

### Prenatal Care

Answer the following questions and submit your answers in PDF format. Remember to cite references of your answers as much as possible. Submit your file in the following filename format: LastnameFirstname\_Activity3\_PrenatalCare.pdf (Ex: BaccayKennylynn\_Activity3\_PrenatalCare.pdf)

- 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 on what discomforts did she feel 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.**

See example below:

Pregnancy discomfort	Own Management	Proper Management
1. Ankle edema	<ul style="list-style-type: none"> <li>• Reduce water intake</li> <li>• Elevate the feet during rest periods</li> <li>• Wear loose clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Be more physically active</li> <li>• Wear compression socks</li> </ul> <p>Reference: Tobah, Y. (2020, August 7). <i>Ankle swelling during pregnancy: What helps?</i> Mayo Clinic. Retrieved February 15, 2022, from <a href="https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/expert-answers/swelling-during-pregnancy/faq-20058467?reDate=15022022">https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/expert-answers/swelling-during-pregnancy/faq-20058467?reDate=15022022</a></p>
2. Difficulty in breathing when lying down	<ul style="list-style-type: none"> <li>• Putting pillows under the upper body</li> </ul>	<ul style="list-style-type: none"> <li>• Aside from putting pillows under the upper body, it is also advisable to maintain good posture when sitting and standing.</li> </ul> <p>Reference: Ben-Joseph, E. (2016, October). <i>Why Do Some Pregnant Women Have Trouble Breathing? (for Parents) - Nemours KidsHealth</i>. KidsHealth. Retrieved February 16, 2022, from <a href="https://kidshealth.org/en/parents/breathing.html">https://kidshealth.org/en/parents/breathing.html</a></p>
3. Gestational Diabetes	<ul style="list-style-type: none"> <li>• Medication</li> <li>• Diet Modifications</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent checking of blood sugar three to four times a day. According to Dansinger (2021), the target blood sugar before meal is 95 mg/dL or less, an hour after a meal is 140 mg/dL, and two hours after eating is at 120 mg/dL or less.</li> <li>• Along with proper diet, exercise is also a must such as walking.</li> </ul> <p>Reference: Dansinger, M. (2021, December 8). <i>Gestational Diabetes</i>. WebMD. Retrieved February 16, 2022, from <a href="https://www.webmd.com/diabetes/gestational-diabetes">https://www.webmd.com/diabetes/gestational-diabetes</a></p>

4. Hypertension	<ul style="list-style-type: none"> <li>• Medication</li> <li>• Diet Modifications</li> </ul>	<ul style="list-style-type: none"> <li>• Staying hydrated, regular prenatal checkups, and regular exercise will help in maintaining normal blood pressure during pregnancy aside from diet modifications and medications for maintenance.</li> </ul> <p><b>Reference:</b> Eske, J. (2018, December 12). <i>What to know about high blood pressure during pregnancy</i>. WebMD. Retrieved February 16, 2022, from <a href="https://www.medicalnewstoday.com/articles/323969">https://www.medicalnewstoday.com/articles/323969</a></p>
5. Pain in lower abdomen and hips	<ul style="list-style-type: none"> <li>• Sleep and rest</li> </ul>	<ul style="list-style-type: none"> <li>• Putting a pillow between knees</li> <li>• Wearing a girdle to stabilize hips</li> </ul> <p><b>Reference:</b> <i>Pregnancy: Pelvic and Hip Pain   Michigan Medicine</i>. (2020, October 8). University of Michigan Health. Retrieved February 16, 2022, from <a href="https://www.uofmhealth.org/health-library/tn9115#:~:text=When%20you%20are%20pregnant%2C%20you,hormones%20are%20relaxing%20your%20ligaments">https://www.uofmhealth.org/health-library/tn9115#:~:text=When%20you%20are%20pregnant%2C%20you,hormones%20are%20relaxing%20your%20ligaments</a>.</p>

2. Interview you 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?

See example below:

Pregnancy Myth	Truth
1. If a pregnant woman, steps over her husband, the husband will experience pregnancy discomfort	<ul style="list-style-type: none"> <li>• Discomforts in pregnancy such as back pain during pregnancy is normal due to enlarging fetus.</li> </ul>
2. My mother believed that when she woke up before my father, my father was the one experiencing intense cravings, nausea, and headache.	<ul style="list-style-type: none"> <li>• A condition called <b>Couvade Syndrome</b> or <b>Sympathy Pregnancy Syndrome</b> is defined as the event wherein the partners of pregnant women share the similar pregnancy symptoms. This happens in response to social situations or culture (Marcin, 2020).</li> </ul> <p><b>Reference:</b> Marcin, A. (2020, August 17). <i>What Is Couvade Syndrome?</i> Healthline. Retrieved February 16, 2022, from <a href="https://www.healthline.com/health/pregnancy/couvade-syndrome">https://www.healthline.com/health/pregnancy/couvade-syndrome</a></p>
3. Pregnant women should not step over ropes because it causes the umbilical cord to tangle around the neck.	<ul style="list-style-type: none"> <li>• Umbilical cord knots can form during the early pregnancy because of the baby's movement inside the womb. In other situations, the umbilical cord is long which increase the risk of it wrapping around the baby's neck. This is called <b>nuchal cord</b> (Horsager-Boehrer, 2018).</li> </ul> <p><b>Reference:</b> Horsager-Boehrer, R. (2018, May 22). <i>What happens if the umbilical cord is around my baby's neck?   Your Pregnancy Matters   UT Southwestern Medical Center</i>. UTSouthwestern Medical Center.</p>

	Retrieved February 16, 2022, from <a href="https://utswmed.org/medblog/nuchal-cord-during-pregnancy/">https://utswmed.org/medblog/nuchal-cord-during-pregnancy/</a>
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