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# Stop Smoking During Pregnancy

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## What We Learned

After the review of data, we learned that smoking during pregnancy can have harmful effects to the fetus. Studies link maternal smoking with an increase in the prevalence of ADHD in children.

### Background

Cigarette smoking is a very prevalent health problem in today's society. Fetal exposure of smoke can lead to low birth weight, preterm birth, and deficiencies in brain development. Despite these facts, only about 39% of women quit smoking after becoming pregnant

### Purpose & Aims

Our purpose was to explore the relationship between maternal smoking and secondhand smoke and the prevalence of ADHD in the children.

### Methods

CINHAL and Google Scholar were used to find articles within the range of 2008-2014. All articles were from nursing journals or written by nurses.

### Results

- **Only about 39% of women quit smoking after becoming pregnant**
- **Most women state that they are mainly exposed to smoke at home and work.**
- **Children exposed to smoke had a 1.5x higher change of being diagnosed with ADHD**



### Discussion

- **The four research articles all studied the effects of maternal smoking causing an increased prevalence of ADHD in children**
- **Cigarette smoking is very dangerous to the fetus and has been shown to cause increased problems**

### Next Steps

- **Studies recommend future studies to increase knowledge of how smoking causes such harmful effects to mother and child**
- **Clinical implications include encouraging the reduction of smoking and smoke exposure to benefit both mother and child**

### Limitations

- **The study was never previously conducted**
- **Diagnoses of ADHD were based on parental report, rather than a medical professional**
- **Some studies had a lack of evidence from some of the surveys taken by the mothers**