

# MCN

*The American Journal of Maternal/Child Nursing®*

**SPECIAL  
TOPICS SERIES:  
Role of the Father  
of the Baby in Maternal  
Outcomes**

**CE** Psychosocial Factors  
and Preterm Birth

Depression and  
Preterm Birth


Relationship With the  
Father of the Baby and  
Perceived Stress

**CE** Relationships and  
Depressive Symptoms

Internet Content on  
Induction of Labor and  
Pain Management

Smart Nutrition and  
Conditioning for Kids

NICU Practice Change

 Wolters Kluwer





## Interpersonal Relationships Among Black Couples and Depressive Symptoms During Pregnancy

*A significant number of Black mothers and fathers report depressive symptoms during pregnancy and postpartum. Based on the findings of this study and others, screening for depressive symptoms for all pregnant women and their partners has merit.*

Cleopatra Howard Caldwell, PhD, Dawn P. Misra, MHS PhD, William B. Rogers, BS, Alford Young, PhD, and Carmen Giurgescu, PhD, RN, WHNP

### feature articles

## 245 **CE** Psychosocial Factors and Preterm Birth Among Black Mothers and Fathers

*Black mother-Black father couples are two times more likely to have preterm birth compared to White mother-White father couples. In a review of the literature, potential factors for this disparity are explored. Gaps in evidence are highlighted. Suggestions for action based on what is known are offered.*

Carmen Giurgescu, PhD, RN, WHNP, and Dawn P. Misra, MHS, PhD

## 252 Symptoms of Depression and Preterm Birth Among Black Women

*This study evaluated the relationship between depressive symptoms and preterm birth among Black women while adjusting for general social support and support from the father of the baby. Approximately 17% of women in the sample had a preterm birth. One-fifth had severe depressive symptoms based on the Centers for Epidemiologic Studies Depression Scale. Women with severe depressive symptoms were almost twice as likely to give birth preterm when compared to women who did not have these symptoms.*

Jerry John Nutor, PhD, RN, Jaime C. Slaughter-Acey, PhD, MPH, Carmen Giurgescu, PhD, RN, WHNP, and Dawn P. Misra, MHS, PhD

## 259 **CE** Relationship With the Father of the Baby and Perceived Stress Among Black Women

*The relationship with the father of the baby may influence psychological well-being of pregnant women. In this study, women who reported distant relationship with the fathers of their babies during pregnancy had higher levels of perceived stress. As stress is known to affect pregnancy outcomes, this type of information obtained during initial and ongoing assessment during pregnancy can help to guide supportive nursing care and appropriate referral.*

Relicious N. Eboh, Carmen Giurgescu, PhD, RN, WHNP, and Dawn P. Misra, MHS, PhD

## 271 Evaluation of Content on Commonly Used Websites About Induction of Labor and Pain Management During Labor

*Childbearing women often look to the Internet for information about pregnancy, labor, birth, and parenting. However, some of the information may be inaccurate or of limited value. In this study, the content and accuracy of common Internet sites used by pregnant women were evaluated. Websites hosted by the government were found to be the most complete and accurate.*

Cara L. English, DNP, RN, Kathryn R. Alden, EdD, MSN, RN, Meg Zomorodi, PhD, CNL, RN, Debbie Travers, PhD, RN, FAEN, and Malcolm S. Ross, MD

## 278 **SDC** The Smart Nutrition and Conditioning for Kids (SNACK) Program: An Approach to Increasing Nutrition Knowledge Among Second-Grade Students

*Childhood obesity is a major problem that appears to be on the increase. In this study, researchers evaluated an innovative program integrated into physical education classes for second grade students that aimed to promote healthy eating choices. Findings suggest nutrition education for children as young as seven years old can be useful in teaching them to choose healthy food.*

Tami L Jakubowski, DNP, CPNP-PC, CSN, Tracy Perron PhD, RN, CSN, CNE, Anne Farrell, PhD, Carole Kenner, PhD, RN, FAAN, FNAP, ANEF, and Christy Hullings, MS

## 285 Going Along With It: Neonatal Intensive Care Nurses' Views of a Donor Milk Practice Change

*Nurses working in a level III neonatal intensive care unit experienced a change in practice for feeding preterm infants human breastmilk for which they had no input and were offered little supportive evidence. This study explored nurses' perceptions of the change to sterilized pasteurized donor human milk stored in retort packages and suggestions for a more collaborative approach to adopting new practices and products in the neonatal intensive care unit.*

Alaina R. Miller BS, RN, Kimberly Fenstermacher, PhD, CRNP, Barbara L. Buchko DNP, RNC-MNN





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## ongoing columns

### 244 GUEST EDITORIAL

#### Role of the Father of the Baby on Maternal Mental Health and Birth Outcomes Among Black Women in the United States

*Understanding the role of the father of the baby in birth outcomes will provide the foundation for designing interventions to eliminate disparities in preterm birth among Black women. Our guest editor of this special topics series on the role of the father of the baby in maternal mental health and birth outcomes among Black women in the United States, Dr. Carmen Giurgescu, discusses the four featured articles and their potential contributions.*

Carmen Giurgescu, PhD, RN, WHNP

### 291 HOT TOPICS IN MATERNITY NURSING

#### Gender Identity: A Brief for Perinatal Nurses

*A growing number of individuals consider themselves gender nonbinary or gender nonconforming, defined as not identifying with a particular gender. This is especially true among our youth. It is important that clinicians understand related terminology and how to provide culturally competent care to this population. Our maternity nursing expert, Kirsten Wisner, offers insight on gender identity terminology and resources for appropriate care.*

Kirsten Wisner, MS, RNC-OB, CNS, C-EFM

### 292 HOT TOPICS IN PEDIATRIC NURSING

#### Delayed School Starts for Middle and High Schools Makes Sense

*Beginning the school day a bit later than traditional start times has been found to have numerous benefits for adolescents because it allows them to get more sleep. While there are barriers to making this happen, a number of school districts in 45 states have been able to change start times. Our pediatric nursing expert, Dr. Beal, describes the risks of sleep deprivation for teens, benefits of adequate sleep, and recent recommendations from the American Academy of Pediatrics and the American Academy of Sleep Medicine.*

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

### 293 NUTRITION FOR THE FAMILY

#### Barriers to a Healthy Diet

*A thorough nutritional assessment by nurses can identify barriers to a healthy diet for women and their families. A substantial barrier to effective patient counseling is lack of consideration of patients' resources including constraints of access, time, and cost of healthier choices. Our nutrition expert, Denise Snow, covers the essential parts of this type of assessment and offers suggestions for making dietary changes based on available resources.*

Denise Snow, JD, CNM, NP, RN

### 294 GLOBAL HEALTH AND NURSING

#### The Millennium Villages Project: Outcomes Evaluation

*The Millennium Villages Project was a visionary 10-year global project in 14 rural sites in 10 sub-Saharan African countries (Ethiopia, Ghana, Kenya, Malawi, Mali, Nigeria, Rwanda, Senegal, Tanzania, and Uganda). Our global health nursing expert, Dr. Callister, explains the recently published results including the significant positive findings for health outcomes based on the Millennium Development Goals.*

Lynn Clark Callister, PhD, RN, FAAN

### 296 TOWARD EVIDENCE-BASED PRACTICE

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

*Coordinated by Annie Rohan, PhD, RN, NNP-BC, PNP-BC  
Heidi V. Krowchuk, PhD, RN, FAAN, and Cheryl K. Roth, PhD, WHNP-BC, RN, RNFA*

### 300 PERINATAL PATIENT SAFETY

#### Racial and Ethnic Disparities in Maternity Care in the United States Put Mothers and Babies at Risk

*There are dramatic differences in maternal and infant outcomes among racial and ethnic groups in the United States. Some of these disparities are due to inequitable maternity care. Potential underlying causes and solutions are discussed.*

Kathleen Rice Simpson, PhD, RN, 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 articles to support nurses in practice that are based on the most recent and rigorous evidence. 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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