



Prenatal Nursing Care

ICNP[®]

**International Classification
for Nursing Practice (ICNP[®])
Catalogue**



**INTERNATIONAL
COUNCIL OF NURSES**

*ADVANCING NURSING AND
HEALTH WORLDWIDE*

Prenatal Nursing Care

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FOREWORD

Approximately 830 women die every day from preventable causes related to pregnancy and childbirth (WHO, 2014). Prenatal nurses play a key role in saving lives through early detection and management of life threatening conditions such as cardiovascular disease, hypertension and infection. By documenting the ways in which prenatal nurses provide care for pregnant women, we can help reduce risk and promote more positive outcomes for both the pregnant women and the newborn. This catalogue, specifically aimed at prenatal nursing care, contributes to the reduction of maternal mortality around the world by facilitating communication among health professionals and providing data to examine outcomes and promote further research.

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ICNP CATALOGUES

The International Classification for Nursing Practice (ICNP®) is a unified nursing language system that supports the standardisation of nursing documentation at the point of care. The resulting data-based information can be used for planning and managing nursing care, financial forecasting, analysis of patient outcomes and policy development. The ICNP Strategic Advisory Group and many other expert nurses involved with ICNP have recognised that manageable subsets of the terminology should be available to nurses working with patients or clients in selected specialties and settings.

Catalogues are subsets of ICNP that allow nurses to more readily integrate ICNP into their practice as they work in a specialty area or with clients having specific health conditions or needs.

Catalogues do not replace the clinical judgement of the nurse. Nurses can use catalogues as reference tools for documenting care and reflecting on their practice. Nurses' clinical judgement and decision-making are essential for individualised care of patients and their families and cannot be replaced by any tool.

PURPOSES

The purposes of this catalogue are to facilitate:

- Documentation of nursing practice by nurses providing care for pregnant women;
- Articulation of prenatal care nursing practice;
- Description, retrieval, comparison, and reuse of data to evaluate quality of nursing care and to direct policy.

The clients for prenatal nursing care include pregnant women and families. Pregnant women are the population addressed in this project. The prenatal period is the time between conception and onset of labour (Davidson et al. 2012). This ICNP catalogue focuses specifically on the provision of prenatal nursing services worldwide.

SIGNIFICANCE TO NURSING

Maternal mortality rates around the world are unacceptably high. Approximately 800 women die each day from complications of pregnancy and childbirth (WHO, 2014). Many of these deaths are preventable. When conditions such as cardiovascular disease, hypertension, and infection are detected and managed early in a woman's pregnancy through prenatal care, life-threatening complications can be averted (WHO, 2014). Goal 5 of the United Nations Millennium Development Goals (MDG) is to improve maternal health. Since 2000, progress has been made toward achieving the goal of universal access to prenatal care, however, only half of pregnant women receive the level of care that is recommended (United Nations, 2015).

Nurses can contribute to quality outcomes for pregnant women and their infants. Documentation of nursing care during the prenatal period can facilitate communication among all health professionals involved and provide data to examine outcomes and promote further research.

PRENATAL NURSING CARE FRAMEWORK

The nursing diagnoses, interventions and outcomes in this Catalogue are organised in two categories: Expected Changes of Pregnancy and Pregnancy at Risk. Each category includes four sub-categories. The Expected Changes of Pregnancy category includes Physical, Psychosocial, Behavioural changes, and Knowledge. The Pregnancy at Risk category includes Physical, Psychosocial, Behavioural, and Environmental risks. Each category has unique nursing diagnoses, interventions and outcomes. See Figure 1.

Expected Changes of Pregnancy

Because pregnancy is a normal process, a pregnant woman is typically able to manage most of the problems or issues that occur with some support from healthcare providers. Most women progress through pregnancy without complications, requiring little specialised medical or nursing intervention, yet prenatal care is essential for the health and well-being of both the pregnant woman and the developing fetus.

The Expected Changes of Pregnancy category includes problems or issues that occur during healthy pregnancies. The nursing interventions in this category focus primarily on surveillance, support, and education. The prenatal nurse monitors the health status of the mother and foetus, provides emotional support, and teaches the pregnant woman and her family about physiological and psychological changes during pregnancy, foetal development, labour and childbirth, and care for the newborn.

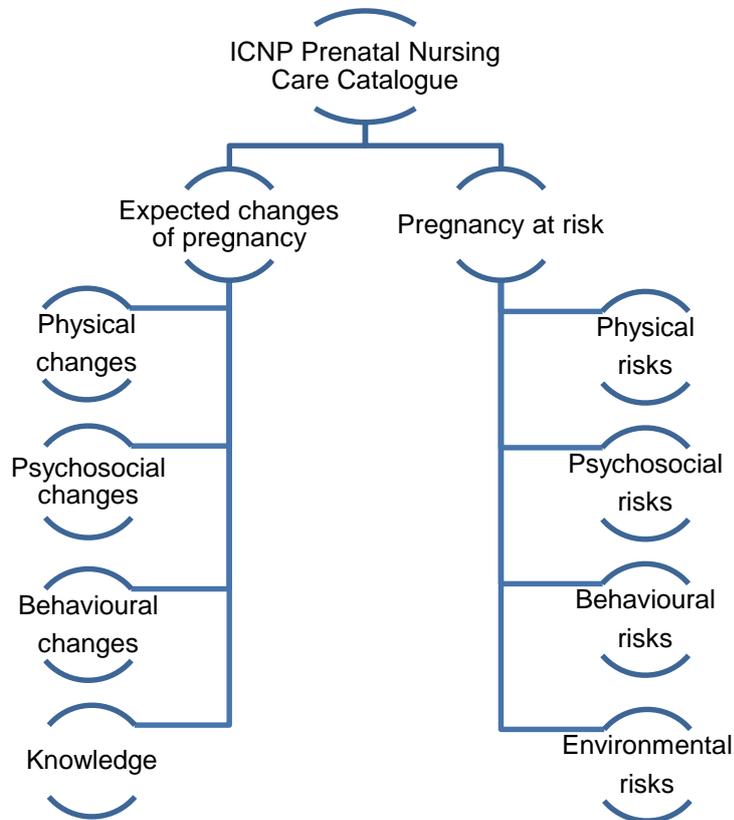
Pregnancy at Risk

The second category in the Catalogue organising framework is Pregnancy at Risk. This category includes the nursing diagnoses, interventions and outcomes for pregnant women who need additional healthcare provider interventions to manage problems or issues that are or may contribute to pregnancy complications.

According to the Centers for Disease Control and Prevention (2014), the most severe complications of pregnancy affect more than 50,000 women in the United States every year. These women need additional nursing care and support based on the seriousness of the risk or disease. Some prenatal related symptoms, such as anemia, bleeding, infection, and vomiting, are more common and require medical intervention. Other, more serious complications, for example preeclampsia and eclampsia, can be fatal. The statistical data of the Global Burden of Hypertensive Disorders of Pregnancy revealed that 2.3% of all preeclampsia cases resulted in eclampsia, and these hypertensive disorders are responsible for 13% of maternal deaths (Christian & Krumwiede, 2013).

Early detection and identification of pregnant women at risk for complications is essential. Nursing interventions to reduce risk can promote more positive outcomes for both the pregnant women and the newborn.

Figure 1: Framework for ICNP Prenatal Nursing Care Diagnoses, Interventions, and Outcomes



PRENATAL NURSING CARE DIAGNOSTIC, OUTCOME AND INTERVENTION STATEMENTS

This Catalogue fills a practical need by listing ICNP statements for diagnoses, outcomes and interventions for nursing care of pregnant women. The list provided below aims to be comprehensive but it is understood that the list does not exhaust the domain. The diagnostic and intervention statements are intended to be examples only and are not intended to be prescriptions for practice. Catalogues cannot replace the clinical judgement of the professional nurse.

In ICNP, nursing diagnoses may include either a positive asset or a problem condition of a client or patient. Nursing outcomes are the measure or status of a nursing diagnosis at points of time after a nursing intervention (ICN, 2008). Nursing Diagnoses and Outcomes statements could be documented in the client's health record according to how they are used in practice. For example, *effective gastrointestinal system function* may be identified by the nurse as either a diagnosis or outcome statement.

ICNP Catalogue: Prenatal Nursing Care

Table 1. Expected changes of Pregnancy

Nursing diagnosis	Nursing intervention	Nursing outcomes
Physical changes		
Impaired breathing 10001316	Teach breathing technique 10039213	Effective breathing 10041334
Breast tenderness 10046676	Teach about breast care during prenatal period 10032892	Reduced pain 10027917
Constipation 10000567	Promote exercise 10040834 Administer medication 10025444 Teach about diet 10046533	Effective defaecation 10028403
Fatigue 10000695	Encourage rest 10041415 Teach about diet 10046533 Assess fatigue 10026086	Reduced fatigue 10029390 No fatigue 10034727
Effective foetal development 10045718	Measure foetal heart rate 10043440 Measure foetal movement 10043455	Effective foetal development 10045718
Haemorrhoids 10043279	Teach about perineal care 10045165 Administer medication 10025444 Teach about diet 10046533	Symptom control 10025820
Leg cramps 10046719	Encourage rest 10041415 Administer medication 10025444 Teach about diet 10046533	Pain control 10025831
Nausea 10000859	Teach about diet 10046533 Administer medication 10025444	No nausea 10028984
Overweight 10027300 Underweight 10027316	Monitor weight 10032121 Teach about diet 10046533	Weight within normal limits 10027392

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Table 1. Expected changes of Pregnancy

Nursing diagnosis	Nursing intervention	Nursing outcomes
Physical changes		
Pain 10023130	Manage pain 10011660	Pain control 10025831 Reduced pain 10027917 No pain 10029008
Heartburn 10043298	Teach about diet 10046533	Effective gastrointestinal system function 10028016
Peripheral oedema 10027482	Manage oedema 10036793 Teach about fluid intake 10032939 Apply elastic stockings 10030486	No peripheral oedema 10029020
Urinary frequency 10046695	Teach about fluid intake 10032939 Promote hygiene 10032477 Teach about perineal care 10045165	Effective urinary system function 10028615
Vomiting 10025981	Promote oral hygiene 10032483 Teach about fluid intake 10032939 Administer medication 10025444	No vomiting 10029181
Excess vaginal discharge 10043331	Administer medication 10025444 Promote hygiene 10032477 Teach about perineal care 10045165 Monitor vaginal discharge 10046372 Teach about vaginal hygiene 10043438	No infection 10028945
Psychosocial changes		
Disturbed body image 10001079	Assess body image 10045891 Support positive body image 10044531	Positive body image 10028564
Employment problem 10029841	Advise about employment 10030440	Positive psychological status 10038430
Labile moods 10045652	Manage mood 10036256	Mood equilibrium 10035792

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Table 1. Expected changes of Pregnancy

Nursing diagnosis	Nursing intervention	Nursing outcomes
Psychosocial changes		
Fear 10000703	Assess fear 10024267 Counsel about fears 10026208	Reduced fear 10027889 Positive psychological status 10038430
Risk for impaired family coping 10032364	Assess family coping 10026600 Support family coping process 10032859	Effective family coping 10034770
Risk for depressed mood 10032329	Assess depressed mood 10026055	Decreased depressed mood 10027901
Anxiety 10000477	Assess anxiety 10041745 Teach relaxation technique 10038699 Teach breathing technique 10039213	Reduced anxiety 10027858
Readiness for effective parenting 10001521	Assess readiness to learn 10002781 Promote effective parenting 10032496	Effective parenting 10027955
Readiness for positive family process 10001482	Assess readiness to learn 10002781 Prepare child for sibling role 10045495 Teach about family process 10036153	Effective family process 10025232
Behavioural changes		
Impaired exercise behaviour 10022043	Teach about exercise 10040125 Promote exercise 10040834 Assess exercise behaviour 10024251	Knowledge of exercise 10023786 Adherence to exercise regime 10030163
Impaired sleep 10027226	Teach about sleep 10040380	Adequate sleep 10024930
Restlessness 10025722	Encourage rest 10041415	Symptom control 10025820
Risk for fall 10015122	Assess balance 10037457 Fall prevention 10040211	No Fall 10034704

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Table 1. Expected changes of Pregnancy

Nursing diagnosis	Nursing intervention	Nursing outcomes
Knowledge		
Lack of knowledge of pregnancy 10045645	Teach about pregnancy 10045079	Knowledge of pregnancy 10045773
Lack of knowledge of parenting 10043377	Teach about effective parenting 10032994	Knowledge of parenting 10043383
Lack of knowledge of foetal development 10045606	Teach about foetal development 10045469	Knowledge of foetal development 10045760
Lack of knowledge of childbirth 10045610	Teach about childbirth 10045407	Knowledge of childbirth 10045739
Lack of knowledge of infant feeding 10045634	Teach about infant feeding 10037139	Knowledge of infant feeding 10045756
Lack of knowledge of travel health 10043354	Teach about travel health 10033064	Adequate knowledge 10027112
Lack of knowledge of breastfeeding 10029958	Counsel about breastfeeding 10035229 Prenatal breastfeeding assessment 10039526	Adequate knowledge 10027112 Effective breastfeeding 10001411
Lack of knowledge of infant care 10045623	Teach about infant care 10037118	Knowledge of infant care 10045741
Lack of knowledge of sexual behaviour 10029991	Assess sexual behaviour 10038022 Teach about sexual behaviour 10033038	Knowledge of sexual behaviour 10030251 Effective sexual behaviour 10028187

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Table 2. Pregnancy at Risk

Nursing diagnosis	Nursing intervention	Nursing outcomes
Physical risks		
Abdominal pain 10043953	Manage pain 10011660 Collaborate with physician 10023565	Reduced pain 10027917
Altered uterine contractions 10045675	Monitor uterine contractions 10044667 Collaborate with physician 10023565	Uterine contractions within normal limits 10043969
Altered blood pressure 10022954	Measure blood pressure 10031996 Monitor Blood Pressure 10032052 Collaborate with physician 10023565	Blood pressure within normal limits 10027647
Acid base imbalance 10033539	Administer medication 10025444 Collaborate with physician 10023565 Monitor laboratory result 10032099	Effective acid base balance 10033663
Risk for complications during pregnancy 10023225	Teach about prenatal care 10045392 Implement prenatal care 10045363	No complication during pregnancy 10042446 No complication during childbirth 10042422 No complication during child delivery 10042433
Dizziness 10045584	Administer medication 10025444 Assess dizziness 10045917 Collaborate with physician 10023565	No dizziness 10045681
Electrolyte imbalance 10033541	Electrolyte therapy 10039324 Collaborating in electrolyte therapy 10030930	Effective electrolyte balance 10033709
Hyperglycemia 10027550 Hypoglycemia 10027566	Measure blood glucose 10041212 Manage blood glucose 10046262 Teach about diet 10046533 Collaborate with physician 10023565	Blood glucose within normal limits 10033685

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Table 2. Pregnancy at Risk

Nursing diagnosis	Nursing intervention	Nursing outcomes
Physical risks		
Hyperemesis 10046757	Administer medication 10025444 Teach about diet 10046533 Encourage rest 10041415 Collaborate with physician 10023565	No vomiting 10029181
Impaired skin integrity 10001290	Assess skin integrity 10033922 Skin care 10032757 Teach about self-care of skin 10033029	Improved skin integrity 10028517
Ineffective tissue perfusion 10001344	Monitor tissue perfusion 10035335 Administer medication 10025444 Assess tissue perfusion 10030775 Collaborate with physician 10023565	Effective tissue perfusion 10028593
Infection 10023032	Prevent infection 10036916 Teach family about susceptibility to infection 10038149 Collaborate with physician 10023565	No infection 10028945
Impaired nutritional status 10025746	Manage nutritional status 10036013 Teach about diet 10046533 Monitor nutrition 10036032 Collaborate with nutritionist 10040435	Positive nutritional status 10025002
Impaired foetal development 10045597 Risk for impaired foetal development 10045532	Monitor foetal development 10046340 Collaborate with physician 10023565	Effective foetal development 10045718
Hyperbilirubinemia 10034990	Administer medication 10025444 Monitor laboratory result 10032099 Collaborate with physician 10023565	No complication during pregnancy 10042446

ICNP Catalogue: Prenatal Nursing Care

Table 2. Pregnancy at Risk

Nursing diagnosis	Nursing intervention	Nursing outcomes
Physical risks		
Proteinuria 10043982	Administer medication 10025444 Monitor laboratory result 10032099 Collaborate with physician 10023565	Effective urinary system function 10028615
Seizure 10045668	Administer medication 10025444 Implement seizure management regime 10037276 Collaborate with physician 10023565	No complication during pregnancy 10042446
Vaginal bleeding 10043930	Manage vaginal bleeding 10045430 Collaborate with physician 10023565	No bleeding 10028806
Psychosocial risks		
Anger 10045578	Assist with anger control 10030813 Anger management therapy 10036260	Anger control 10045699
Anxiety 10000477	Assess anxiety 10041745 Manage anxiety 10031711	Reduced anxiety 10027858
Caregiver stress 10027773	Support caregivers 10024570 Assess caregiver stress 10024222	Reduced caregiver stress 10027794
Depressed Mood 10022402	Assess depressed mood 10026055	Decreased depressed mood 10027901
Financial problem 10029860	Refer to financial service 10038257 Facilitate financial recovery 10024417	Able to manage finances 10034547
Impaired family coping 10034789	Support family coping process 10032859	Effective family coping 10034770
Impaired parenting 10000939	Promote effective parenting 10032496	Effective parenting 10027955
Lack of family support 10022473	Promote family support 10036078	Effective family support 10045702

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Table 2. Pregnancy at Risk

Nursing diagnosis	Nursing intervention	Nursing outcomes
Psychosocial risks		
Lack of community services 10046774	Referring to community services 10038385 Teaching family about community services 10036130	Knowledge of community services 10028627
Lack of social support 10022753	Provide social support 10027046 Promote social support 10024464	Effective social support 10045794
Grief 10022345	Assess coping 10002723 Assess grief 10026103 Provide emotional support 10027051 Facilitate grief 10035958	Effective coping 10022378
Risk to be victim of intimate partner violence 10042303	Intimate partner violence therapy 10044963 Violence prevention 10024953	No violence 10029168
Situational low self-esteem 10000844	Promote self-esteem 10024455	Positive self-esteem 10025751
Shame 10046761	Counsel patient 10031062	Effective coping 10022378
Sadness 10040662	Assess sadness 10038940 Provide emotional support 10027051	Positive psychological status 10038430
Behavioural risks		
Activity intolerance 10000431	Teach how to increase activity tolerance 10024660 Monitor activity tolerance 10036622	Effective activity tolerance 10027634
Impaired ability to manage regime 10000885	Teach about treatment regime 10024625 Promote adherence to regime 10032449	Able to manage regime 10001407
Impaired ability to manage dietary regime 10022592	Advance dietary regime 10036447 Collaborate on dietary regime 10026190	Able to manage regime 10001407 Adherence to dietary regime 10030159

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Table 2. Pregnancy at Risk

Nursing diagnosis	Nursing intervention	Nursing outcomes
Behavioural risks		
Impaired ability to manage exercise regime 10022603	Teach about exercise 10040125 Promote exercise 10040834 Promote adherence to exercise regime 10041628	Able to manage regime 10001407 Adherence to exercise regime 10030163
Substance abuse 10022268	Screen substance abuse 10017592 Teach about substance abuse 10024639	No substance abuse 10029123
Tobacco abuse 10022247	Counsel about tobacco use 10031058 Assess tobacco use 10038606 Screen for tobacco use 10038836 Teach about tobacco use 10038843	No tobacco abuse 10029147
Drug abuse 10022425	Screen drug abuse 10046496 Facilitate drug abuse recovery 10035860 Counsel about drug use 10031043	No drug abuse 10028868
Alcohol abuse 10022234	Screen alcohol abuse 10045476 Counsel about alcohol use 10031036 Facilitate alcohol abuse recovery 10035856	No alcohol abuse 10028765
Environmental Risks		
Lack of access to transportation 10041323	Arrange transportation service 10024171	Access to transportation 10041310
Risk for environmental injury 10032355	Assess environmental safety 10039751 Assess knowledge of environmental safety 10039767	Effective environmental safety 10030233 Adequate knowledge 10027112
Risk for exposure to second-hand smoke 10045521	Teach about second-hand smoke exposure 10045545	Effective environmental safety 10030233

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Table 2. Pregnancy at Risk

Nursing diagnosis	Nursing intervention	Nursing outcomes
Environmental Risks		
Risk for radiation exposure 10045532	Teach about radiation exposure 10044622	Effective environmental safety 10030233
Risk for infection 10015133	Teach about hygiene 10044549 Teach family about preventing infection 10036928	No infection 10028945
Lack of food supply 10022494	Assess food supply 10037899	Adequate food supply 10045725

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