

# MCN

*The American Journal of Maternal/Child Nursing®*

**SPECIAL TOPICS  
SERIES:**

**Pregnancy and  
Childbirth during  
the COVID-19  
Pandemic**

Unmet Prenatal  
Expectations


Experiences of Asian  
American Women

Postpartum Depressive  
Symptoms and  
Experiences

**NC  
PD** Lavender Aromatherapy  
for Anxiety and Comfort  
After Cesarean Birth: RCT

**NC  
PD** Acculturative Stress and  
Postpartum Depressive  
Symptoms among Im-  
migrant Arab American  
Couples

Pregnancy and Parenting  
with Opioid Use Disorder

 Wolters Kluwer



## feature articles

### 66 Unmet Prenatal Expectations During the COVID-19 Pandemic

*Restrictions initiated by birthing hospitals and prenatal care providers significantly changed traditional routines for care during pregnancy to minimize risk of exposure to COVID-19 for pregnant women and their care givers. Many women attended prenatal visits alone and were unable to share the usual pregnancy milestones with their partners. In this study, women describe their unmet expectations for pregnancy in the context of these changes during the COVID-19 pandemic.*

Deepika Goyal, PhD, RN, FNP-C, Liana De La Rosa, Leena Mittal, MD, Carmina Erdei, MD, Cindy H. Liu, PhD

### 71 Perinatal Experiences of Asian American Women During COVID-19

*Asian American women shared their experiences of being pregnant and giving birth during the COVID-19 pandemic. Like other new mothers in the United States, Asian American mothers reported that perinatal care during the pandemic was stressful and difficult. They were disappointed and sad about the aspects of childbirth they felt they had missed and at times overwhelmed by the unexpected reality of parenting a newborn in isolation.*

Deepika Goyal, PhD, RN, FNP-C, Meekyung Han, PhD, MSW, Talia Feldman-Schwartz, Huynh-Nhu Le, PhD

### 77 Postpartum Depressive Symptoms and Experiences During COVID-19

*Women experienced more postpartum depressive symptoms while trying to navigate the challenges of the COVID-19 pandemic than expected, based on pre-pandemic postpartum depression prevalence data. Seclusion and having minimal help with the new baby were noted to be very stressful for many new mothers. Some mothers expressed positive aspects of COVID-19 related postpartum isolation as being blessings in disguise and a silver lining because they were able to bond with the new baby and their partners while learning parenting together.*

Deepika Goyal, PhD, RN, MS, FNP-C, Cheryl Tatano Beck, DNSc, CNM, FAAN, Rebecca Webb, PhD, Susan Ayers, PhD

### 85 A Pilot Randomized Control Trial to Assess the Impact of Lavender on Anxiety and Comfort After Cesarean Birth and the Barriers Encountered



*Aromatherapy can be an option for pain relief and comfort measures for women after cesarean birth. In this randomized controlled clinical trial, women were offered lavender tablets or a placebo in the early hours after cesarean birth when they were admitted to the mother-baby unit. Women found the lavender to be a comforting postcesarean intervention. These hospital-based nurse scientists share their experiences in conducting a randomized controlled clinical trial in a community hospital.*

Adriane Burgess, PhD, RNC-OB, CCE, CNE, C-ONQS, Amy Harris, MSN, RNC-MNN, Julia Wheeling, MBA, RN, C-ONQS

### 92 Acculturative Stress and Postpartum Depressive Symptoms among Immigrant Arab American Couples



*Approximately 3.5 million Arab Americans live in the United States, yet they are largely absent from health research on family mental health and infant outcomes, in part due to the classification of Arab Americans within the U.S. racial schema as "White" which makes them invisible as a minority group. In this study, immigrant Arab American couples are asked about their stress during postpartum and new parenting. Relationships between acculturative stress and postpartum depression are explored.*

Dalia Khalil, PhD, RN, Carmen Giurgescu, PhD, RN, FAAN, Dawn P. Misra, MHS, PhD, Arash Javanbakht, MD, Thomas Templin, PhD, Elizabeth Jenuwine, MLIS, PhD

### 100 Health Care Experiences During Pregnancy and Parenting with an Opioid Use Disorder

*Encounters with health care professionals and the health care system can be stressful for pregnant women and parenting women with an opioid use disorder. In this study, patients who had experienced pregnancy and postpartum while they had an opioid use disorder share their interactions with nurses and other health care professionals and their fears of the system. Based on these reports, the authors offer suggestions for enhancing nursing care for this vulnerable population.*

Jane Kim, DNP, FNP-BC, Morgan Busse, DNP, FNP-BC, Ira Kantrowitz-Gordon, PhD, CNM, FACNM, Molly R. Altman, PhD, MPH, CNM

# MCN

The American Journal of Maternal/Child Nursing®

MARCH/APRIL 2022 • VOLUME 47/NUMBER 2

## ongoing columns

### 65 EDITORIAL

#### Facts, Fake News, and COVID-19 Vaccination

*Social media is often a negative factor in patients having access to evidence-based facts about their health, such as the overwhelming benefits of COVID-19 vaccination for virtually all, including those who are considering pregnancy, are pregnant, lactating, or postpartum. Nurses continue to be the most trusted profession and have a vital role in sharing accurate information with patients about important preventative health treatments.*

Annie J. Rohan, PhD, RN, FAANP, FAAN

### 107 HOT TOPICS IN MATERNITY NURSING

#### We Must Prioritize Making Childbirth Safe and Equitable

*Maternal mortality rates in the United States compare very unfavorably to peer countries. The United States has seen maternal mortality rates continue to rise, while other peer countries and developing countries have reported decreases. Our maternity nursing expert, Molly Killion, reports on recent evidence about maternal mortality in the United States and how nurses can promote improved maternity care for all those who give birth.*

Molly M. Killion, MS, RN, CNS

### 108 HOT TOPICS IN PEDIATRIC NURSING

#### Impact of Social Media on Adolescents

*Recent evidence suggests social media can have a negative effect on adolescents. Whistle-blower testimony before the United States Congress in Fall 2021 emphasized the knowledge that social media companies have about these effects and their lack of action to make their platforms safer for adolescents. Our pediatric nursing expert, Dr. Beal, covers this controversy and how pediatric nurses can help parents promote better use of social media for their children.*

Judy A. Beal, DNSc, RN, FAAN

### 109 BREASTFEEDING

#### 2020 mPINC Scores: Opportunities for Improvement

*The Centers for Disease Control and Prevention surveys birthing hospitals in the United States every year about various aspects of their breastfeeding practices. Results from the Maternity Practice in Infant Nutrition and Care*

*(mPINC) survey conducted in 2020 are now available. Our breastfeeding expert, Dr. Spatz, presents a summary of the results and offers suggestions on how nurse leaders in birthing hospitals can do better in aligning their practices with the evidence on interventions to ensure a robust milk supply and promote breastfeeding.*

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

### 110 GLOBAL HEALTH AND NURSING

#### Adverse Effects of COVID-19 on Perinatal Outcomes Globally

*The COVID-19 pandemic has adversely affected outcomes for childbearing women and their babies around the globe, especially in low resource, low-to-middle income countries. Our global health and nursing expert, Dr. Callister, reviews some of the most recently published articles on the impact of COVID-19 on this vulnerable population.*

Lynn Clark Callister, PhD, RN, FAAN

### 112 TOWARD EVIDENCE BASED PRACTICE

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

**Coordinated by** Annie Rohan, PhD, RN, NNP-BC, CPNP-BC, FAANP, FAAN

**Comments by:** Stephanie Abbu, DNP, RN, CNML, Samantha L. Bernstein, PhD, RNC-OB, IBCLC, Heidi V. Krowchuk, PhD, RN, FAAN

### 115 PERINATAL PATIENT SAFETY

#### Nurse Staffing, Missed Care, and Risk of Patient Mortality

*Perinatal patient safety depends on adequate nurse staffing. When nurses are working short-staffed, essential aspects of nursing care can be missed, which increases risk of adverse patient outcomes. Examples of risks of patient morbidity and mortality associated with missed nursing care are presented.*

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 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.

**MCN Information for Authors**  
is available at [www.mcnjournal.com](http://www.mcnjournal.com),  
click on Journal Info.

When citing an article from this Journal  
in your CV or in a reference list, please use  
the Journal's complete name every time:

"MCN, The American Journal of Maternal Child Nursing"