

# Maternal and Neonatal Nursing Care Plans

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Published by

Jitendar P Vij

**Jaypee Brothers Medical Publishers (P) Ltd**

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4838/24, Ansari Road, Daryaganj, **New Delhi** 110 002, India, Phone: +91-11-4357435, Fax: +91-11-43574314

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**Central America Office**

**Jaypee-Highlights Medical Publishers Inc., City of Knowledge, Bld. 237, Clayton, Panama City, Panama Ph: 507-317-0160**

**Maternal and Neonatal Nursing Care Plans**

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First Edition: **2009**

ISBN 978-81-8448-687-2

Typeset at JPBMP typesetting unit

Printed at

# *Preface*



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**



# *Acknowledgements*



I would like to thank the people without whom this book would not have been possible. I am thankful to the Almighty for the ability, circumstances and health that were needed to write this book and for the opportunity to be able to contribute to the cause of nursing education.

The main motivating factor in writing this book *Maternal and Neonatal Nursing Care Plans* was our students of midwifery who needed a reference material for planning the care of their clients. I am grateful to my nurse colleagues, students and clients, who have enriched my understanding and shaped up my practice.

I express deep gratitude to Miss Malliga Jasmin Christina, Lecturer of Nursing, who spent time to carefully go through the pages and review the manuscript.

I also thank Shri Jitendar P Vij (Chairman and Managing Director) Jaypee Brothers Medical Publishers (P) Ltd., Mr Tarun Duneja (Director-Publishing) and Mr Venugopal, Manager of Bangalore Branch Office, who persuaded me to take up the task of writing a book on Nursing Care Plans.





# Contents



## UNIT 1 PLANNING NURSING CARE

1. Nursing Process .....	3
--------------------------	---

## UNIT 2 PREGNANCY/ANTEPARTUM PERIOD

2. Genetic Counseling.....	23
Anxiety (Specify Level) .....	24
Knowledge Deficit Regarding Purpose and Process of Genetic Counseling .....	25
Risk for Altered Family Process.....	27
Spiritual Distress .....	29
Low Self-esteem, Situational.....	30
Risk for Injury, Related to Complications of Testing Procedures .....	31
3. The Trimesters .....	33
<b>First Trimester</b>	
Risk for Imbalanced Nutrition: Less than Body Requirements .....	34
Deficient Fluid Volume .....	36
Acute Pain.....	37
Deficient Knowledge Regarding Natural Progression of Pregnancy .....	38
Deficient Knowledge Regarding Self-care Activities .....	39
Risk for Fetal Injury .....	41
Risk for Constipation.....	43
Risk for Urinary Tract Infection .....	44
Risk for Ineffective Role Performance .....	45
<b>Second Trimester</b>	
Deficient Knowledge, Regarding Natural Progression of Labor.....	46
Risk for Cardiac Output: De-compensation.....	47
Risk for Excess Fluid Volume.....	48
Discomfort (Pain) .....	49
Ineffective Breathing Pattern .....	51
Ineffective Sexuality Pattern .....	52
<b>Third Trimester</b>	
Discomfort (Pain) .....	53
Deficient Knowledge Regarding Birth Process.....	55
Disturbed Sleep Pattern .....	56
Impaired Urinary Elimination .....	57

**x Maternal and Neonatal Nursing Care Plans**

<i>Risk for Maternal Injury</i> .....	59
<i>Risk for Impaired Fetal Gas Exchange</i> .....	60
<b>4. High-risk Pregnancy</b> .....	<b>62</b>
<i>Anxiety (Specify Level)</i> .....	63
<i>Deficient Knowledge Regarding High-risk Situation/Preterm Labor</i> .....	64
<i>Risk for Imbalanced Nutrition: Less/More than Body Requirements</i> .....	66
<i>Risk for Fetal Injury</i> .....	67
<i>Risk for Maternal Injury</i> .....	70
<i>Risk for Deficient Fluid Volume</i> .....	71
<i>Risk for Impaired Gas Exchange</i> .....	73
<i>Risk for Activity Intolerance</i> .....	75
<i>Risk for Ineffective/Compromised Family Coping</i> .....	76
<i>Risk for Interrupted Family Process</i> .....	77
<b>5. Cardiac Conditions in Pregnancy</b> .....	<b>80</b>
<i>Risk for Cardiac Output Decompensation</i> .....	81
<i>Risk for Excess Fluid Volume</i> .....	83
<i>Risk for Maternal Infection</i> .....	84
<i>Risk for Activity Intolerance</i> .....	85
<i>Deficient Knowledge Regarding Condition Prognosis and Treatment Needs</i> .....	87
<b>6. Pregnancy-induced Hypertension</b> .....	<b>89</b>
<i>Deficient Fluid Volume</i> .....	90
<i>Decreased Cardiac Output</i> .....	92
<i>Ineffective Utero-placental Tissue Perfusion</i> .....	94
<i>Risk for Maternal Injury</i> .....	95
<i>Deficient Knowledge Regarding Condition, Prognosis and Management</i> .....	98
<b>7. Diabetes Mellitus: Pre-pregnancy/Gestational</b> .....	<b>100</b>
<i>Risk for Imbalanced Nutrition</i> .....	101
<i>Risk for Fetal Injury</i> .....	103
<i>Risk for Maternal Injury</i> .....	104
<i>Deficient Knowledge Regarding Diabetic Condition, Treatment, Prognosis and Self-care</i> .....	107
<b>8. Prenatal Hemorrhage</b> .....	<b>109</b>
<i>Deficient Fluid Volume</i> .....	110
<i>Ineffective Uteroplacental Tissue Perfusion</i> .....	112
<i>Fear: Regarding Self-Fetus and Outcome of Pregnancy</i> .....	113
<i>Risk for Maternal Injury</i> .....	114
<i>Acute Pain</i> .....	116
<b>9. Prenatal Infection</b> .....	<b>118</b>
<i>Risk for Maternal/Fetal Infection</i> .....	119
<i>Deficient Knowledge Regarding Treatment, Prevention and Prognosis of Condition</i> .....	123
<i>Discomfort</i> .....	126

<b>10. Premature Dilation of Cervix (Incompetent/Dysfunctional Cervix)</b> .....	<b>129</b>
<i>Anxiety (Specify Level)</i> .....	130
<i>Risk for Maternal Injury</i> .....	131
<i>Risk for Fetal Injury</i> .....	132
<i>Anticipatory Grieving</i> .....	133
<i>Deficient Knowledge Regarding Nature of Condition and Self-care Needs</i> .....	134
<b>11. Spontaneous Termination of Pregnancy/Abortion</b> .....	<b>135</b>
<i>Risk for Maternal Injury</i> .....	135
<i>Deficient Knowledge Regarding Cause of Abortion, Self-care and Contraception</i> .....	136
<i>Risk for Ineffective Sexuality Patterns</i> .....	137
<b>12. Elective Termination</b> .....	<b>139</b>
<i>Risk for Decisional Conflict</i> .....	140
<i>Deficient Knowledge Regarding Reproduction, Contraception and Self-care</i> .....	141
<i>Risk for Spiritual Distress</i> .....	142
<i>Anxiety (Specify Level)</i> .....	143
<i>Acute Pain/Discomfort</i> .....	144
<i>Risk for Maternal Injury</i> .....	145
<b>13. Preterm Labor/Prevention of Delivery</b> .....	<b>147</b>
<i>Anxiety/Fear (Specify Level)</i> .....	148
<i>Risk for Maternal Injury</i> .....	149
<i>Risk for Fetal Injury</i> .....	150
<i>Deficient Knowledge Regarding Preterm Labor</i> .....	151
<b>14. The Pregnant Adolescent</b> .....	<b>154</b>
<i>Imbalanced Nutrition: Less than Body Requirements</i> .....	155
<i>Deficient Knowledge Regarding Pregnancy, Individual Needs and Future Expectations</i> .....	156
<i>Risk for Fetal Injury</i> .....	158
<i>Social Isolation</i> .....	160
<i>Risk for Impaired Parenting</i> .....	161

### UNIT 3 INTRAPARTUM PERIOD

<b>15. Labor Stage I: Latent Phase</b> .....	<b>165</b>
<i>Risk for Anxiety</i> .....	165
<i>Deficient Knowledge Regarding Progression of Labor and Available Options</i> .....	167
<i>Risk for Deficient Fluid Volume</i> .....	168
<i>Risk for Ineffective Coping</i> .....	169
<i>Risk for Maternal Infection</i> .....	170
<i>Risk for Fetal Injury</i> .....	171
<b>16. Labor Stage I: Active Phase</b> .....	<b>174</b>
<i>Acute Pain</i> .....	174

<i>Impaired Urinary Elimination</i> .....	176
<i>Risk for Ineffective Coping</i> .....	177
<i>Risk for Maternal Injury</i> .....	178
<i>Risk for Impaired Fetal Gas Exchange (Hypoxia)</i> .....	180
<b>17. Labor Stage I: Transition Phase (Deceleration)</b> .....	<b>182</b>
<i>Acute Pain</i> .....	182
<i>Risk for Deficient Fluid Volume</i> .....	184
<i>Fatigue</i> .....	186
<b>18. Labor Stage II: Expulsion of Fetus</b> .....	<b>188</b>
<i>Acute Pain</i> .....	189
<i>Risk for Impaired Fetal Gas Exchange</i> .....	191
<i>Risk for Impaired Skin/Tissue Integrity</i> .....	193
<i>Risk for Maternal Infection</i> .....	194
<i>Risk for Fetal Injury</i> .....	195
<b>19. Labor Stage III: Placental Expulsion</b> .....	<b>197</b>
<i>Risk for Deficient Fluid Volume</i> .....	197
<i>Risk for Maternal Injury</i> .....	199
<b>20. Dysfunctional Labor/Dystocia</b> .....	<b>201</b>
<i>Risk for Maternal Injury</i> .....	201
<i>Risk for Fetal Injury</i> .....	204
<i>Risk for Deficient Fluid Volume</i> .....	206
<i>Ineffective Coping</i> .....	207
<b>21. Labour Induction/Augmentation</b> .....	<b>209</b>
<i>Deficient Knowledge Regarding Procedure and Possible Outcomes</i> .....	210
<i>Anxiety (Specify Level)</i> .....	211
<i>Risk for Maternal Injury</i> .....	212
<i>Risk for Impaired Fetal Gas Exchange</i> .....	215
<i>Acute Pain</i> .....	216
<b>22. Cesarean Delivery</b> .....	<b>218</b>
<i>Deficient Knowledge Regarding Surgical Procedure, and Postoperative Regimen</i> .....	218
<i>Anxiety (Specify Level)</i> .....	220
<i>Powerlessness</i> .....	221
<i>Risk for Acute Pain</i> .....	222
<i>Risk for Infection</i> .....	223
<i>Risk for Impaired Fetal Gas Exchange</i> .....	224
<i>Risk for Maternal Injury</i> .....	225
<i>Risk for Decreased Cardiac Output</i> .....	226
<b>23. Precipitous Labor/Delivery</b> .....	<b>228</b>
<i>Anxiety (Specify Level)</i> .....	228

<i>Risk for Impaired Maternal Skin/Tissue Integrity</i> .....	230
<i>Risk for Deficient Fluid Volume</i> .....	231
<i>Acute Pain</i> .....	232
<i>Risk for Fetal Injury</i> .....	232
<b>24. Intrapartal Hypertension</b> .....	<b>235</b>
<i>Excess Fluid Volume (Circulating Deficit)</i> .....	235
<i>Risk for Impaired Fetal Gas Exchange</i> .....	237
<i>Impaired Urinary Elimination</i> .....	238
<i>Risk for Maternal Injury</i> .....	239
<i>Acute Pain</i> .....	241
<b>25. Intrapartal Diabetes Mellitus</b> .....	<b>243</b>
<i>Risk for Impaired Fetal Gas Exchange</i> .....	243
<i>Risk for Maternal Injury</i> .....	245
<i>Anxiety (Specify Level)</i> .....	247
<b>UNIT 4</b>	
<b>POSTPARTUM PERIOD</b>	
<b>26. Labor Stage IV: First 4 Hours Following Delivery of the Placenta</b> .....	<b>251</b>
<i>Interrupted Family Process (Bonding Process)</i> .....	252
<i>Risk For Deficient Fluid Volume</i> .....	253
<i>Acute Pain</i> .....	256
<b>27. Four Hours to Two Days Postpartum</b> .....	<b>258</b>
<i>Acute Pain (Discomfort)</i> .....	259
<i>Ineffective Breastfeeding</i> .....	261
<i>Risk for Injury</i> .....	263
<i>Risk for Infection</i> .....	265
<i>Impaired Urinary Elimination</i> .....	268
<i>Risk for Deficient Fluid Volume</i> .....	269
<i>Risk for Excess Fluid Volume</i> .....	271
<i>Constipation</i> .....	272
<i>Risk for Impaired Parent/Infant Attachment</i> .....	274
<i>Disturbed Sleep Pattern</i> .....	276
<i>Risk for Ineffective Coping</i> .....	277
<i>Deficient Knowledge Regarding Self and Infant Care</i> .....	278
<i>Readiness for Enhanced Family Coping</i> .....	280
<b>28. Care Following Cesarean Delivery (4 Hours to 3 Days)</b> .....	<b>282</b>
<i>Impaired Mother-Baby Attachment</i> .....	282
<i>Acute Pain/Discomfort</i> .....	284
<i>Risk for Injury</i> .....	287
<i>Risk for Infection</i> .....	289
<i>Risk for Deficient Fluid Volume</i> .....	292

Constipation .....	294
Deficient Knowledge Regarding Physiologic Changes, Self-care and Infant Care .....	295
Impaired Urinary Elimination .....	297
Self-care Deficit .....	299
<b>29. The Client at 24 to 48 Hours Following Discharge .....</b>	<b>301</b>
Acute Pain/Discomfort .....	301
Deficient Knowledge Regarding Progression of Condition, Self-care Needs and Possible Complications .....	303
Disturbed Sleep Pattern .....	305
Risk for Infection .....	306
<b>30. The Client at One Week Following Discharge .....</b>	<b>308</b>
Risk for Fatigue .....	308
Deficient Knowledge Regarding Self-care and Infant Care .....	309
Risk for Impaired Parent/Infant Attachment .....	311
Risk for Acute Pain (Discomfort) .....	312
Readiness for Enhanced Family Coping .....	314
Risk for Imbalanced Nutrition: Less than Body Requirement .....	315
Risk for Infection .....	317
Disturbed Body Image .....	319
Risk for Constipation .....	320
Risk for Compromised Family Coping .....	321
<b>31. Postpartal Hemorrhage .....</b>	<b>323</b>
Deficient Fluid Volume .....	324
Ineffective Tissue Perfusion .....	327
Anxiety .....	328
Risk for Infection .....	329
Deficient Knowledge, Regarding Condition, Prognosis and Treatment .....	331
<b>32. Puerperal Infection .....</b>	<b>332</b>
Risk for Spread of Infection .....	333
Imbalanced Nutrition Less than Body Requirements .....	335
Acute Pain/Discomfort .....	336
Risk for Impaired Parenting .....	337
<b>33. Postpartal Diabetes Mellitus .....</b>	<b>339</b>
Risk for Imbalanced Nutrition less than Body Requirements .....	340
Risk for Injury .....	341
Knowledge Deficit, Regarding Condition, Prognosis and Treatment Needs .....	342
Risk for Altered Parenting .....	344
<b>34. Puerperal Thrombophlebitis .....</b>	<b>346</b>
Altered Tissue Perfusion .....	347
Acute Pain/Discomfort .....	348
Anxiety (Specify Level) .....	350
Knowledge Deficit Regarding Condition, Treatment and Prognosis .....	351

<b>35. Parents of Newborns with Special Needs .....</b>	<b>353</b>
<i>Grieving Dysfunctional .....</i>	353
<i>Risk for Altered Parenting .....</i>	355
<i>High Risk for Ineffective Family Coping .....</i>	357
<i>Knowledge Deficit Regarding Infant Care .....</i>	359
<i>At Risk for Social Isolation .....</i>	361

<b>36. Perinatal Loss .....</b>	<b>363</b>
<i>Grieving .....</i>	363
<i>Risk for Altered Family Process .....</i>	366
<i>Low Self-esteem .....</i>	367
<i>Knowledge Deficit Regarding Perinatal Loss and Future Expectations .....</i>	369

## UNIT 5 NEWBORN PERIOD

<b>37. The Neonate: First Hour of Life .....</b>	<b>373</b>
<i>Risk for Impaired Gas Exchange .....</i>	374
<i>Risk for Imbalanced Body Temperature .....</i>	376
<i>Risk for Injury .....</i>	378

<b>38. The Neonate at 2 Hours to 2 Days of Age .....</b>	<b>380</b>
<i>Risk for Imbalanced Body Temperature .....</i>	381
<i>Risk for Impaired Gas Exchange .....</i>	383
<i>Risk for Imbalanced Nutrition: Less than Body Requirements .....</i>	385
<i>Risk for Infection .....</i>	387
<i>Risk for Injury .....</i>	390
<i>Risk for Constipation .....</i>	391
<i>Risk for Deficient Fluid Volume .....</i>	393
<i>Deficient Knowledge Regarding Growth and Development and Care of Newborn .....</i>	394

<b>39. The Neonate at Two Days to One-week Following Discharge .....</b>	<b>397</b>
<i>Risk for Imbalanced Nutrition: Less than Body Requirements .....</i>	398
<i>Deficient Knowledge Regarding Newborn Needs/Care .....</i>	400
<i>Risk for Injury .....</i>	401
<i>Risk for Constipation/Diarrhea .....</i>	402
<i>Risk for Impaired Skin Integrity .....</i>	404
<i>Risk for Infection .....</i>	405
<i>Risk for Acute Pain .....</i>	407

<b>40. The Preterm Infant .....</b>	<b>409</b>
<i>Impaired Gas Exchange .....</i>	410
<i>Ineffective Breathing Pattern .....</i>	413
<i>Ineffective Thermoregulation .....</i>	415
<i>Risk for Deficient Fluid Volume .....</i>	418
<i>Risk for Imbalanced Nutrition less than Body Requirements .....</i>	420
<i>Risk for Disorganized Infant Behavior .....</i>	423
<i>Risk for Infection .....</i>	425

<i>Risk for Constipation/Diarrhea</i> .....	428
<i>Risk for Injury (CNS)</i> .....	430
<b>41. Newborn Having Hyperbilirubinemia</b> .....	<b>432</b>
<i>Risk for Injury, Central Nervous System Involvement</i> .....	433
<i>Risk for Injury; Side Effects of Phototherapy</i> .....	436
<i>Knowledge Deficit Regarding Condition, Prognosis and Treatment Needs</i> .....	438
<i>Risk for Injury, Complications of Exchange Transfusion</i> .....	440
<b>42. The Neonate of an HIV-Positive Mother</b> .....	<b>442</b>
<i>Risk for Infection</i> .....	442
<i>Risk for Imbalanced Nutrition: Less than Body Requirement</i> .....	444
<i>Risk for Delayed Growth and Development</i> .....	446
<i>Deficient Knowledge Regarding Condition, Prognosis and Treatment Needs</i> .....	447
<i>Bibliography</i> .....	451
<i>Index</i> .....	453



# Introduction



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.