Pregnancy and childbirth for a woman and transition from intrauterine to extrauterine life for a newborn are natural physiological processes. Healthy mothers and newborns usually require only little assistance from medical professionals. However, as there are potential risks at every stage of the experience, preparation for the events and health education for avoiding complications are of great importance in providing comprehensive care to mothers and newborns.

Maternal-newborn nursing is provided in a variety of settings varying from clients’ homes, health centers, and hospital units and occasionally in intensive care units. For mothers and families experiencing complications, skilled nursing care based on sound scientific principles is needed.

Nursing process has been accepted as the tool for providing need-based total care to pregnant women during prenatal, intranatal and postnatal periods as well as for newborns in their transition to extrauterine life and early neonatal period. Students of midwifery and practicing nurses who are responsible for care of such women would benefit from this reference book to assist them prepare relevant and adequate care plans and to provide comprehensive nursing care to their maternal-newborn clients.

Annamma Jacob
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The nursing process provides a strong framework that gives direction to the practice of nursing. Nursing care planning is the product of the application of the nursing diagnostic process. Without the planning process, quality and consistency in patient care would be lost.

Nursing care plans provide a means of communication among nurses, their patients, and other health care providers to achieve health care outcomes. Nursing diagnosis provides the basis for selection of interventions to achieve outcomes for which the nurse is accountable.

Today’s nurses must make more complex professional decisions; determine what things to do and what things not to do for particular clients. The primary purpose of nursing diagnostic process applied by nurses is to design a plan of care for and in conjunction with the patients that results in prevention, reduction or resolution of their health problems.

This book is intended to facilitate the care planning process for nursing students and nurses working with maternal and newborn clients. The nursing diagnoses that are used throughout this book are taken from the NANDA’s Taxonomy (NANDA–2006).

The format for each nursing care plan in the book is summarized as below:

- Nursing diagnosis and its definition as approved by NANDA Taxonomy 2006; the complete NANDA listing is found in Chapter 1.
- Possible etiological factors (Related/Risk factors) are suggested and the user is prompted to choose those most appropriate for her client.
- Possible assessment data for nursing diagnosis.
- Defining characteristics for actual problems.
- Expected, behaviorally measurable outcomes related to the nursing diagnosis.
- Nursing interventions and evidence-based rationales for interventions to assist nursing students in building a knowledge base to apply the information, and to make decisions to respond to the patients’ needs.
- Evaluation statements, which indicate how best the client meets the evaluation criteria and move towards resolution of the identified nursing diagnosis.

The process of implementing the nursing care plan aims to develop critical thinking and decision-making skills of nurses in every clinical situation where mothers and newborns are recipients of medical and nursing care.

The contents of the book are organized in 5 units.

**Unit 1** Contains information on nursing process and guidelines for planning care with nursing diagnosis.

**Unit 2** Has care plans for pregnant women in prenatal period and includes all possible nursing diagnoses in normal pregnancy as well as those for mothers developing added medical problems.

**Unit 3** Includes care plans for women in intrapartum period that are within normal physiological parameters as well as for those with complications of pregnancy, labor and delivery.

**Unit 4** Contains care plans, which can be used as guidelines for care of women in the postpartum period.

**Unit 5** Is devoted to newborn period and intended for care of newborns from birth to first week, with special emphasis on health education of mothers.

I hope this comprehensive compilation of care plans would enable students learning midwifery and all nurses practicing maternal-newborn nursing to plan and provide high quality nursing care to all their clients.