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

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

Know which S&S go in which trimester
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.

- **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.

- **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.

