



BREAKING THE REPEAT TEEN PREGNANCY CYCLE

HOW NURSES
CAN NURTURE RESILIENCE
IN AT-RISK TEENS

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After 15 years of practice in a southern U.S. hospital's busy tertiary outpatient obstetric clinic, we have seen the highs and lows of adolescent pregnancies: The 18-year-old teen who recently migrated from a developing country and is now pregnant, homeless and has a fractured relationship with her significant other. The 19-year-old who didn't want to take the bus to go to the family planning clinic near her home to receive intramuscular injections of hormonal contraception now returns to the obstetric clinic 20 weeks pregnant with her second child. The 15-year-old who had her first child at 13 years of age, who now presents to the clinic for her first prenatal visit at 38 weeks. But we have also seen the 16-year-old who is supported by her mother, doing well in school and asks about birth control options to prevent a repeat pregnancy. These few profiles speak to the complexity of adolescent pregnancies and the need for innovative interventions.

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