

# MCN

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

### SPECIAL TOPICS SERIES:

Social Determinants  
of Maternal Health  
and Birth Outcomes

Racial Discrimination and  
Psychological Wellbeing

Systematic Reviews:

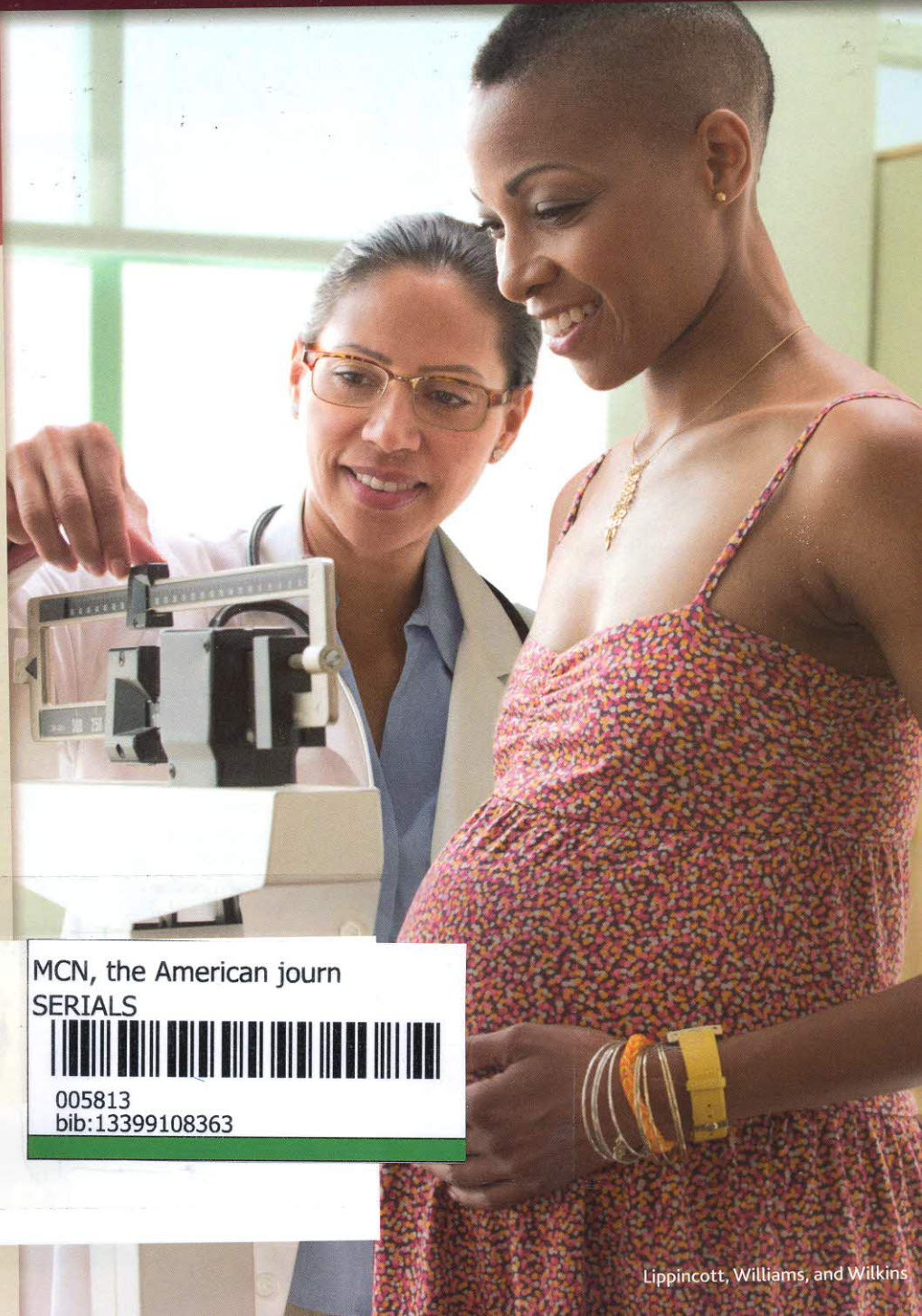
- Built Environment  
and Birth Outcomes
- Acculturation and  
Postpartum Depressive  
Symptoms

**CE** Amniotic Fluid Embolism

**CE** Becoming a Baby Friendly  
Hospital

Natural Family Planning  
Program Effectiveness

Supporting Rural Women  
During Pregnancy



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MCN, the American journal  
SERIALS



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## feature articles

### 8 Racial Discrimination and Psychological Wellbeing of Pregnant Women

*African American women are more likely to be exposed to racial discrimination and to experience psychological distress compared with white women. This study evaluated social support for its potential buffering effect on racial discrimination as related to psychological wellbeing in pregnant African American women.*

Carmen Giurgescu, PhD, RN, Shannon N. Zenk, PhD, MPH, RN, Christopher G. Engeland, PhD, Lindsey Garfield, PhD, RN, Thomas N. Templin, PhD

### 14 The Built Environment and Birth Outcomes: Systematic Review

SDC

*A poor-quality built environment may be related to negative birth outcomes such as preterm birth and low birthweight infants by increasing psychological stress and/or depressive symptoms for pregnant women. African American women are more likely to live in poor-quality built environments compared with white women and therefore may be at greater risk.*

Alexandra L. Nowak, BSN, RN, Carmen Giurgescu, PhD, RN

### 21 Acculturation and Postpartum Depressive Symptoms among Hispanic Women in the United States: Systematic Review

SDC

*Higher levels of acculturation may be related to higher risk of postpartum depressive symptoms in Hispanic women living in the United States. Nurses should have an understanding of the stressors of immigrant women to guide their assessment and screening for postpartum depressive symptoms and make appropriate referrals.*

Dalia Alhasanat, BSN, RN,  
Carmen Giurgescu, PhD, RN, WHNP

### 29 Amniotic Fluid Embolism

CE

SDC

*Amniotic fluid embolism is an unpredictable and potentially lethal complication of pregnancy. Maternal and fetal mortality remain high, although improvements in critical care over the years have contributed to better survival rates. An overview of what is known about amniotic fluid embolism is presented along with an exemplar case.*

Courtney Stanley Sundin, MSN, RNC-OB, Lauren Bradham Mazac, BSN, RNC-OB

### 36 Becoming a Baby Friendly Hospital

CE

*The journey to Baby Friendly designation can be challenging, but ultimately rewarding in supporting a hospital culture that promotes successful breastfeeding. One hospital's path to Baby Friendly is detailed. Others considering this designation may find details of their experience valuable.*

Andrea Tran, RN, BSN, MA, IBCLC

### 43 Effectiveness of a Natural Family Planning Service Program

*This study investigated extended use effectiveness of an online natural family planning program with non-breastfeeding women. This type of program can be effective in helping women in the United States and other countries meet their family planning goals.*

Richard J. Fehring, PhD, RN, FAAN,  
Mary Schneider, MSN, APRN, FNP-BC

### 50 Supporting Rural Women During Pregnancy: Baby BEEP Nurses

*This study shows how nurses using tele-nursing can provide meaningful nursing care and develop trusting relationships with low-income pregnant women living in rural settings.*

Emily C. Evans, PhD, RN, WHNP,  
Linda F. C. Bullock, PhD, RN, FAAN

#### ONLINE ONLY

### E1 Distinguish Yourself: Get an ORCID

*Every author needs a unique identifier that works to avoid confusion with others with the same, similarly spelled, or like-sounding names and is maintained over the course of their writing and research career. MCN supports the use of ORCID.*

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



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## ongoing columns

### 7 GUEST EDITORIAL

#### Social Determinants of Maternal Health and Birth Outcomes

*Social determinants of health such as racial discrimination, poor quality neighborhoods, and acculturation may increase risk of negative mental health and birth outcomes for minority women in the United States. Nurses can take leadership roles in creating policies that promote economic development, reduce poverty, reduce residential segregation, promote healthier neighborhoods, and support immigrant women.*

Carmen Giurgescu, PhD, RN

### 56 HOT TOPICS IN MATERNITY NURSING

#### Protecting Newborns from Pertussis

*Pertussis in newborns is associated with severe morbidity and mortality. Perinatal nurses can play an important role by encouraging pregnant women to get the vaccine at designated intervals recommended by the Centers for Disease Control and Prevention and American College of Obstetricians and Gynecologists.*

Kirsten Wisner, MS, RNC, CNS, C-EFM

### 57 HOT TOPICS IN PEDIATRIC NURSING

#### Time-Out for Young Children

*Time-out is an evidence-based form of discipline that can be used by parents of young children. Pediatric nurses can assist parents to appreciate how to use time-out while supporting their decisions to implement or not.*

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

### 58 NUTRITION FOR THE FAMILY

#### Broadening Our Understanding of Family Meals

*Although nurses are educated to perform a nutritional assessment, they may not gather additional information about the nature of family meals. These data may highlight underlying unhealthy nutritional behaviors that could be addressed by asking a few questions that are broader in scope.*

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

### 59 GLOBAL HEALTH AND NURSING

#### How Are Women Giving Birth in Healthcare Facilities Treated?

*Implementation of the United Nations Sustainable Development Goals has increased emphasis in the global community on the social determinants of health. One growing concern worldwide is disrespectful and abusive care given to women while giving birth in healthcare facilities in some areas of the world.*

Lynn Clark Callister, PhD, RN, FAAN

### 60 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

Kathleen Leask Capitolo, PhD, RN, FAAN, IIWCC, and Laura L. Hayman, PhD, RN, FAAN

### 64 PERINATAL PATIENT SAFETY

#### Maternal Mortality in the United States: We Must Do Better

*In the United States, maternal death is more common than in many other developed countries and while there have been decreases in maternal mortality in other countries, there have been increases here. The continued rise in maternal deaths is a health crisis and a national tragedy that can be addressed in part with everyone working together to adopt evidence based childbirth practices and by reviewing near miss cases as a team.*

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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