



contents

unit I **issues and trends in maternal-child health nursing 1**

1 nursing care of the family 3

The family approach to health care, 4
The family and parenting, 4
Types of family structure, 5
Sociocultural considerations in family health care, 7
Overview of the nursing process, 9
Nursing process in family-centered care, 10

2 issues and trends in maternity care 13

The evolution of maternal-newborn nursing, 14
Contemporary maternal-newborn nursing, 14
Statistics used in family health care, 16
Issues and concerns of maternal-newborn nursing, 18
Legal issues in maternal-newborn nursing, 20

3 issues and trends in child health care 23

Evolution of child health nursing, 24
Health care trends, 25
Challenging issues in child health, 29
Legal issues, 35
Ethical issues, 35

unit II **reproductive health 39**

4 reproductive function and sexuality 41

Puberty, 43
Female reproductive system, 43
Hormonal regulation of female reproductive function, 47
Nursing considerations, 50
Male reproductive system, 51
Sexuality, 54

5 family planning 57

Family considerations, 58
Contraceptive (birth control) methods, 58

Elective abortion, 66
Sterilization, 67
Infertility, 68
Genetic counseling, 70
Adoption, 71
Nursing considerations, 72

unit III **the expectant family 75**

6 embryology and fetal development 77

Cells, chromosomes, and genes, 78
Fertilization, 79
Stages of growth and development, 79
Multiple pregnancy, 85
Family considerations, 86
Assessment of fetal growth and development, 87
Nursing considerations, 89

7 physiologic and psychosocial changes during pregnancy 91

Description of pregnancy, 92
Signs of pregnancy, 92
Physiologic changes during pregnancy, 96
Psychosocial changes during pregnancy, 100
Nursing considerations, 101

8 needs and care of the expectant family 103

Nursing considerations, 104
Discomforts of pregnancy, 104
Orientation of parents to prenatal care, 106
Subsequent prenatal visits, 109
Health promotion during pregnancy, 109
Nutrition, 115
Childbirth education and preparation, 118
Family considerations, 118

9 nursing care during pregnancy at risk 123

Family considerations, 124
Conditions associated with bleeding, 124
Nursing process for the client with a bleeding disorder, 130
Hypertensive disorders, 130

- Nursing process for the client with pregnancy-induced hypertension, 133
- Nursing process for the client with hyperemesis gravidarum, 134
- Hemolytic disease, 135
- Nursing process for the client with hemolytic disease, 136
- Pre-existing medical conditions, 136
- Nursing process for the client with cardiac disease, 137
- Nursing process for the client with diabetes mellitus, 138
- Infections, 138
- Nursing process for the client with a urinary tract infection, 139
- Nursing process for the client with toxoplasmosis, 140
- Sexually transmitted diseases, 140
- Nursing process for the client with a sexually transmitted disease, 144
- Nursing process for the client with HIV infection, 145
- Special pregnancy concerns related to maternal age, 146

unit IV the family during childbirth 149

10 the process of labor 151

- Preliminary signs of approaching labor, 152
- Characteristics of true labor and false labor, 153
- Factors affecting labor, 153
- Stages of labor, 160
- Physiologic effects of labor on the woman, 161
- Physiologic effects of labor on the fetus, 163
- Nursing considerations, 164

11 analgesia and anesthesia 167

- Family considerations, 168
- Nursing considerations, 168
- Causes of pain, 168
- Benefits of pain control, 169
- Pharmacologic pain relief methods, 169
- Systemic analgesia, 169
- Anesthesia, 170
- Nursing process for the woman receiving analgesia or anesthesia, 174

12 nursing care of the family during childbirth 177

- Family considerations, 178
- Nursing considerations, 178
- Nursing process for the client in labor, 178

13 complications and emergencies during childbirth 193

- Family considerations, 194
- Nursing considerations, 194

- Dystocia, 194
- Induction, 196
- Premature rupture of the membranes, 198
- Nursing process for the client with premature rupture of the membranes, 198
- Preterm labor, 199
- Nursing process for the preterm labor client, 199
- Operative procedures, 200
- Nursing considerations, 200
- Nursing process for the client undergoing a cesarean delivery, 202
- vaginal birth after cesarean, 203

unit V the postpartum family 205

14 nursing care of the postpartum family 207

- Family considerations, 208
- Nursing considerations, 208
- Physiologic adaptation, 208
- Psychological adaptation, 212
- Nursing care of the postpartum client, 213
- Reaction to the childbirth process, 215
- Wellness promotion during the postpartum period, 217
- Discharge instructions, 221

15 complications and emergencies of the postpartum period 223

- Family considerations, 224
- Nursing considerations, 224
- Postpartum hemorrhage, 224
- Nursing process for the woman with postpartum hemorrhage, 226
- Thrombophlebitis and emboli, 226
- Nursing process for the woman with thromboembolic disease, 228
- Postpartum infections, 228
- Nursing process for the woman with postpartum infection, 231
- Postpartum blues, depression, or psychosis, 231
- Serious illness, deformity, or death of the infant, 232

16 nursing care of the normal newborn 237

- Nursing considerations, 238
- Family considerations, 238
- Needs and care of the newborn, 238
- Assessment of physical characteristics, 241
- Determination of gestational age, 248
- Metabolic screening tests, 249
- Adaptation of body systems, 249
- Procedures for newborn care, 253
- Discharge and home care instructions, 254
- Nursing process for the normal newborn, 255

17 nursing care of the newborn at risk 257

- Family considerations, 258
- Alteration in size or gestational age, 258
- Nursing process for the small-for-gestational-age infant, 259
- Nursing process for LGA infant, 260
- Nursing process for the preterm infant, 261
- Nursing process for the postterm infant, 264
- Genetic disorders, 265
- Congenital disorders, 266
- Birth trauma, 270
- Infections, 271
- Substance abuse, 272

unit VI growth and development 275

18 theories of growth and development 277

- Importance of growth and development theories, 278
- Growth and development, 278
- Studying child development, 279
- Family considerations, 280
- Psychosocial development, 280
- Family considerations, 284
- Intellectual (cognitive) development, 285
- Moral development, 286
- Nursing considerations, 287
- Family considerations, 287
- Nursing considerations, 288
- Family considerations, 288
- Nursing process related to growth and development, 289

19 health maintenance and health promotion 293

- Building blocks of health, 294
- Nursing considerations, 296
- Nursing considerations, 299
- Assessment of vital signs, 301
- Physical health assessment and client and family education, 303
- Nursing process in health maintenance, 307
- Home visiting programs, 307

20 health protection and safety 311

- Safety, 312
- Anatomic and physiologic considerations, 312
- Home safety, 312
- Poisoning, 316
- Nursing process for poison ingestion, 317
- Nursing process for inhaled poisons, 319
- Nursing process for absorbed poisons, 319

- Nursing process for injected poisons, 320
- Playing safe, 320
- Gun safety, 323
- Car safety, 323
- Protection against infectious diseases, 324
- Nursing considerations, 326
- Allergies, 326
- Nursing considerations, 326
- Pediatric emergency care, 326
- Nursing process for care of the child with a traumatic injury, 329

21 the infant 335

- Physical growth assessment factors, 336
- Developmental milestones, 337
- Sensory development, 339
- Motor development, 340
- Psychosocial development, 340
- Infant nutrition, 345
- Safety and hygiene, 347
- Health maintenance, 348
- Nursing process related to fever, 349
- The hospitalized infant, 350

22 the toddler 353

- Physical growth assessment factors, 354
- Developmental assessment, 355
- Nursing process related to parent or caregiver risk of knowledge deficit concerning expected growth and development during toddlerhood, 355
- Health maintenance, 364
- Toddler response to hospitalization, 365

23 the preschool child 367

- Physical assessment, 368
- Nursing process related to risk for altered growth and development associated with delays in gross and fine motor skills, 369
- Psychosocial assessment, 370
- Preschool education, 375
- Nursing considerations, 376
- Health maintenance, 376
- Preschool response to hospitalization, 379

24 the school-age child 381

- Physical development, 383
- Psychosocial development, 385
- Cognitive development, 385
- Nursing process related to attention deficit disorder, 386
- Moral development, 388
- Personal and social development, 388
- Family considerations, 391
- Nursing considerations, 394
- Health maintenance, 394
- The hospitalized school-age child, 396
- Perceptions about death, 397

25 the adolescent 401

- Puberty, 402
- Cognitive development, 405
- Psychosocial development, 406
- Moral development, 408
- Physiologic growth and development, 409
- Health maintenance and health teaching, 410
- Nursing process related to depression, 417
- Adolescent response to hospitalization, 418

unit VII the child and family during illness 421

26 nursing administration of medications and management of pain 423

- Nursing considerations, 424
- Rights of drug administration, 424
- Family considerations, 425
- Pharmacokinetics, 425
- Drug administration, 427
- Nursing process during drug administration, 432
- Managing children's pain, 433
- Family considerations, 433
- Nursing considerations, 433
- Pharmacologic management of pain, 433

27 nursing care of the child and family during acute illness 437

- Family considerations, 438
- Nursing considerations, 438
- Age-specific considerations, 439
- Hospital admissions, 439
- Special hospital units, 442
- Common surgical procedures, 443
- Special considerations in the acute care setting, 443

28 care of the child and family during chronic, life-threatening, or terminal illnesses 447

- Chronic illness, 448
- Life-threatening and terminal illness, 448
- Family considerations, 448
- Nursing considerations, 450
- Experiencing death, 453
- Summary, 455

29 nursing care of the child and family with a mental health problem 457

- Family considerations, 458
- Nursing considerations, 458

- Developmental considerations, 459
- Mental illness, 460
- Nursing process for a child with a mental disorder, 460
- Diagnostic tests, 462
- Mental retardation, 462
- Nursing considerations, 463
- Down syndrome, 463
- Learning disorders, 464
- Motor skills disorder, 464
- Communication disorders, 464
- Pervasive developmental disorders, 464
- Attention deficit hyperactivity disorder, 465
- Anxiety disorders, 466
- Childhood depression, 467
- Suicide, 467
- Substance abuse, 468
- Childhood schizophrenia, 469

unit VIII the child with specific alterations in health status 471

30 the child with an alteration in respiration 473

- Anatomy and physiology of the respiratory system, 474
- Age-specific considerations, 474
- Family considerations, 476
- Nursing considerations, 476
- Nursing process in respiratory disorders, 476
- Diagnostic tests, 481
- Acute upper airway obstruction, 482
- Lower respiratory conditions, 484
- Chronic respiratory conditions, 486
- Procedures related to respiratory diseases, 497

31 the child with an alteration in cardiovascular function 503

- Family considerations, 504
- Nursing considerations, 504
- Anatomy and physiology, 504
- Age-specific differences in the cardiovascular system, 505
- Diagnostic tests, 506
- Nursing process for children with alterations of the cardiovascular system, 508
- Congenital heart defects, 510
- Congestive heart failure, 511
- Nursing process for congestive heart failure, 513
- Acquired heart disease, 514

32 the child with an alteration in hematologic or immune system function 519

- Family considerations, 520
- Nursing considerations, 520

Anatomy and physiology, 520
 Age-specific considerations, 521
 Diagnostic tests, 522
 Nursing process for children with alterations of
 hematologic and immune function, 523
 Hematologic disorders, 524
 Nursing process, 524
 Nursing process for the child with leukemia, 528
 Immune function disorders, 529

33 the child with an alteration in urinary or reproductive system function 537

Family considerations, 538
 Nursing considerations, 538
 Anatomy and physiology of the genitourinary
 system, 539
 Nursing considerations, 541
 Nursing process in genitourinary disorders, 541
 Diagnostic tests for kidney function, 544
 Congenital anomalies, 546
 Nursing process for hypospadias, 546
 Tumors and other acute conditions of the
 kidney, 550
 Genitourinary infections, 555
 Disorders associated with menstruation, 559
 Onset of puberty, 560
 Other genitourinary conditions, 561
 Specific procedure for urinary system, 562

34 the child with an alteration in gastrointestinal function 565

Family considerations, 566
 Nursing considerations, 566
 Anatomy and physiology of the gastrointestinal
 system, 567
 Development of gastrointestinal function, 568
 Development of teeth, 569
 Nursing process in altered gastrointestinal
 function, 569
 Diagnostic tests, 572
 Nursing procedures, 575
 Eating patterns and related disorders, 577
 Alterations in gastrointestinal function, 579
 Malnutrition disorders, 583
 Nursing care of the child having gastrointestinal
 surgery, 584
 Hereditary and congenital disorders, 585
 Inflammatory and infectious disorders, 592
 Other gastrointestinal disorders, 596

35 the child with an alteration in neurologic or sensory function 601

Anatomy and physiology of the nervous
 system, 602
 Age-specific considerations, 603

Family considerations, 603
 Nursing considerations, 603
 Diagnostic tests, 604
 Nursing process in neurologic and sensory
 disorders, 606
 Inherited disorders of the central nervous
 system, 610
 Injuries to the central nervous system, 610
 Neurologic infections, 616
 Neurologic tumors, 618
 Other disorders, 619
 The child with an alteration in vision or
 hearing, 621
 Family considerations, 622
 Nursing considerations, 622
 Nursing process in otitis media, 624

36 the child with an alteration in musculoskeletal function 629

Anatomy and physiology, 630
 Age-specific considerations, 630
 Family considerations, 631
 Nursing considerations, 631
 Diagnostic tests, 632
 Nursing care, 633
 Nursing process for the child with a
 musculoskeletal disorder, 633
 Congenital disorders, 634
 Nursing process for the child with hip dislocation
 or dysplasia, 635
 Musculoskeletal growth disorders, 638
 Acquired disorders, 639
 Infectious or inflammatory disorders, 641
 Traumatic injuries, 643
 Bone cancer, 645

37 the child with an alteration in integumentary function 649

Family considerations, 650
 Nursing considerations, 650
 Anatomy and physiology of the integument, 651
 Cultural differences, 653
 Nursing process in integumentary disorders, 653
 Types of skin lesions, 654
 Diagnostic tests, 655
 Inflammatory skin disorders, 655
 Disorders of pigmentation, 658
 Infectious diseases of the skin, 658
 Infestations, 660
 Viral infections, 661
 Fungal infections, 662
 Acute integumentary problems, 663

38 the child with an alteration in endocrine function 671

Family considerations, 672
 Nursing considerations, 672

Anatomy and physiology of the endocrine function, 673
Diagnostic tests, 675
Nursing process in endocrine disorders, 675
Alteration in pituitary function, 677
Alteration in thyroid function, 678
Alteration in pancreatic function, 681

appendices 693

Appendix a: NANDA approved nursing diagnoses—1994, 695
Appendix b: Conversion tables, 699
Appendix c: Cervical dilatation, 701
Appendix d: RDAs, 703

Appendix e: Excretion of drugs in breast milk, 707
Appendix f: Pulse, respiration, and blood pressure values for children, 711
Appendix g: Growth charts, 713
Appendix h: Teaching considerations for maternal-newborn care, 719

glossary 723

answer key 735

index 737