

Introduction to Maternal, Newborn, and Women's Health Nursing



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Evolution of Maternal and Newborn Nursing

- ❖ Prior to World War II: hospitals for childbirth
- ❖ Shift in focus of care to teaching mothers about self-care and infant care
- ❖ Breast-feeding and rooming-in
- ❖ 1960s–1970s: home births, prepared childbirth, father involvement, and nurse midwives
- ❖ Current practice: complex with increased technology, threats of litigation, care under time, and economic restraints

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Health Status

- ❖ Evolution in the definition of health from the absence of disease, measured by monitoring mortality and morbidity, to a state of complete physical, mental, and social well-being
- ❖ Mortality: number of people who have died over a specific period
- ❖ Maternal mortality rate: annual number of deaths from any cause during pregnancy or within 42 days of termination/100,000 live births
 - Rates for African American women higher than any other ethnic group
 - U.S. ranking: 46th

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Healthy People 2030

- ❖ Emphasis on health promotion and disease prevention
- ❖ Goals
 - Healthy, thriving lives
 - Health equity
 - Health literacy
 - Healthy development and behaviors
 - Engage leaders to develop policies that will improve the health and well-being of all

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Current Trends in Perinatal and Women’s Health Care

- ▶ Safety and Quality: The Joint Commission
 - Perinatal Core Measures
 - Decrease rate of elective deliveries
 - Decrease rate of cesarean births
 - Increase rate of antenatal administration of steroids in preterm labor
 - Decrease rate of newborns with septicemia or bacteremia
 - Increase the rate of exclusive breastfeeding

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Current Trends in Perinatal and Women’s Health Care (Cont.)

- ▶ Interprofessional collaboration and education
 - IPEC Competencies
- ▶ Alliance for Innovation in Maternal Health (AIM)
 - Patient safety bundles
- ▶ Women’s health and perinatal nursing quality measures
 - AWHONN developing nursing care quality measures (NCQ)

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Current Trends in Perinatal and Women's Health Care (Cont.)

- ▶ Cost containment
- ▶ Effects of cost containment on maternity care
 - Length of stay
 - Maternal and infant problems after discharge
 - Legislative mandates
 - Reduced teaching time



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Evidence-Based Practice (EBP)

- ▶ Nurses are striving to develop an independent body of knowledge.
- ▶ EBP is a problem solving approach to care.
 - Promotes high quality care and best patient outcomes
- ▶ AWHONN initiatives
- ▶ Agency for Healthcare Research and Quality (AHRQ)
- ▶ Institute of Medicine (IOM)
 - Standards for developing practice guidelines
- ▶ Cochrane Collaboration



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Choices in Childbirth: Health Care Provider

- ▶ Certified nurse-midwife (CNM)
- ▶ Nurse practitioner (NP)
- ▶ Gynecologist
- ▶ Obstetrician



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Choices in Childbirth: Birth Setting

- ▶ Traditional hospital setting
 - Labor, delivery, recovery rooms (LDRs)
 - Labor, delivery, recovery, postpartum rooms (LDRPs)
- ▶ Birth centers
- ▶ Home births

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Statistics on Maternal, Infant, and Women's Health

- ▶ Pregnancy-related maternal mortality
 - Disparities
- ▶ Fetal mortality rates
 - Maternal factors
 - Fetal factors

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Statistics on Maternal, Infant, and Women's Health

- ▶ Neonatal mortality rate
 - number of infant deaths (in first 28 days)/1,000 live births
- ▶ Infant mortality rate
 - number of infant deaths (in first 12 months)/1,000 live births
 - Congenital anomalies: leading cause
 - Low birth weight and prematurity: significant predictors of infant mortality

Statistics on Maternal, Infant, and Women's Health (Cont.)

- ▶ Adolescent pregnancy
 - Teen birthrates have decreased
 - Teen pregnancy rate higher in United States compared to other industrialized nations
- ▶ Postpartum deaths
- ▶ Women's health
 - Cardiovascular disease
 - Obesity

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Health Status

- ❖ Morbidity
 - Measure of prevalence of specific illness in a population over a given time; rates per 1,000 population
 - Difficulty in defining and obtaining data
 - Women's health indicators
 - Cardiovascular disease as the #1 cause of death in women
 - Cancer as the second leading cause of death

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Factors Affecting Maternal/Child Health

- ▶ Family
- ▶ Genetics
- ▶ Society
- ▶ Culture
- ▶ Poverty
- ▶ Homelessness
- ▶ Developmental level
- ▶ Nutrition
- ▶ Lifestyle choices
- ▶ Environmental exposures
- ▶ Stress & coping

Social Issues

- ▶ Health disparities
 - Access to Health Care
 - Allocation of resources
 - Care vs cure
- ▶ Finances
- ▶ Intimate partner violence
 - Effects during pregnancy
 - Factors that promote violence
 - Characteristics of the abuser
 - Cycle of violence
 - Nurse's role in prevention
- ▶ Human trafficking

Ethical and Legal Issues

- ▶ Nurse Practice Act and Standards of Care
- ▶ Reproductive Issues
 - Informed consent
 - Elective termination of pregnancy
 - Substance abuse
 - Fetal Injury
 - Fetal intrauterine therapy
 - Infertility
 - Stem cell research and use of stem cells
 - Umbilical cord blood banking
 - Human genome research/project

Family Units

- ▶ Family Units
 - nuclear
 - single-parent
 - cohabiting
 - blended
 - extended
 - same sex parent
 - adoptive
 - childless

Cultural Diversity

- ▶ Deliver culturally sensitive care
 - Family roles
 - Values/ beliefs
 - Religion



Violence & Abuse



Intimate Partner Violence

- ❖ Actual or threatened physical or sexual violence, or psychological/emotional abuse
 - It includes threatened physical or sexual violence when the threat is used to control a person's actions
 - Other descriptive terms:
 - Domestic abuse, domestic violence
 - Gender-based violence, spouse abuse
 - Battering, rape

Types of Abuse

- ▶ Emotional
- ▶ Physical
- ▶ Financial
- ▶ Sexual

Risk Factors for Committing Intimate Partner Violence

Individual Factors	Relationship Factors	Community Factors	Societal Factors
Young age	Marital conflict	Weak sanctions against IPV	Traditional gender norms
Heavy drinking	Economic stress	Poverty	Social norms supportive of violence
Personality disorders	Dysfunctional family	Low social capital	
Depression	Marital instability		
Low academic achievement	Male dominance in family		
Witnessing violence as a child	Cohabitation		
Low income and/or unemployment	Having outside sexual partners		
Experiencing violence as a child	Taking aggression out on others while growing up		
Desire for power and control in all relationships			
Anger and hostility			

Centers for Disease Control and Prevention (CDC). (2019). Intimate partner violence: Risk and protective factors for perpetration. Retrieved June 18, 2020, from <https://www.cdc.gov/ violenceprevention/intimatepartnerviolence/riskandprotectivefactors.html>. Gelleswiler, D. K. (2019). Family & intimate partner violence. *Review Journal* (8th ed.). Pearson Education, and Weil, A. (2019). Intimate partner violence: Epidemiology and health consequences. *UpToDate*. Retrieved March 3, 2020, from <https://www.uptodate.com/contents/intimate-partner-violence-epidemiology-and-health-consequences>

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Abuse Profiles

- ❖ Victims
 - Rarely describe selves as abused; battered woman syndrome
 - May feel they have a personality flaw or inadequacy
 - Many abused as children
- ❖ Abuser
 - Feelings of insecurity, powerlessness, and helplessness
 - Refusal to share power; violence to control victim

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Cycle of Violence

- ❖ Phase 1: Tension-building
- ❖ Phase 2: Acute battering
- ❖ Phase 3: Honeymoon
- ❖ The cycle increases in intensity over time
- ❖ Refer to Box 9.1

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Violence Against Older Women

- ❖ Physical abuse
- ❖ Neglect
- ❖ Emotional abuse
- ❖ Sexual abuse
- ❖ Financial/exploitation abuse

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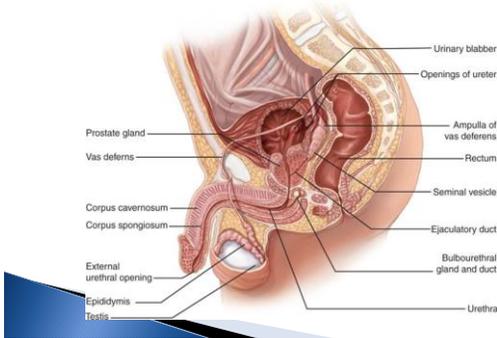
Types of Sexual Violence

- ❖ Intimate partner violence
- ❖ Human trafficking
- ❖ Incest
- ❖ Female genital cutting
- ❖ Prostitution, bondage
- ❖ Exploitation, neglect
- ❖ Infanticide
- ❖ Sexual assault

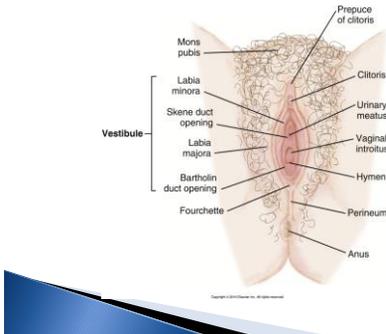
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Male External & Internal Reproductive Structures



External Female Reproductive Structures



Function of the Labia and Clitoris

- ❖ Labia majora: contains sweat and sebaceous glands; protects the vaginal opening
- ❖ Labia minora: highly vascular and abundant in nerve supply; lubricates the vulva and swells with stimulation
- ❖ Clitoris: small cylindrical mass of erectile tissue and nerves; function is sexual stimulation
- ❖ Prepuce: hood-like covering over the clitoris; also site of female circumcision practiced in some cultures

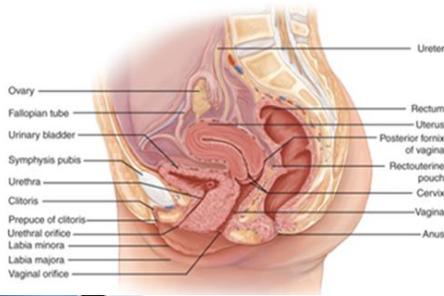
Structure and Function of the Vestibule

- ❖ Vestibule: oval area enclosed by the labia minora laterally located inside the labia minora and outside the hymen
- ❖ Opening into the vestibule: urethra from the urinary bladder, vagina, and two sets of glands
- ❖ Opening into the vagina: introitus
- ❖ Fourchette: half-moon area behind the opening
- ❖ Glands: Bartholin and Skene glands secrete mucus to keep the opening moist

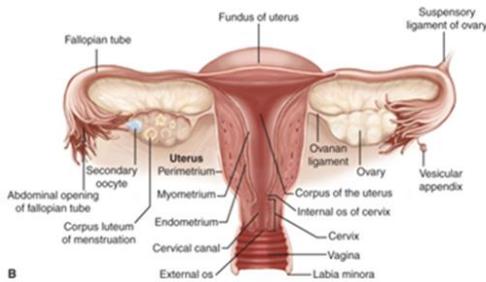
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Internal Female Reproductive Structures



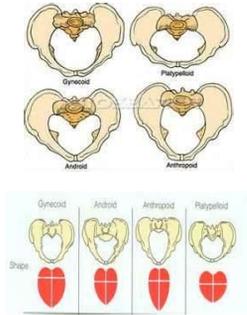
Internal Female Reproductive Structures



Pelvic Types/Shapes

- ▶ True pelvis
- ▶ False pelvis

- ▶ Shapes
 - Gynecoid
 - Android
 - Anthropoid
 - Platypelloid



Menstrual Cycle Hormones

- ❖ Gonadotropin-releasing hormone (GnRH)
- ❖ Follicle-stimulating hormone (FSH)
- ❖ Luteinizing hormone (LH)
- ❖ Estrogen
- ❖ Progesterone
- ❖ Prostaglandins

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Summary of Menstrual Cycle Hormones

BOX 3.1 Summary of Menstrual Cycle Hormones

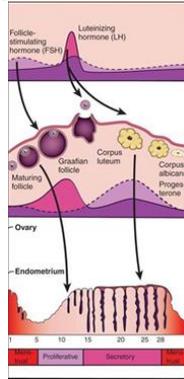
- LH rises and stimulates the follicle to produce estrogen.
- As estrogen is produced by the follicle, estrogen levels rise, inhibiting the output of LH.
- Ovulation occurs after an LH surge damages the estrogen-producing cells, resulting in a decline in estrogen.
- The LH surge results in establishment of the corpus luteum, which produces estrogen and progesterone.
- Estrogen and progesterone levels rise, suppressing LH output.
- Lack of LH promotes degeneration of the corpus luteum.
- Cessation of the corpus luteum means a decline in estrogen and progesterone output.
- The decline of the ovarian hormones ends their negative effect on the secretion of LH.
- LH is secreted, and the menstrual cycle begins again.

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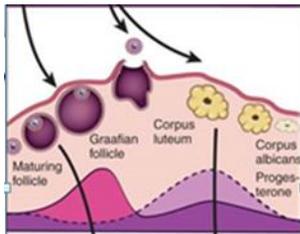
Female Reproductive Cycle

- ▶ Ovarian Cycle
 - Follicular Phase
 - Ovulatory Phase
 - Luteal Phase
- ▶ Endometrial Cycle
 - Menstrual Phase
 - Proliferative Phase
 - Secretory Phase
 - Ischemic Phase



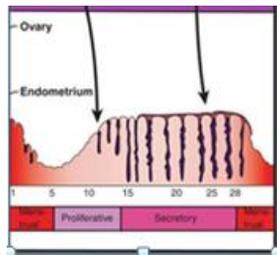
Female Reproductive Cycle

- ▶ Ovarian Cycle
 - Follicular Phase
 - Day 1-13
 - Ovulatory Phase
 - (day 14)
 - Luteal Phase
 - Day 15-28



Female Reproductive Cycle

- ▶ Endometrial Cycle
 - Menstrual Phase
 - Proliferative Phase
 - Secretory Phase
 - Ischemic Phase



Women's Preventative Health Care



Women's Health Promotion

- ▶ Primary focus is on primary and secondary promotion

- ▶ Screening
 - ↑ screening
 - ↓ breast and cervical cancer, STD, hip fx, CV dz



Preventative Care

- ▶ Health assessment
- ▶ Breast exam
 - Self
 - clinical
- ▶ Mammogram
- ▶ Vulvar exams
- ▶ Pelvic exams
- ▶ Pap smear
 - HPV
- ▶ Rectal exams
- ▶ Colonoscopy
- ▶ Immunizations
 - Human Papillomavirus Quadrivalent Vaccine (Gardasil)