



190 A Quality Improvement Initiative to Reduce Postcesarean Opioid Consumption

Opioid use reduction after cesarean birth has become a common initiative in hospitals in the United States to minimize risk of opioid naïve women developing a substance use disorder after surgery. In this quality improvement project, decreased use of opioids post-operatively in the hospital and after discharge was accomplished by a multidisciplinary team working in collaboration with women who gave birth via cesarean. Patient satisfaction with pain relief management remained high after the project was introduced.

Kristien Marie Kahn, JD, BSN, RNC-MNN, Kathleen DeMarco, MSN, NE-BC, CPHQ, RN, Joy Pavsic, MSN, RN, IBCLC, Julie Sangillo, MSN, RNC-MNN, IBCLC, C-ONQS



198 The Lived Experience of Pain and Depression Symptoms during Pregnancy

Depressive symptoms and pain are prevalent during pregnancy. Untreated pain and depressive symptoms occurring together may have a negative effect on maternal and newborn outcomes, yet little is known about women's experiences with pain and depressive symptoms during pregnancy. In this study, the lived experience of depressive symptoms and pain occurring in women during the third trimester of pregnancy is explored.

Julie Vignato, PhD RN, Cheryl Beck, DNSc, CNM, FAAN, Virginia Conley, PhD, ARNP, FNP-BC, PMHNP-BC, FAANP, Michaela Inman, BSN, Micayla Patsais, BA, Lisa S. Segre, PhD

205 Maternal Self-Confidence and Breastfeeding after Participating in a Program about Infant Prone Positioning

Infant prone positioning may be beneficial for breastfeeding. Women were interviewed after participating in a program about infant prone positioning to get their perceptions about the effects of learning infant prone positioning on maternal confidence and achieving their breastfeeding goals.

Colleen Jesberger BSN, RN, Ilana Azulay Chertok, PhD, MSN, IBCLC, Allyson Wessells, PT, MPT, IBCLC, Carol Schaumleffel DNP, RN, LSN

Implementing Trauma-Informed Strategies for Mothers of Infants with Neonatal Abstinence Syndrome

Trauma-informed care was the basis for this quality improvement project to help neonatal nurses and physicians learn about how to best provide care for women with substance use disorders and their infants with neonatal abstinence syndrome. Details of the program are offered with suggestions for implementation.

Natalie Linn, DNP, RN, Kimberly Stephens, DNP, RN, Brenda Swanson-Bearman, DNP, MPH, RN, Deborah Lewis, DNP, RN, CNE, Kimberly Whiteman, DNP, RN

217 Exercise and Stress in At-Risk Women during Pregnancy and Postpartum

Exercise during pregnancy and postpartum may be a stress-reducing activity. In this study, 114 women participating in a home visit program offered their thoughts and experiences about the potential benefits of exercise in reducing stress via questionnaires and detailed interviews. Perinatal nurses can suggest exercise to women during pregnancy and postpartum as one way to promote their health and decrease stress.

Yuqing Guo, RN, PhD, Priscilla Kehoe, PhD, Pamela Pimentel, RN, Julie Rousseau, RN, CNM, PhD, Anna Axelin, RN, PhD, Amir M. Rahmani, MBA, PhD, Nikil Dutt, PhD

223 Factors Associated with Perceived Insufficient Milk in the First Three Months of Breastfeeding

Some women who are breastfeeding stop before they had planned when they perceive they have an insufficient supply of breast milk. In this study, maternal perceptions of crying and fussing, frequent feedings, and latching difficulty were identified as factors breastfeeding mothers attributed to perceived insufficient milk. Nurses can assess for these factors and offer reassurance that they are generally normal and not a sign of insufficient breast milk supply, so new mothers do not unnecessarily cease breastfeeding earlier than they planned.

Natsuko K. Wood, PhD, RN, Tamara Odom-Maryon, PhD, Denise A. Smart, DrPH, MPH, BSN, NHDP-BC

230 Characteristics of Environmental Influences on Child Health Outcomes (ECHO) Cohorts Recruited During Pregnancy

In this study, characteristics of cohorts that were initiated during pregnancy as part of the Environmental Influences on Child Health Outcomes program are detailed. The cohorts include over 50,000 children from families across the country, many in underserved areas. Data will be used for research with the potential to inform national policies on the role of early life exposures and underlying mechanisms of disease progression.

Elissa Z. Faro, PhD, Katherine A. Sauder, PhD, Amber L. Anderson, MPH, Anne L. Dunlop, MD, MPH, Jean M. Kerver, PhD, MSc, RD, Monica McGrath, ScD, Mary Roary, PhD, Carolyn W. Roman, PhD, Cara Weidinger, Kathi C. Huddleston, PhD, RN, CCRC

MCN

The American Journal of Maternal/Child Nursing®

JULY/AUGUST 2021 • VOLUME 46/NUMBER 4

ongoing columns

189 EDITORIAL

Impact of COVID-19 on Pregnant Women and Maternity Nurses

There have been many changes in maternity care due to the COVID-19 pandemic that have affected pregnant women and nurses, some of which will continue long after the pandemic is under control. These practice changes warrant study and we welcome manuscripts about these important topics.

Kathleen Rice Simpson, PhD, RN, CNS-BC, FAAN

236 HOT TOPICS IN MATERNITY NURSING

A New Standard for Care during Postpartum

Several important studies have recently been published about care during postpartum. Our maternity nursing expert, Molly Killion, covers the new evidence and explains the implications for clinical practice.

Molly M. Killion, RN, MS, CNS

237 HOT TOPICS IN PEDIATRIC NURSING

Impact of the Covid-19 Pandemic on the Mental Health of Children, Adolescents, and Young Adults

The COVID-19 pandemic has caused much stress and anxiety among children, adolescents, and young adults in the United States. Our pediatric nursing expert, Dr. Beal, reviews the latest literature and offers suggestions that nurses can use in clinical pediatric care.

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

238 BREASTFEEDING

The COVID-19 Pandemic and Breastfeeding: Concerns & Positive Opportunities

As nurses, we must continue to promote and protect the use of human milk and breastfeeding during and after the COVID-19 pandemic. We should continue access to online and virtual breastfeeding help but expand opportunities for in-person technical breastfeeding assistance in pediatric offices and in the community. Our breastfeeding expert, Dr. Spatz, offers suggestions for promoting breastfeeding during the pandemic and beyond.

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

239 GLOBAL HEALTH AND NURSING

Promotion of High-Quality and Respectful Care of Newborns

Mothers and babies deserve high-quality, respectful maternity and newborn care. Our global health expert, Dr. Callister, explains some of the global initiatives from around the world to make sure newborns get evidence-based care at birth and what nurses can do to support those activities.

Lynn Clark Callister, PhD, RN, FAAN

240 TOWARD EVIDENCE BASED PRACTICE

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

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

Comments by Rachel Blankstein Breman, PhD MPH RN, Kathleen Leask Capitulo, PhD RN FAAN FACCE IAWCC C-CNS, Nancy O'Brien Abel, MN RNC

243 PERINATAL PATIENT SAFETY

Workplace safety

Nurses should be free from sexual harassment and assault in the work place. There are many other types of harassment and discrimination that occur in the health care workplace. Nurses can be discriminated against and treated poorly for a number of reasons, including, but not limited to, race or ethnicity, age, gender, weight, socioeconomic status, level of education, years of experience, and mental health. We must do all that we can to role model supportive actions in the context of inappropriate behavior and to help make sure the workplace is safe for all nurses and other members of the health care team. A safe and healthy workplace for nurses promotes safe care for patients.

Kathleen Rice Simpson, PhD, RN, CNS-BC, FAAN

MISSION STATEMENT

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