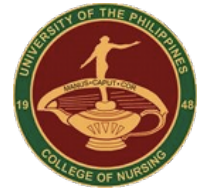




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MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

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. Nausea and vomiting	<ul style="list-style-type: none"> • The patient did not take any particular medication to resolve the symptom. • Rest and sleep. • Avoid unnecessary movements and decrease activity. 	<ul style="list-style-type: none"> • Eat small frequent meals. Even if eating may be difficult to tolerate, it is still important to eat since an empty stomach can only worsen the condition. • Minimize movements. When getting out of bed, make sure to avoid sudden change of position as this can aggravate nausea. • Drink plenty of fluids especially when the vomiting is severe. • Eat plenty of carbohydrate-rich foods such as cereal, fruit, bread, and rice. They are easy to digest and provide energy. • Wait about 20 to 30 minutes before consuming liquids after meals.
2. Decreased appetite	<ul style="list-style-type: none"> • The patient may have a poor appetite when it comes to her daily and regular intake, but she can still eat her favorite foods and cravings such as custard apple (<i>atis</i>) and mangoes. 	<ul style="list-style-type: none"> • Prioritize foods that are important such as protein-rich snacks and fiber-packed veggies. • Do not skip meals and make sure to meet the daily recommended diet. • Try to treat the cause of decreased appetite. If the client is nauseous, allow her to rest or drink cold water, or if the client is experiencing mental health problems, consult a professional.
3. Breast tenderness	<ul style="list-style-type: none"> • Applied hot compress (bottle containing hot water). • Sleep and rest. 	<ul style="list-style-type: none"> • Wear a good support bra. It is suggested to use a full-coverage bra which can help in lifting up the breasts and taking pressure off the area. • Create a "no touch" zone. Touching the already tender area may cause more pain. • Shift to loose-fitting clothes. Since the breast enlarges during pregnancy, fitted tops might feel more constricting than usual. It is recommended to use flowy clothing that won't rub or irritate.



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		<ul style="list-style-type: none"> Applying a hot compress is not recommended. Instead, try a cold compress to relieve pain.
4. Muscle pain in the lower back, thigh, and calves	<ul style="list-style-type: none"> The patient stated that she just remained in bed either lying or sitting. During sleep, the patient elevates her legs to promote comfort. Sometimes, she also stretches her legs and back to reduce pain. 	<ul style="list-style-type: none"> Try Exercising. Exercises like pelvic rock can help alleviate back pain and strengthen the lower back muscles that experience the most stress. Staying in a stagnant position can only worsen the pain and deplete muscle strength. For muscle cramps, the patient may increase their intake of calcium. While in bed, she can also stretch her heels pointed to relieve a cramp.
5. Nasal congestion	<ul style="list-style-type: none"> The patient was prescribed antibiotics due to severe nasal congestion. 	<ul style="list-style-type: none"> Observe proper treatment with antibiotic. Make sure to follow the prescription given by the doctor. Perform pregnancy-safe exercises to relieve pregnancy rhinitis. Drink plenty of fluids to stay hydrated. Try to get some steam as this may be soothing which can also temporarily relieve congestion. Soak a washcloth with hot water then place it above your nostrils while breathing. Try using saline nose drops or saline nasal spray to clear nasal passages. Avoid cigarette smoke and any other potential irritants that seem to trigger your symptoms. This may also be harmful to the growing child.
6. Hemorrhoids	<ul style="list-style-type: none"> Expose the perianal area to hot steam. Wash it frequently with hot to warm water. Minimize movement and activity. 	<ul style="list-style-type: none"> Since hemorrhoids may be caused by constipation, it is important to prevent constipation by maintaining a diet that is high in fluids and fiber. Avoid over-the-counter laxatives. Stool softeners may be used if hard stools are aggravating hemorrhoids, but first, consult your doctor for a prescription. Taking a sitz bath two to three times daily for 15 to 20 minutes may help reduce itching and irritation however it is still important to seek professional help from your doctor regarding the proper treatment.
7. Constipation	<ul style="list-style-type: none"> Eat lots of fiber-rich fruits and vegetables such as watermelon and broccoli. Drink plenty of water. 	<ul style="list-style-type: none"> The patient's intervention is correct regarding increasing fiber consumption and water intake as this may ease stool passage.



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	<ul style="list-style-type: none"> The patient did not take any OTC drugs. 	<ul style="list-style-type: none"> Perform regular and light exercises such as walking to relieve constipation. Eat prunes or figs, or drink prune juice. These fruits contain a natural laxative. Seek proper medication from a health provider if constipation does not resolve. Some OTC drugs are contraindicated during pregnancy.
8. Dizziness and Fatigue	<ul style="list-style-type: none"> Rest and sleep only. Eat as much as possible. The patient did not take any drugs including paracetamol. 	<ul style="list-style-type: none"> Dizziness may be due to low blood sugar which is common during pregnancy. To resolve this, it is important to eat well and frequently. Maximize sleep or rest. Even short naps will help. Try having a warm bath, massage, or hot drink before bed to help you relax and get ready to sleep.

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. The mother should eat and respond to her cravings or else this may lead to spontaneous abortions.	<ul style="list-style-type: none"> Most spontaneous abortions are caused by unknown genetic abnormalities. These abnormalities may stem from alcohol or drug use, infections, chronic disease, environmental exposures, and structural uterine abnormalities. Cravings may only be harmful if it replaces regular and nutritious meals that can potentially affect the mother's daily nutrient requirements.
2. Taking a bath after delivery is prohibited.	<ul style="list-style-type: none"> Regular baths are less likely to cause harm. In fact, doctors recommend taking a bath after delivery as this can serve as a trigger to the body to start the healing process immediately. Aside from this, having a nice bath helps the mother feel cleansed completely, bringing back the freshness and revitalizing her energy to care for her child. This can therefore be tied to the overall wellbeing of the mother after such a difficult and unique life experience.
3. The sex of the child can be determined according to the mother's physical attributes. If the womb is pointed, it means that the child is a boy, but if the mother is blooming and is getting prettier during pregnancy, then she is having a girl.	<ul style="list-style-type: none"> The size and shape of the belly are affected by a number of factors but it is not indicative of the sex of the baby nor is the physical appearance of the mother. One of the factors that affect the size and shape of the belly is the mother's number of pregnancies. If this is her first pregnancy or if she has a strong abdominal muscle, she may carry her baby higher because the abdominal wall isn't as stretched and is still firm. On the other hand, if this isn't her first child, her abdominal



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	<p>wall may have stretched already, making the bump appear lower.</p> <ul style="list-style-type: none"> • Aside from this, the size and position of the baby may also affect how the mother's belly may look like. For example, later in the pregnancy the baby may engage and move lower into the pelvis, making the bump look lower. • This only proves that what you see on the mother's belly depends on several factors, but not including the child's sex which is most commonly determined using ultrasound at around 18 to 21 weeks. • In terms of the mother's unique glow and beauty during pregnancy, this may be attributed to a series of hormonal changes during pregnancy. For example, an increase in progesterone increases the amount of oil that the skin produces. These hormonal shifts cause the skin to look brighter and clearer. It has nothing to do with the child's sex.
<p>4. The mother should not eat twin bananas or strawberries as this may cause the child to have abnormal extremities and fingers that are close and tied together (syndactyly), similar to that of the twin fruits.</p>	<ul style="list-style-type: none"> • Syndactyly is a genetic and congenital disorder that occurs during the sixth to eighth week of development, a time when an infant's fingers and toes separate. Syndactyly occurs when the digits fail to fully separate into individual fingers and toes. • Furthermore, syndactyly may also result from environmental exposure during pregnancy or a combination of both genetic (inherited) and environmental factors. This has nothing to do with eating twin bananas per se.

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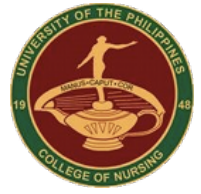
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