

## feature articles

### 322 **CE** Walking on Eggshells: An Update on the Stigmatizing of Teen Mothers

*Teen mothers are stigmatized in the media and health care settings. Stereotypes and discrimination contribute to stress, social isolation, and health disparities. Teen mothers are keen to show that they differ from the stereotypical teen mom. A review of stigmatization of teen mothers is presented, along with suggestions for nurses to be supportive and avoid unintentional negative behaviors when caring for teen mothers.*

Lee SmithBattle, RN, PhD

### 328 **CE** Preterm Labor and Birth: A Clinical Review

*An overview of current evidence on risk factors and treatment for preterm labor and birth is presented.*

Kellie M. Griggs, DNP, MSN, RNC-OB, Debra Hrelac, PhD, RNC, Nina Williams, DNP, MSN-NE, RN, Michelle McEwen-Campbell, DNP, FNP, RNC-OB, CNE, Rebecca L. Cypher, MSN, PNNP, RNC

### 338 Mothers Who Engage in Long Term Informal Milk Sharing

*When some new mothers are unable to breastfeed, they seek human milk through informal sources, usually located on line. Three new mothers who obtained human milk for their babies via informal milk sharing networks offer insight into their experiences. Suggestions for helping nurses, midwives, physicians, and other health care providers become more familiar with this process and offer support to their patients are included.*

Deirdre McNally, BSN, RN, and Diane L. Spatz, PhD, RN-BC, FAAN

### 344 Timing of Prenatal Care Initiation and Psychological Wellbeing in Black Women

*There are numerous barriers to initiation of prenatal care, some of which may be more prominent among Black women in the United States. In this study, one-third of Black women reported that they did not have their first prenatal visit as early as they wanted. They reported lower levels of psychological wellbeing compared with Black women who initiated prenatal care as early as they wanted. More work is needed on facilitating timely prenatal care for this vulnerable group of mothers.*

Ana C. Wong, BSN, RN, Brooke Rengers, MS, MPH, RN, APRN-CNP, WHNP-BC, Alexandra L. Nowak, BSN, JD, RN, Samantha Schoeppner, MSW, MPH, LSW, Mercedes Price, BA, Liying Zhang, PhD, Rhonda K.



Dailey, MD, Cindy M. Anderson, PhD, RN, APRN-CNP, ANEF, FAHA, FNAP, FAAN, Dawn P. Misra, PhD, MHS, Carmen Giurgescu, PhD, RN, WHNP, FAAN

### 351 Pain and Depression Symptoms During the Third Trimester of Pregnancy

*In the third trimester of pregnancy, pain affects more than two-thirds of women and may occur with and without depression symptoms. In this study, 132 women during third trimester pregnancy responded to questions about pain and depressive symptoms. Although the value of universal depression screening during pregnancy is widely recognized, findings suggest clinical outcomes for pregnant women would improve with a standardized, multi-dimensional screen for both pain and depression symptoms. Nurses are in an ideal position to assess and advocate for the combined treatment of pain and depression.*

Julie Vignato, PhD RN, Yelena Perkhounkova, PhD, Ann Marie McCarthy, PhD, RN, FNASN, FAAN, Lisa S. Segre, PhD

### 357 Breastfeeding Monitoring Improves Maternal Self-efficacy and Satisfaction

*Breastfeeding apps available on smart phones may be a helpful tool for new mothers to achieve their breastfeeding goals. In this study, mothers used the breastfeeding app for 3 months postpartum while breastfeeding. When compared to mothers who did not use the app, those that did had higher scores on maternal self-efficacy and satisfaction with breastfeeding.*

Azza H. Ahmed, DNSc, RN, IBCLC, CPNP, FAAN, and Ali M. Roumani, PhD

### 364 Connecting with Families through Virtual Perinatal Education during the COVID-19 Pandemic

*Many changes to maternity care have been initiated as a result of the COVID-19 pandemic. New York City was one of the initial epicenters of the virus in the United States. In this article, nurses from a hospital system in New York City share their experiences in abruptly transitioning all of their perinatal education classes to a virtual format to meet the needs of their patients while keeping them safe.*

Francine Pasadino, MA, RNC-OB, C-EFM, CNM, MA, IBCLC, LCCE, Kathleen DeMarco, MSN, RN, NE-BC, CPHQ, Elizabeth Lampert, MSN ED, RN, CLC, LCCE

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## ongoing columns

### 321 EDITORIAL

#### The MCN Editorial Fellowship

*The first year of the MCN editorial fellowship is almost over. We share our experiences with the fellowship and plans for the future.*

Kathleen Rice Simpson, PhD, RN, CNS-BC, FAAN,  
Annie J. Rohan, PhD, RN, NNP-BC, PNP-BC, FAANP, FAAN

### 372 HOT TOPICS IN MATERNITY NURSING

#### Empowering Women to Recognize Maternal Warning Signs

*In May 2020, the Council on Patient Safety in Women's Health Care released an Urgent Maternal Warning Signs program to help pregnant women and women during postpartum recognize active or impending adverse effects requiring medical attention. Our maternity nursing expert, Molly Killion, presents an overview.*

Molly M. Killion, MS, RN, CNS

### 373 HOT TOPICS IN PEDIATRIC NURSING

#### Childhood Food Insecurity

*Childhood food insecurity continues to be a problem in the United States and has been exacerbated by the COVID-19 pandemic. Our pediatric nursing expert, Dr. Beal reviews the latest data.*

Judy A. Beal, DNSc, RN, FNAP, FAAN

### 374 BREASTFEEDING

#### Disparities in Breastfeeding and Use of Pasteurized Donor Human Milk

*Our breastfeeding expert, Dr. Spatz, advocates for using momentum from the Black Lives Matter campaign to elevate the critical role of human milk and breastfeeding for Black families. Per Dr. Spatz, while we can't change historical antecedents that have influenced breastfeeding among Black women, we could change the current paradigm to ensure that all families have equal access to evidence-based lactation information, care and support.*

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

### 375 GLOBAL HEALTH AND NURSING

#### Promoting Child and Adolescent Health

*Forty distinguished global health professionals authored a report on the work of the World Health Organization, the United Nations Children's Fund, and the Lancet Commission on child and adolescent health, suggesting that the health and future of children and adolescents should be the central focus of the Sustainable Development Goals. Our global health and nursing expert, Dr. Callister, covers the details of the report and how nurses can promote the health of children and families in the United States and globally.*

Lynn Clark Callister, PhD, RN, FAAN

### 376 TOWARD EVIDENCE-BASED PRACTICE COLUMN

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

Coordinated by Annie J. Rohan, PhD, RN, NNP-BC,  
CPNP-PC, FAANP, FAAN

### 380 PERINATAL PATIENT SAFETY COLUMN

#### Labor Dystocia

*The Agency for Healthcare Research and Quality commissioned a systematic review of the evidence on labor dystocia that had been published from January 1, 2005 to February 15, 2019, with a goal of identifying effective treatment measures for healthy women in spontaneous labor without pregnancy complications. A summary of the findings is presented.*

Kathleen Rice Simpson, PhD, RN, 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.

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