

Pregnancy Myths and Discomforts

Nursing 13: Maternal and Child Nursing

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
Nausea and vomiting	<ul style="list-style-type: none"> ● Eating ice chips ● Eating bland food ● Avoiding pungent smells ● Using unscented bath products 	<ul style="list-style-type: none"> ● Drink plenty of fluids ● Choose food high in protein and low in fat ● Avoid greasy, spicy, and fatty food ● Choose bland foods like toast, rice, and banana ● Avoid nausea triggers like pungent smells and foul odors ● Breathe in fresh air and keep your room's air circulation well ● Rinse your mouth after vomiting to prevent enamel damage
Edema (hands and feet)	<ul style="list-style-type: none"> ● Raising the extremity above the level of the heart ● Avoiding salty food 	<ul style="list-style-type: none"> ● Wear comfortable shoes and socks ● Avoid straps that may squeeze your swollen feet ● Drink plenty of water to help get rid of excess water ● Rest with your extremities up ● Bend and stretch your foot up and down for 30 times ● Rotate each foot in a circle and the other way ● Avoid standing for too long
Headache	<ul style="list-style-type: none"> ● Drinking plenty of water ● Taking naps 	<ul style="list-style-type: none"> ● Avoid headache triggers like allergens and certain foods ● Drink plenty of fluids ● Rest in a cool and dark room with minimal noise ● Avoid second hand smoke ● Reduce stressors
Frequent urination	<ul style="list-style-type: none"> ● Drinking plenty of water to 	<ul style="list-style-type: none"> ● Avoid caffeine ● Lessen intake before bedtime

	avoid dehydration	
Constipation	<ul style="list-style-type: none"> • Drinking plenty of water • Eating fruits like papaya and pineapple 	<ul style="list-style-type: none"> • Drink plenty of fluids • Have daily exercise and keep moving • Consume food high in fiber • Consult with physician regarding intake of iron supplements
Fatigue	<ul style="list-style-type: none"> • Taking naps • Sleeping earlier than usual 	<ul style="list-style-type: none"> • Ensure that your bedroom is clean, dark, cool, and comfortable to stay in. • Take naps during the day. • Stay hydrated • Eat nutritious and energy-rich foods • Do self-pampering activities

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
You have to eat for two.	<p>Pregnant women should not double their caloric intake during pregnancy because this is an unhealthy amount of calories. The daily caloric intake for childbearing age is 2200 kcal. Only an additional 300 calories must be consumed in order to meet the needs of pregnancy. Carbohydrates should be obtained from complex rather than simple carbohydrates. Protein must be within the range of 46-71 g/day. Linoleic acid must be increased in diet.</p> <p>A diet plan must be made with a nurse or other health professional according to one's present BMI so that enough calories will be consumed.</p>
You cannot take a bath using warm water.	<p>It is a known fact that hot tubs are not safe for pregnant women. Doung et al. (2011) elaborated on how hot baths play a role in major structural birth defects. However, warm baths within a normal duration is completely alright for pregnant women. They just have to make sure to not use hot water for the said reasons above.</p>
If your stomach is more pointed than round, the baby is a boy. If the stomach is more round than pointy, the baby is a girl.	<p>The shape of the mother's bump will never be a determinant of the baby's sex. Primary sex determination is chromosomal and is not commonly influenced by the environment (Gilbert, 2000). Since</p>

	<p>not all bodies are the same, mothers will differ in terms of the shapes of their bumps.</p>
<p>You cannot exercise at all during pregnancy because it will cause a spontaneous abortion.</p>	<p>Johnson (2020) suggests that regular exercise during pregnancy is helpful in maintaining health. It helps in decreasing discomforts and even improves a mother's posture. Low impact aerobic exercises are recommended over high impact ones. However, pregnant women with asthma, heart disease, or diabetes; and pregnant women experiencing bleeding, spotting, low placenta, recurrent miscarriage, previous premature birth, early labor, and weak cervix must not exercise to prevent complications. Indeed, exercise is good for healthy pregnant women for as long as it will be low-impact, done in moderation, and is approved by one's physician.</p>
<p>Your 'lihi' is a big determinant of some physical features of your child. For example, if your 'lihi' is chocolate, then your baby will most probably have a darker skin tone.</p>	<p>A mother's food intake has no role in the physical characteristics and facial features of the baby (Makati Medical Center, n.d.). Mothers should consult with their doctors about their diet to ensure that proper nutrients will be consumed for the healthy development of the baby. It must be noted that food will never cause feature changes to the body.</p>
<p>You must wear a waistband during pregnancy so that the baby will not kick your heart.</p>	<p>Fetal movement is completely normal and is even considered as the baby's exercise to promote the development of its bones and joints. It is impossible for a baby to kick its mother's heart because there are separate body cavities for the heart and the uterus. The heart is lodged in the thoracic cavity and is safeguarded by the ribs. On the other hand, the baby is in the pelvic cavity, which is inferior to the abdominal cavity.</p>
<p>Do not eat from the same plate as a pregnant woman because you will experience the same pregnancy discomforts as hers.</p>	<p>Pregnancy discomforts are not contagious in any shape, way, or form. A pregnant woman experiences discomfort due to hormonal changes that affect bodily processes (Cuncha, n.d.). If an individual will share a plate with a pregnant woman, there is no way that a pregnant woman can 'pass' her discomforts to the individual because it is not a contagious sickness.</p>
<p>Twin bananas increases your likelihood of having twins.</p>	<p>Genetics play a role in having a multiple pregnancy. A woman is more likely to have twins if there is a family history of twins. Eating foods that are twin-like like eggs with 2 yolks and intertwined fruits does not affect the likelihood of having twins, genetics does.</p>

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