

Goals for Family Management...want improvements in these areas:

- Problem-solving ability
- Self-esteem
- Self-confidence
- Ability to participate in health care

Nurse-Family Interventions

- Father:
 - Assess role
 - Provide anticipatory guidance
 - Provide information about pregnancy changes
 - Provide guidance about couple's sexuality during pregnancy
- Siblings:
 - Encourage involvement in pregnancy
 - Emphasize open parent-child communication

Cultural Considerations

- Cultural assessment: Adapt to client needs
- Using nursing process: Transcultural nursing diagnosis
- Cultural competence: Recognize influence of culture and life experiences

Common Discomforts:

- First Trimester
 - Nausea and vomiting (likely due to high trophoblastic activity)
 - Urinary frequency d/t uterus sitting on bladder
 - Fatigue d/t body working harder
 - Breast sensitivity
 - Leukorrhea is part of lubrication and washing of vagina
 - Nasal stuffiness and discharge
 - Nosebleeds
 - Ptyalism (excessive salivation)
- Second and Third Trimesters (all directly related to enlarging uterus)
 - Heartburn
 - Ankle edema
 - Varicose veins
 - Flatulence
 - Hemorrhoids
 - Constipation
 - Backache
 - Leg cramps
 - Feeling faint
 - Shortness of breath
 - Sleep disturbances
 - Round ligament pain

Know which S&S go in which trimester

Alleviating Discomforts

- Urinary frequency: Safety considerations at home
- Fatigue: Napping
- Breast tenderness: Wear supportive bra

Alleviating complaints, cont'd

- Increased vaginal discharge: Daily bathing, cotton underwear, avoid douching
- Nasal stuffiness: Cool air vaporizers, normal saline nasal spray
- Heartburn: Avoid fried and fatty foods, eat small frequent meals, good posture
- Ankle edema: Avoid prolonged sitting or standing, keep feet and legs elevated

- Varicose veins: Regular exercise; avoid prolonged sitting or standing; Swelling and discomfort from varicosities can be decreased by lying down with the legs and one hip elevated with a pillow (to avoid compressing vena cava).
- Flatulence: Avoid gas-forming foods, regular bowel habits
- Hemorrhoids: Avoid constipation, gently self-reduce hemorrhoids
- Constipation: Increase fluids and roughage, daily exercise, regular bowel habits
- Backache: Pelvic tilt exercise, good posture, avoid fatigue, good body mechanics when lifting
- Leg cramps: Massage, warm soaks, stretching exercises; The expectant father can help relieve the woman's painful leg cramps by flexing her foot and straightening her leg.
- Faintness: Sitting down and lowering head between knees, avoid standing in one place too long
- Shortness of breath: Good posture when sitting, prop up in bed
- Difficulty sleeping: Avoid caffeine; maximize comfort in bed

Self-care During Pregnancy

- Breast care: wear a supportive bra; no soap on nipples; nipple preparation (?)
- Clothing: wear loose and nonconstricting items
- Cleanliness: Daily bathing; Tub baths contraindicated with vaginal bleeding or ruptured membranes; no bubbles in bath; Hyperthermia contraindicated in first trimester, so no hot tubs at all; showers are better and generally safer
- Employment: Can work until labor starts; May be at risk for preterm birth or low-birth weight with certain jobs; Must be aware of environmental hazards
- Travel: No restrictions unless complications; Take frequent breaks during car travel; Use seat belt; Flying is generally safe up to 36 weeks; Drink plenty of fluid; Avoid caffeinated beverages; Wear support hose while flying
- Benefits of Exercise: Improved self-image; Increased energy; Improved sleep; Relief of tension; Helps control weight gain' Promotes regular bowel function
- Pregnancy Exercises: Pelvic tilt; Abdominal exercise; Kegel exercise; "Tailor-sit" stretch

Concerns About Sexual Activity

- Related to discomforts:
 - First trimester: fatigue, nausea and vomiting
 - Second trimester: fewer discomforts, vascular congestion
 - Third trimester: fatigue, shortness of breath, decreased mobility

Father's Feelings About Sex are affected by...

- Previous relationship with the partner
- Acceptance of the pregnancy
- Attitudes toward the partner's change of appearance
- Concern about hurting the expectant mother or baby
- No sex 4-6 weeks postpartum

Factors Contributing to Pregnancies over 35

- The availability of effective birth control methods
- The career options available for women
- The increased number of women:
 - Obtaining advanced education
 - Pursuing careers
 - Delaying parenthood
- The increased incidence of later marriage and second marriage
- The high cost of living
- The increased number of women in this older reproductive age group
- The increased availability of specialized fertilization procedures

Advantages of Older Mothers

- Tend to be well educated and financially secure
- More aware of the realities of having a child
- Feel secure about taking on the added responsibility of a child

- May be ready to stay home with a new baby
- Can afford good child care

Risks for Older Mothers

- More likely to have chronic medical conditions
- Increased incidence of low-birth-weight and preterm infants
- Increased rate of miscarriage
- Increased risk of cesarean delivery
- Increased risk of having an infant with Down syndrome
- Increased risk for:
 - Gestational diabetes mellitus
 - Hypertension
 - Placenta previa
 - Difficult labor
 - Newborn complications

Resources

Childbirth.org

This site promotes well-being during pregnancy and offers information on a variety of topics related to pregnancy, birth, and parenting.

American College of Nurse-Midwives

The American College of Nurse-Midwives (ACNM) site offers information on the practice of nurse-midwifery including position statements and fact sheets. Also available is information for pregnant women to encourage healthy behaviors.

Resources

Clinical Practice Guidelines for Pregnancy

The University of California, San Francisco, School of Medicine offers this clinical practice guideline for pregnancy and includes many web links to other information about pregnancy.

American Academy of Family Physicians

This site provides printable patient information on pregnancy-related topics. Spanish versions are available.

Resources

Abstracts of the Cochrane Review

This site provides a regularly updated collection of evidence-based medicine abstracts related to pregnancy and childbirth—a wonderful way to review the current literature.

Davidson, M. R., London, M. L., Ladewig, P. W., & Olds, S. B. (2008). *Olds' maternal-newborn nursing & women's health across the lifespan* (8th ed.). Upper Saddle River, N.J.: Pearson Prentice Hall.

Deglin, Judith Hopfer, and April Hazard Vallerand. *Davis's Drug Guide for Nurses, with Resource Kit CD-ROM (Davis's Drug Guide for Nurses)*. Philadelphia: F A Davis Co, 2009. Print.

Hanson-Smith, B. (2010, January 24). *Low Risk Pregnancy. Maternal-Newborn Nursing. Lecture conducted from CSU Sacramento, Sacramento.*