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Probiotics to Manage
Infantile Colic: Systematic
Review

Opioid-Sparing
Protocol for Postop
Cesarean Birth Care

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Impact of COVID-19 on
Maternal Mental Health

TENS for Pain Management
during Labor

Prevention of Pruritis after
Spinal Morphine

Motherhood Expectations
and Quality of Life

Addictive Substances
during Pregnancy and
Postpartum

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feature articles

70 Expectations of Motherhood and Quality of Life

Expectations of motherhood during pregnancy and the experience of motherhood during the first 6 to 12 weeks postpartum may not always match. In this study of pregnant women and new mothers, almost one-half of new mothers had unmet expectations and these unmet expectations were found to be a significant predictor of quality of life during pregnancy and postpartum.

Mary K. Adams, PhD, RN, Mary Byrn, PhD, RN, Sue Penckofer, PhD, RN, FAAN, Fred Bryant, PhD, Angelica Almonte, PhD, RN

76 Transcutaneous Electrical Nerve Stimulation for Pain Management for Women in Labor

Transcutaneous electrical nerve stimulation (TENS) may be a low cost non-pharmacologic option for pain management during labor. In this study of 272 women in labor, TENS was well received by users and there was a significant decrease in pain scores after application of the device.

Linda Daniel, MSN, RN, CPHQ, C-ONQS, Jennifer Benson, MSN, RN, CPHQ, Stephen Hoover, MSBA

82 Knowledge and Attitudes of Maternity Nurses and Ancillary Team Members about Substance Addiction during Pregnancy and Postpartum

Maternity nurses and ancillary members of the maternity care team in one Magnet hospital were surveyed about their knowledge and attitudes in caring for women during pregnancy and postpartum who use addictive substances. Most maternity nurses have the knowledge and skills they believe are needed and most, but not all, have positive attitudes in caring for this vulnerable population.

Katrina Munoz, BSN, RNC-MNN, Carol Suchy, MSN, RN, IBCLC, Dana N. Rutledge, PhD, RN

88 Probiotics for the Management of Infantile Colic: A Systematic Review

Colic is defined as periods of inconsolable crying, fussing or irritability that have no apparent cause and occur in healthy infants under 5 months of age. Although colic is a benign and self-limiting condition,

*it can be distressing to parents and there are few robust treatment interventions. This systematic review explored the evidence for administration of probiotics to prevent or decrease symptoms of colic. Based on the evidence, probiotics (especially the strain *Lactobacillus reuteri* DSM 17938) can safely be recommended if parents desire a treatment option for their infants with colic.*

Jennifer Simonson MSN, FNP, Kristin Haglund, PhD, PPCNP, Emma Weber, CPNP-PC, Alissa Fial, MLIS, Lisa Hanson, PhD, CNM, FACNM, FAAN

97 Prevention of Pruritis following Spinal Morphine for Scheduled Cesarean Birth

Pruritis after cesarean birth with spinal anesthesia using morphine is dose-related and common among women postpartum. In this quality improvement project, the anesthesia team encouraged their providers to use a standardized and lower than routine dose of morphine to decrease risk of pruritis. Most anesthesia providers used the lower dose and fewer women experienced pruritis after scheduled cesarean birth when comparing rates before and after the project was initiated.

Christopher Payne, DNP, CRNA, Brian Curtis, DNP, CRNA, Devon Dan, DNP, CRNA, Shaun Dunston, DNP, CRNA, Chad Moore, DNP, CRNA, CHSE, Justin Hefley, DNP, CRNA

103 Impact of COVID-19 on Maternal Mental Health

The COVID-19 pandemic has the potential to have a negative affect on maternal mental health. Social isolation and lack of expected family support during pregnancy and postpartum are possible factors. The authors present an overview of what is known and what nurses can do to help pregnant women during the pandemic.

Deepika Goyal, PhD, RN, MS, FNP-C, Nancy W. Selix, DNP, FNP-C, CNM

110 Nurses' Experiences with Implementation of a Post-Cesarean Birth Opioid-Sparing Protocol

It has been estimated that approximately one in fifty women who receive an opioid prescription post-cesarean birth develop new persistent opioid use. Enhanced recovery after surgery programs have been shown to decrease use of narcotics postoperatively without most patients experiencing increased pain. In this study, nurses who care for women during postpartum shared their experiences and identified facilitators and barriers of implementation of an opioid-sparing protocol for women having cesarean birth.

Jin Jun, PhD, RN, Marisa Sturza, MD, Sarah Maguire, DNP, CNM, Jennifer Waljee, MD, Roger Smith, MD, Alex Peahl, MD, MSc



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Ongoing columns

68 EDITORIAL

New Report on Understanding the Well-Being of LGBTQI+ Populations

In October 2020, the National Academies of Sciences, Engineering, and Medicine (NAEM, 2020) released a new report on the health and well-being of lesbian, gay, bisexual, transgender, queer or questioning, intersex, non-binary, and gender-nonconforming (LGBTQI+) populations. Maternity, neonatal, and pediatric nurses are encouraged to read the report, be informed, consider the recommendations, and make plans to be a positive force and role-model to make sure all patients get the respectful, gender-affirming care they need and deserve.

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

116 GLOBAL HEALTH AND NURSING

Global Collaboration: Making a Difference for Mothers and Babies

Global partnerships that offer clinical simulation and education for nurses, midwives, physicians, and community health workers around the world promote safe outcomes for mothers and babies. Our global health and nursing expert, Dr. Callister, discusses some of the recently published literature about global partnerships for maternity care.

Lynn Clark Callister, PhD, RN, FAAN

117 PERINATAL PATIENT SAFETY

Safe Maternity Units and Perinatal High Reliability

A recent study on features of safe maternity units is remarkably similar to findings from 20 years ago on perinatal high reliability units. The same aspects of patient safety for maternity units are still valid, yet unsafe practice conditions continue. A summary of current and historical aspects of safe care for mothers and babies in the inpatient setting is presented.

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

118 HOT TOPICS IN PEDIATRIC NURSING

Infant Mortality is Higher in Rural Counties

Access to health care services is limited in rural areas of the United States. Two recent studies highlight the health inequities experienced by this population and subsequent effects on infant morbidity and mortality. Our pediatric nursing expert, Dr. Beal, explains the findings and what pediatric nurses can do to promote the health and well-being of babies and children in rural United States.

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

120 TOWARD EVIDENCE-BASED PRACTICE

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

Coordinated by Annie J. Rohan, PhD, RN, NNP-BC, CPNP-BC, FAAN, FAAN

123 HOT TOPICS IN MATERNITY NURSING

Improving Maternity Care by Eliminating Racism and Inequities

Maternity care in the United States is not equitable for all women. Black and Indigenous People of Color have poorer maternal and neonatal outcomes when compared to white women. Our maternity nursing expert, Molly Killion, discussed several recent publications on maternity care inequities and racism and how the health care system can be improved so that all women and babies have the same opportunities for good health.

Molly M. Killion, MS, RN, CNS

124 BREASTFEEDING

WIC: Is the United States investing in Breastfeeding or Agriculture?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) serves 53% of all infants born in the United States. Our breastfeeding expert, Dr. Spatz, explains some of the aspects of the program that are not widely known.

Diane L. Spatz, PhD, RN-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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