

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.

Pregnancy discomfort	Own Management	Proper Management
1. Backache	<ul style="list-style-type: none">● Stretching to relieve pain	<ul style="list-style-type: none">● Adopt an ergonomically supported posture● Pregnant women should use supporting pillows and sleep on their sides● Use of lumbar rolls while sitting● Take rest and avoid strenuous activities● Perform stretches and exercises to strengthen the pelvis, hip, and lower back● Avoid pain-relieving medications such as NSAIDs
2. Headaches	<ul style="list-style-type: none">● Sleep and Rest	<ul style="list-style-type: none">● Rest● Neck or scalp massages● Hot or cold packs● Over-the-counter anti-inflammatory drugs such as Tylenol, aspirin, or ibuprofen can reduce the pain.
3. Nausea and Vomiting	<ul style="list-style-type: none">● Lay down on bed● Rest	<ul style="list-style-type: none">● Avoid large meals and food with strong

		smells <ul style="list-style-type: none"> ● consume low-fat, low-fiber, bland foods ● Provide emotional support ● Vitamin B6 supplementation
4. Fatigue	<ul style="list-style-type: none"> ● Sleep and rest 	<ul style="list-style-type: none"> ● Get plenty of rest ● Eat a balanced diet ● Drink plenty of water
5. Leg Cramps	<ul style="list-style-type: none"> ● Lay down on bed ● Leg massages 	<ul style="list-style-type: none"> ● Muscle stretches ● Leg massages ● Walking ● Calcium supplementation

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	Truth
1. Their cravings would influence their child's appearance	<ul style="list-style-type: none"> ● The baby's physical appearance is unaffected by food or any other appetites or obsessions. The parents' genes will determine the baby's physical appearance and qualities.
2. Pregnant women are discouraged to attend funerals	<ul style="list-style-type: none"> ● It was believed that attending a funeral while pregnant would cause a stillborn. However, these things will not occur because you are attending a funeral. Emotional distress can be a problem, on the other hand. Cortisol, a stress hormone, is released by the body when you are stressed. Pregnancy can cause the placenta to release this hormone. In minute doses, this hormone enters the amniotic fluid and has an effect on the fetus' metabolism.
3. Eating twin bananas can increase the	<ul style="list-style-type: none"> ● In reality, twins can be born in two

<p>chances of having twins</p>	<p>different ways. An embryo splitting in half after fertilization results in identical twins, which is the first type of embryonic duplication. On the flip side, fraternal twins are born when two distinct sperm fertilize separate egg cells. Genetics, family history, fertility, and therapies like IVF (In-Vitro Fertilization) all play an essential influence in a woman's ability to become pregnant with twins.</p>
<p>4. If the pregnant woman has dark areas in her body, particularly her nape, the baby will be a boy</p>	<ul style="list-style-type: none"> ● In truth, there is no correlation between the mother's physical appearance (dark areas in skin) and her baby's gender. At the moment of conception, the sperm that contributes a copy of the Y or X chromosome determines the gender of the child.
<p>5. The concept of "usog" or the Stranger's Evil Eye</p>	<ul style="list-style-type: none"> ● Among Filipinos, usog is a centuries-old superstition. According to folklore, a stranger or visitor with the "evil eye" causes the baby's discomfort (fever, bloating, and nausea/vomiting). This curse might be triggered by a simple hello from the guest. Strangers must pronounce "pwera usog" while licking their thumbs and putting saliva to their infant victims' foreheads in order to counteract the curse. Despite the fact that there is no scientific evidence to support the existence of usog, many superstitious Filipinos continue to hold on to this belief. This superstition, on the other hand, is unsupported by evidence from the scientific community.

If one of my clients expressed these concerns, I would take the opportunity to educate them by refuting and explaining these beliefs. I'll go over the scientific basis for these myths and the most likely explanations for why people used to believe them. By dispelling these myths, the client will have a greater grasp of how to appropriately care for herself and her child before, during, and after pregnancy.

References

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