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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 she felt 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
Breast tenderness	<ul style="list-style-type: none">• Nothing	<ul style="list-style-type: none">• Wear form supportive bra with wide straps to spread breast weight across shoulders• Seek consultation in case of nipple fissure or breast abscess
Constipation	<ul style="list-style-type: none">• Drink water	<ul style="list-style-type: none">• Increase fiber in diet• Drink at least 8 glasses of water daily
Pyrosis (heartburn)	<ul style="list-style-type: none">• Drink water	<ul style="list-style-type: none">• Eat small frequent meals• Lie on left side with two pillows to elevate the upper torso• Do not lie down immediately after eating (2 hours)• Avoid fatty and fried foods, coffee, carbonated beverages, tomato products, and citrus juices
Fatigue	<ul style="list-style-type: none">• Lie down• Take a nap	<ul style="list-style-type: none">• Sleep for an increased amount of time• Rest by having a short rest period everyday
Muscle cramps	<ul style="list-style-type: none">• Rest legs with pillows underneath	<ul style="list-style-type: none">• Lie on the back, extend legs while keeping knees straight, and dorsiflex the foot until the pain disappears• Take magnesium citrate, aluminum hydroxide gel, or calcium lactate (if prescribed)
Backache	<ul style="list-style-type: none">• Sit down to rest	<ul style="list-style-type: none">• Apply local heat

	<ul style="list-style-type: none"> • Massage 	<ul style="list-style-type: none"> • Practice proper body mechanics
Dyspnea	<ul style="list-style-type: none"> • Sit down to rest 	<ul style="list-style-type: none"> • Lift head with 2-3 pillows when lying down • Limit daily activities to prevent exertion dyspnea
Ankle edema	<ul style="list-style-type: none"> • Elevate legs and rest them on top of a pillow 	<ul style="list-style-type: none"> • Lie on the left side • Sit in the afternoon with legs elevated
Braxton Hick's contraction	<ul style="list-style-type: none"> • Sit or lie down to rest 	<ul style="list-style-type: none"> • Rest

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
Women are not allowed to take a shower the week after giving birth	It is generally safe to take a shower after giving birth. However, if the mother has undergone an episiotomy or gave birth by Cesarean section, then she may be advised by the doctor to wait a specific amount of time before taking a shower.
The shape of the baby bump can determine the sex of the child	The size and shape of the belly can be a result of different factors such as strength of the abdominal muscles and size and position of the baby, but not the child's biological sex.
Listening to classical music will make the baby smarter	Although there is no scientific evidence that listening to classical music can make a baby smarter, listening to music may benefit the child as babies in the womb have shown increased brain activity when exposed to music.
Craving and eating certain foods can affect the physical appearance of the child (paglililihi)	There are no scientific studies that support the existence of <i>paglililihi</i> . However, it is important for the mother to eat healthily in order to ensure that the baby gets as much nutrients as it needs.

Believing in such myths is actually pretty common for pregnant women because these pregnancy myths are widespread and have been around for a long time. If one of my future clients were to raise concern about these myths, I would assure them not to worry as these beliefs have little to no scientific basis, and proceed to educate her about the actual truths behind them. Doing so would help ensure that the client gains a better understanding of what to do and not to do during the pregnancy.

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