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Self-Assessment Activity 3
Pregnancy Myths and Discomfort

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 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.

Interviewee: Deanna L. Gutierrez, mother of 4 children.

Pregnancy Discomfort	Own management	Proper management
Muscle cramping or "pamumulikat" of the calves especially during the night	• Massaging the area until the cramping is relieved. • Doing nothing and waiting for it to go away on its own	• Muscle cramps during pregnancy can be relieved by lying on the client's back and extending the legs without bending the knee, and then dorsiflexing the foot from time to time until the cramping is relieved. • Stretching the calf muscles before sleeping • Wear night socks to bed or press the foot against the bed board. • Consume magnesium and calcium supplements to reduce the cramps. Make sure to consult a healthcare provider first.
"Paninigas o pag hilab ng tiyan" / Abdominal discomfort	• Massaging the abdomen with little tension until the discomfort goes away.	• Abdominal discomfort or mild stomach pain during the early stages of pregnancy may be caused by a variety of reasons such as the growing fetus, the expansion of the uterus and stretching of ligaments, increased levels of hormones, constipation, or abdominal

		gaseous distention. Frequent changing of positions, taking a rest, and/or passing feces or flatus may be done to relieve such discomfort. • Take a warm bath or shower • Regular core exercises to strengthen and tone your abdominal muscles and minimize discomfort.
Nausea and vomiting during the early stages of pregnancy	• Taking rests and eating small meals at frequent intervals.	• Nausea and vomiting are usually just apparent during the early stages of pregnancy and can be resolved by eating small meals at frequent intervals. • Pregnant women may opt for foods that do not release strong aroma such as dry crackers, fruits, and vegetables to lessen the feeling of being nauseous.
Frequent urination	• None • Client just urinates anytime when she feels like it.	• Frequent urination during pregnancy is normal due to the pressure of the growing fetus on the anterior urinary bladder. This can be managed as is, by allowing yourself to urinate while ensuring that there are no other symptoms like dysuria, presence of blood in the urine, etc. • Intake of foods that act as a diuretic (e.g. caffeinated drinks, carbonated beverages, and spicy foods) is to be avoided to minimize frequency of urination. • Engagement in performing Kegel exercises can also aid in strengthening the perineal muscles for better urinary control.
Ankle edema	• Taking rests • Client avoids wearing uncomfortable shoes that suffocate her feet.	• Managing ankle edema caused by general fluid retention and reduced blood circulation from the pregnancy is mainly by allowing your ankles to rest and take a break.

		• Avoid standing for long periods. • Wear flats instead of heels to properly support and evenly distribute the weight of the body on the feet. • You may also sit with legs elevated to better improve blood circulation and reduce edema.
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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?

Interviewee: Deanna L. Gutierrez, mother of 4 children.

Pregnancy Myth	Truth
"Sabi nila, ang paglilihi raw ay makakaapekto sa itsura ng magiging anak mo. Pero ako hindi naman ako naniniwala dun."	Hanggang sa panahon ngayon ,wala pa rin pong sapat na siyentipikong basehan para sabihing ang iyong paglilihi ay makakaapekto sa magiging itsura ng inyong anak. Science at genetics pa rin po ang makapagsasabi sa mga magiging penotipikong karakteristik ng inyong magiging anak. Ngunit, hindi naman pong masamang sundin o tuparin ang inyong mga pinaglilihian hangga't mabuti at ligtas po ito sa kalusugan ninyong mag-ina.
"Pagbibigkis ng tiyan gamit ang tela pagkatapos manganak para mapaliit ito"	Ang pagbibigkis ng tiyan pagkatapos ninyong manganak ay maaaring magdulot ng pagdudugo lalo na't kapag Cesarean delivery ang naging paraan. Mahalaga pong sundin ninyo ang payo ng inyong Obstetrician-Gynecologist upang maiwasan ang anumang uri ng komplikasyon sa inyong kalusugan pagkatapos ng pagbubuntis. Isa pa, tandaan po na malaki ang naitutulong ng tamang pagkain at regular na pag-eehersisyo upang maibalik sa dating anyo ang inyong tiyan.
"Dapat mauna sa puntod ang buntis na nakikiramay sa libing. Kung pwede, mas magandang huwag na lamang makililing para siguradong hindi lalapitan ng kamatayan ang pamilya."	Wala rin pong siyentipikong basehan ang pag-uugnay ng pakikipaglibing sa pagbubuntis. Sa kabila nito, maaari pong makapagdulot ng emotional stress ang libing para sa isang nagdadalang-tao. Pwede rin pong makaranas ng pagod, pananakit ng bukong-bukong at paa, pamumulikat, at pagtaas ng BP lalo na't kapag sumama pa sa paglalakad hanggang sa hantungan. Kung may inaasahang mga emosyonal na pangyayari o sitwasyon, tulad ng libing, mas makabubuting pong ipagpaliban na lamang muna ito para maiwasan ang anumang uri ng 'di

	kaaya-ayang pangyayari. Ito po ay para na rin po sa kaligtasan ninyo at ni baby.
"Makinig ng iba't ibang musiko para tumalino ang inyong anak"	Wala pa rin pong malinaw na ebidensyang nagpapatunay na nakakatalino o nakakadebelop ng cognitive abilities ng bata kapag nakikinig sa musika ang mga buntis. Sa kabila nito, ayon sa mga libro ay tunay na sa pagsapit sa inyong 2nd trimester, nakaririnig na ang inyong baby kahit nasa matres pa lamang. Naililingon din nila ang kanilang ulo sa kung nasaan ang naririnig nilang tunog o boses. Kaya naman ang pakikinig sa musika at paghehele sa inyong baby sa malalambing na tugtugin habang nasa matres pa lamang ay makatutulong na paginhawain o pakalmahin ang pakiramdam nito. Magandang gawain din ito upang makarelaks ang inyong isipan at makabuo ng mas malalim pang samahan sa inyong anak kahit na ito'y nasa sinapupunan pa lamang.
"Hindi dapat magsuot ng kahit anong pulupot sa leeg dahil baka raw masakal ang baby"	Walang anomang koneksyon sa pagitan ng pagsusuot ng mga pulupot sa leeg tulad ng towel o mga alahas sa baby na nasa inyong matres. Kahit na maaring mangyari na pumulupot ang umbilical cord ni baby sa leeg nito pagsapit ng inyong 2nd o 3rd trimester, ito ay dahil sa kaniyang paggalaw at hindi sa kung ano pa man. Kaya naman mahalagang sundin ang inyong schedule na mga regular check-ups sa inyong doktor para maiwasan ang mga ganitong pangyayari maging ang mga 'di kanais-nais na pangamba.

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