

Nursing Care of the Family During Pregnancy

Name:

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## Nursing Care of the Family During Pregnancy

### **Introduction**

Among the milestones of adulthood, becoming a parent is one. As such, for both them and those around them have to undergo through intense learning to adjust to the changes that come along (Fine, et al., 2012). It is during these times that healthy women seek guidance and thus interventions provided by the care giver largely affects the well-being of the subject, the unborn baby, and the rest of the family members for a very long time (Fine, et al., 2012). The prenatal phase avails to the nurses and other individuals who make up the healthcare team with an opportunity to influence health in a family.

For a majority of women, missing a menstrual period is a sign that they are pregnant and most of them attend their first prenatal visit after the test is positive. However, diagnosis proves to be challenging before missing the second period (Leifer, 2013). For instance, physical variations, tumors, or obesity can confuse even the most experienced examiner. However, accuracy in this case is paramount because there are serious social, emotional, legal, or medical consequences for a diagnosis that could mislead. To ensure that it is correctly done, factors such as basal body temperature (BBT), and a reliable date for the last menstrual period (LMP) are of great value (Leifer, 2013).

On accepting the nature of the situation, a woman's self-concept changes as she prepares her new role as a parent. She moves to being committed to a lifelong concern for another person from being an independent person (Leifer, 2015). This transformation requires mastery of developmental responsibilities. For example, accepting the pregnancy, reordering how she relates with her mother and her partner, as well as identifying with the roles of a mother (Leifer, 2015).

### **Conclusion**

The prenatal phase avails to the nurses and other individuals who make up the healthcare team with an opportunity to influence health in a family. They diagnose if their patients are pregnant and also guide them on the responsibilities they should expect as parents.

## References

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