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The Health Sciences Center
COLLEGE OF NURSING



WHO Collaborating Centre for Leadership in Nursing Development
Commission on Higher Education Center of Excellence

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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. Morning sickness	<ul style="list-style-type: none"> ● Bed rest ● Skipped meals if the food she's craving for is not available 	<ul style="list-style-type: none"> ● Eat foods that are high in protein, low in fat, and easy to digest. ● Eat small meals rather than eating three larger meals. ● Drink plenty of fluids. ● Go for a walk outside to breathe fresh air.
2. Sensitivity to light (Prefers to stay in the dark places)	<ul style="list-style-type: none"> ● Stays in a dark room 	<ul style="list-style-type: none"> ● Staying in a dark room more often is also viable to manage the pregnant woman's sensitivity to light. ● However, should she need to go outside where the presence of light is more apparent, she can properly manage the sensitivity by wearing sunglasses to reduce the perceived brightness of the light.

<p>3. Smell sensitivity</p>	<ul style="list-style-type: none"> ● Stays away from things that irritates her sense of smell 	<ul style="list-style-type: none"> ● Aside from staying away from unwanted odors, going outside to breathe clean and fresh air may also help (This only applies to places where pollution is not considered as a problem).
<p>4. Ankle Edema</p>	<ul style="list-style-type: none"> ● Applied efficascent oil ● Wear comfortable clothes and shoes 	<ul style="list-style-type: none"> ● Avoid standing for long periods without moving ● Limit salty foods and excessive salt in her diet ● Exercise regularly (walking) as it can help with the circulation ● Elevate feet as much as possible ● Wear comfortable clothes and shoes
<p>5. Fatigue and Drowsiness</p>	<ul style="list-style-type: none"> ● Watching TV or walking ● Keep her body moving for her to be awakened ● Take frequent naps 	<ul style="list-style-type: none"> ● The client properly manages fatigue and drowsiness as exercising, in the form of walking, can actually help manage feelings of fatigue and drowsiness. Aside from it, frequent naps are also helpful as they help the body recover from fatigue as well as combat the feelings of drowsiness. ● Further, relaxation is also critical. Aside from watching TV, the

		<p>client could also practice deep breathing exercises or take a warm bath.</p> <ul style="list-style-type: none"> • Other forms of management include drinking water to keep her hydrated and eating regular meals/snacks to keep her blood sugar stable.
<p>6. Constipation</p>	<ul style="list-style-type: none"> • Drink more water 	<ul style="list-style-type: none"> • The client properly manages constipation by drinking more water. • Further, other forms of management also include exercising/physical activities since being more active can help prevent constipation. • Eating high-fiber foods, such as fruits, vegetables, beans and whole grains is also an effective form of management to deal with constipation.
<p>7. Irritability</p>	<ul style="list-style-type: none"> • Prefers to be alone 	<ul style="list-style-type: none"> • While preferring to be alone can be a viable option, having someone to talk to about her experiences can be much more helpful. The client could talk to other expecting mothers or pregnant women so that she could share

		<p>her experiences and also relate to others which could make her feel normal.</p> <ul style="list-style-type: none"> • Yoga and meditation can also reduce feelings of irritability and increase feelings of well-being.
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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 Myths	Truth
<p>1. The pregnant woman should always be the one who's going to eat first to reduce the chances of experiencing a sensitive and complicated pregnancy.</p>	<ul style="list-style-type: none"> • Complicated and sensitive pregnancy are caused by independent or interconnecting factors that are not related to pregnant women eating later than her husband. • Examples of these factors include but are not limited to: (1) Advanced maternal age, (2) Unhealthy lifestyle choices such as smoking cigarettes, drinking alcohol, and using illegal drugs, (3) Maternal health problems such as obesity, high blood pressure, diabetes, cardiac disorders, etc., and (4) Multiple pregnancies. • Thus, the manner of who's going to eat first does not contribute to increasing the risks of a complicated pregnancy, provided that the foods they eat are all healthful.
<p>2. If the pregnant woman waits for her husband to return home so that they can eat dinner together, as opposed to eating alone, her labor will be much longer and difficult.</p> <p>(They believe that the waiting hours spent on</p>	<ul style="list-style-type: none"> • Prolonged labor can be caused by several factors not related to the woman waiting for her husband during dinner time. Prolonged labor occurs if: <ul style="list-style-type: none"> ○ The baby is very large that it prevents him/her from moving through the birth canal.

<p>his husband will translate to longer labor hours).</p>	<ul style="list-style-type: none"> ○ The baby is in an abnormal position which makes it harder for the mother to labor. ○ The mother's birth canal is too small for the baby to move through. ○ The mother's contractions are very weak. ● As such, there is no literature which proves that when women wait for their husbands, it can directly cause the aforementioned factors that cause prolonged labor.
<p>3. It is forbidden to drink fluids directly from the bottle because the fetus might get choked or drowned.</p>	<ul style="list-style-type: none"> ● There is no risk of drowning the fetus in or outside the womb as long as the umbilical cord remains intact. ● There is no literature that proves that drinking fluids directly from the bottle can damage the umbilical cord which supplies the fetus with oxygen. Hence, drinking fluids directly from the bottle will not cause the fetus to be drowned inside or outside of the womb.
<p>4. When planning to go outside, the preparation time should be quick. Otherwise, the labor time will take longer.</p>	<ul style="list-style-type: none"> ● Similar to the reasons presented in number 2, longer preparation time when going outside is not correlated to prolonged labor.
<p>5. Drink calamansi juice so the baby's skin will be whiter and flawless.</p>	<ul style="list-style-type: none"> ● The physical characteristics of the baby largely depends on the genetics of both the parents. ● However, calamansi is known to be rich in Vitamin C. Vitamin C is essential for the collagen production in the body. In turn, the production of collagen can help improve the baby's skin tone. Having said this, talking to the mother's OB-Gynecologist about the matter will always be the safest route to determine the exact benefits and any risks of doing so.

6. Don't put any towel over a pregnant woman's neck as the fetus will get choked by their umbilical cord.

- Nuchal cords (fetus getting choked by its umbilical cord) is primarily caused by **random fetal movements**. Other factors contributing to its occurrence are extra-long umbilical cord or excess amniotic fluid.
- In connection, putting a towel on the mother's neck will not directly cause these aforementioned factors.

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