

FOURTH EDITION

Maternity and Pediatric Nursing

SUSAN SCOTT RICCI • TERRI KYLE • SUSAN CARMAN



FOURTH EDITION

Maternity and Pediatric Nursing

SUSAN SCOTT RICCI • TERRI KYLE • SUSAN CARMAN



 Wolters Kluwer

FOURTH EDITION

Maternity and Pediatric Nursing

FOURTH EDITION

Maternity and Pediatric Nursing

Susan Scott Ricci, WHNP-BC, MSN, MEd, CNE

Nursing Faculty

University of Central Florida

Orlando, Florida

Former Nursing Program Director and Faculty

Lake Sumter State College

Leesburg, Florida

Terri Kyle, DNP, APRN, CPNP-PC, CNE

Adjunct Faculty

University of West Florida

Pensacola, Florida

Nova Southeastern University

Fort Lauderdale, Florida

Susan Carman, MSN, MBA

Former Professor of Nursing

Edison Community College

Fort Myers, Florida



Wolters Kluwer

Philadelphia • Baltimore • New York • London
Buenos Aires • Hong Kong • Sydney • Tokyo

Not authorised for sale in United States, Canada, Australia, New Zealand, Puerto Rico, and U.S. Virgin Islands.

Vice President and Publisher: Julie K. Stegman

Manager, Nursing Education and Practice Content: Jamie Blum

Acquisitions Editor: Michael Kerns

Development Editors: Staci Wolfson and Julie Vitale

Senior Editorial Coordinator: Lindsay Ries

Marketing Manager: Brittany Clements

Production Project Manager: Barton Dudlick

Design Coordinator: Joseph Clark

Art Director, Illustration: Jennifer Clements

Manufacturing Coordinator: Karin Duffield

Prepress Vendor: Aptara, Inc.

4th edition

Copyright © 2021 Wolters Kluwer

3rd Edition Copyright © 2017 Wolters Kluwer. Copyright © 2013, 2009 Wolters Kluwer Health | Lippincott Williams & Wilkins. All rights reserved. This book is protected by copyright. No part of this book may be reproduced or transmitted in any form or by any means, including as photocopies or scanned-in or other electronic copies, or utilized by any information storage and retrieval system without written permission from the copyright owner, except for brief quotations embodied in critical articles and reviews. Materials appearing in this book prepared by individuals as part of their official duties as U.S. government employees are not covered by the above-mentioned copyright. To request permission, please contact Wolters Kluwer at Two Commerce Square, 2001 Market Street, Philadelphia, PA 19103, via email at permissions@lww.com, or via our website at shop.lww.com (products and services).

9 8 7 6 5 4 3 2 1

Printed in China

Library of Congress Cataloging-in-Publication Data

Names: Ricci, Susan Scott, author. | Kyle, Terri, author. | Carman, Susan, author.

Title: Maternity and pediatric nursing / Susan Scott Ricci, Terri Kyle, Susan Carman.

Description: 4th edition. | Philadelphia : Wolters Kluwer, [2021] | Includes bibliographical references and index.

Identifiers: LCCN 2020024474 | eISBN 9781975139773

Subjects: MESH: Maternal-Child Nursing | Pediatric Nursing | Women's Health

Classification: LCC RG951 | NLM WY 157.3 | DDC 618.92/00231—dc23

LC record available at <https://lccn.loc.gov/2020024474>

This work is provided “as is,” and the publisher disclaims any and all warranties, express or implied, including any warranties as to accuracy, comprehensiveness, or currency of the content of this work.

This work is no substitute for individual patient assessment based upon healthcare professionals' examination of each patient and consideration of, among other things, age, weight, gender, current or prior medical conditions, medication history, laboratory data and other factors unique to the patient. The publisher does not provide medical advice or guidance and this work is merely a reference tool. Healthcare professionals, and not the publisher, are solely responsible for the use of this work including all medical judgments and for any resulting diagnosis and treatments.

Given continuous, rapid advances in medical science and health information, independent professional verification of medical diagnoses, indications, appropriate pharmaceutical selections and dosages, and treatment options should be made and healthcare professionals should consult a variety of sources. When prescribing medication, healthcare professionals are advised to consult the product information sheet (the manufacturer's package insert) accompanying each drug to verify, among other things, conditions of use, warnings and side effects and identify any changes in dosage schedule or contraindications, particularly if the medication to be administered is new, infrequently used or has a narrow therapeutic range. To the maximum extent permitted under applicable law, no responsibility is assumed by the publisher for any injury and/or damage to persons or property, as a matter of products liability, negligence law or otherwise, or from any reference to or use by any person of this work.

shop.lww.com

This book is dedicated to my husband, Glenn, for his unfailing patience, encouragement, love, and gratitude—whose support and sense of humor make it all possible. And also to my children, Brian and Jennifer, and my grandchildren—Alyssa, Leyton, Peyton, Wyatt, Michael, Rylan, Brody, and Veda—who continue to inspire me throughout my life. You make it all worthwhile.

—SUSAN SCOTT RICCI

This text is dedicated to my initial mentor into pediatric nursing, Gayle Maloney. She role-modeled and inspired my passion for excellence in the care of children and families. Thank you to my ever-faithful and consistently dedicated husband, John, and my amazing and delightful children, Christian and Caitlin.

—TERRI KYLE

This book is dedicated to all the children out there and the wonderful nurses who care for them. They inspire me to become a better nurse, educator, and person. This book is also dedicated to my loving and supportive family. My husband, Chris, without whom I could not have reached this accomplishment. My four beautiful girls, Grace, Ella, Lily, and Maya, who have allowed me to learn firsthand about growth and development and who truly amaze me each and every day. My parents, Lene and Kishor Patel, who always taught me I could do whatever I put my mind to. To Terri Kyle, thank you for this opportunity, your endless support, and your incredible vision.

—SUSAN CARMAN

About the Authors

SUSAN SCOTT RICCI earned a diploma in nursing from the Washington Hospital Center School of Nursing, with a BSN and MSN, from Catholic University of America located in Washington, DC, an MEd in Counseling from the University of Southern Mississippi. She is licensed as a Women's Health Nurse Practitioner (APRN) from the University of Florida. She recently renewed her national certification as a Certified Nurse Educator (CNE). She has worked in numerous women's health care settings including labor and birth, postpartum, prenatal, and family planning ambulatory care clinics. Susan is a women's health care nurse practitioner, who has spent 30+ years in practice and in nursing education teaching in LPN, ADN, and BSN programs. She is involved in several professional nursing organizations and holds memberships in Sigma Theta Tau International Honor Society of Nursing, Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN), American Nurses Association (ANA), National Association of OB/GYN Nurses, Who's Who in Professional Nursing, American Nurses Association, and the Florida Council of Maternal–Child Nurses.

With Susan Scott Ricci's wealth of practical and educational experience, it is essential to concentrate on evidence-based nursing practice and reduce the amount of "nice to know" information that is presented to students. As an educator, she recognized the tendency for nursing educators to want to "cover the world" when teaching, rather than focusing on the facts that students need to know for safe practice. With this mission in mind, Susan has directed her energy to the *birth* of these essential facts in this textbook.

She recognizes that instructional time is shrinking as the world of health care is expanding exponentially. Therefore, with the valuable instructional time allotted, she has recognized the urgent need to

present pertinent facts as concisely as possible to promote application of knowledge within nursing practice.

TERRI KYLE earned a Doctorate of Nursing Practice with a focus in Educational Leadership from American Sentinel University, a Master of Science in Nursing (Child Health) from Emory University in Atlanta, Georgia, and Bachelor of Science in Nursing from the University of North Carolina at Chapel Hill. She is a certified pediatric nurse practitioner (primary care), and practicing pediatric nursing for over 35 years, she has had the opportunity to serve children and their families in a variety of diverse settings. Terri also holds the credential of certified nurse educator.

She has experience in inpatient pediatrics, in pediatric and neonatal intensive care units, newborn nursery, specialized pediatric units, and community hospitals. She has worked as a pediatric nurse practitioner in pediatric specialty clinics and primary care. She has been involved in teaching nursing for over 29 years with experience in both graduate and undergraduate education. Terri is a fellow in the National Association of Pediatric Nurse Practitioners and a member of the Sigma Theta Tau International Honor Society of Nursing, the National League for Nursing, and the Society of Pediatric Nurses.

With the limited time allotted to the topic of maternity and pediatric nursing in nursing programs, Terri recognized the need for a textbook that “got to the point.” She strongly believes in a concept-based approach for learning nursing—that is, to teach the basics to students in a broad, contextual format so that they can apply that knowledge in a variety of situations. The concept-based approach to nursing education is time efficient for nursing educators and fosters the acquisition of critical thinking skills leading to clinical reasoning development in student nurses.

SUSAN CARMAN earned a Bachelor of Science in Nursing from the University of Wisconsin-Madison and a Master of Science in Nursing and Master in Business Administration from the University of Colorado-Denver. As a pediatric nurse for more than 25 years, Susan has had the opportunity to care for children in a variety of

diverse settings and in many of the major children's hospitals throughout the United States. She also has provided volunteer nursing care in a variety of settings including the Dominican Republic and India. She has been involved in teaching nursing for the past 15 years and enjoys watching students transform into competent nurses with strong critical thinking skills. She is a member of Sigma Theta Tau and Beta Gamma Sigma.

Reviewers to the Fourth Edition

Linda Baker, PhD, RN

Associate Professor
Columbia College of Nursing
Milwaukee, Wisconsin

Paula Barbel, PhD, RN, PNP

Associate Professor
The College at Brockport
State University of New York (SUNY)
Brockport, New York

Amy Boitnott, DNP, APRN, FNP-BC, CPNP-PC

Assistant Professor
Pediatric Nurse Practitioner Coordinator
University of Virginia, School of Nursing
Charlottesville, Virginia

Elizabeth Brendle, MSN, RN, CPNP

Instructor, Pediatric Nursing
Rowan College at Burlington County
Mount Laurel New Jersey

Yesenia Cota, RN, MSN/Ed, PHN

RN Instructor
Antelope Valley College
Lancaster, California

Claire Creamer, PhD, APRN, CPNP-PC

Assistant Professor
Rhode Island College, School of Nursing
Providence, Rhode Island

Danna L. Curcio, PhD, MS, BS, AAS

Assistant Professor
College of Staten Island
The City University of New York (CUNY)

Staten Island, New York

Diane DiTomaso, PhD, RN

Assistant Professor

College of Nursing

University of Rhode Island

Providence, Rhode Island

Julie Duff, DNP, APRN, WHNP-BC, CNE

Associate Professor

College of Nursing

Resurrection University

Oakbrook, Illinois

Niki Fogg, MSN, RN, CPN

Assistant Clinical Professor

Undergraduate Program Coordinator

Texas Woman's University

Denton, Texas

Audrey Sheller, MSN, RN

Assistant Professor of Nursing

Mount Mercy University

Cedar Rapids, Iowa

Arianna G. Smith, MSN, RN, CPNP-PC

Instructor

Azusa Pacific University

Azusa, California

Jennifer H. Turner, DNP, WHNP-BC, EFM-C

Assistant Professor

Carilion Clinic

Roanoke, Virginia

Lucy Van Otterloo, PhD, RNC, CNS

Associate Professor

School of Nursing

California State University (CSU) Long Beach

Long Beach, California

Laura Wallace, PhD, MSN, BSN

Assistant Professor
Brenau University
Norcross, Georgia

Gretchen Wiersma, DNP, RN, CPN, CNE

Director of BSN Clinical Education
Veterans and Military Faculty Liaison
Assistant Professor
George Washington University
Ashburn, Virginia

Preface

Many nursing curricula combine and teach maternity and pediatrics in tandem. This can be viewed as a *natural fit* of two content areas that belong together. Nursing education in general is founded upon the principle of mastering simpler concepts first and incorporating those concepts into the student's knowledge base. The student is then able to progress to problem solving in more complex situations. In today's education climate with reduced class time devoted to specialty courses, it is particularly important for nursing educators to focus on key concepts, rather than attempting to cover everything within a specific topic.

The intent of *Maternity and Pediatric Nursing* is to provide the nurse the basis needed for sound nursing care of women and children. The content in the book will enable the reader to guide women and children toward higher levels of wellness throughout the life cycle. In addition, the focus of the textbook will allow the reader to anticipate, identify, and address common problems and provide timely, evidence-based interventions to reduce long-term sequelae.

This textbook is designed as a practical approach to understanding the health of women and children. The main objective is to help the student build a strong knowledge base and assist with the development of critical thinking skills and clinical reasoning. Women in our society are becoming empowered to make informed and responsible choices regarding their health and that of their children, but to do so they need the encouragement and support of nurses who care for them. This textbook focuses on women and children throughout their lifespan, covering a broad scope of topics with emphasis placed upon common issues. Maternity nursing content coverage is comprehensive yet presented in a concise and straightforward manner. The pediatric nursing content presents the important differences when caring for children compared with caring

for adults. Utilizing the nursing process, a concept-based approach to the care of children and their families provides relevant information in a concise and nonredundant manner.

Since women's health has expanded to include care throughout their lifespan, the emphasis of this textbook is on promoting and maintaining their health. The focus of this 4th edition has now expanded to the global outreach of various cultures and traditions in which nurses will encounter in their daily practice settings. Nurses are key players in the global community who improve the lives of mothers and infants. Safe nursing practice requires skills, knowledge, with application of good evidence-based clinical judgment. It is vital for nurses to understand their clients to help promote an optimal outcome to all women and their families. Childbirth today has returned to a more natural practice, that honors the normal process of birth. Several chapters focus on physiologic births and the nurse's role to accomplish this. With these imperatives in mind, the chapters present an overview of common health conditions encountered by many women and how to care for them. The new content presented can be used as a framework in caring for clients from diverse backgrounds, histories, and cultures.

The focus when caring for children is also to maintain and promote their health, as well as provide developmentally appropriate care whether the child is well or ill. Restoration of a child's health when an illness is experienced is paramount for timely accomplishment of suitable growth and development. Nurses are in a prime position for influencing children's health, not only through the direct care they provide to children, but also through the connections they make with caregivers and their ability to educate families to best care for their children. Focusing on conceptual learning, students may develop complex critical thinking leading to the ability to clinically reason within various health care environments. This approach is supported by many of the book's features, such as the reoccurring features: Unfolding Case Studies, Clinical Reasoning Alerts, and Thinking about Development.

Organization

Each chapter of *Maternity and Pediatric Nursing* focuses on a different aspect of maternity and/or pediatric nursing care. The book is divided into eleven units, beginning with general concepts related to maternity and pediatric nursing care, progressing from women's health, pregnancy and birth, through child health promotion and nursing management of alterations in children's health.

Unit I: Introduction to Maternity and Pediatric Nursing

Unit I helps build a foundation for the student beginning the study of the care of women, infants, and children. This unit explores contemporary issues and trends in maternity and pediatric nursing. Perspectives on women's health and pediatric nursing, core concepts of maternal and pediatric nursing, including, family-centered and atraumatic care, and communication, and community-based nursing are addressed.

Unit II: Women's Health Throughout the Lifespan

Unit II introduces the student to selected women's health topics, including structure and function of the reproductive system, common reproductive concerns, sexually transmitted infections, problems of the breast, and benign disorders and cancers of the female reproductive tract. This unit encourages the student to assist women in maintaining their quality of life, reducing their risk of disease, and becoming active partners with their health care professional.

Unit III: Pregnancy

Unit III addresses topics related to normal pregnancy, including fetal development, genetics, and maternal adaptation to pregnancy. Nursing management during normal pregnancy is addressed, encouraging application of basic knowledge to nursing practice. Nursing management includes maternal and fetal assessment throughout pregnancy, interventions to promote self-care and minimize common discomforts, and patient education.

Unit IV: Labor and Birth

Unit IV begins with an explanation of the normal labor and birth process, including maternal and fetal adaptations. This is followed by content focusing on the nurse's role during normal labor and birth, which includes maternal and fetal assessment, pharmacologic and nonpharmacologic comfort measures and pain management, and specific nursing interventions during each stage of labor and birth.

Unit V: Postpartum Period

Unit V focuses on maternal adaptation during the normal postpartum period. Both physiologic and psychological aspects are explored. Paternal adaptation is also considered. This unit also presents related nursing management, including assessment of physical and emotional status, promoting comfort, assisting with elimination, counseling about sexuality and contraception, promoting nutrition, promoting family adaptation, and preparing for discharge.

Unit VI: The Newborn

Unit VI covers physiologic and behavioral adaptations of the normal newborn. It also delves into nursing management of the normal newborn, including immediate assessment and specific interventions as well as ongoing assessment, physical examination, and specific interventions during the early newborn period.

Unit VII: Child bearing at Risk

Unit VII shifts the focus to at-risk pregnancy, childbirth, and postpartum care. Pre-existing conditions of the woman, pregnancy-related complications, at-risk labor, emergencies associated with labor and birth, and medical conditions and complications affecting the postpartum woman are all covered. Treatment and nursing management are presented for each medical condition. This organization allows the student to build on a solid foundation of normal material when studying the at-risk content.

Unit VIII: The Newborn at Risk

Unit VIII continues to center on at-risk content. Issues of the newborn with birthweight variations, gestational age variations, congenital conditions, and acquired disorders are explored. Treatment and nursing management are presented for each medical condition. This organization helps cement the student's understanding of the material.

Unit IX: Health Promotion of the Growing Child and Family

Unit IX provides information related to growth and development expectations of the well child from newborn through adolescence. Although not exhaustive in nature, this unit provides a broad knowledge base related to normal growth and development that the nurse can draw on in any situation. Common concerns related to growth and development and client/family education are included in each age-specific chapter.

Unit X: Children and Their Families

Unit X covers broad concepts that provide the foundation for providing nursing care for children. Rather than reiterating all aspects of nursing care, the unit focuses on specific details needed to provide nursing care for children in general. The content remains focused upon differences in caring for children compared with adults. Topics covered in this unit include atraumatic care, anticipatory guidance, and routine well-child care (including immunization and safety), health assessment, nursing care of the child in diverse settings, including the hospital and at home, concerns common to special needs children, pediatric variations in medication and intravenous fluid delivery and nutritional support, and pain management in children.

Unit XI: Nursing Care of the Child with a Health Disorder

Unit XI focuses on children's responses to health disorders. This unit provides comprehensive coverage of illnesses affecting children and is presented according to broad topics of disorders organized with a body systems approach. It also includes infectious, genetic, and mental health disorders as well as pediatric emergencies. Each chapter follows a similar format in order to facilitate presentation of the information as well as reduce repetition. The chapters begin with a nursing process overview for the particular broad topic, presenting differences in children and how the nursing process applies. The approach provides a general framework for addressing disorders within the chapter. Individual disorders are then addressed with attention to specifics related to pathophysiology, nursing assessment, nursing management, and special considerations. Common pediatric disorders are covered in greater depth than less common disorders. The format of the chapters allows for the building of a strong knowledge base and encourages critical thinking. Additionally, the format is nursing process driven and consistent from chapter to chapter, providing a practical and sensible presentation of the information.

Recurring Features

To provide the instructor and student with an exciting and user-friendly text, a number of recurring features have been developed.

Key Terms

A list of terms that are considered essential to the chapter's understanding is presented at the beginning of each chapter. Each key term appears in boldface, with the definition included in the text. Key terms may also be accessed on [thePoint](#).

Learning Objectives

Learning Objectives included at the beginning of each chapter guide the student in understanding what is important and why, leading the student to prioritize information for learning. These valuable learning

tools also provide opportunities for self-testing or instructor evaluation of student knowledge and ability.

Words of Wisdom

Each chapter opens with inspiring Words of Wisdom (WOW), which offer helpful, timely, or interesting thoughts. These WOW statements set the stage for each chapter and give the student valuable insight into nursing care of women, children, and their families.

Threaded Case Studies

Real-life scenarios present relevant woman, child, and family information that is intended to improve the student's clinical reasoning skills. Questions are threaded throughout the chapter about the scenario provide an opportunity for the student to critically evaluate the appropriate course of action.

New! Clinical Reasoning Alert

The Clinical Reasoning Alert promotes critical thinking in the nursing process on information key to clinical reasoning.

New! Unfolding Patient Stories

New! Unfolding Patient Stories, written by the National League for Nursing, are an engaging way to begin meaningful conversations in the classroom. These vignettes, feature patients from Wolters Kluwer's *vSim for Nursing | Health Assessment* (co-developed with Laerdal Medical) and DocuCare products; however, each Unfolding Patient Story in the book stands alone, not requiring purchase of these products. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this front matter.

Evidence-Based Practice

The consistent promotion of evidence-based practice is a key feature of the text. Throughout the chapters, pivotal questions addressed by current research have been incorporated into Evidence-Based Practice displays, which discuss recent evidence-based research findings and provide recommendations for nurses.

Healthy People 2030

Throughout the textbook, relevant *Healthy People 2030* objectives are outlined in box format. The nursing implications or guidance provided in the box serve as a roadmap for improving the health of women, mothers, and children. These objectives reflect the proposed *Healthy People 2030* objectives (current at the time this book went to press).

Atraumatic Care

These highlights, located throughout the pediatric sections of the book, provide tips for providing atraumatic care to children in particular situations in relation to the topic being discussed.

Thinking About Development

The content featured in these boxes in chapters related to the care of children will encourage student to think critically about special developmental concerns relating to the topic being discussed.

Teaching Guidelines

An important tool for achieving health promotion and disease prevention is health education. Throughout the textbook, Teaching Guidelines raise awareness, provide timely and accurate information, and are designed to ensure the student's preparation for educating women, children, and their families about various issues.

Consider This!

In every chapter the student is asked to *Consider This!* These first-person narratives engage the student in real-life scenarios experienced by their clients. The personal accounts evoke empathy and help the student to perfect caregiving skills. Each box ends with an opportunity for further contemplation, encouraging the student to think critically about the scenario.

Take Note!

The *Take Note!* feature draws the student's attention to points of critical emphasis throughout the chapter. This feature is often used to stress vitally important information.

Drug Guides

Drug guide tables summarize information about commonly used medications. The actions, indications, and significant nursing implications presented assist the student in providing optimum care to women, children, and their families.

Common Laboratory and Diagnostic Tests

The Common Laboratory and Diagnostic Tests tables in many of the chapters provide the student with a general understanding of how a broad range of disorders is diagnosed. Rather than reading the information repeatedly throughout the narrative, the student is then able to refer to the table as needed.

Common Medical Treatments

The Common Medical Treatments tables in many of the nursing management chapters provide the student with a broad awareness of how a common group of disorders is treated either medically or surgically. The tables serve as a reference point for common medical treatments.

Nursing Care Plans/Nursing Process Overview

Nursing Care Plans provide concrete examples of each step of the nursing process and are included in numerous chapters. The Nursing Process Overview summarizes issue- or system-related content, thereby minimizing repetition. In the pediatric-related chapters, a nursing process overview highlighted at the beginning of each chapter broadly guides the student in the care of child with a disorder related to a particular system.

Focus on Safety

These boxes are placed intermittently throughout the text to draw the student's attention to potential safety issues. Based on the current National Patient Safety Goals, the box lists steps to assist with meeting of the safety goal.

Comparison Charts

These charts compare two or more disorders or other easily confused concepts. They serve to provide an explanation that clarifies the concepts for the student.

Nursing Procedures

Step-by-step Nursing Procedures are presented in a clear, concise format to facilitate competent performance of relevant procedures as well as to clarify maternity and pediatric variations when appropriate.

Dosage Calculation Box

This box provides a dosage calculation example in each of the alteration/disorder chapters. Reiteration of the significance of accurate dosage calculation assists the student with mastery of this critical concept.

Concept Mastery Alerts

Concept Mastery Alerts clarify maternity and pediatric nursing concepts to improve the reader's understanding of potentially

confusing topics as identified by Misconception Alerts in Lippincott's Adaptive Learning Powered by PrepU. Data from thousands of actual students using this program in courses across the United States identified common misconceptions for the authors to clarify in this new edition.

Icons

WATCH AND LEARN

A special icon throughout the book directs students to free video clips locate on [thePoint](#) that highlight growth and development, communicating with children, and providing nursing care to the child in the hospital.

CONCEPTS IN ACTION ANIMATIONS

These unique animations, also located on [thePoint](#), bring physiologic and pathophysiologic concepts to life and enhance student comprehension.

Tables, Boxes, Illustrations, and Photographs

Abundant tables and boxes summarize key content throughout the book. Additionally, beautiful illustrations and photographs help the student to visualize the content. These features allow the student to quickly and easily access information.

Key Concepts

At the end of each chapter, Key Concepts provide a quick review of essential chapter elements. These bulleted lists help the student focus on the important aspects of the chapter.

References and Helpful Websites

References used in the development of the text are provided at the end of each chapter. These listings enable the student to further explore topics of interest. Many online resources are provided on [thePoint](#) as a means for the student to electronically explore relevant content material. These resources can be shared with women, children, and their families to enhance patient education and support.

Developing Clinical Judgment

This section located at the end of each chapter assists the student with the development of clinical judgment through:

- **Practicing for NCLEX**—these NCLEX-RN® style questions (multiple choice, multiple response, fill-in-the blank) test the student's ability to utilize critical thinking in the application of the nursing process to chapter material. The questions are styled similarly to the national licensing exam (NCLEX-RN®).
- **Dosage calculation questions**—these applicable problems test the student's ability to accurately determine medication dosages particular to children.
- **Critical thinking exercises**—these exercises serve to stimulate the student to incorporate the current material with previously learned concepts and reach a satisfactory conclusion. The exercises encourage students to think critically, problem solve, and consider their own perspective on given topics.
- **Study activities**—these activities promote student participation in the learning process. This section encourages increased interaction/learning via clinical, online, and community activities.
- **Bringing It All Together: A Case Study**—an additional real-life scenario is presented. Applicable child and family information is meant to improve the student's clinical reasoning skills. The case is further developed through critical thinking questions on [thePoint](#).
- **Answers**—answers to the Developing Clinical Judgment questions are provided to instructors on [thePoint](#).

Teaching–Learning Package

Instructor's Resources

Tools to assist you with teaching your course are available upon adoption of this text on [thePoint](#).

- An **E-Book** on [thePoint](#) gives you access to the book's full text and images online.
- A **Test Generator** that features hundreds of questions within a powerful tool to help the instructor create quizzes and tests.
- **PowerPoint presentations with Guided Lecture Notes** provide an easy way for you to integrate the textbook with our students' class-room experience, either via slide shows or handouts. Multiple choice and true/false questions are integrated into the presentations to promote class participation and allow you to use i-clicker technology.
- An **Image Bank** lets you use the photographs and illustrations from this textbook in your PowerPoint slides or as you see fit in your course.
- **Case Studies** with related questions (and suggested answers) give students an opportunity to apply their knowledge to a client case similar to one they might encounter in practice.
- **Pre-Lecture Quizzes** (and answers) are quick, knowledge-based assessments that allow you to check students' reading.
- **Discussion Topics** (and suggested answers) can be used as conversation starters or in online discussion boards.
- **Assignments** (and suggested answers) include group, written, clinical, and web assignments.
- Sample **Syllabi** provide guidance for structuring your pediatric nursing courses and are provided for four different course lengths: 4, 6, 8, and 10 weeks.
- **Journal Articles**, updated for the new edition, offer access to current research available in Lippincott Williams & Wilkins journals.

Contact your sales representative or check out LWW.com/Nursing for more details and ordering information.

Student Resources

An exciting set of free resources is available to help students review material and become even more familiar with vital concepts. Students can access all these resources on using the codes printed in the front of their textbooks.

- **NCLEX-Style Review Questions** for each chapter help students review important concepts and practice for NCLEX. **More than 1,400 questions** are included!
- **Multimedia Resources** appeal to a variety of learning styles. Icons in the text direct readers to relevant videos and animations:
 - **Watch and Learn Videos** highlight growth and development, communicating with children, and providing nursing care to the child in the hospital.
 - **Concepts in Action Animations** bring physiologic and pathophysiologic concepts to life and enhance student comprehension.
- A **Spanish–English Audio Glossary** provides helpful terms and phrases for communicating with patients who speak Spanish.
- **Journal Articles** offer access to current research available in Lippincott Williams & Wilkins journals.

Lippincott® CoursePoint+

The same trusted solution, innovation and unmatched support that you have come to expect from *Lippincott CoursePoint+* is now enhanced with more engaging learning tools and deeper analytics to help prepare students for practice. This powerfully integrated, digital learning solution combines learning tools, case studies, virtual simulation, real-time data and the most trusted nursing education content on the market to make curriculum-wide learning more efficient and to meet students where they're at in their learning. And now, it's easier than ever for instructors and students to use, giving them everything they need for course and curriculum success!

Lippincott Coursepoint+ includes:

- Engaging course content provides a variety of learning tools to engage students of all learning styles.

- A more personalized learning approach, including adaptive learning powered by PrepU, gives students the content and tools they need at the moment they need it, giving them data for more focused remediation and helping to boost their confidence.
- Varying levels of case studies, virtual simulation, and access to Lippincott Advisor help students learn the critical thinking and clinical judgment skills to help them become practice-ready nurses.
- Unparalleled reporting provides in-depth dashboards with several data points to track student progress and help identify strengths and weaknesses.
- Unmatched support includes training coaches, product trainers, and nursing education consultants to help educators and students implement CoursePoint with ease.

Contents in Brief

UNIT I

INTRODUCTION TO MATERNITY AND PEDIATRIC NURSING

- CHAPTER 1 Perspectives on Maternal and Child Health Care
- CHAPTER 2 Caring for Women and Children

UNIT II

WOMEN'S HEALTH THROUGHOUT THE LIFESPAN

- CHAPTER 3 Anatomy and Physiology of the Reproductive Systems
- CHAPTER 4 Common Gynecologic Issues
- CHAPTER 5 Sexually Transmitted Infections
- CHAPTER 6 Disorders of the Breasts
- CHAPTER 7 Benign Disorders of the Female Reproductive Tract
- CHAPTER 8 Cancers of the Female Reproductive Tract
- CHAPTER 9 Violence and Abuse

UNIT III

PREGNANCY

- CHAPTER 10 Fetal Development and Genetics
- CHAPTER 11 Maternal Adaptation During Pregnancy
- CHAPTER 12 Nursing Management During Pregnancy

UNIT IV

LABOR AND BIRTH

- CHAPTER 13 Labor and Birth Process
- CHAPTER 14 Nursing Management During Labor and Birth

UNIT V

POSTPARTUM PERIOD

CHAPTER 15 Postpartum Adaptations

CHAPTER 16 Nursing Management During the Postpartum Period

UNIT VI

THE NEWBORN

CHAPTER 17 Newborn Transitioning

CHAPTER 18 Nursing Management of the Newborn

UNIT VII

CHILDBEARING AT RISK

CHAPTER 19 Nursing Management of Pregnancy at Risk:
Pregnancy-Related Complications

CHAPTER 20 Nursing Management of the Pregnancy at Risk:
Selected Health Conditions and Vulnerable
Populations

CHAPTER 21 Nursing Management of Labor and Birth at Risk

CHAPTER 22 Nursing Management of the Postpartum Woman at
Risk

UNIT VIII

THE NEWBORN AT RISK

CHAPTER 23 Nursing Care of the Newborn with Special Needs

CHAPTER 24 Nursing Management of the Newborn at Risk:
Acquired and Congenital Newborn Conditions

UNIT IX

HEALTH PROMOTION OF THE GROWING CHILD AND FAMILY

CHAPTER 25 Growth and Development of the Newborn and
Infant

CHAPTER 26 Growth and Development of the Toddler

CHAPTER 27 Growth and Development of the Preschooler

CHAPTER 28 Growth and Development of the School-Age Child

CHAPTER 29 Growth and Development of the Adolescent

UNIT X

FOUNDATIONS OF PEDIATRIC NURSING

- CHAPTER 30 Atraumatic Care of Children and Families
- CHAPTER 31 Health Supervision
- CHAPTER 32 Health Assessment of Children
- CHAPTER 33 Caring for Children in Diverse Settings
- CHAPTER 34 Caring for the Special Needs Child
- CHAPTER 35 Key Pediatric Nursing Interventions
- CHAPTER 36 Nursing Care of the Child with an Alteration in Comfort–Pain Assessment and Management

UNIT XI

NURSING CARE OF THE CHILD WITH A HEALTH DISORDER

- CHAPTER 37 Nursing Care of the Child with an Infection
- CHAPTER 38 Nursing Care of the Child with an Alteration in Intracranial Regulation/Neurologic Disorder
- CHAPTER 39 Nursing Care of the Child with an Alteration in Sensory Perception/Disorder of the Eyes or Ears
- CHAPTER 40 Nursing Care of the Child with an Alteration in Gas Exchange/Respiratory Disorder
- CHAPTER 41 Nursing Care of the Child with an Alteration in Perfusion/Cardiovascular Disorder
- CHAPTER 42 Nursing Care of the Child with an Alteration in Bowel Elimination/Gastrointestinal Disorder
- CHAPTER 43 Nursing Care of the Child with an Alteration in Urinary Elimination/Genitourinary Disorder
- CHAPTER 44 Nursing Care of the Child with an Alteration in Mobility/Neuromuscular or Musculoskeletal Disorder
- CHAPTER 45 Nursing Care of the Child with an Alteration in Tissue Integrity/Integumentary Disorder

CHAPTER 46	Nursing Care of the Child with an Alteration in Cellular Regulation/Hematologic or Neoplastic Disorder
CHAPTER 47	Nursing Care of the Child with an Alteration in Immunity or Immunologic Disorder
CHAPTER 48	Nursing Care of the Child with an Alteration in Metabolism/Endocrine Disorder
CHAPTER 49	Nursing Care of the Child with an Alteration in Genetics
CHAPTER 50	Nursing Care of the Child with an Alteration in Behavior, Cognition, or Development
CHAPTER 51	Nursing Care During a Pediatric Emergency

<i>Appendix A</i>	<i>Standard Laboratory Values</i>
<i>Appendix B</i>	<i>Clinical Paths</i>
<i>Appendix C</i>	<i>Cervical Dilation Chart</i>
<i>Appendix D</i>	<i>Weight Conversion Charts</i>
<i>Appendix E</i>	<i>Breastfeeding and Medication Use</i>
<i>Appendix F</i>	<i>Growth Charts</i>
<i>Appendix G</i>	<i>Blood Pressure Charts for Children and Adolescents</i>
<i>Index</i>	

Contents

About the Authors

Reviewers to the Fourth Edition

Preface

UNIT I Introduction to Maternity and Pediatric Nursing

CHAPTER 1 Perspectives on Maternal and Child Health Care

Introduction

Historical Development

The History of Maternal and Newborn Health and Health Care

The History of Child Health and Child Health Care

Evolution of Maternal and Newborn Nursing

Evolution of Pediatric Nursing

Health Status of Women and Children

Mortality

Morbidity

Factors Affecting Maternal and Child Health

Family

Genetics

Society

Global Society

Culture

Health Status and Lifestyle

Access to Health Care

Improvements in Diagnosis and Treatments
Empowerment of Health Care Consumers
Barriers to Health Care

Legal and Ethical Issues in Maternal and Child
Health Care

Abortion

Substance Abuse

Intrauterine Therapy

Maternal–Fetal Conflict

Stem Cell Research

Umbilical Cord Blood Banking

Informed Consent

Assent

Refusal of Medical Treatment

Advance Directives

Client Rights

Confidentiality

Implications for Nurses

CHAPTER 2 Caring for Women and Children

Introduction

Core Concepts of Maternal and Child Health

Nursing

Family-Centered Care

Evidence-Based Care

Collaborative Care

Atraumatic Care

Communication

Education

The Continuum of Care Emphasis

Preventative Care

Culturally Competent Nursing Care

The Nursing Process
Standards of Care and Performance
Community-Based Care
Community Health Nursing
Community-Based Nursing
*Shift in Responsibilities from Hospital-Based
to Community-Based Nursing*
Community-Based Nursing Interventions
Community-Based Nursing Challenges
*Community-Based Nursing Care Settings for
Women and Children*

UNIT II

Women's Health Throughout the Lifespan

CHAPTER 3

Anatomy and Physiology of the Reproductive Systems

Introduction

Female Reproductive Anatomy and Physiology

External Female Reproductive Organs

Internal Female Reproductive Organs

Breasts

Female Sexual Response

The Female Reproductive Cycle

Ovarian Cycle

Endometrial (Uterine) Cycle

Menstruation

Menstrual Cycle Hormones

Perimenopause

Menopause

Male Reproductive Anatomy and Physiology

External Male Reproductive Organs

	<i>Internal Male Reproductive Organs</i>
	<i>Male Sexual Response</i>
CHAPTER 4	Common Gynecologic Issues
	Introduction
	Menstrual Disorders
	<i>Amenorrhea</i>
	<i>Dysmenorrhea</i>
	<i>Abnormal Uterine Bleeding (AUB)</i>
	<i>Premenstrual Syndrome (PMS)</i>
	<i>Endometriosis</i>
	Infertility
	<i>Cultural Considerations</i>
	<i>Etiology and Risk Factors</i>
	<i>Therapeutic Management</i>
	<i>Nursing Assessment</i>
	<i>Nursing Management</i>
	Contraception
	<i>Types of Contraceptive Methods</i>
	<i>Nursing Management for Choosing a</i> <i>Contraceptive Method</i>
	<i>Nursing Assessment</i>
	<i>Nursing Analyses</i>
	<i>Nursing Interventions</i>
	Abortion
	<i>Surgical Abortion</i>
	<i>Medical Abortion</i>
	Menopausal Transition
	<i>Therapeutic Management</i>
	<i>Nursing Assessment</i>
	<i>Nursing Management</i>
CHAPTER 5	Sexually Transmitted Infections

Introduction

Sexually Transmitted Infections and Adolescents

Nursing Assessment

Nursing Management

Infections Characterized by Vaginal Discharge

Vaginal Candidiasis (VC)

Therapeutic Management

Nursing Assessment

Nursing Management

Trichomoniasis

Therapeutic Management

Nursing Assessment

Nursing Management

Bacterial Vaginosis (BV)

Therapeutic Management

Nursing Assessment

Nursing Management

Infections Characterized by Cervicitis

Chlamydia

Therapeutic Management

Nursing Assessment

Gonorrhea

Therapeutic Management

Nursing Assessment

*Nursing Management of Chlamydia and
Gonorrhea*

Infections Characterized by Genital Ulcers

Genital Herpes Simplex

Therapeutic Management

Nursing Assessment

Syphilis

Therapeutic Management

Nursing Assessment

Nursing Management of Herpes and Syphilis

Pelvic Inflammatory Disease (PID)

Therapeutic Management

Nursing Assessment

Nursing Management

Vaccine-Preventable STIs

Human Papillomavirus

Nursing Assessment

Therapeutic Management

Nursing Management

Hepatitis A and B

Therapeutic Management

Nursing Assessment

Nursing Management

Hepatitis C

Zika Virus

Ectoparasitic Infections

Human Immunodeficiency Virus (HIV)

HIV and Adolescents

Clinical Manifestations

Diagnosis

Therapeutic Management

Nursing Management

Preventing Sexually Transmitted Infections

Behavior Modification

Contraception

CHAPTER 6 Disorders of the Breasts

Introduction

Benign Breast Disorders

Fibrocystic Breast Changes

Fibroadenomas

Mastitis

Malignant Breast Disorder

Pathophysiology

Staging of Breast Cancer

Risk Factors

Diagnosis

Therapeutic Management

Implementing Health Promotion and Disease

Prevention Strategies

Breast Cancer Screening

Nutrition

CHAPTER 7 Benign Disorders of the Female Reproductive Tract

Introduction

Pelvic Floor Disorders

Pelvic Organ Prolapse

Urinary Incontinence

Benign Growths

Polyps

Uterine Fibroids

Genital Fistulas

Bartholin Cysts

Ovarian Cysts

CHAPTER 8 Cancers of the Female Reproductive Tract

Introduction

Ovarian Cancer

Pathophysiology

Screening and Diagnosis

Therapeutic Management

Nursing Assessment

Nursing Management

Endometrial Cancer

Pathophysiology

Screening and Diagnosis

Therapeutic Management

Nursing Assessment

Nursing Management

Cervical Cancer

Pathophysiology

Screening and Diagnosis

Therapeutic Management

Nursing Assessment

Nursing Management

Vaginal Cancer

Pathophysiology

Therapeutic Management

Nursing Assessment

Nursing Management

Vulvar Cancer

Pathophysiology

Screening and Diagnosis

Therapeutic Management

Nursing Assessment

Nursing Management

CHAPTER 9

Violence and Abuse

Introduction

Intimate Partner Violence

Incidence

Background

Characteristics of Intimate Partner Violence

Types of Abuse

*Myths and Facts about Intimate Partner
Violence*

Abuse Profiles

Violence against Pregnant Women

Violence against Older Women

*Nursing Management of Intimate Partner
Violence Victims*

Sexual Violence

Characteristics of Assailants

Sexual Abuse

Incest

Rape

Female Genital Cutting

Human Trafficking

Summary

UNIT III

Pregnancy

CHAPTER 10 Fetal Development and Genetics

Introduction

Fetal Development

Zygotic Stage

Blastocyst Stage

Embryonic Stage

Fetal Stage

Fetal Circulation

Genetics

Advances in Genetics

Inheritance

Patterns of Inheritance for Genetic Disorders

Chromosomal Abnormalities

Genetic Evaluation and Counseling

Nursing Roles and Responsibilities

CHAPTER 11

Maternal Adaptation During Pregnancy

Introduction

Signs and Symptoms of Pregnancy

Subjective (Presumptive) Signs

Objective (Probable) Signs

Positive Signs

Physiologic Adaptations During Pregnancy

Reproductive System Adaptations

General Body System Adaptations

Changing Nutritional Needs of Pregnancy

Nutritional Requirements During Pregnancy

Gluten-Free Diet During Pregnancy

USDA and MyPlate

Maternal Weight Gain

Nutrition Promotion

Special Nutritional Considerations

Psychosocial Adaptations During Pregnancy

Maternal Emotional Responses

Becoming a Mother

Pregnancy and Sexuality

Pregnancy and the Partner

Pregnancy and Siblings

CHAPTER 12

Nursing Management During Pregnancy

Introduction

Preconception and Interconception Care

Risk Factors for Adverse Pregnancy

Outcomes

Nursing Management

The First Prenatal Visit

Comprehensive Health History

Physical Examination

Laboratory Tests

Follow-Up Visits

Follow-Up Visit Intervals and Assessments

Fundal Height Measurement

Fetal Movement Determination

Fetal Heart Rate Measurement

*Teaching about the Danger Signs during
Pregnancy*

Assessment of Fetal Well-Being

Ultrasonography

Doppler Flow Studies

Alpha-Fetoprotein Analysis

Marker Screening Tests

Nuchal Translucency Screening

Amniocentesis

Chorionic Villus Sampling

Nonstress Test

Biophysical Profile

Nursing Management for the Common
Discomforts of Pregnancy

First-Trimester Discomforts

Second-Trimester Discomforts

Third-Trimester Discomforts

Nursing Management to Promote Self-Care

Personal Hygiene

Clothing

Exercise

Sleep and Rest

Sexual Activity and Sexuality

Employment

Travel

Immunizations and Medications

Nursing Management to Prepare the Woman and
Her Partner for Labor, Birth, and Parenthood

Childbirth Education Classes

*Nursing Management and Childbirth
Education*

Options for Birth Settings and Care Providers

*Preparation for Breastfeeding or Bottle-
Feeding*

Final Preparation for Labor and Birth

UNIT IV

Labor and Birth

CHAPTER 13 Labor and Birth Process

Introduction

Initiation of Labor

Premonitory Signs of Labor

Cervical Changes

Lightening

Increased Energy Level

Bloody Show

Braxton Hicks Contractions

Spontaneous Rupture of Membranes

True Versus False Labor

Factors Affecting the Labor Process

Passageway

Passenger

Powers

Position (Maternal)

Psychological Response

Philosophy

Partners

Patience

*Patient (Client) Preparation: Prenatal
Education*

Pain Management

Physiologic Responses to Labor

Maternal Responses

Fetal Responses

Stages of Labor

First Stage

Second Stage

Third Stage

Fourth Stage

CHAPTER 14 Nursing Management During Labor and Birth

Introduction

Maternal Assessment During Labor and Birth

Vaginal Examination

Assessing Uterine Contractions

Performing Leopold Maneuvers

Fetal Assessment During Labor and Birth

Analysis of Amniotic Fluid

Analysis of the FHR

Other Fetal Assessment Methods

Promoting Comfort and Providing Pain

Management During Labor

Nonpharmacologic Measures

Pharmacologic Measures

Nursing Care During Labor and Birth

*Nursing Management during the First Stage of
Labor*

Nursing Management during the Second Stage of Labor

Nursing Management during the Third Stage of Labor

Nursing Management during the Fourth Stage of Labor

UNIT V

Postpartum Period

CHAPTER 15 Postpartum Adaptations

Introduction

Maternal Physiologic Adaptations

Reproductive System Adaptations

Cardiovascular System Adaptations

Urinary System Adaptations

Gastrointestinal System Adaptations

Musculoskeletal System Adaptations

Integumentary System Adaptations

Respiratory System Adaptations

Endocrine System Adaptations

Weight Loss after Childbirth

Sexual Health

Global Health of Childbearing Women

Lactation

Ovulation and Return of Menstruation

Cultural Considerations for the Postpartum Period

Balance of Hot and Cold

Postpartum Cultural Beliefs

Psychological Adaptations

Parental Attachment Behaviors

Maternal Psychological Adaptations

	<i>Partner Psychological Adaptations</i>
CHAPTER 16	Nursing Management During the Postpartum Period
	Introduction
	Social Support and Cultural Considerations
	Nursing Assessment in the Postpartum Period
	<i>Vital Signs Assessment</i>
	<i>Physical Examination</i>
	<i>Psychosocial Assessment</i>
	Nursing Interventions
	<i>Providing Optimal Cultural Care</i>
	<i>Promoting Comfort</i>
	<i>Assisting with Elimination</i>
	<i>Promoting Activity, Rest, and Exercise</i>
	<i>Preventing Stress Incontinence</i>
	<i>Assisting with Self-Care Measures</i>
	<i>Ensuring Safety</i>
	<i>Counseling about Sexuality and Contraception</i>
	<i>Promoting Maternal Nutrition</i>
	<i>Supporting the Woman's Choice of Infant Feeding Method</i>
	<i>Teaching about Breast Care</i>
	<i>Promoting Family Adjustment and Well-Being</i>
	<i>Preparing for Discharge</i>

UNIT VI The Newborn

CHAPTER 17	Newborn Transitioning
	Introduction
	Physiologic Transitioning
	<i>Cardiovascular System Adaptations</i>
	<i>Respiratory System Adaptations</i>

Body Temperature Regulation
Hepatic System Function
Gastrointestinal System Adaptations
Renal System Changes
Immune System Adaptations
Integumentary System Adaptations
Neurologic System Adaptations

Behavioral Adaptations

Behavioral Patterns

Behavioral Responses

CHAPTER 18 Nursing Management of the Newborn

Introduction

Nursing Management During the Immediate
Newborn Period

Assessment

Nursing Interventions

Nursing Management During the Early Newborn
Period

Assessment

Nursing Interventions

UNIT VII

Childbearing at Risk

CHAPTER 19 Nursing Management of Pregnancy at Risk: Pregnancy-Related Complications

Introduction

Bleeding During Pregnancy

Spontaneous Abortion

Ectopic Pregnancy

Gestational Trophoblastic Disease

Cervical Insufficiency

Placenta Previa

Placental Abruptio

Placenta Accreta Spectrum

Hyperemesis Gravidarum

Pathophysiology

Therapeutic Management

Nursing Assessment

Nursing Management

Hypertensive Disorders of Pregnancy

Chronic Hypertension

Gestational Hypertension

Preeclampsia/Eclampsia

HELLP Syndrome

Gestational Diabetes

Blood Incompatibility

Pathophysiology

Nursing Assessment

Nursing Management

Amniotic Fluid Imbalances

Polyhydramnios

Oligohydramnios

Multiple Gestation

Therapeutic Management

Nursing Assessment

Nursing Management

Prelabor Rupture of Membranes

Therapeutic Management

Nursing Assessment

Nursing Management

CHAPTER 20 Nursing Management of the Pregnancy at Risk:
Selected Health Conditions and Vulnerable
Populations

Introduction

Diabetes Mellitus

Pathophysiology

Screening

Therapeutic Management

Nursing Assessment

Nursing Management

Cardiovascular Disorders

Congenital and Acquired Heart Disease

Hypertension in Pregnancy

Chronic Hypertension

Respiratory Conditions

Asthma

Tuberculosis

Hematologic Conditions

Iron-Deficiency Anemia

Thalassemia

Sickle Cell Anemia

Autoimmune Disorders

Systemic Lupus Erythematosus

Multiple Sclerosis

Rheumatoid Arthritis

Infections

Cytomegalovirus

Rubella

Herpes Simplex Virus

Hepatitis B Virus

Varicella Zoster Virus

Parvovirus B19

Group B Streptococcus

Toxoplasmosis