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The Health Sciences Center  
**COLLEGE OF NURSING**  
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**N13: MATERNAL AND CHILD NURSING**

**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 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.

<b>PREGNANCY DISCOMFORT</b>	<b>OWN MANAGEMENT</b>	<b>PROPER MANAGEMENT</b>
Nausea and Vomiting	<ul style="list-style-type: none"> <li>• Smell orange peels and guava leaves to stop nausea</li> <li>• eat more food and vitamin supplements to replenish nutrients lost in vomiting</li> <li>• Eat ice cream, as advised by physician</li> </ul>	<p>The client is right in eating food and vitamins but only to a certain amount and not too much. Developing a meal plan can help in replenishing nutrients lost. Studies have found that Aromatherapy on citrus fruits is effective in decreasing nausea in pregnant women (Yavari et. Al, 2014). Applying acupressure or drinking mild-flavored ginger tea is helpful for some women (Baccay, 2022) and trying to avoid activities that increase the symptoms is also beneficial (Silbert-Flagg. &amp; Pillitteri, 2018).</p>
<i>Paglilili</i> or Food cravings (e.g. oysters)	<ul style="list-style-type: none"> <li>• Satisfying the cravings</li> </ul>	<p>It is correct to satisfy the type of craving as long as it is within appropriate amounts and it is healthy. It is better to develop a meal plan in order for the mother and baby to get the sufficient nutrients they need (Baccay, 2022).</p>
Dehydration due to vomiting	<ul style="list-style-type: none"> <li>• Client was admitted to the hospital and was given IV fluid therapy</li> </ul>	<p>Dehydration can be caused by vomiting (as said by the client) or even by the frequent urination caused by the pregnancy. The client is correct to seek medical help when the dehydration cannot be solved at home. Increase in electrolyte and fluid intake can be done on mild cases (Timmons, 2016). Kegel exercises are also helpful to improve urinary control (Baccay, 2022).</p>
Sensitive to smell	<ul style="list-style-type: none"> <li>• Client isolated in her room for the first 2 months of pregnancy to avoid different scents</li> </ul>	<p>It is right that the client avoided certain scents instead of going ballistic about it. Another option is promoting free flow of air in the house to banish foul smells, distract nose and freshen up the household with scents they can tolerate. (O'Connor, 2021)</p>

- Interview your mother or grandmother (whoever is available) and ask them about pregnancy myths. List all that they can identify.

PREGNANCY MYTH	TRUTH
Prepare the tail of a stingray ( <i>butot pagi</i> ) to protect pregnant women from <i>Aswang</i> at night	The threat of <i>aswang</i> or <i>tiktik</i> eating the baby is common in provincial areas. However, there is no proof of this actually happening. Just a simple Filipino folklore. (Lent, n.d)
If the mother steps over the father, her cravings or <i>paglilahi</i> will transfer to him	This has no scientific basis. Cravings are simply the result of fluctuating hormones. (Lent, n.d)
A mother's cravings will have an effect to the child (sometimes in appearance)	Any of the cravings and obsessions of the mother has no effect on the baby's physical appearance. The best way to find out what your baby will look like is through 4D ultrasounds (MMC, 2019)
Eating twin bananas can increase the chances of having twins	Twin bananas have nothing to do with conceiving twins. To increase the chances of having twins, then it's important to understand that genetics, family history, fertility, and treatments such as In-Vitro Fertilization play a great role. (MMC, 2019)
Majority of the child's intelligence comes from the mother	Science has traced "intelligence genes" to the X chromosome and mothers have two X chromosomes but mothers generally pass only one X to their children. When you are inheriting it, you're getting whatever genes are on that chromosome, linked to intelligence or not. (Willingham, 2016)
Pregnant women are lucky	There is no scientific basis for this
Avoid wearing necklaces or wrapping towels around the neck of the mother for the umbilical cord would also wrap around the fetus	It is possible for the umbilical cord to wrap around the baby's neck but this is caused by the baby's own movements in the womb and not external factors. (MMC, 2019)

**If one of your future clients will raise this concern, how/what answer will you give them?**

If my future clients raise this concern or even oppose to some medical procedures because of their superstitious beliefs, I will properly debunk and clarify these myths. I will explain the scientific basis behind it or if there's any cultural correlation. We now have access to facts and research unlike our ancestors who tried to find reason in unexplainable occurrences using superstitions.

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