

# NWH

## Nursing for Women's Health®

EVIDENCE-BASED PRACTICE FOR WOMEN'S HEALTH, CHILDBEARING & NEONATAL CARE

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### Don't Miss the Call

Sleep and Weight in Infants

Exploring Higher Rates of Breastfeeding Among Civilian Military Wives

Breastfeeding Experiences Among Parents of Infants with Tongue-Tie

Abdominal Binders and Postoperative Pain After Cesarean Birth

Cardiovascular Screening for High-Risk Pregnant Women

Time and Effort to Achieve a Continuous Recording of the Fetal Heart Rate

The Role of Perinatal Nurses in the Use of Tranexamic Acid During Postpartum Hemorrhage

2021 NWH Reviewers

Swimming Upstream to Provide all Breastmilk to my Early-Term Son

### ARTICLES ONLINE

AWHONN Position Statement: Orientation of the Registered Nurse to the Perinatal Setting

 **AWHONN**  
PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

ELSEVIER

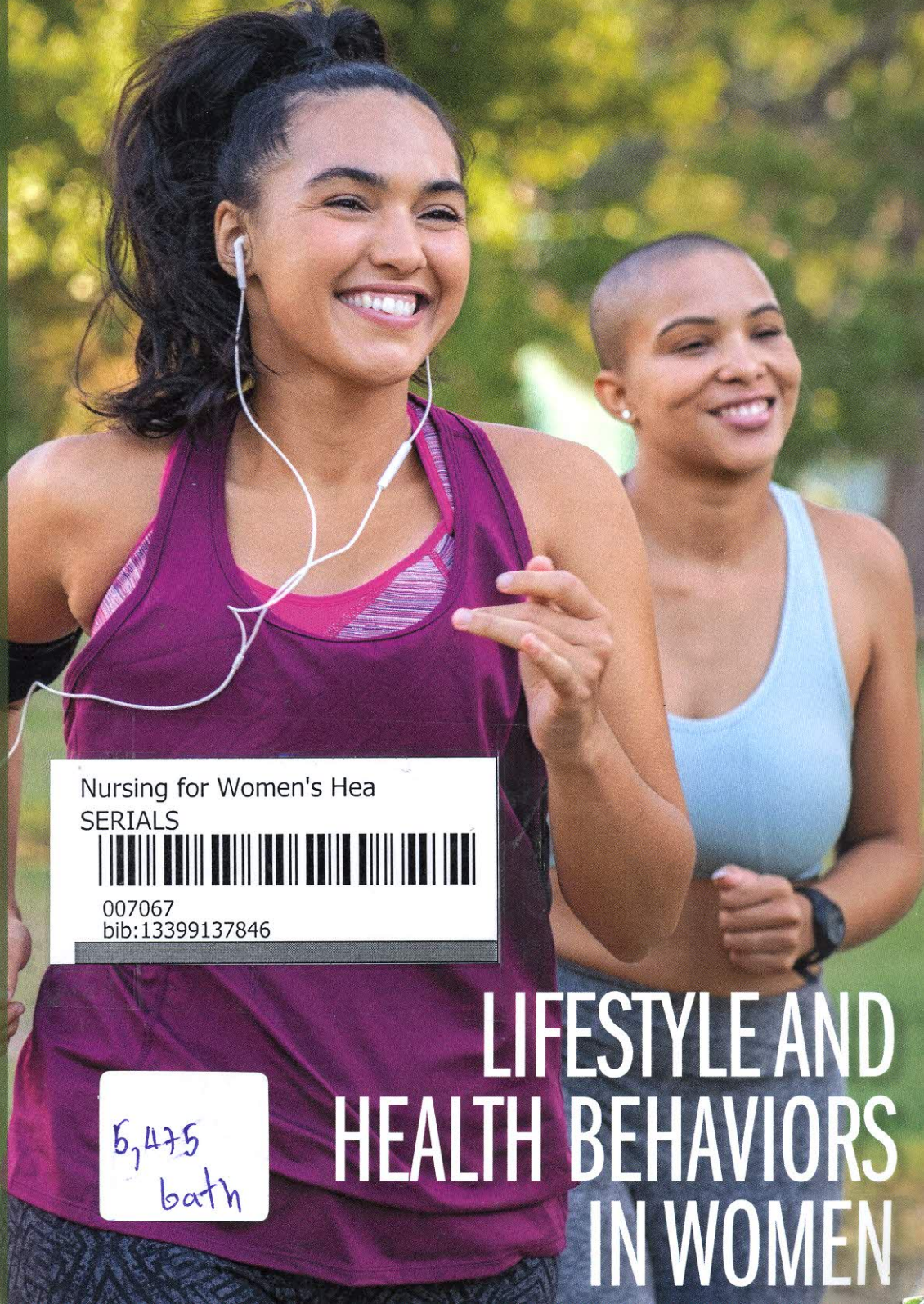
Nursing for Women's Health  
SERIALS



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# LIFESTYLE AND HEALTH BEHAVIORS IN WOMEN



## EDITORIAL & UPDATES

### FROM THE EDITOR

#### 1 Don't Miss the Call

*Introducing Heidi Collins Fantasia, the new editor of Nursing for Women's Health.*

Heidi Collins Fantasia

#### 2 Erratum

### RESEARCH & PRACTICE BRIEFS

#### 3 Sleep and Weight in Infants

Jennifer P. Hellwig

## CLINICAL EVALUATION & IMPROVEMENT

#### 10 Exploring Greater Rates of Breastfeeding Among Civilian Military Wives

*In this study, civilian military wives described factors that they believe facilitated their greater breastfeeding self-efficacy.*

Nicole Ringo & Sheila M. Gephart

#### 21 Breastfeeding Experiences and Changes in Feeding Plans Among Parents of Infants Diagnosed With Tongue-Tie

*Feeding plans and breastfeeding goals may require revision secondary to challenges related to feeding an infant with tongue-tie.*

Jessica Tran & Rebecca R. Hill

#### 30 A Mixed-Methods Study of the Effect of Abdominal Binders on Opioid Use and Postoperative Pain After Cesarean Birth

*The use of abdominal binders after cesarean birth can reduce overall opioid use and reduce individuals' pain as measured on Postoperative Day 2.*

Corie Hoskins, Amy Dempsey & Lina Brou

#### 38 Implementing a Cardiovascular Screening Tool for High-Risk Pregnant Women in a Hospital Setting

*Cardiovascular screening in women with high-risk pregnancies was associated with the identification of women in need of additional testing and/or specialty consultation to recognize and address potential complications.*

Aimee Black, Jodi Gute & Alice Kindschuh

#### 44 Time and Effort by Labor Nurses to Achieve and Maintain a Continuous Recording of the Fetal Heart Rate via External Monitoring

*Understanding the nursing work of maintaining continuous recording of the fetal heart rate has potential implications for staffing, equipment needs, and personal protective equipment use.*

Anne Fox, Amy Glasofer & Denise Long

#### 51 A Lifestyle Intervention Program to Improve Knowledge and Health Behaviors in Women

*Culturally tailored lifestyle interventions can be effective in improving knowledge and encouraging behavior change, especially when delivered in group settings to enhance social support.*

Yasmin Cavenagh & Darlie Simerson

## IN PRACTICE

#### 63 **CNE** The Role of Perinatal Nurses in the Use of Tranexamic Acid During Postpartum Hemorrhage

*Perinatal nurses have an essential role in identifying individuals at risk for postpartum hemorrhage (PPH), recognizing PPH early, and implementing appropriate management, including the use of tranexamic acid.*

Sarah Obermeyer, Ruth T. Mielke & Heidi L. Lederhos

## REVIEWER ACKNOWLEDGMENT

#### 72 2021 NWH Reviewers