

TEENAGE PREGNANCY

How can community nurses best support pregnant and teen mums?



FACTS:

- ♦ New Zealand has the third highest rate of teen births within the OECD countries
- ♦ There were 3786 births to teen's under the age of 18 in 2012
- ♦ Maori and Pacific Island teens have the highest rates of teen pregnancies in New Zealand.
- ♦ Not all teen pregnancies are unplanned



IMPLICATIONS:

- ♦ Teen Mum's are less likely to complete secondary school leading to socio-economic disadvantage
- ♦ There is a risk of subsequent rapid pregnancy
- ♦ A lack of support can lead to serious consequences—depression, despair, and inability to cope



NURSING CONSIDERATIONS:

- ♦ Nurses must provide culturally safe nursing care and be aware of their own attitudes
- ♦ Nurses need to have a sound knowledge of teenage developmental levels and use appropriate communication strategies
- ♦ Community services need to be accessible and teen friendly
- ♦ Thorough assessment is imperative for providing person-centred care
- ♦ Education is essential to help prevent subsequent rapid pregnancy

References:

Herrman, J. W. (2010). Assessing the teen parent: the role for nurses. *Nursing for Women's Health*, 14(3), 212-221.

Magness, J. (2012). Adolescent pregnancy: The role of the healthcare provider. *International Journal of Childbirth Education*, 27(4), 61-64.

Thompson, S. (2010). Complexities of supporting teenagers in pregnancy. *British Journal of School Nursing*, 5(8), 388-392.