

# MCN

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## *The American Journal of Maternal/Child Nursing®*

- CE** Posttraumatic Growth after Birth Trauma
- CE** Chromosome Microarray
- Medication Errors in Outpatient Pediatrics
- Smoking Relapse Prevention after Birth
- Preconception Health Behaviors of Low-Income Women
- Interventions That Enhance Breastfeeding: Systematic Review



 Wolters Kluwer

MCN, the American journal  
SERIALS



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## feature articles

### 264 Posttraumatic Growth After Birth Trauma: "I Was Broken, Now I Am Unbreakable"

CE

*This study was conducted by one of the leading experts in the field, Dr. Cheryl Beck, along with her colleague Sue Watson, and offers a unique view of how some mothers have reported positive growth after a traumatic birth experience. Findings can help nurses better understand mothers' experiences and inform future nursing research.*

Cheryl Tatano Beck, DNSc, CNM, FAAN,  
Sue Watson

### 272 Chromosome Microarray

CE

*A comprehensive review of chromosome microarray is presented including how testing is performed and results are analyzed. A case report highlights how the technology is applied in clinical practice and the benefits and limitations of scientific and bioinformatics genetic technology. This information is valuable for maternal child nurses in all practice settings.*

Sharon Anderson, DNP, NNP-BC, APNG

### 280 Medication Errors in Outpatient Pediatrics

*An overview of pediatric medication errors in the outpatient setting with a focus on errors in medication administration and the contributing effects of parental health literacy is presented.*

Kyla Berrier, BSN, RN



### 287 Counseling Women on Smoking Relapse Prevention During Postpartum

*Many women who quit smoking after learning they are pregnant revert back to smoking after birth of their baby. The authors describe the Helping Women Stop Smoking in Pregnancy and Beyond education program designed for perinatal nurses to help inform women of negative risks of smoking and offer women effective strategies to avoid the high probability of resuming smoking after birth.*

Ann Feeney, PhD, CNM, CRNP,  
Geraldine Britton, PhD, RN, FNP

### 293 Preconception Health Behaviors of Low-Income Women

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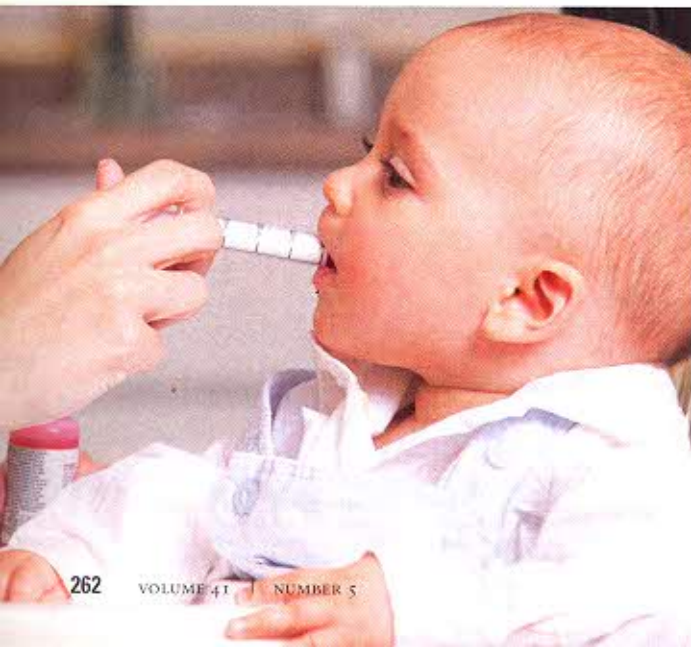
*Women of childbearing age who are at risk of becoming pregnant do not always practice health promoting behaviors. As many pregnancies are unintended, all women of childbearing age could benefit from support and encouragement from nurses to be as healthy as they can by taking multivitamins and folic acid, avoiding smoking, and maintaining a healthy weight through a balanced diet and moderate activity.*

Adejoke B Ayoola, PhD, RN, Krista Sneller, MS, RN,  
Tega D. Ebeye, Megan Jongekrijg Dykstra,  
Victoria L. Ellens, BSN, RN, HaEun Grace Lee,  
Gail L. Zandee, MSN, RN

### 299 Interventions That Enhance Breastfeeding Initiation, Duration, and Exclusivity: A Systematic Review

*Results of this systematic review highlight the significant gaps in knowledge about effective interventions to promote successful breastfeeding.*

Natsuko K. Wood, PhD, RN,  
Nancy F. Woods, PhD, RN, FAAN,  
Susan T. Blackburn, PhD, RN, FAAN,  
Elizabeth A. Sanders, PhD



# MCN

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## ongoing columns

### 308 HOT TOPICS IN MATERNITY NURSING Antenatal Corticosteroids in the Late Preterm Period

*Results of a recent multicenter randomized clinical trial found less respiratory morbidity among newborns when their mothers who were at risk for preterm birth from 34 weeks and 0 days up to 36 weeks and 5 days gestation were given antenatal betamethasone. Therefore the Society for Maternal-Fetal Medicine now recommends that women at risk for late preterm birth be given antenatal steroids using a suggested protocol for dosing, appropriate candidates, and gestational dating criteria to reduce respiratory morbidity among late preterm babies.*

Kirsten Wisner, MS, RNC, CNS

### 309 GLOBAL HEALTH AND NURSING Refugee Women and Children: What Can I Do?

*Many of the refugees fleeing war and violence around the world are women and children. The United Nations has suggestions for offering help. Our global health expert, Dr. Callister, lists ways you can make a difference.*

Lynn Clark Callister, PhD, RN, FAAN

### 310 HOT TOPICS IN PEDIATRIC NURSING Adolescent Use of E-Cigarettes: What are the Risks?

*More and more teenagers are using e-cigarettes. Our pediatric nursing expert, Dr. Beal, explains what is known and unknown about the risks to their health.*

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



### 311 NUTRITION FOR THE FAMILY Dietary Influence on Depression

*Food can influence mental wellbeing, making a nutritional assessment a critical aspect of nursing practice. Our nutrition expert, Dr. Morin, explains the potential link between diet and depression.*

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

### 312 TOWARD EVIDENCE BASED PRACTICE

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

Coordinated by

Annie Rohan, PhD, RN, NNP-BC, CPNP-PC, FAANP

Sigrídur Sía Jónsdóttir, MS, RN, CNM,

Heidi V. Krowchuk, PhD, RN, PNP, FAAN

### 316 PERINATAL PATIENT SAFETY Evaluating Quality of Second Stage Labor Care

*The condition of the baby at birth is a potentially valuable indicator of the quality of care during the second stage of labor. Consider using Apgar scores less than 7 at one minute as criteria for selecting cases for team review. Use the lessons learned to change practice accordingly.*

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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