



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

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- 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"> <li>Laying down in bed until discomfort is relieved</li> <li>Skipping meals or only eating in small portion</li> </ul>	<ul style="list-style-type: none"> <li>Choose foods carefully. Select foods that are high in protein, low in fat and easy to digest, and avoid greasy, spicy and fatty foods. Bland foods, such as bananas, rice, applesauce and toast may be easy to digest. Salty foods are sometimes helpful, as are foods that contain ginger — such as ginger lollipops.</li> <li>Snack often. Before getting out of bed in the morning, eat a few soda crackers or a piece of dry toast. Nibble throughout the day, rather than eating three larger meals so that your stomach doesn't get too full. Plus, an empty stomach may make nausea worse.</li> <li>Drink plenty of fluids. Sip water or ginger ale. Aim for six to eight cups of noncaffeinated fluids daily.</li> <li>Pay attention to nausea triggers. Avoid foods or smells that seem to make your nausea worse.</li> <li>Breathe fresh air. Weather permitting, open the windows in your home or workplace. Take a daily walk outdoors.</li> <li>Take care with prenatal vitamins. If you feel queasy after taking prenatal vitamins, take the vitamins with a snack or just before bed. If these steps don't help, ask your health care provider about other ways you can get the iron and vitamins you need during pregnancy.</li> <li>Rinse your mouth after vomiting. The acid from your stomach can damage the enamel on your teeth. If you can, rinse your mouth with a cup of water mixed with a teaspoon of baking soda. This will help neutralize the acid and protect your teeth.</li> </ul>
2. Mood swings	<ul style="list-style-type: none"> <li>Listening to the music</li> <li>Watching TV or Movies</li> <li>Browsing social media through phone</li> <li>Playing mobile games</li> </ul>	<ul style="list-style-type: none"> <li>Eat well. If you've ever gotten "hangry," you know that a lack of food can lead to an undesirable outburst. Quiet your inner anger and quell your appetite with healthy, nutritious meals and filling snacks that fuel your body and energize your brain. Sustained energy will help keep you calm and collected.</li> <li>Get Exercise. Exercise is a great stress reliever and mood booster. If you're feeling unexpectedly blue or crabby, consider doing some light, low-impact cardio, like walking or swimming. Bonus points for outdoor exercise — the fresh air will refresh and invigorate</li> </ul>



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	<ul style="list-style-type: none"> <li>• Distracting herself by doing household chores</li> <li>• Sleeping</li> </ul>	<p>you. Plus, the release of endorphins will encourage feelings of positivity and happiness.</p> <ul style="list-style-type: none"> <li>• Yoga and meditation are also immensely helpful. Don't worry if you're not sure where to start — there's an app for that. You can learn to stretch, move, or just breathe through moments of intensity.</li> <li>• Priority sleep. While feeling truly rested might seem unattainable during the first trimester, you can try to maximize the shuteye you do get by sticking to a bedtime routine, maintaining a morning schedule, and napping as needed.</li> <li>• As labor nears, do what you can to promote relaxation despite the general discomfort you are likely feeling. Engage in some breathing exercises before bed, and use pillows to prop yourself up in whatever way helps you feel relatively comfortable (remember that side sleeping is best during the third trimester, though).</li> <li>• Talk to your loved ones. Make sure your friends and family members understand how you are feeling and what you are going through. Explain to them that you might occasionally snap or react in a surprising way.</li> </ul>
3. Light sensitivity	<ul style="list-style-type: none"> <li>• Staying in a room with little or no light</li> <li>• Sleeping</li> <li>• Taking a break from using gadgets and TV</li> </ul>	<ul style="list-style-type: none"> <li>• Wearing sunglasses whenever you feel like the light around you is too bright. Wear sunglasses that have mirror coating to reflect the sun's glare.</li> <li>• This is often temporary; usually, vision returns to normal when fluid retention is corrected and after giving birth. However, check with your obstetrician and/or your eye doctor if you're experiencing more severe or chronic vision problems during pregnancy.</li> <li>• If your sensitivity to light worsens and becomes accompanied by blurred or lost vision, fatigue, and nausea, it could be a sign that you have preeclampsia. If you think your symptoms could be indicative of preeclampsia, your best option is to go to the ER immediately and seek treatment.</li> </ul>
4. Smell sensitivity	<ul style="list-style-type: none"> <li>• Drinking water</li> <li>• Avoiding foods and things with strong smell</li> </ul>	<ul style="list-style-type: none"> <li>• Surround yourself with subtle scents that may soothe you, such as citrus, vanilla, or chamomile</li> <li>• Stay away from offensive foods that may trigger nausea, as well as smoke, and harsh chemicals.</li> <li>• Wash your clothes and bedding more frequently if possible, as they can retain odors that might make you feel ill.</li> </ul>
5. Leg cramps	<ul style="list-style-type: none"> <li>• Taking a rest</li> <li>• Massaging legs until the cramping is relieved</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch your calf muscles. Although evidence is lacking, stretching before bed might help prevent leg cramps during pregnancy. Stand at arm's length from a wall, place your hands on the wall in front of you and move your right foot behind your left foot. Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor. Hold the stretch for about 30 seconds, being careful to keep</li> </ul>



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	<ul style="list-style-type: none"> <li>Laying down or sitting in bed</li> </ul>	<p>your back straight and your hips forward. Don't rotate your feet inward or outward. Switch legs and repeat.</p> <ul style="list-style-type: none"> <li>Stay active. Regular physical activity might help prevent leg cramps during pregnancy. Before you begin an exercise program, make sure you have your health care provider's OK</li> <li>Take a magnesium supplement. Limited research suggests that taking a magnesium supplement might help prevent leg cramps during pregnancy. Make sure you have your health care provider's OK to take a supplement. You might also consider eating more magnesium-rich foods, such as whole grains, beans, dried fruits, nuts and seeds.</li> <li>Stay hydrated. Keeping your muscles hydrated might help prevent cramps. Your urine should be relatively clear or light yellow in color if you are properly hydrated. If your urine is darker yellow, it might mean that you're not getting enough water.</li> <li>Get adequate calcium. Some research suggests reduced levels of calcium in your blood during pregnancy may contribute to leg cramps. All women, including pregnant women, should get 1,000 milligrams of calcium a day.</li> <li>Choose proper footwear. Choose shoes with comfort, support and utility in mind. It might help to wear shoes with a firm heel counter — the part of the shoe that surrounds the heel and helps lock the foot into the shoe.</li> </ul>
6. Frequent urination	<ul style="list-style-type: none"> <li>Sometimes stopping intake of water too much especially at night</li> </ul>	<ul style="list-style-type: none"> <li>While you cannot do much to lessen your need to urinate frequently, you can strengthen your pelvic floor muscles. Strengthening these muscles can help you 'hold in' your urine until you are able to get to the toilet. The best way to strengthen your pelvic floor muscles is through exercise. Exercising the muscles will also provide a sturdy support system for your bowel, uterus and bladder.</li> <li>Cutting down on fluids before bed</li> <li>Avoiding caffeinated drinks</li> <li>Leaning forward when urinating</li> <li>Keeping a bladder journal or recording bathroom breaks</li> </ul>
7. Swollen feet (Ankle Edema)	<ul style="list-style-type: none"> <li>Taking a rest and putting feet above pillow</li> <li>Using big slippers and shoes</li> </ul>	<ul style="list-style-type: none"> <li>Avoid standing for long periods</li> <li>Wear comfortable shoes and socks – avoid tight straps or anything that might pinch if your feet swell</li> <li>Try to rest with your feet up as much as you can</li> </ul>



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		<ul style="list-style-type: none"> <li>• Drink plenty of water – this helps your body get rid of excess water</li> <li>• Exercise – try to take regular walks during the day or doing foot exercises</li> <li>• Bend and stretch your foot up and down 30 times</li> <li>• Rotate each foot in a circle 8 times one way and 8 times the other way</li> </ul>
<p>8. Back ache and Headache</p>	<ul style="list-style-type: none"> <li>• Resting</li> <li>• Drinking sips of water</li> <li>• Putting pillow behind back when sitting</li> <li>• Asking husband for a massage</li> </ul>	<ul style="list-style-type: none"> <li>• Regularly stretching the lower back</li> <li>• Sleeping on the side with a pillow between the legs and below the abdomen</li> <li>• Using a warm compress to relax tight muscles or reduce inflammation</li> <li>• Making postural changes, such as standing and sitting upright, so the back is straight and shoulders square</li> <li>• Wearing a maternity belt for extra abdominal and back support</li> <li>• Using a lumbar pillow for additional back support while sitting</li> <li>• Getting prenatal massages to relax tight muscles, improve range of motion, and relieve stress</li> <li>• Using alternative treatments, such as acupuncture and chiropractic services, with a practitioner who specializes in pregnancy.</li> <li>• Reducing stress through meditation, prenatal yoga, and other mindfulness techniques and getting enough sleep.</li> <li>• Avoid headache triggers. If certain foods or odors have triggered a headache in the past, avoid them. A headache diary might help you identify triggers.</li> <li>• Include physical activity in your daily routine. Try a daily walk or other moderate aerobic exercise.</li> <li>• Practice relaxation techniques. Try deep breathing, yoga, massage and visualization.</li> <li>• Eat regularly. Eating regularly scheduled meals and maintaining a healthy diet might help prevent headaches. Also, drink plenty of fluids.</li> <li>• Follow a regular sleep schedule. Sleep deprivation might contribute to headaches during pregnancy.</li> </ul>



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		<ul style="list-style-type: none"> <li>Consider biofeedback. With this mind-body technique, you learn to control certain bodily functions - such as muscle tension, heart rate and blood pressure - to prevent headaches or reduce headache pain. If you'd like to try biofeedback to treat headaches during pregnancy, ask your health care provider for a referral to a biofeedback therapist.</li> </ul>
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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 Myth	Truth
1. A pregnant woman's cravings will affect the baby's appearance	<p>Also called <i>paglilili</i>, the superstitions say that the food a pregnant woman craves can make the baby take on certain features. Chocolate or any dark-colored food is said to give the baby a darker complexion, while light-colored food like milk is said to contribute to lighter skin color. These superstitions extend beyond food, covering smells and even sights that the pregnant mom may be obsessed with or averse to.</p> <p>Truthfully, food (or any of the cravings and obsessions) has no effect on the baby's physical appearance. The baby's skin color will depend on the genes of the parents. The best way to find out what your baby will look like is through 4D ultrasounds.</p> <p>Despite that, some may encourage pregnant moms to indulge their cravings since it is believed to be for the baby as well. The better thing to do would be to consult with your doctor on how to manage your diet to ensure that the baby is getting proper nutrients.</p>
2. Avoid wearing necklaces or wrapping towels around your neck	<p>Harmless accessories worn around the neck, according to this superstition, will cause the umbilical cord to wrap around the baby's neck. This has no factual basis, but the superstition preys on a serious concern pregnant mothers have.</p> <p>It is possible for the umbilical cord to wrap around the baby's neck, particularly during the second and third trimester. This is caused by the baby's own movements in the womb and not external factors.</p> <p>Getting regular checkups with your doctor before delivery can give you more insights and possibly allay your fears.</p>
3. Pregnant women should avoid attending funerals	<p>The consequences of this superstition differ depending on which version you hear. Some say that being around death can cause a stillborn. Another version says that vengeful spirits will try to take the baby away.</p> <p>Being at a funeral won't cause these things to happen. However, the emotional stress that death brings can be a cause for concern. When you are stressed, the body copes by releasing the stress hormone cortisol. Unfortunately, the placenta surrounding the baby can also release this</p>



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	<p>hormone. This hormone enters the amniotic fluid in small amounts, which may alter fetal metabolism.</p> <p>Should you be dealing with heavy emotional matters, or if you are anticipating stressful situations during your pregnancy, your doctor should be able to advise you on how to deal with them in a safe and healthy manner.</p>
<p>4. Eating twin bananas can increase the chances of having twins</p>	<p>Other versions of this superstition include “twin” food, like eggs with twin yolks. Some people encourage pregnant women to eat these kinds of food to have twins, while others may say to avoid them.</p> <p>In truth, twins are produced in two kinds of ways. The first is when a single embryo splits into two after fertilization, which creates identical twins. The second is when two separate egg cells are each fertilized by different sperm, resulting in fraternal twins.</p> <p>If you want to increase your chances of having twins, then it’s important to understand that genetics, family history, fertility, and treatments such as IVF (In-Vitro Fertilization) play a great role.</p> <p>Despite twin bananas and eggs having nothing to do with conceiving twins, bananas and eggs are good sources of nutrients for pregnant mothers. Good prenatal care can help identify what you need to include in the diet to keep the mom and the baby healthy.</p>
<p>5. Don’t sew or step over ropes to avoid labor difficulties</p>	<p>These superstitions are based on the symbolism of ropes and how mothers who have had cesarean sections will require sutures. Otherwise, they have no factual basis.</p> <p>Factors that can result to difficulties during labor are age, genetics, stress levels, existing medical conditions, and the like. Through prenatal consultations, you can address these concerns and possibly find ways to ensure easier and safer delivery.</p>
<p>6. If the pregnant woman has spots or dark areas on the body, the baby will be a boy</p>	<p>The superstition says that dark spots on the nape, neck, groin, face, and armpits are telltale signs that the baby will be a boy. On the opposite side of the spectrum, if the woman appears more refreshed and “blooming”, she is likely having a girl.</p> <p>The gender of the baby isn’t something that is seen in the physical appearance. The only way to check the baby’s gender is through an ultrasound.</p> <p>At the core of it, these superstitions are shared with expecting moms out of concern or even for the sake of tradition. While elders will say that there’s no harm in believing and following pregnancy superstitions, the health of the mom and baby should not depend on old wives’ tales or folklore. Proper prenatal care can best address the baby’s needs while in the womb, all while taking care of the mother’s health.</p>



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