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N13 – 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
1. Nausea and vomiting	Avoiding strong odors Eating menthol candies	Try eating frequent, small meals rather than three full meals Keep your diet high in protein and complex carbohydrates, and low in sweets and fatty foods. Drink plenty of fluids, and eat fresh fruits and vegetables Try to minimize stress in your everyday activities Avoid foods or smells that trigger nausea Try acupressure, anti-motion sickness wrist bands or mild-flavored ginger tea (Watsons, 2021)
2. Palmar erythema	Applying lotion (Biotin cream)	Avoid harsh bar soaps or heavily scented lotions Avoid frequent use of alcohol-containing hand sanitizer

		<p>Avoid activities that heat up your hands and feet or require you to put your hands in water frequently (e.g., washing dishes, taking hot baths or gardening) (Reece, 2021).</p> <p>Use calamine lotion to soothe itchiness and redness</p> <p>Tell the woman that it will disappear over time as body adjusts to increase estrogen levels</p>
<p>3. Breast tenderness</p>	<p>Not wearing bra</p> <p>Wearing loose clothing</p>	<p>Wear supportive bra with wide straps to spread breast weight across shoulders</p> <p>Reduce skin contact (Weiss, 2021)</p> <ul style="list-style-type: none"> - if your seatbelt is uncomfortable, adjust the strap that zigzags across your torso so that it runs between your breasts and not across the top of one of them - If you typically carry a crossbody bag, consider switching to a backpack <p>Turning down the shower (Weiss, 2021)</p> <ul style="list-style-type: none"> - If your shower head has one, switch to a "gentle" setting. If not, at least direct the water flow so that it doesn't hit your chest directly when you're facing it. You can also drape a washcloth over your breasts and hold it in place with

		one hand while you rinse off the front of your body.
4. Backache and headache	<p>Asking husband for light massages</p> <p>Resting</p> <p>Applying Vicks VapoRub</p>	<p>Get enough rest</p> <p>Try stress-reduction techniques like yoga or meditation</p> <p>Keep your weight gain under control with proper diet and exercise.</p> <p>Avoid taking pain relievers unless necessary; instead, use a heating pad on your back to relieve pain</p> <p>Try a pregnancy girdle or elastic sling to support your abdomen</p> <p>Wear shoes or shoe inserts designed for pregnant women and avoid high heels.</p> <p>Don't stand for long periods.</p> <p>Sleep on a firm mattress.</p> <p>Light massages</p> <p>(Watsons, 2021).</p>
5. Frequent urination	<p>Drinking plenty of water to avoid dehydration</p> <p>Refraining from drinking too much water at night</p>	<p>Lean forward when peeing to properly empty the bladder</p> <p>Try not to drink too much water just before going to bed</p> <p>Avoid caffeinated food and beverages</p>

		<p>Practice Kegel exercises to strengthen your pelvic floor muscles, as this can help prevent leaking when you cough, sneeze, or laugh, both before and after giving birth.</p> <p>Watch out for signs of dehydration – try to increase fluid intake until urine is back to a normal pale yellow.</p> <p>(Pampers, 2020)</p>
6. Fatigue	<p>Sleeping</p> <p>Watching TV</p> <p>Eating menthol candy</p> <p>Limiting caffeine intake</p> <p>Asking husband for light massages</p>	<p>Keep bedroom dark, clean, and cold</p> <p>Take a nap during the day</p> <p>Eat healthy meals</p> <p>Stay hydrated</p> <p>Avoid caffeine intake after lunchtime</p> <p>Do self-pampering activities</p> <p>(Knisley, 2020)</p>
7. Ankle edema	<p>Resting</p> <p>Raising foot above a pillow or a stool</p> <p>Using comfortable slippers</p>	<p>Avoid standing for long periods</p> <p>Wear comfortable shoes and socks – avoid tight straps or anything that might pinch if your feet swell</p> <p>Rest with your feet up</p> <p>Drink plenty of water to help your body get rid of excess water</p> <p>Exercise by taking regular walks during the day or doing foot exercises (NHS, 2021)</p>

2. Interview you 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
<p>1. Eating “twin” foods (e.g., twin bananas, twin yolks, twin strawberries) will increase the likelihood of having twins</p>	<p>Twins are formed in two ways. To form identical twins, one fertilized egg (ovum) splits and develops two babies with the same genetic information. This differs from fraternal twins, where two eggs (ova) are fertilized by two sperm and produce two genetically unique children, who are no more alike than individual siblings born at different times (Better Health, n.d.).</p> <p>To increase the chances of having twins, it is important to understand that the following factors play a great role:</p> <ol style="list-style-type: none"> 1. Genetics 2. Family history 3. Fertility 4. Treatments such as IVF (In-Vitro Fertilization) <p>Despite banana and eggs not having a connection with the likelihood of conceiving twins, it is also important to note that these are good source of nutrients that can keep both the mother and baby healthy (Makati Medical Center, 2019).</p>
<p>2. A pregnant women’s appearance has a connection with the baby’s gender</p> <p>2.2 The Wedding Ring Test can also dictate your baby’s gender</p>	<p>Superstition believes that dark spots on the nape, neck, groin, face, and armpits are signs that the baby will be a boy. On the other hand, if the woman appears more refreshed and “blooming”, she is likely having a girl.</p> <p>The Wedding Ring Test works by hanging your wedding ring on the string and dangling it over your pregnant belly. Then watch how it swings. If it swings from side-to-side like a pendulum, then you are most likely carrying a baby boy. If it swings in a circular motion, then you are probably expecting a baby girl.</p>

The sex of a baby cannot be seen solely by looking at the mother's physical appearance nor relying on a motion by a ring. According to Gurevich (2021), the sex can be predicted by undergoing medical procedures such as:

1. **Amniocentesis** - During an amniocentesis, a needle is carefully inserted through the abdomen and the uterus until it reaches the amniotic sac.

From there, an ultrasound is used to guide the needle as it draws up amniotic fluid without harming the fetus.

Amniotic fluid contains a fetus's genetic material. Chromosomal analysis of the fluid can be used to detect certain genetic diseases as well as to determine the sex of the fetus (XX chromosomes for female and XY for male)

2. **Chorionic Villus Sampling (CVS)** - CVS uses a sample of tissue taken from the placenta—specifically, the hairy-like projections of the placental tissue called villi.

The tissue can be tested for chromosomal abnormalities and used to determine if the baby's chromosomes are XX (female) or XY (male).

3. **Non-Invasive Prenatal Testing** - NIPT can also be used to determine the sex of a fetus by looking for Y-chromosome cell-free DNA fragments.

If Y-chromosome cfDNA is present, it most likely indicates a male. If no Y-chromosome cfDNA is present, it's

	<p>assumed the baby is most likely female</p> <p>4. Traditional Ultrasound- The routine ultrasound is typically performed between 18 weeks and 22 weeks of pregnancy. It's intended to be a screening method to help your doctor ensure all is well with your baby's health and development.</p> <p>It's also possible for the technician to see (with near 100% accuracy) the sex of your baby.</p> <p>During an ultrasound, the technician is trained to look for the “hamburger” sign indicating female genitalia. In the case of a male fetus, the penis may be clearly visible.</p>
<p>3. A pregnant woman or her visitors must walk straight and not stand on the doorway as it might induce difficult labor</p>	<p>This superstition can be related to the baby being “stuck” inside the birth canal (like a pregnant woman standing on the doorway) and not being able to smoothly pass through outside.</p> <p>Difficult labor cannot be associated nor can be metaphorically related to other activities. Birth canal issues make vaginal delivery difficult for women. According to Nall (2018), Causes of birth canal issues include:</p> <ol style="list-style-type: none"> 1. Shoulder dystocia: This occurs when the baby’s shoulders cannot pass through the birth canal, but their head has already passed through. This condition can be difficult to predict because not all large babies have this problem. 2. Large baby: Some babies are simply too large to fit through their mother’s birth canal. 3. Abnormal presentation: Ideally, the baby should come head first, with the face looking toward the mother’s back. Any other presentations make it

	<p>hard for the baby to pass through the birth canal.</p> <ol style="list-style-type: none"> 4. Pelvic abnormalities: Some women have a pelvis that causes the baby to turn when approaching the birth canal. Or the pelvis can be too narrow to deliver the baby. Your doctor will assess your pelvis early in the pregnancy to check if you're at risk for birth canal issues. 5. Uterine fibroids: Fibroids are non-cancerous growths in the uterus that can block a women's birth canal. As a result, a cesarean delivery may be necessary. <p>Other factors that can result to difficulties during labor include age, genetics, stress levels, existing medical conditions, and the like. Through prenatal consultations, expecting parents can address these concerns and possibly find ways to ensure easier and safer delivery.</p>
<p>4. Pregnant women must eat for two</p>	<p>Being pregnant does not mean that you must eat for two, thus doubling the caloric intake. Eating too much during pregnancy can have negative consequences such as increased risk for gestational diabetes, which results in bigger babies and an increased risk for high blood pressure, which is a symptom of preeclampsia, thus damaging other organ systems (Cruz, 2017).</p> <p>Women who were at a healthy weight before becoming pregnant need between 2,200 calories and 2,900 calories a day when expecting. The first trimester does not necessarily require extra calories, while an additional 340 calories a day is recommended for the second trimester, and an extra 450 calories a day for the third trimester. These additional calories should come from nutrient-dense foods including lean protein, whole grains, low-fat or fat-free dairy, vegetables, and fruit (Ellis, 2019).</p>

<p>5. A pregnant woman's cravings will affect the baby's appearance</p>	<p>Others believe that chocolate or any dark-colored food means that the baby will have a darker complexion, while light-colored food like milk will contribute to lighter skin color. They also believe that pregnant women should avoid looking at ugly things or smelling foul odors as it means that the baby will be born ugly.</p> <p>Foods or any other form of <i>paglilahi</i> will not dictate the baby's appearance because scientifically speaking, a baby's appearance is solely influenced by the parent's genes (Makti Medical Center, 2019).</p>
<p>6. Pregnant women must avoid wearing necklaces or wrapping towels around their neck</p>	<p>According to this belief, wearing a necklace or wrapping towels around a pregnant woman's neck will also cause the wrapping of a baby's umbilical cord to its neck.</p> <p>Nuchal cord coil is the occurrence wherein the umbilical cord wraps around the neck of the fetus. This occurs due to the baby's movement inside the womb, not because of the mother's choice of accessories (Makati Medical Center, 2019).</p>

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