MIDWIFERY PRACTICE

Antenatal Care
A research-based approach

Edited by

Jo Alexander, Valerie Levy
and *Sarah Roch*

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© This volume: Preconception care - the embryo of health promotion, Joyce Shorney; The organization of midwifery care, Rosemary Currell; The antenatal booking interview, Rosemary C. Methven; Antenatal preparation of the breasts for breastfeeding, Jo Alexander; Maternal alcohol and tobacco use during pregnancy, Moira Plant; Antenatal education, Tricia Murphy-Black; Ultrasound – the midwife's role, Jean Proud; The psychology of pregnancy, Joyce Prince and Margaret Adams; Multiple births – parents' anxieties and the realities, Jane Spillman.

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9. *Marianne J. G. Mills*: Teenage mothers

Contributors to this volume

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As an experienced midwife teacher, Margaret Adams' interests are wide, but in particular, she regards the development of interpersonal skills as a priority for midwives. She has written on midwives' styles of communication in the second stage of labour as part of a master's degree in social research methods.

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Involved in research since 1977, Tricia Murphy-Black's most recent project concerned postnatal care at home. She was elected Chairman of the Royal College of Midwives UK Council in 1989 and is a member of the National Board for Scotland.

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As well as being a Research Fellow, Moira Plant is temporary advisor to the World Health Organisation and consultant to the European Community's group on drinking and pregnancy. Her publications include the book *Women, Drinking and Pregnancy*.

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Joyce Prince worked as a nurse and midwife before transferring to higher education to read social sciences. Until her recent retirement she was a Research Manager with the DHSS concerned mainly with nursing and midwifery research. She has published on health and social issues.

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Jean Proud is sister in charge of obstetric ultrasound and a part-time midwifery tutor. She has worked in ultrasound and pre-natal diagnosis for 11 years and researched into the appearance of the placenta on ultrasound, and an evaluation of its significance as a test of fetal wellbeing.

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Joyce Shorney is Head of Department of Midwifery Education, an ENB examiner and a member of the Royal College of Midwives. She is also a member of the RCM English Board, the Education Advisory Group, the South West Education Group and she is Regional Representative for the South Western Region. Her research interest is in the reduction of perinatal mortality and morbidity by promoting preconception care.

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Jane Spillman, previously in charge of the Neonatal Unit at Bedford Hospital, is currently studying neonatal needs and provisions for families with twins, triplets and higher multiples. She writes articles and lectures on research and multiple pregnancy, and has delivered papers at a number of international conferences.

Foreword

We must discover the laws on which our profession rests and not invent them.

Anon

In recent years there has been a tremendous shift in approach to antenatal care by midwives.

Women have wanted to be more in control of their own health and progression through pregnancy, and have desired to be more informed in preparing for childbirth. Midwives have tried to respond to the needs of pregnant women by providing a more holistic family-centred approach to care in an ever-changing health care environment.

This first book in the maternity practice series encourages readers to continue to be reflective about their own practice and to challenge traditional practices in midwifery. The authors have provided the latest information on the technical and scientific aspects of antenatal care and the reader is invited to explore further the physical, emotional and practical needs of women.

This series is timely, as the public will increasingly require, and indeed demand, quality care tested through research.

Although midwifery research is relatively new, its growth in recent years has been rapid, and its impact on practice profound. The authors contributing to this series have themselves been instigators of that development through their own research. The aim of this series is to demonstrate and encourage the integration of research and practice. The authors have explored the available sources of knowledge on their own particular subjects and they have provided an excellent guide to the literature, which is both focused on and complimentary to antenatal care.

The student of midwifery will find rich sources of knowledge within this text, and the presentation of the work provides a useful model from which to learn.

Valerie Tickner
Royal College of Midwives Trust

Preface

There is no doubt that the theory underpinning midwifery practice cannot be carved in tablets of stone but must be dynamic and change as new information becomes available. Despite this, it is really only in the last 30 years that research has begun to have any impact on midwifery practice and even now relevant information is not always easily available to practitioners. The Midwives Information and Resource Service (MIDIRS) and the 'Research and the Midwife' conferences have made an outstanding contribution but standard textbooks are often sparsely referenced and full length research papers are time consuming to read.

This three volume series is intended to help to fill the vacuum which exists between the current state of research and the literature readily available and accessible to practitioners. The series offers midwives and senior student midwives a broad-ranging survey and analysis of the research literature relating to the major areas of clinical practice. We hope that it will also prove stimulating to childbearing women, their families and others involved with the maternity care services. The books do not pretend to give the comprehensive coverage of a definitive textbook and indeed their strength derives from the in-depth treatment of a selection of topics. The topic areas were chosen with great care and authors were approached who have a particular research interest and expertise. On the basis of their critical appraisal of the literature the authors make recommendations for clinical practice, and thus the predominant feature of these books is the link made between research and key areas of practice.

The chapters have a common structure which is described below. It is hoped that this will be attractive to readers and assist those reviewing existing policies or wishing to study a topic in still greater depth. Some knowledge of basic research terminology will prove useful, but its lack should not discourage readers.

We owe a debt of gratitude to many people: most of all to our authors who have worked so painstakingly to produce their contributions and many of whom have helped us in numerous other ways; to Sarah Robinson for her early encouragement and to our publishers during the development of the

series; and, not least, to all those practitioners and students who made valuable comments on draft material.

We hope that many practitioners will use the books to increase their knowledge, stimulate their interest in research and improve and extend their own practice of the art and science of midwifery.

JA
VL
SR

■ Common structure of chapters

In fulfilment of the aims of the series, each chapter follows a common structure:

1. The introduction offers a digest of the contents;
2. '*It is assumed that you are already aware of the following . . .*' establishes the prerequisite knowledge and experience assumed of the reader;
3. The main body of the chapter reviews and analyses the most appropriate and important research literature currently available;
4. The '*Recommendations for clinical practice*' offers suggestions for sound clinical practice based on the author's interpretation of the literature;
5. The '*Practice check*' enables professionals to examine their own practice and the principles and policies influencing their work;
6. Bibliographic sources are covered under *References* (to research) and *Suggestions for further reading*.

■ Further reading on research

The titles listed below are suggested for those who wish to further their knowledge and understanding of research principles.

- Cormack D F S (ed) 1984 *The Research Process in Nursing*. Blackwell Scientific Publications, Oxford
- Hockey L 1985 *Nursing Research – Mistakes and Misconceptions*. Churchill Livingstone, Edinburgh
- Tornquist E M 1986 *From proposal to publication: an informal guide to writing about nursing research*. Addison Wesley, Reading (Massachusetts)