

Issues and Trends in Surrogacy

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Introduction

Specialized education for professionals is becoming of significance and a global issue. The nursing profession is one of the world's most critical because it mainly deals with the health hygiene. Education in this regard demands that all nurses are able to observe values, ethics, and responsibility towards the patient. There is growing concern about healthcare outcomes. Globally, there is an increasing nursing shortage against the demand for the various nursing services. In the United States, there is expected to be a shortfall of more than 500,000 registered nurses by 2025 (Buerhaus et al., 2008). This shortfall comes against increased enrollment of people who pursue nursing programs. To address this challenge, the increased enrollment in nursing programs will have to be increased by 40% yearly in order to replace the number of nurses who are likely to retire. Against the backdrop of increasing demand for nursing services against the supply of nurses, there is an increasing need to have educational programs that are centered on the delivery of patient care. As such, the nursing profession must collaboratively work to align their education with the primary needs of the patient. The inclusion of surrogacy in the nursing education curriculum is some of the key considerations that have been identified as a necessity to the current generation.

Surrogacy is a means of an aided reproduction that assists intended parents to start families when they could not through natural means. Intended parents who choose surrogacy do so based on different reasons and they are from various backgrounds. All of these intended parents work with a gestational surrogate, the woman who carries the child until delivery. There are two main types of surrogacies: Traditional and gestational surrogacy (Patel et al., 2018). Additionally, agencies like circle surrogacy only give the

gestational surrogacy the arrangements. As such, the gestational carrier bears no genetic connection with the child. In a laboratory process, in vitro fertilization (IVF) embryos are created and fused into the surrogate's uterus. On the other hand, traditional surrogacy framework is that which the surrogate becomes pregnant with her own eggs and hands over the child after a successful delivery.

In the last 15 years the number of gestational surrogate cycle has increased by 470%. (Kapfhamer and Voorhis, 2016). This has come with the establishment that an assisted reproduction pregnancy present higher chances of the fetal and the child survival. According to the American Society for Reproductive Medicine in 2010 859 surrogacy and gestational cycles were conducted in United States in under a year. This affirms the growing demand for surrogacy services.

Significance in Nursing

Nursing education should consider adopting a curriculum and experiences that cut across all the lifespan that include the very young to the vulnerable in our societies (Davis & Kimble, 2011). The role of nursing in the prevention and address of chronic and acute conditions in our lifespan is of immense importance. There is an increasing globalization of the healthcare to address diversity within the population. Attention must they be given to the provision of high quality and safe care. The focus on nursing education must be of focused on scientific advancement in the field of genomics and genetics, the changing demographic needs of the patient population, and new technologies used in the care.

Considerably, the general nursing care and education in colleges are fully anchored on the inquiry-based distinct field. Additionally, the academic setup give gives

the platforms to address issues around social, physical, psychological, cultural, ethical, and spiritual and behavioral challenges that happen within this discipline. Nursing education must, therefore, focus on a more liberal education base that should extend into the practice. The educational platform must further develop the students into understanding the nursing discipline from an independent and unique perspective.

A good number of women are increasingly at the risk of chronic and acute illness that affects their general health outcomes. Some of the affected areas include future fertility, birth outcomes, and pregnancies (Karandikar et.al, 2017). Whereas there are opportunities to address the increased prevalence of chronic ailments that may affect their fertility, there is need to develop a concrete back up plan to address instances of permanent damage (Church & Ekberg, 2013). In some cases, infertility is a notable issue that affects the many women. Incapacity to bear children could be as a result of the genetic disorder, exposure to environmental hazards, old age, chronic ailments among others (CDC, 2016). Inability to give birth should not be an impediment to a person who hopes to give birth someday (Jones, 1986). Even though assistive reproductive technology assists many couples to overcome instances of infertility, women who are capable of conceiving through this technology are at the higher risk of premature birth, delivery of underweight children. As such, surrogacy becomes an ideal way to help address birth defect and complication that may affect the women.

As the desire to have children keeps rising, many consider all aspects of surrogacy as unethical means of delivery. Such mindsets should not be allowed to infiltrate the medical field. Educated nurses are capable of addressing all the ethical issues around

surrogacy. It will further help in opening up more opportunities for the women whose fertility conditions have made them susceptible to psychological and social ailments.

A number of the nursing school programs and nursing students have their focus firmly laid on passing exams. This kind of mental focus is likely to be ineffective when they shall be demanded to address the rising challenges in the medical field. Nursing schools and students should come up with programs that address emerging problems. With the United States and other parts of the world allowing same-sex marriage, demand for surrogacy services is likely to increase (Jones, 2016).

Research questions that were addressed in this literature review included the following?

What are the psychological problems that surrogate mothers face?

What are the differences between unexpected loss and expected loss in surrogate pregnancy? Why is the demand for surrogacy on the rise? Is there any correlation between attachment theories and surrogate mothers?

The purpose of this literature review is to provide insight concerning the issues of surrogacy around the world, including trends, professional, ethical, and societal issues

Background

Unexpected versus Expected Surrogate Pregnancy Loss

Firstly, any loss is hard to bear expected or no, and it is more difficult when it is a pregnancy loss. Despite undergoing all health checkups and emerging the best surrogate candidate, there still exist some pregnancy issues that may lead to pregnancy loss which

can be expected or unexpected. For instance, health-related problems can lead to pregnancy loss. They include miscarriage, ectopic pregnancy and obstetric complications (Thompson, 2016, August 16). The health-related complications are more devastating in the case of multiple pregnancies. Seemingly, miscarriage is the leading cause of pregnancy loss among surrogate mothers (Thompson, 2016, August 16). Some of the factors that lead to a miscarriage include chromosomal abnormality, incompetent cervix, uterine abnormality, immunological disorders, Polycystic Ovary Syndrome (PCOS), and untreated diseases such as Thyroid problems (Thompson, 2016, August 16).

On the other hand, Ectopic pregnancy with In Vitro Fertilization (IVF) adds up to one percent of pregnancy losses (Hodson, 2018). If a surrogate mother has an ectopic pregnancy, she is given medication to terminate the pregnancy or undergo surgery to remove it (Hodson 2018). Similarly, obstetric complications such as preeclampsia, placenta accreta, anemia and obstetric hemorrhage pose a threat to pregnancy loss. Preeclampsia is a disease characterized by Hypertension, proteinuria and fluid buildup in feet and ankles (Hodson, 2018). The disease poses life-threatening challenges such as seizures and blood disorders. Placenta accreta is a situation where the placenta penetrates too deep into the uterine wall. Preeclampsia, placenta accreta, anemia, and obstetric hemorrhage are life-threatening when surrogate mothers have multiple fetuses that increases the chances of giving birth prematurely (Hodson, 2018). Additionally, surrogate mother may opt for fetal reduction, that is, abortion of the multiple fetuses to remain with one.

Also, the lifestyle of the surrogate mother may determine the development of the pregnancy. If the surrogate mother breaks the contractual agreement and indulges in drug

abuse, smoking, alcoholism, and environmental toxins then the chances of pregnancy loss increase (Hodson, 2018). For instance, nicotine closes the placenta thus blocking the supply of important nutrient and exchange of respiratory gases between mother and child (Hodson, 2018). The result is a loss of the pregnancy. In the same vein, smoking surrogate mothers have higher chances of miscarriage. Similarly, excessive drinking by surrogate mothers has a consequential end result of premature birth. Moreover, exposure of surrogate mothers to certain environmental conditions that use toxic chemicals such as farms, laboratories, operation rooms, and greenhouses among others are known to increase the chance of loss of the unborn child via miscarriage (Hodson, 2018).

Overall, pregnancy loss in surrogate mothers may be expected or unexpected. The surrogate mother should be very keen when indulging in some lifestyles so as to reduce the expected pregnancy loss. On the other hand, the intended parents should encourage regular checkups to assess the wellbeing of the developing fetus. If it is life-threatening, both parties should come up with an amicable solution. Additionally, in the case of complications related to multiple fetuses, the surrogate mother and intended parents should get advice from a specialist so that the best solution is arrived at. Finally, surrogate pregnancy is like normal pregnancy thus concerned parties should anticipate any potential obstacles such as pregnancy loss during the pregnancy journey

Psychological Problems in Surrogate Mothers

Surrogate mothers may experience physical complications, but in addition to this, they have a high possibility of experiencing psychological difficulties, which results from the emotional detachment of the child. This in most cases is a serious condition that is

expected and thus requires counseling and assessment before the surrogate mother accepts to undertake the task. In most cases, surrogate mothers are in a big way attached to the child and also to the intended parents. There exist two forms of surrogacy, although the most common is one. The first is traditional surrogacy while the other is termed as gestational. Traditional surrogacy involved a woman using another woman who sleeps with her husband to bear them a child (Dunnington, November 1991). On the other hand, gestational surrogacy is the arrangement where the embryo is obtained from the intended parents, or a dono, and is planted in the surrogate mother's uterus (Viveca Soöderstroöm-Anttila, October 9, 2015). In this case, the surrogate mother has no genetic connection with this child. For nine months, obviously, from the pains and the experiences that the surrogate mothers go through, there is a great connection that exists between the mother and the child and this causes depression to the mother after she is detached from the child after birth. The purpose of this paper is to research the emotional experiences of surrogate mothers and explain what can be done to reduce these psychological difficulties.

According to the findings obtained from the research conducted to find out the emotional experiences of surrogate mothers, the research found out that the surrogate mothers got into worrying even before they were detached from the child due to different reasons. Most of the parents start by comforting themselves that they have just provided a conducive environment for the development of the baby, but they feel the connection between them later on. Others fear that they might bear children with disabilities or they are worried about their relationship between their future or current husbands and friends (Peng, 2013). Regardless, the result showed that it is easier for surrogate mothers to cope with the situation if they have ever had another pregnancy and was successful and that

means they have their children. These results bring about the importance of working with a surrogacy agency. Surrogate mothers should be interviewed by skilled psychiatrists, and the psychological evaluation should occur before embryo transfer takes place to determine how the surrogate is ready to be engaged in this issue.

It is true there exist a great difficulty for surrogate mothers during the process of handing over the young one to the surrogate parentages after carrying the child in her womb for nine months. However, most studies have reported that most mothers are psychologically and mentally prepared to carry the child and have no connection between them and the child as they have no generic relationship (Hoda Ahmari Tehran, July 2014). In fact in the article developed by Anne Loft and her colleagues on “Surrogacy: outcomes for surrogate mothers, children and the resulting families—a systematic review”, after evaluation and the interview of 61 women who have been surrogate in the past, no serious psychopathology which was noted among the surrogate mothers (Viveca Soöderstroöm-Anttila, October 9, 2015). Most of them had children, but they would have loved to see other infertile parents enjoy a life with children while others were concerned with the financial gains involved. However, other researches results explain that surrogacy destroys the life of the surrogate and the life of the society, but such cases are rare (Peng, 2013). There are less psychological difficulties connected to surrogacy, and most women are able and comfortable to deal with the situation.

Epidemiology of Pregnancy and Pregnancy Loss

The Centers for Disease Control and Prevention (CDC) has spearheaded research on pregnancy. According to the agency, the US has been witnessing a significant decline

in the number of pregnancy. Data shows that in 2009, there were 102.1 pregnancies for every 1,000 women in the 15-44 age bracket (CDC, 2015). This figure represents a sharp fall over the last 30 years. The figure for 2009 is only lower than that for 1997 when the country recorded 101.6 pregnancies per 1000 women (CDC, 2015). The data that the CDC shared also sheds light on pregnancy rates among different age groups. Between 1990 and 2009, the pregnancy rate for women aged 30 and below declined significantly (CDC, 2015). On the other hand, over the same period, women who are at least 30 years old registered an increase in pregnancies.

No discussion on pregnancy in the US would be complete without a look at the rate of unintended pregnancies. Partnering with Zolna, Finer (2011) undertook a study with the goal of establishing the number of unintended pregnancies. They observed that in 2006, 49% of pregnancies were unintended (Finer & Zolna, 2011). This rate varied among different age groups. In their article, Zolna and Finer identify poverty and cohabiting as among the causes of the unintended pregnancies. Gilda Sedgh et al. (2015) joined forces to conduct a study whose findings echo the observations that Finer and Zolna made. In their study, they gave particular focus to adolescents. They noted that compared to other countries that were analyzed, the US has the highest rate of teenage pregnancy. This rate stands at 57 pregnancies for every 1000 adolescent girls (Sedgh et al., 2015). Policy makers in the US should take note of this observation and institute measures to tackle teenage pregnancy.

Apart from pregnancy, researchers have also dedicated effort to unearth the issues that surround pregnancy loss in the US. Lauren Rossen, Katherine Ahrens and Amy Branum (2017) are among these researchers. After examining data, they noted that the

women in the US face a 19.7% risk of losing their pregnancy (Rossen, Ahrens & Branum, 2017). These researchers also noted that the US has witnessed an increase in the risk of pregnancy loss. Various scholars have attempted to understand the factors that dictate a woman's risk of pregnancy loss. Sudeshna Mukherjee et al. (2013) are such scholars. They established that race appears to play a role. African American women are exposed to a greater risk of losing their pregnancies. It is understood that pregnancy loss leaves the affected women and their families feeling traumatized (Rossen, Ahrens & Branum, 2017). No effort should be spared in delivering support to these women.

In conclusion, policy makers in the US need to gain a deep understanding of pregnancy rates and trends in the country. The understanding will allow them to formulate policies which promote sustainable population growth and secures the interests of pregnant women. It has been observed by various researchers that the US has been witnessing a decline in pregnancy rate. The country joins other developed nations, which have seen similar declines. While the overall pregnancy rate has been dropping, the number of teenage pregnancies has been on the rise. There is need for the country to develop approaches to insulate its adolescents against behaviors that could lead to unwanted pregnancies.

Attachment Theories in Relationships with Surrogate Mothers and the Baby

Every year, surrogate mothers keep on increasing across the world and surrogacy keep on bringing up children lacking a gestational or/and genetic link existing between them and their mothers. Ever since the first birth in the year 1983 when a woman conceived through a donated egg, it made it possible for many women to become pregnant with children who are directly unrelated genetic wise (Golombok et al., 2011).

Despite this, there are a number of Maternal-fetal attachments in surrogate mothers, which may impact their relationship with the infants. Normally the children who are born from surrogacy always lack a link between them and their biological mothers compared to the surrogate mothers. Considering the fact the surrogate mother usually carry the surrogate baby to term and deliver them normally, the link between her and the baby is bound to be greater compared to that with the mother who gave her ovum (Hong & Park, 2012).

According to the studies conducted in the 1970s, researchers studied the maternal-infant attachment, which was evident moments later, after the birth of the child; this attachment was referred to as bonding (Smith, 1998). With the bonding comes emotions which grow with the pregnancy (Loop, 2017). A confusion usually arises the moment the surrogate mother starts thinking that at some point she will have to give the baby away to another woman, which may even result to anger or sadness (Loop, 2017). Developmental changes are mostly experienced during the pregnancy periods mostly in relation to the mothers as well as the infants' emotional and physical changes. This period is referred to as the sensitive period, a time when the attachment between the fetus and the mother blossoms (Smith, 1998). During the gestation period, the bond between the infant and the maternal mother increases, thus becoming attached emotionally to the growing baby inside her (Loop, 2017). Maternal fatal attachment is said to have the capability of increasing, especially after having a planned ultrasound, increased gestation, quickening, and pregnancy (Smith, 1998). The maternal bond between the maternal mother and the infant is automatic and thus naturally thus hard to inevitable.

After birth, it is no doubt that the infant would need a lot of attention in addition to comfort specifically for their caregivers (Cherry, 2018). In most cases, the maternal mother may prove important when it comes to raising the baby thus leading to the rise of infant-caregiver attachment. A child usually becomes attached to a person when she or he becomes strongly disposed of seeking proximity to as well as contact with specific individuals. Doing this may be due to a specific situation, which may be because of fright, illness or tired. A child and caregivers' connection, which is mostly emotional charged, ensures that both the caregiver and the baby remain within physical closeness, especially at ages of 8 months and 18 months. The surrogate at this time may either be close or moved away after handing over the baby to the biological mother. Her presence at this point if constant the baby may end up attached more to her than the biological mother. In this case, the relation between the surrogate mother and the infant may affect that which exists between the baby and the biological mother. According to research, it was found that whenever the surrogate mother was around then the baby would explore and play comfortably and would become visibly upset the moment she left. All the same, others were found to have very little change the moment their maternal mothers left thus not distressed; this was referred to as avoidant attachment (Hong & Park, 2012). More so, a number of infants exhibited anxiety even with their mothers around. Whenever their mothers left, the babies would excessively protest and were never comforted the moment they returned. This pattern according to Ainsworth is referred to as ambivalent (resistant, anxious-ambivalent) attachment (Hong & Park, 2012).

In most cases, in order to block themselves for the children, the surrogate mothers had to deny themselves that they are the maternal mothers and completely detach

themselves from the children. Surrogate mothers have a complete attachment to the children they carry for other couples simply because they grow in them, thus making them develop an emotional bond with the children. In order to detach themselves completely from the children, denial stands as the best option for the mothers (Smith, 1998).

The children who are born from surrogacy always lack a link between them and their biological mothers compared to the surrogate mothers. The surrogate mothers tend to have a certain relationship with the child, which boosts their relationship. The bond between the surrogate mothers and the infants grow after pregnancy starts to grow, thus creating an emotional bond as well between the surrogate mother and the infants. Maternal fatal attachment is said to have the capability of increasing, especially after having a planned ultrasound, increased gestation, quickening, and pregnancy. After birth, it is no doubt that the infant would need a lot of attention in addition to comfort specifically for their caregivers thus become highly attached to those around including their maternal and biological mothers. Surrogate mothers tend to opt for denial in order to cut off their attachment with the child owing to the fact that the child is not theirs. All the same, the attachment between the child and the surrogate tend to be inevitable as it is automatic and natural.

Methods

The main method of data collection was mainly secondary and it involved the use of a literature review. In the literature review, several databases were used including PubMed, EMBASE, CINAHL, Science Direct, Google Scholar, Cochrane, Medline, and Google Scholar.

The keywords typed were in the search and generation of articles included *surrogacy*, *gestational carrier*, *surrogate*, *gestational surrogacy*, *surrogate mother pregnancy loss*, and *infertility*. Other additional keywords also included *motivation for surrogacy*, *fertility treatment* and *interventions*, and *complications of surrogacy*. Additionally, the selection and elimination of the articles was done using the PRISMA protocol. The articles initially accepted for selection were published between the years 1986 to 2018. The search on the bibliographic content was carried out manually. At the same time, the protocol and proposed recommendations from the American College of Obstetricians and Gynecologists were used in the selection process. The initial search generated 107 articles that were published between 1986 and 2018. Forty articles were considered for the final literature review based on their suitability to the proposed research question. The inclusion criteria for the twenty articles that will be discussed in this systematic review is as follows:

- Articles must be peer-reviewed.
- Articles that are research studies must be IRB approved.
- Articles must be either research studies or literature reviews.
- Articles that evaluate the psychological problems that surrogate mothers face.
- Articles that assess the implications of expected and unexpected loss in a surrogate pregnancy
- Articles that describes relevant healthcare policies related to surrogate mothers

The exclusion criteria are as follows:

- Studies that were performed in an observational manner
- Studies that were published before 1986

- Studies that were qualitative with regard to research methodology
- Studies that had been translated from other languages to English
- Research studies or articles that were not peer-reviewed
- Articles that focused on other forms of advanced reproductive health.
- Articles that failed to explore the topic of surrogacy in depth with regards to the surrogate mother or child.
- Articles that evaluated the laws of adoption while excluding those involved for surrogates.
- Articles that failed to discuss the emotional and psychological effects of surrogacy on all parties involved.

The research led to the inclusion of twenty-nine articles all of which were screened for applicability thus produced a variety of results through the incorporation of different methods of analysis. Materials reviewed in the introductory section included the use of empirical data that evaluated the trends in the increasing role of nurses during the surrogacy process. Additionally, ethics and the emotional distress associated with infertility were further assessed through qualitative analysis. The background section, on the other hand, involved the use of thirteen articles most of which explored surrogate mothers and the risks involved during surrogacy.

The articles used for the results section evaluated the mental and psychological effects of the attachment theory on the surrogate mother, the child, and the surrogate families. Two out of the eight articles presented for the results section critically evaluate the attachment theory while a similar number evaluated surrogacy from the perspective of the law in various countries ranging from the United States to Iran. The

remaining articles then investigated the psychological well-being of the families involved during surrogacy.

Results

A majority of the articles used for the research involved qualitative data (75.9%) while the remainder involved the use of both mixed methods and quantitative data. The qualitative materials used as points of reference evaluate the risk factors for surrogacy, the effects of detachment and the psychological impact of the same on the concerned families. Articles that incorporated the mixed methods used empirical data to depict the evidence of these effects while those that focused primarily on quantitative research revealed the current and prevalent trends of surrogacy in numerous countries such as the US, Canada, Argentina, and Iran.

Table 1: Summary of Articles Included in the Review

Author(s)	Year	Purpose	Sample	Methods	Results
Blum, H. P.	2017	To compare and assess the application and differences of separation individuation theory and attachment theory in the clinical context	Literature review 23 articles	Online search retrieval	The two theories complement each other in some aspects but also differ in frames of reference. There is need for further comparison of the two theories.
Kraemer, G. W.	2015	To describe how the attachment theory can be used in the context of natural environment	Literature review 27 articles	Descriptive	The attachment theory provides a framework for social and biological risk factors that affect the child development and natural environments.
Scherman, R., Misca, G., Rotabi, K., & Selman, P	2016	To provide readership and awareness of global commercial surrogacy. To establish the contribution of adoption to knowledge on surrogacy.	Online database	Online Research retrieval	Global commercial surrogacy is becoming dominant and therefore the need to understand the underlying differences in children born of birth mothers and surrogate mothers.

Hevia, M	2018	To investigate the compatibility of complete ban of surrogacy with ACHR	Literature review 43 articles	Online search retrieval	Legal status of surrogacy still uncertain. Appropriate regulatory structures need to be implemented to protect the right of surrogate and the children born from surrogacy
Hardin, H. T., & Hardin, D. H.	2018	To describe the effects of early primary surrogate mother leads to child mourning arrest.	Literature review and clinical examples	Qualitative study	There is potential developmental consequences that result when a child experiences a loss of an early primary surrogate mother. The effects are accelerated by the lack of validation on the true relationship between the child and the surrogate mother.

Meyer, J. S., Novak, M. A., Bowman, R. E., & Harlow, H. F.	2015	To investigate the existence of a stronger bond between infant monkeys and the mother compared to infants and the surrogate mother monkey.	Mother reared and surrogate peer reared rhesus infant monkeys	Qualitative and quantitative study	Upon separation the two-subgroup infants exhibited distress through striking and vocalization reactions. The infants raised by the real mothers were more affected than those raised by surrogate mothers. The mother reared infants showed elevated cortisol levels when the monkeys from adjacent cages were separated for stress test.
Javda, V and Imrie S.	2013	To investigate the impact of surrogacy on surrogate's children	Research study 14 male and 22 female	Qualitative study	86% of the participants had positive views on mothers participating in surrogacy while 14% were neutral

Tehran, H., Tashi, S., Mehran, N., Eskandari, N., & Tehrani, T	2015	To assess the emotional experiences of surrogate mothers	8 surrogate mothers from Isfahan aged 29-34 years.	Qualitative study	Surrogate mothers experience financial problems due to the poor documentation of the contract. There is anxiety on whether the surrogate will be paid in case the baby dies or is born abnormal. There is need for special management of surrogacy to ensure positive experience for the surrogates.
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Psychological Problems in Surrogate Mothers

The first psychological problem that was found relates to the attachment that the surrogate mother has towards the baby. The baby grew in the mother for nine months. That means that there was an attachment that was established between the two. However, after birth, the child gets taken away from the mother since the parents want to be with them. The mother in most cases is left feeling empty. Most women feel the joy of carrying the baby in taking care of the child (Tehran, Tashi, Mehran, Eskandari & Tehrani, 2014). Surrogate mothers get attached to their babies only for them to get taken away from them. It means that the bond that existed between the two suddenly gets broken leading to psychological complications.

In several cases, surrogate mothers choose to carry another person's baby because they get paid well. The society has a divided view of surrogate mothers. According to Jadva & Imrie (2014), a lot of mothers are seen as committing a crime. The thought of carrying another person's child for money makes a lot of surrogate mothers to suffer psychologically from the treatment that they receive from the public and society as a whole. Surrogate mothers in some areas are seen as to having sold their body only for money, which in the end negatively affects them. Additionally, surrogate mothers also suffer psychological effects that come with being pregnant. Pregnancy alters the moods of women making them unable to perform tasks that they would if they were normal. In the end, surrogate mothers face problems of fitting back in society after delivering the child.

Epidemiology of Pregnancy and Pregnancy Loss

Surrogacy has been on the rise in the country. The increased number of people taking up the option of surrogacy could be attributed to several reasons including its legality, its use as a source of income, and the changing dimension of society.

Firstly, paid surrogacy is legal and present in many states. According to Scherman, Misca, Rotabi & Selman (2016), the fact that the act itself is legal attracts many people to the idea. Furthermore, the presence of many surrogacy agencies has increased the chances of people getting a surrogate who is ready to work out on details they want. At the first meeting, female surrogates were very difficult. However, the agencies have bridged the gap and allowed for easy connections, hence the rise in the cases.

The changing dimension of society has played a key role. Nowadays a person can stay unmarried their entire life, but still have a child. The increasing number of single people who have not met their person of preferred choice has led to an increase in surrogacy. Moreover, technological advancements in the field of medicine have made the process of artificial insemination much easier to carry out. A lot of practitioners now offer the service leading to success in the process (Hevia, 2018). The cost of carrying out surrogacy has also reduced over the years. In the beginning, it was very costly to have the procedure done. In the present day, the process is not expensive, and even an average person could afford to have the procedure done. More people are also open to the idea meaning that it has become an acceptable way to have children in modern society.

Unexpected versus Expected Surrogate Pregnancy Loss

Surrogacy comes either expectedly or unexpectedly. However, one has to bear with the situation especially where an embryo is at risk. This section will discuss the difference

between the unexpected loss in surrogate pregnancy and the expected loss in a surrogate pregnancy.

In expected loss in a surrogate pregnancy, the mother is much aware of the situation, and she is ready to encounter anything that comes on her way unlike unexpected loss in where a surrogate mother is caught unaware. The expected loss in surrogate pregnancy is in many ways quite remarkable compared to the sudden loss in a surrogate pregnancy. Research shows that expected surrogacy allows a mother to transfer euploid embryo from a surrogate mother (Meyer et al., 2015). By so doing, it is easier to reduce high chances for miscarriages and any form of pregnancy termination unlike in unexpected loss where a mother terminates her pregnancy unaware.

In an expected loss, the mother can abide by all pregnancy process just like is in the case of normal pregnancy unlike in unexpected loss where the mother remains in darkness unknowing what may happen during the fetal period. More so, unexpected loss in surrogate pregnancy contributes to lack of positive outlook of the pregnancy, unlike the expected loss, which allows for acceptance and positive attitude of the pregnancy (Meyer et al., 2015). Furthermore, in an unexpected loss in surrogate mothers, newborns are associated with congenital malformations, unlike expected loss where newborns have fewer cases of physical abnormalities.

The expected loss for surrogate mothers instills a technological understanding among the pregnant mothers unlike in unexpected loss where knowledge of technology does not feature. Research shows that in an expected loss, surrogate mothers grab the chance to interact with the Internet and communicate much about their pregnancy unlike the unexpected loss ((Hardin & Hardin, 2018). She has an opportunity to bear healthy

children under proper technological assistance. On the other hand, unexpected loss among the surrogate mothers does not allow such mothers to explore any technology assistance since the situation happens unexpectedly.

Attachment Theories in Relationships with Surrogate Mothers and the Baby

As explained by several scientists, a large percentage of infants are being brought up in a situation where they lack gestational link between them and their maternal mothers (Kraemer, 2015). Research confirms that a growing infant establishes an increased attachment with surrogate mother than with the maternal mother. The essay focuses more on explaining the correlation that exists between the attachment theories and surrogate mothers.

Based on my research and further studies, I can comfortably confirm that there is a significant correlation between the attachment theories and surrogate mothers. As explained in attachment theories, an infant is always attached to its biological mother or any person who has been too close to the newborn before and after birth (Blum, 2017). Similarly, the case is evident to surrogate mothers since an infant establishes a strong bonding with a surrogate mother to the extent that one may fail to understand the real biological mother of the child after the birth. As explained in the attachment theories, once a child is in the uterus, it develops features, which characterize those of the mother (Blum, 2017). Likewise, after the transfer of the kid to a surrogate mother, the child begins to adopt the features of the new mother slowly to a point where it completely loses characters from the original mother who gave out her ovum.

Additionally, the attachment theories assert that the development of an infant takes place mostly during the gestation period when a child is attached to its original

mother. Interestingly, there is such a correlation of such theorems to surrogate mothers because the infant in a surrogate mother manifests both emotional and physical changes during the period of the attachment (Blum, 2017). Both scenarios confirm that the bond between a child and the mother increases during the gestation

Discussion

Clinical Implications

Practicing nurses need to understand that surrogate mothers are susceptible to a wide range of psychological and physical problems that any pregnant woman would likely to go through. They are also vulnerable to social ailments such as stereotyping from others who think that the emerging trend is not right. Therefore, addressing the issues should be done in an ethical manner that does not discriminate or look down upon them in any way (Hodson, 2018). In the same regard, psychological problems may arise when the surrogate mothers get too attached to the child. The pains, discomfort, and experiences surrogate mothers go through the nine months of pregnancy creates a deeper connection between them and the child (Hodson, 2018). Further health complications may arise such as depression and anxiety that may interfere with the health of both the mother and the child. Practicing nurses should, therefore, be aware of the psychological risks in order to ensure that they are provided with the appropriate psychiatric help and counseling. On the other hand, there is the risk of unexpected and expected loss of pregnancy despite undergoing all necessary health checkups. Surrogate mothers may breach the contract and engage in undesirable lifestyles and risks that threaten both their health and that of the unborn child. At the same time, health complications may arise with the risk of leading to unexpected loss of pregnancy (Thompson, 2016). Therefore,

extra care should be given to them especially since IVF increases the risks of pregnancy as opposed to traditional surrogacy. This means that apart from the usual health checkups, surrogate mothers require psychosocial support such as counseling before, during, and after the pregnancy process to ensure that the lives of the surrogate mothers and the children are balanced in a meaningful way.

Implication for Nursing Education

As primary care providers, nurses should be well equipped with an all-round experience and knowledge to deal with different problems in healthcare. This means that they should be aware of any emerging or existing trend that associates with healthcare. Therefore, given the widespread increase in surrogacy, nursing education should adapt a curriculum that address possible risks and issues related to surrogacy. As the role of nurses continue to expand, they become critically involved not only in prevention and treatment but also in education. Their curriculum should also incorporate advancements in patient safety and care in relation to surrogacy. This would enable them to address the increasing prevalence of risks that may affect pregnancies. For instance, incorporating compassion and empathy in nursing education would help nurses improve the overall patient outcomes. On the other hand, nursing education should also focus on more liberal forms of learning where they consider emerging trends and social issues that affect healthcare. Nursing disciplines should understand the role of social, physical, cultural, ethical, and spiritual needs of patients in order to direct the appropriate type of care to them. nurses should be able to be open-minded to a wide range of problem that may arise when they are taking of surrogate mothers. In most cases, open-mindedness enables them to handle issues that may not be taught in their normal nursing curriculum. However, ethics

should be well taught when dealing with all types of problem during surrogacy. For instance, the education curriculum should include ways on how nurses could educate surrogate mothers about the associated problems. This would, therefore, mean that education would take both theoretical and practical perspectives regarding the proposed changes that can be assessed and included in the overall grading requirements.

Implications for Health Policy

Surrogacy has become a prevalent practice in the United States. A recent study reported that there has been a significant rise in the number of neonates born to surrogate mothers. According to Gugucheva (2010), the number of babies born to gestational surrogate mothers has increased from 738 to 1400 infants between 2004 and 2008. This number is continuing to rise as infertility issues have become much more common among women. Secondary Prevention uses screening as a way to detect diseases in which individuals may be susceptible to (CDC, n.d.). One such screening can be used to identify mental health illnesses that surrogate mothers may suffer from during the prenatal period (Connelly et.al, 2013). According to Haworth & Claire (2007), surrogate mothers are at risk for mental health issues such as depression and anxiety during the postnatal period. Many hospitals within the United States do not assess surrogate mothers for any type of mental health disturbances after giving birth. However, changes need to be made in the nursing practice in order to help prevent this issue. To deal with this issue, every nurse that works in the maternity unit should provide a mental health assessment. This health assessment would be extremely beneficial for surrogate mothers after delivery. To implement this policy, further evidence must be collected in order to support the issue at hand. This policy would be valuable to surrogate mothers who are susceptible to mental

illness. It can be concluded that thorough health assessments would allow nurses to detect issues and implement any early interventions.

In order to implement the focus assessment mentioned above, a research study would be implemented along with a health promotion discussion within the community. Although this screening tool would be a reliable means of detection for surrogate mothers, there are a number of ethical issues that can arise during the process. Autonomy is the individual's right to make decisions (Skar, 2010). Autonomy allows individuals to have a say in the care in which they receive. When implementing this screening tool, the moral right of autonomy can become an issue. When research and studies are conducted, it is important that consent is granted from participants. It is important that nurses educate participants about the process, along with the individual's right to refuse or withdrawal at any time. This can become a challenge when encouraging participants due to legalities, which can ultimately break the individual's contract. Nurses can only educate their patient but it is not their job to impose anything that the patient is not comfortable doing.

In order to successfully implement this health policy, adequate funding would be needed. One such funding source is through tax revenues. The health of every individual has a direct influence on the health and wellbeing of the community as a whole. In order to best support the health needs of the community and improve public health, government funding should be supported.

Future Research

There is no universal consensus on how to approach surrogacy around the world. In some regions, surrogacy remains completely unregulated. While other countries might

regulate surrogacy, they may not fully understand the various issues and types of surrogacy that would bring confusion and conflicts. Apart from the traditional and gestational surrogacy, there is also the issue of unwanted pregnancies where biological mothers would want to give away their babies to families looking to adapt. Therefore, future studies should seek to identify and recognize different paths or forms that surrogacy may take in order to reduce the conflicts and confusion with respect to policy making. Nonetheless, states should first consider the best interest of children even if their parents have contravened their laws. The limited lack of empirical studies and information regarding surrogacy creates difficulties in evaluating arguments for and against the problem. The evidence across on the consequences of surrogacy also varies with many arguments revolving around ethical and psychological perspectives. Therefore, it becomes difficult to measure and assess other normative explanations such as biological factors that may affect the overall well being of mothers and children born out of surrogacy. More studies should then be focused on the criteria that distinguishes who are best suited for surrogacy and who are not. This is to eliminate the risks of expected and unexpected pregnancy losses as well as psychological issues that are likely to occur during surrogacy. Healthcare experts should establish criteria that ensure that it is safe for the surrogate mothers, the intended parents, and the child for the process to be undertaken. After all, the main of healthcare is to promote a healthy community in the most efficient way possible.

Conclusion

This research paper analyzed the need for inclusion of surrogacy in the nursing curriculum to address the new developments in the modern healthcare system. Nursing is

a critical profession that deals with human life and so students undertaking it need to undergo a specialized education that incorporates recent developments such as surrogacy. The need for surrogacy has been on the rise due to increased cases of infertility and the rising safety of the practice. Infertility has in turn been caused by chronic ailments, genetic disorders, old age and environmental factors (CDC, 2016). The method of surrogacy has, however, faced challenges, which include psychological problems facing mothers, surrogate pregnancy loss and the strong bond developed between surrogate mother and child.

Future research should focus on the need for regulation of surrogacy in the world. The agreement that exists between parties in surrogacy in many countries is based on trust (Davis, 2012). There might arise a lot of problems along the way when the surrogate mother develops a bond with the infant that she had not considered before. The law should, therefore, offer a restriction on the actions of the surrogate mother. This research has not highlighted the solutions to address ethical issues concerning surrogacy and so future studies should examine it.

It is clear that surrogacy is here to stay and thus the education system should equip nurses with ways to handle the challenges facing the practice. Whether a global regulation is developed to govern this healthcare development or not, the nursing profession should be ready for more of it. Education should not only aim at ways of administering a safe delivery by surrogate mothers but also focus on ways of dealing with psychological problems on the mother.

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