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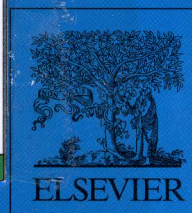
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WOMEN AND NEWBORNS

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EDITORIAL

117 What Is a Pilot Study?

The primary purpose of a pilot study is not to answer specific research questions but to prevent researchers from launching a large-scale study without adequate knowledge of the methods proposed.

Nancy K. Lowe

LETTERS

119 Promoting Maternal Health Through the First Postpartum Year

In response to a recent editorial, the author asks whether the fourth trimester is a sufficient period for the extended care of women after they give birth.

Lorraine O. Walker

120 In Response

Nancy K. Lowe

REVIEWS

121 Systematic Review of the Effect of Topical Application of Human Breast Milk on Early Umbilical Cord Separation

Topical application of human breast milk is an effective and safe way to reduce time to cord separation.

Angela Hui Ping Kirk, Jinling Yang, Woei Chyi Sim, Lydia Yi Xin Chia, and Ying Lau

131 Systematic Review of Interventions for Reproductive Life Planning

Much of the evidence on reproductive life planning focuses on the feasibility of implementing interventions rather than effectiveness in influencing knowledge and behavioral outcomes.

Sarah L. Hipp, Jane Chung-Do, and Elizabeth McFarlane

RESEARCH

140 Characterizing the Subgingival Microbiome of Pregnant African American Women

Gingivitis in pregnancy is associated with perturbations in the composition of the subgingival microbiome; increased abundance of bacteria may trigger an acute-phase, systemic, inflammatory response.

Irene Yang, Anna K. Knight, Anne L. Dunlop, and Elizabeth J. Corwin

153 Young Women's Knowledge About Fertility and Their Fertility Health Risk Factors

Young women's knowledge about fertility was significantly related to their fertility health risks; assessing this knowledge may allow health care providers to provide individualized education about fertility and reproductive health.

Qiyun Mu, Lisa Hanson, James Hoelzle, and Richard J. Fehring

163 High Prevalence of Maternal Serum 25-Hydroxyvitamin D Deficiency Is Not Associated With Poor Birth Outcomes Among Healthy White Women in the Pacific Northwest

Pregnant women who sought out-of-hospital midwifery care in the Pacific Northwest had high prevalence of vitamin D insufficiency, but this did not negatively affect birth outcomes.

Doria K. Thiele, Elise N. Erickson, and Jonathan M. Snowden

176 Randomized Controlled Trial of a Preeeding Oral Motor Therapy and Its Effect on Feeding Improvement in a Thai NICU

The Premature Infant Oral Motor Intervention improved feeding efficiency for Thai newborns ages 32 to 34 weeks postmenstrual age.

Brenda S. Lessen Knoll, Tipawan Daramas, and Victoria Drake

Continued

On Our Cover:

Painting of Irises. Judi Parkinson, 2010 (@istockphoto.com).

**HEALTH CARE IMPROVEMENT
AND EVALUATION**

**189 Initiative to Improve Exclusive Breastfeeding by
Delaying the Newborn Bath**

Delaying a healthy newborn's initial bath for 12 or more hours increased the odds of exclusive breastfeeding during the newborn hospital stay.

*Heather Condo DiCioccio, Candace Ady, James F. Bena,
and Nancy M. Albert*

METHODS

**197 Designing Interventions to Improve the Health of
Women Using the ORBIT Model**

The authors describe the innovative ORBIT model and how it can be applied in the design of behaviorally oriented interventions for the care of women.

Lorraine O. Walker and Susan M. Czajkowski

**205 Psychometric Properties of the Short Form of the
Health Practices Questionnaire-II Chinese Version**

The authors found acceptable validity and reliability statistics for the 13-item HPQ-II CV when administered to pregnant, Taiwanese women.

*Ling-Hua Wang, Yu-Ping Chang, Hsueh-Fen Chou,
Margaret Doerzbacher, and Huey-Shyan Lin*

**216 Developing and Pretesting a Survey About Immigrant
Women's Experiences With Postpartum Depression
Screening**

Based on theory and feedback from professionals and Chinese immigrant women, we refined a survey about immigrant women's perspectives on screening for postpartum depression.

Zhiyuan Yu, Diane R. Lauver, Lin Wang, and Hong Li

AWHONN POSITION STATEMENT

227 Elective Induction of Labor

AWHONN advocates against elective induction of labor before 39 weeks gestation. Induction at or after 39 weeks gestation is an option that should be carefully weighed against expectant management.

SPECIAL REPORT

**230 Current Resources for Evidence-Based Practice,
March 2019**

A review of new resources to support the provision of evidence-based care for women and infants.

Marit L. Bovbjerg

ARTICLES ONLINE

Access all articles at <http://jognn.org>.