

educationally, psychologically, and economically disadvantageous to both mother and child. Predictors of maternal success include participation in a program for pregnant teens, a social support system, and a sense of control over one's life. With better facilities available for care, the mortality associated with teenage pregnancies is decreasing, but morbidity remains high. Teenage girls and their unborn infants are at greater risk for complications of both pregnancy and delivery. Medical concerns of the adolescent include poor maternal weight gain, anemia, and pregnancy-induced hypertension (Pinzon, Jones, Committee on Adolescence, et al, 2012). Labor is often prolonged in younger teenagers, particularly those 12 to 16 years old, because of a fetopelvic incompatibility and the teenager's smaller stature and incomplete growth process. Delivery concerns include premature labor, and low-birth-weight infants. Information should be provided regarding the pregnant adolescent's nutritional status and health care needs related to the unborn fetus' condition. Because adolescent nutrition habits may vary, it is important to stress that the mother's overall health status will ultimately influence that of her newborn. Myths such as “you can now eat for two” must be addressed. The diet must provide sufficient nutrients to meet growth needs of both the prospective mother and the unborn child without the threat of excessive weight gain or fetal malnutrition.

### **Nursing Care Management**

A pregnant teenager needs careful assessment by the nurse to determine the level of social support available to her and her partner. The adolescent needs to make many important decisions and may not have the life experience to know how to cope with this stress. Whenever possible, guidance from the adults in her life will be invaluable. Information about options to continue the pregnancy and parent the child, continue the pregnancy with adoption, or terminate the pregnancy with abortion should be given in a nonjudgmental manner. If the adolescent chooses to continue the pregnancy, prenatal care should be initiated as soon as possible.

Basic to the implementation of any care program is communication and the establishment of a trusting relationship. Initially the adolescent may appear apathetic and display little interest in discussing her pregnancy. The nurse must make every