



### 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 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.

<b>Pregnancy Discomfort</b>	<b>Own management</b>	<b>Proper Management</b> <i>(Baccay, 2022), (Einarson et al., 2007), and (Watson, 2012; Watson, 2021)</i>
Nausea and vomiting	<ul style="list-style-type: none"><li>• Has a full 8-hour sleep at night</li><li>• Stops activity and takes a short rest/break when feeling nauseous</li></ul>	<ul style="list-style-type: none"><li>• Eat in smaller portions, but more frequent meals</li><li>• Maintain a diet that high in protein and complex carbohydrates, and low in sweets and fatty foods</li><li>• Consume at least 2 liters of fluids daily</li><li>• Limit prenatal vitamins during the first trimester due to its large iron content that increases nausea and vomiting</li><li>• Take a rest when needed</li></ul>
Fatigue	<ul style="list-style-type: none"><li>• Has a full 8-hour sleep at night</li></ul>	<ul style="list-style-type: none"><li>• Get comfortable and relaxing full night's sleep</li><li>• Rest with your feet up for at least 15 minutes several times a day.</li></ul>
Frequent urination	<ul style="list-style-type: none"><li>• Avoids drinking water before bedtime</li></ul>	<ul style="list-style-type: none"><li>• Limit caffeine intake</li><li>• Perform Kegel's exercises to strengthen urinary control</li></ul>
Difficulty in finding comfortable sleep position	<ul style="list-style-type: none"><li>• Uses a side-lying position</li><li>• Uses pillows to support body</li></ul>	<ul style="list-style-type: none"><li>• Sleep on the left side to optimize blood flow to the uterus without putting pressure on the liver</li><li>• Use a body pillow or pregnancy pillow that can be placed under the body and between the knees to prevent rolling to your stomach or back and keep you on your side while sleeping</li></ul>



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- 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	Truth
Pregnancy cravings can affect what your child will look like	Having cravings while pregnant have been scientifically proven to not have any effect on the physical appearance of the child since it is determined by the genetic makeup of the parents (Makati Medical Center, 2019).
The sex of the baby can be determined early by knowing the fetal heart rate—fast heart rate for males, while slow heart rate for females.	The normal FHR is 120-160 bpm. It has been proven that there is no significant difference between male and female heart rates during early pregnancy (Marcin, 2016). The FHR may differ per check-up on various factors such as the age of the fetus and activity level at the time of the visit at the clinic. Stress-related changes in a pregnant woman's heart rate and blood pressure, along with chronic anxiety, may also affect the heart rate of her developing fetus.
An itchy abdomen indicates that the baby is hairy or <i>mabalbon</i> .	Having an itchy abdomen has been proven to have no correlation whether or not the bay comes out hairy. Itching is common in pregnancy and is caused by raised levels of certain chemicals in the blood, such as hormones. As your pregnancy continues, the skin of the abdomen is stretched, hence the feeling of itchiness (NHS, 2022).
It is not safe if a pregnant mom takes a bath at night.	When taking a bath, regardless of the time of day, pregnant mothers can still take a bath. Ensure that the water temperature is warm as pregnant women who use water in bathing is between 101-102 °F in 10 minutes may experience hyperthermia. It is advised that mild water is used in taking baths at night to freshen up after a long tiring day (EmersonLent, 2014).



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