



Reading Between the Lines: A Book Review

Marcia R. Gardner, PhD, RN, CPNP, CPN

Hotelling and Gordon's *How to Become Mother-Friendly: Policies and Procedures for Hospitals, Birth Centers, and Home Birth Services*

Josephine M. DeVito

Evidence-based practice and research are the foundation of excellence in nursing practice. For maternal child nurses, one of many challenges is the need to remain aware of research that enhances care of mothers and their babies, in home birth practices and birth centers. Hotelling and Gordon took on this challenge by using the Mother-Friendly Childbirth Initiative (MFCI) as the foundation of this book. Dr. Gordon, a nursing professor at Duke University, assigned her accelerated BSN nursing students a very innovative project where they wrote policy and procedures for the 10 steps of the MFCI. Dr. Gordon edited these policies and procedures from her students and then sent them to the Coalition for Improving Maternity Services (CIMS).

Students developed skills and knowledge through completion of this project through an intensive review of literature, including the *Journal of Perinatal Nursing Supplement*, to create, and make available, evidence-based policies and procedures for the many hospitals, birth centers, and home birth practices whose staff want to provide mother-friendly care during the childbirth experience. These students had completed their maternity nursing experiences and were therefore experientially aware of both "friendly and unfriendly" policies in the clinical sites. According to Dr. Gordon, the results of this project were many-fold: the students gained experiences in leadership, writing policy, and collaboration with the broader maternal-child health care community.

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Review of:

Hotelling, B.A., & Gordon, H. (2014). *How to become mother-friendly: Policies and procedures for hospitals, birth centers, and home birth services*. New York, NY: Springer Publishing Company, LLC.

This book is very easy to read. The initial evidence base was the *Ten Steps of Mother-Friendly Care*, first published in the *Journal of Perinatal Education* in 2007. Each of the 10 steps is presented in a separate chapter, beginning with a policy title and statement of the policy, followed by a very comprehensive discussion of the purpose and procedures to be followed. This format is both "mother" and "user"-friendly because it highlights exemplary practice and research in various maternal child settings. The implementation of strategies for evidence-based nursing care for continuing education programs for Lamaze and the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) are very valuable.

Following the chapters for the 10 steps, there are several appendices:

- Mother-friendly self-assessment.
- 10 questions to ask when having a baby.
- Is your perinatal practice mother-friendly?
- A strategy for improving maternity care.
- Doula practice.
- Are birth classes mother-friendly?
- Nitrous oxide use in intrapartum/immediate post-partum care.
- Home birth safety.
- Care of incarcerated women in labor.

The guidelines can be utilized in a variety of settings to improve policies for maternity nursing care.

If you are an author or publisher interested in submitting review material to the **Reading Between the Lines: A Book Review** column, please send the appropriate material to: Marcia Gardner, PhD, RN, CPNP, CPN; *Pediatric Nursing*; East Holly Avenue/Box 56; Pitman, NJ 08071-0056; (856) 256-2300. The opinions and assertions contained herein are the private views of the contributors and do not necessarily reflect the views of the *Pediatric Nursing* Editorial Board.

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