

# NWH

## Nursing for Women's Health®

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

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วารสารใหม่ประจำเดือน  
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Promoting Scholarship  
and Publication

Azithromycin to Prevent Postpartum  
Sepsis or Death

Practical Strategies to Overcome  
Racial Bias in Nursing

System-Wide Postpartum Inpatient  
Maternal Mental Health Education  
and Screening Program

Risk Stratification to Support  
Antibiotic Stewardship and  
Breastfeeding Exclusivity in a  
Military Treatment Facility

Systematic Review of Women's  
Experiences of Interventions to  
Prevent Excessive Gestational  
Weight Gain

A Review of Literature for  
Individualizing Women's Care through  
Breast Cancer Risk Assessment **CNE**

Best Practices for the Care of  
Breastfeeding Patients Requiring  
Local or General Anesthesia

Understanding Our Patients Through  
a Trauma-Informed Lens

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

ELSEVIER

Nursing for Women's Health  
SERIALS



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**EXERCISE AND  
PREGNANCY**





## EDITORIAL & UPDATES

### FROM THE EDITOR

- 165 **Promoting Scholarship and Publication**  
*The promotion, dissemination, and utilization of clinically relevant scholarship is essential for nurses.*  
Heidi Collins Fantasia

### RESEARCH & PRACTICE BRIEFS

- 167 **Azithromycin to Prevent Postpartum Sepsis or Death**  
Jennifer P. Hellwig

### COMMENTARY

- 173 **Practical Strategies to Overcome Racial Bias in Nursing**  
*By learning about racial bias and examining our own biases, nurses can advocate for our patients and colleagues when witnessing racism and racial bias.*  
Kortney Floyd James & Nneka Okoye

## CLINICAL EVALUATION & IMPROVEMENT

- 179 **A Systemwide Postpartum Inpatient Maternal Mental Health Education and Screening Program**  
*Universal inpatient maternal mental health screening, referral, and parent education can be successfully integrated into routine postpartum nursing care.*  
Jennie Torti, Catherine Klein, Mindy Foster & Laurence E. Shields

- 190 **A Qualitative Exploration of Exercise During Pregnancy**  
*Pregnant women benefit from specific, continuous guidance from trusted professionals coupled with an activity watch to enhance participation and adherence to an exercise program.*  
Kathryn Holliday, Carol Sames, Danielle Hoose & Erin Wentz

- 201 **Risk Stratification to Support Antibiotic Stewardship and Breastfeeding Exclusivity in a Military Treatment Facility**  
*Risk stratification using an early-onset sepsis calculator was associated with safely reduced antibiotic exposure in well-appearing neonates exposed to chorioamnionitis and Group B Streptococcus; improved exclusive breastfeeding rates were also observed.*  
Bethany D. Gardner & Lisa Mitchell

## REVIEW

- 211 **A Systematic Review of Women's Experiences of Interventions to Prevent Excessive Gestational Weight Gain**  
*Interventions intended to help women prevent excessive gestational weight gain should be tailored to individuals' unique needs to ensure that the interventions are acceptable and effective.*  
Sereena Raju, Fiona Cowdell & Judith Dyson
- 220 **A Review of the Literature for Individualizing Women's Care Through Breast Cancer Risk Assessment**  
*Nurses working in ambulatory or mammography settings can support women with decision-making related to breast cancer risk assessment through individualized screening plans.*  
Ashley B. Johnson & Deborah Clark

## IN PRACTICE

- 231 **Best Practices for the Care of Breastfeeding Patients Requiring Local or General Anesthesia**  
*Only trace amounts of anesthetic drugs are detected in breast milk, making it safe practice to breastfeed once a patient is awake, alert, and stable in the postanesthesia unit.*  
Jacqueline Jankowsky, Kathleen Nixon, Meghan Ryan, Jacqueline Mainwaring & Michele Savin