



UNIVERSITY OF THE PHILIPPINES MANILA
The Health Sciences Center
COLLEGE OF NURSING
WHO Collaborating Centre for Leadership in Nursing Development
Commission on Higher Education Center of Excellence
 Sotejo Hall, Pedro Gil st., Ermita, Manila



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
Difficulty sleeping and lying down	<ul style="list-style-type: none"> Adjusting the sleeping position to her own comfort New sleeping position every night 	<ul style="list-style-type: none"> Modified Sim's position Rest during afternoons and get at least 7 hours sleep at night
Hip and back pain	<ul style="list-style-type: none"> Massage with slight pressure 	<ul style="list-style-type: none"> Wearing shoes with low to moderate heels reduces the amount of spinal curvature necessary to maintain an upright posture. Encouraging a woman to walk with her pelvis tilted forward advise women to squat rather than bend over to pick up objects Pelvic rocking or tilting
Breast tenderness	<ul style="list-style-type: none"> No interventions made 	<ul style="list-style-type: none"> Wear a bra with a wide shoulder strap for support dress warmly to avoid cold drafts
Nausea and vomiting	<ul style="list-style-type: none"> Avoid any foods or smells that may trigger 	<ul style="list-style-type: none"> Acupressure Ginger tea Eating dry crackers
Leg cramps	<ul style="list-style-type: none"> Elevate feet Slightly massage the legs 	<ul style="list-style-type: none"> Lie on back, extend legs while keeping knees

		straight and dorsiflex the foot <ul style="list-style-type: none"> Lowering milk intake to only 1 pint daily and supplementing this with calcium lactate
Intense abdominal pain	<ul style="list-style-type: none"> No interventions were made 	<ul style="list-style-type: none"> rising slowly from a lying to a sitting, or from a sitting to a standing position.
Ankle edema	<ul style="list-style-type: none"> Elevate feet 	<ul style="list-style-type: none"> resting in a left side-lying position Sitting for half an hour in the afternoon and again in the evening with the legs elevated Avoid wearing panty girdles, pantyhose,
Frequent urination	<ul style="list-style-type: none"> No interventions were made 	<ul style="list-style-type: none"> Kegel exercises Advise not to decrease fluid intake

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
Don't scratch the abdomen to prevent striae	<ul style="list-style-type: none"> Striae normally happens as the abdomen expands or when the dermis stretches due to hormonal changes.
Don't eat fruit twins, so you won't bear twins.	<ul style="list-style-type: none"> Multiple pregnancies are genetically predetermined and has nothing to do with what the mother eats. During rare occasions, the woman's ovaries release two eggs and two separate sperm fertilize each egg.

References:

Fraternal twins, identical twins and other types of twins. (2022, February 23). Raising Children Network. <https://raisingchildren.net.au/pregnancy/health-wellbeing/twin-pregnancy/twins>

Pillitteri, A. (2009). *Maternal & Child Health Nursing: Care of the Childbearing & Childrearing family.* Wolters Kluwer/Lippincott Williams & Wilkins.