle Ortiz, CNM, DNP, Elizabeth Yakes Jimenez, PhD, RD, Blake Boursaw, MS, and Kathleen Huttlinger, PhD, RN





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## ongoing columns

### 75 EDITORIAL

#### MCN Call for Reviewers

*Consider being an MCN reviewer.*

Kathleen Rice Simpson, PhD, RNC, CNS-BC, FAAN

### 123 HOT TOPICS IN MATERNITY NURSING

#### Correct Use of the Apgar Score

*Recommendations for appropriate use of the Apgar score are reviewed.*

Molly Killion, RN, MS, CNS

### 124 HOT TOPICS IN PEDIATRIC NURSING

#### Interactive Screen Media Use by Young Children

*How much screen time is too much? What should nurses tell parents when they ask about their children's use of electronic devices? Our pediatric nursing expert, Dr. Beal covers the latest news from the literature and the American Academy of Pediatrics on how to advise families on media use.*

Judy A. Beal, DNSc, RN, FNAP, FAAN

### 125 BREASTFEEDING

#### Informal Milk Sharing

*When the new mother is unable to breastfeed or provide milk for her own child, human milk must be accessed from another source. There are three options: pasteurized donor human milk from a non-profit milk bank governed by the Human Milk Banking Association of North America, pasteurized donor human milk from a for-profit company, or through informal milk sharing. Our breastfeeding expert, Dr. Spatz explains why families may opt to or need to access human milk informally and why nurses and healthcare providers must have knowledge of informal milk sharing.*

Diane L. Spatz, PhD, RN-BC, FAAN

### 126 HEALTH INFORMATION TECHNOLOGY

#### The Electronic Health Record and Nursing Practice

*The electronic health record has an impact on all aspects of nursing practice. Our HIT nursing expert, Dr. McCartney offers advice on how to take action to promote safe use of the electronic health record.*

Patricia Robin McCartney, PhD, RN, FAAN



### 127 GLOBAL HEALTH AND NURSING

#### Where Have We Been and Where Are We Going in Global Health for Women and Children?

*There have been great improvements in the health of women and children around the world in the first 15 years of the new millennium, but much more work needs to be done to promote and support optimal health for all women, mothers, children, and babies worldwide.*

Lynn Clark Callister, PhD, RN, FAAN

### 128 TOWARD EVIDENCE BASED PRACTICE

*Experts suggest how 6 research articles can be used in nursing practice.*

Coordinated by Judith A. Lewis, PhD, RN, FAAN  
Heidi Krowchuk, PhD, MN, RN and  
Roberta Woodgate, PhD, RN, PNP, FAAN

### 132 PERINATAL PATIENT SAFETY

#### Nurse Staffing and Failure to Rescue

*Inadequate nurse staffing can lead to preventable patient harm.*

Kathleen Rice Simpson, PhD, RNC, CNS-BC, FAAN

## MISSION STATEMENT

**MCN: The American Journal of Maternal Child Nursing**, is written for nurses who are involved in various aspects of maternal and child nursing. MCN provides clinical and research that are based on the most recent and rigorous evidence to support nurses in practice. This peer-reviewed journal offers integrated clinical practice information and thought-provoking solutions for all aspects of maternal child care in the inpatient, outpatient and home care settings.

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