Deb's Page

And the Oscar Goes to . . .

Deb Gauldin, RN, PMS

DEB GAULDIN is a childbirth educator who performs songs and humorous tales ("Hormone Affirming Music and Humor for Women") about pregnancy, childbirth, and the adjustments to parenthood. She lives outside Chicago, Illinois.

Abstract

Perinatal care providers function around the clock, perhaps overassessing themselves and others.

Journal of Perinatal Education, 10(1), 50–51; childbirth educators, humor.

Once you are involved in a field of delivering health care, you can never really go back. It's like the Mafia. You know too much. While not all *Journal of Perinatal Education* readers are nurses, we all relate to the world around us perinatal care providers. One of my songs describes the drama of being "on duty" 24 hours a day.

Something about nurses, they never rest. When you see one coming toward you, you're being assessed head-to-toe!

This means we are constantly scanning the aisles of the local supermarket for anyone of childbearing age. Familiar or not, we nod and acknowledge them as if they might have attended our classes or visited our clinics. How many times have you had an intimate conversation with someone at a bank or Wal-Mart, warmly hugged them goodbye, and, once they're out of hearing range, turned to your spouse and revealed, "I don't have a clue who that was!"?

No matter where you are, don't you immediately note the puffy, distended signs of pre-eclampsia and only later realize the person isn't even pregnant? Do you stop yourself before asking their due date? I hope so! That ranks right up there with approaching a woman who you think is being hospitalized antenatally, making some comment about plans for delivery, and then finding out

she is already postpartum! Oops. I made that honest mistake about 15 years ago and you can clearly tell I am over it!

You can't take the nursing out of nurses. If they go off duty, it's not for very long. One of the ironies about playing the never-ending role of the perceptive educator is that class members are sometimes embarrassed about overreacting to the material presented. If they could only see how *we* respond when it comes to matters of our own health!

Nurses never have a simple cold, they think they're

having a stroke. And if they stop to take a breath, they think it's apnea or even Cheyne-Stokes respiration! When a nurse goes in for her annual checkup, her behavior might seem strange. She never leaves until she has labeled her specimen and changed the paper on the exam table. Then she stops to bill herself and makes an entry on her chart. Then she schedules a recheck and plans her memorial service, all on the way to the car!

For heaven's sake, take a day off! Get your hair done, get a massage, do nothing. You deserve it!

P.S. Don't help them with the shampoo . . . just relax!

Finding the Right Perspective

We cannot really love anybody with whom we never laugh.

—Agnes Repplier (*Americans and Others*, 1912)

Never do today what you can put off till tomorrow. Delay may give clearer light as to what is best to be done.

—Aaron Burr

What lies behind us and what lies before us are tiny matters compared to what lies within us.

—Ralph Waldo Emerson

Cherish all your happy moments: They make a fine cushion for old age.

—Christopher Morley

The foolish man seeks happiness in the distance, the wise grows it under his feet.

—James Oppenheim

There is one piece of advice, in a life of study, which I think no one will object to: and that is, every now and then to be completely idle—to do nothing at all.

—Sydney Smith

No one can make you feel inferior without your consent.

—Eleanor Roosevelt (*This is My Story*, 1937)

JPE Information for Authors

Manuscripts and correspondence should be addressed to: Sharron S. Humenick, Editor; *The Journal of Perinatal Education*; VCU – School of Nursing; P.O. Box 980567; 1220 East Broad Street; Richmond, VA 23298-0567. E-mail address: shumenick@hsc.vcu.edu.

Categories of invited manuscripts include “practice-ready” articles, including review articles; **perinatal issues articles** and questions for the “Ask a Lawyer” column; **obstetrical practice articles** which describe noninvasive and physiological approaches to childbirth and feature exemplary maternal-newborn services; **clinical research articles** with implications for perinatal education (these typically include an introduction, literature review, methods, results, discussion, and implications for practice); **letters to the editor** of 300 words or less; and **creative submissions** such as poetry, photos, and drawings.

Manuscripts should be double-spaced with 1½-inch margins. Pages should be numbered and manuscripts limited to 15 pages. Reference lists, tables, and figures should be typed on separate pages. A signed form agreeing to the transfer of copyright of the article to Lamaze International (see below) should accompany the manuscript. Manuscripts may be submitted by E-mail attachment. If mailed, articles must be submitted in triplicate and included on a 3.5-inch IBM formatted disk. Photographs and artwork are encouraged with submitted articles.

Format—Provide a title page with the author or authors’ full names, degrees, and academic or professional affiliations; an abstract of up to 75 words; and three to five key words.

Style—The journal follows American Psychological Association (APA) format. This style should be used for all manuscripts.

Author Proofs—The corresponding author will receive proofs that must be read, corrected, and returned to the managing editor within 48 hours of receipt.

Reprints—Fifty reprints will be provided to the author.

Copyright Transfer and Warranty Agreement

I(We), the undersigned, warrant that I(we) am(are) the sole author(s) and sole proprietor(s) of all rights, titles, and interests in and to the manuscript entitled

and submitted for publication in *The Journal of Perinatal Education* (JPE). I(We) hereby transfer all such rights, titles, and interests, including copyright, to Lamaze International.

I(We) further warrant that the manuscript, parts of the manuscript, and any research results have not been previously published or concurrently submitted to another publication; that the manuscript is accurate and original, except for material openly taken from other sources with permission and with proper references attributed to copyright holders; that the manuscript in no way infringes upon any personal or property rights of others, whether common law or statutory; that written permissions have been obtained from all copyright owners of any copyrighted material that has been used; that the manuscript contains no material that is libelous or otherwise contrary to law; that any financial or other conflict of interest has been identified in the manuscript; and that I(we) have full power to enter into this agreement.

I(We) agree to indemnify Lamaze International and its publisher from any loss, expense, or damage arising out of any claim, demand, or suit that, if sustained, would constitute breach of the foregoing warranties.

Author’s Signature*: _____

Author’s Name (please print): _____

Date: _____

* The first author may sign this agreement for multiple-authored articles. The first author is responsible for obtaining permission from co-authors.