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The American Journal of Maternal/Child Nursing®

**SPECIAL
ANNIVERSARY
SERIES:
Evidence-Based
Practice**

Increasing Physical
Activity in Children

CE Reproductive Health
Concerns with SLE

Lymphatic Filariasis

CE Bladder management
with epidural anesthesia

Childbearing Adoles-
cents' Maternal Identity

Skin to skin care in
the OR

Postpartum Depression

Debate: Water birth



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SERIALS



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Ongoing columns

209 GUEST EDITORIAL

Evidence-Based Practice: Be a Champion!

It is well established that evidence-based practice improves patient care, increases patient safety and reduces costs.

Claire Lindberg, PhD, RN, FNP-BC

210 SECOND OPINION

Should Water Birth Be Offered as an Option for Childbearing Women?

Is birth underwater safe? These experts present their views on this controversial childbirth method being offered by some providers and hospitals.

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

Writing for the PRO: Jenna Shaw-Bartista, PhD, RN, NP, CNM
Writing for the CON: Valerie Huwe, RNC, MS, CNS

262 HOT TOPICS IN MATERNITY NURSING

Cardiac Arrest in Pregnancy

Cardiac arrest during pregnancy is an event every obstetric and neonatal team hopes to avoid, however it remains a risk as our maternal population continues to have complicating comorbidities in pregnancy. Preplanning and multidisciplinary simulation may help to improve outcomes and team response.

Molly Killion, MS, RN, CNS

263 HOT TOPICS IN PEDIATRIC NURSING

Measles: To Vaccinate or Not?

A recent measles outbreak has highlighted the importance of vaccination for all eligible children. Our pediatric nursing expert suggests resources so you can be up-to-date on the latest information to share with parents.

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

264 NUTRITION FOR THE FAMILY

The Social Nature of Eating

Have you ever noticed that you tend to eat more when in the company of others? Have you ever wondered why this happens? Our nutrition expert Dr. Morin explains eating and social behavior.

Karen H. Morin, PhD, RN, ANEF, FAAN

265 HEALTH INFORMATION TECHNOLOGY

Exploring Massive Open Online Courses for Nurses

Nurses can use massive open online courses as part of a personal professional development plan. There are many nursing and healthcare topics available in these online educational offerings.

Patricia Robin McCartney, PhD, RNC, FAAN

266 GLOBAL HEALTH AND NURSING

Family-Centered Care and Preterm Babies

Family-centered care in the neonatal intensive care unit is associated with better outcomes.

Lynn Clark Callister, PhD, RN, FAAN

268 TOWARD EVIDENCE BASED PRACTICE

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

Coordinated by Judith A. Lewis, PhD, RN, FAAN
Kathleen Leask Capitolo, PhD, RN, FAAN, IHWCC

272 PERINATAL PATIENT SAFETY

Newborn Safety in the Hospital

More focus is needed on the safety of newborns while in the care of their parents on the mother-baby unit to prevent babies from being accidentally injured. Promotion of breastfeeding and maternal-newborn attachment should be in the context of newborn safety.

Kathleen Rice Simpson, PhD, RNC, 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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