



### PREGNANCY MYTHS AND DISCOMFORTS

1. Interview a pregnant woman or any woman who has been pregnant (face-to-face, if possible, or via Messenger, Text, Call, etc.). Ask her what discomforts she feels during her entire pregnancy. List the discomforts she identified and examine if she did it right and what intervention could've been a better way of managing her discomfort.

Pregnancy Discomfort	Own Management	Proper Management (Baccay, 2022), (Silbert-Flagg & Pillitteri, 2018), and (Watson, 2021)
Drowsiness	<ul style="list-style-type: none"> <li>• Takes naps</li> <li>• Gets a full night's sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Stay hydrated.</li> <li>• Eat proper meals regularly to stay energized.</li> <li>• Take naps and a full night's sleep.</li> </ul>
Nausea and vomiting	<ul style="list-style-type: none"> <li>• Goes for a walk to get some fresh air</li> </ul>	<ul style="list-style-type: none"> <li>• Keep yourself properly hydrated.</li> <li>• Observe nausea triggers and choose foods carefully.</li> <li>• Snack often.</li> <li>• Take a rest.</li> </ul>
Difficulty in moving	<ul style="list-style-type: none"> <li>• Moves around carefully</li> <li>• Wears loose clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Slow down. Move carefully.</li> <li>• Ask for help when lifting heavy objects.</li> <li>• Wear comfortable clothes.</li> </ul>
Back pain	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Practice good posture.</li> <li>• Lift properly and carefully.</li> <li>• Sleep on one side on a comfortable bed or mattress.</li> <li>• When sitting, place a small pillow or cushion to provide extra support for your back.</li> <li>• Avoid standing for long durations.</li> <li>• Include gentle exercises in daily routine, if applicable (eg., walking).</li> </ul>
Swollen feet	<ul style="list-style-type: none"> <li>• Elevates feet</li> <li>• Uses a footstool when working</li> <li>• Wears comfortable shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid being on your feet for a long period of time.</li> <li>• Elevate the feet and rest.</li> <li>• Wear comfortable shoes.</li> <li>• Go for a short walk.</li> <li>• Increase potassium intake.</li> </ul>



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2. Interview your mother or grandmother (whoever is available) and ask them about pregnancy myths. List all that they can identify? If one of your future clients will raise this concern, how/what answer will you give them?

Pregnancy Myth	Pregnancy Truth
Pregnant women should conceive of something "good." They should not look at ugly things or food while pregnant.	Cravings or obsessions of a pregnant woman do not determine the physical appearance of the child as it is influenced by the parents' genes (Makati Medical Center, 2019).
If the pregnant woman's belly is round, the baby's biological sex is female; if it is pointed, the baby's biological sex is male.	The shape of the mother's belly does not indicate the biological sex of the baby. Moreover, its appearance may be influenced by the baby's position rather than their sex (eg., a pregnant woman's bump may protrude low later into pregnancy as the baby descends into the pelvis). A baby's biological sex can become apparent through an ultrasound between 14 to 20 weeks into the woman's pregnancy (Marcin, 2019).
Pregnant women attract supernatural beings. Cloves of garlic should be placed by the windows of the pregnant woman's room to counter her scent and drive away supernatural beings.	There is no scientific evidence regarding the existence of supernatural creatures. However, cultural beliefs of the patient should still be acknowledged and respected (Withers et al., 2018).
Husbands of pregnant women should not place a towel around their necks as it will cause the umbilical cord to wrap around the baby's neck.	It is possible for the baby's umbilical cord to get tangled, but this is because of the baby's movement inside the uterus and not outside factors (Makati Medical Center, 2019).
Pregnant women should avoid attending funerals as being around death may lead to stillbirths.	Attending funerals does not cause stillbirths. However, grief from a loved one's death may trigger cortisol release from the pregnant mother, which may enter the baby's amniotic fluid and alter the baby's metabolism (Makati Medical Center, 2019). Should the pregnant woman be dealing with emotional stress or heavy matters, she should consult her healthcare provider to help her in dealing with stress in a healthy and safe way.



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