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N13: Maternal and Child Nursing

- I. 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. Ankle edema ( <i>Pamamanas</i> , according to the interviewee) and Foot Cramps	Elevated feet  Straightened foot	Sitting with elevated legs for 30 minutes in the afternoon and in the evening is helpful in managing ankle edema.  Positioning in a left side-lying position increases the kidney's glomerular filtration rate, allowing for a good venous return.  Constricting clothing such as panty girdles or knee-high stockings may further cause discomforts of ankle edema.
2. Backache	When sleeping, sleep in a straight position	Keeping the back straight and supported is helpful in reducing the discomfort of backache.

		<p>Shoes with low to moderate heels may be worn in order to reduce the amount of spinal curvature needed for an upright posture.</p> <p>When picking up objects, squatting is more beneficial than bending over. When holding objects, be sure to hold them close to the body.</p> <p>Hot compress may also be used to relieve backache.</p> <p>When sleeping, a firmer mattress may be used.</p>
3. Breast tenderness	Did not manage	<p>The mother can be advised to wear a firm, supportive bra with wide straps in order for the breast weight to spread across the shoulders.</p> <p>Fluid discharge of colostrum may occur, accompanied by a sensation, during the 16th week of pregnancy. Breasts may be washed with clear tap</p>

		water with no soap to remove colostrum and reduce risk for infection. Pat dry the nipple afterwards.
4. Fatigue	Sleeping	<p>An increased amount of sleep and rest is already helpful in managing Fatigue.</p> <p>If fatigue persists, this may indicate that the mother is not having adequate sleep and rest. During prenatal visits, it is important to always ask if they have a rest period each day. With this, the mother may alter her schedule to accommodate having a rest period.</p>

- II. 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. If you eat <i>kambal na saging</i> the baby will turn out to be twins.	Twins are not formed from the type of food eaten. Identical or monozygotic twins form when one fertilized egg divides and develops

	<p>into two babies with the same genetic information. On the other hand, fraternal or dizygotic twins are fertilized by 2 sperms which develop into 2 babies with different genetic information.</p>
<p>2. If a pregnant woman eats <i>dinuguan</i>, the baby will have a dark skin color.</p>	<p>The baby's skin color is dependent on genes, not on the food eaten. It is a polygenic trait and will be inherited from color genes of both biological parents.</p>
<p>3. If the pregnant woman's neck is dark in color, the baby will be a boy. If the pregnant woman is beautiful during pregnancy, the baby is a girl.</p>	<p>The sex of the baby is dependent on the father's genes. The male, has XY sex chromosomes while the female has XX sex chromosomes. Each parent contributes 1 chromosome each. If the male's X chromosome and the woman's X chromosome combine, the sex of the baby is a girl. On the other hand, if the male's Y chromosome and the woman's X chromosome is combined, the sex of the baby is a boy.</p>
<p>4. Pregnant women should not attend funerals. But if she attends a funeral, she should be wearing red. Spirits may take the baby away.</p>	<p>Prenatal and Antenatal care are important to ensure the baby's health throughout pregnancy. The mother should take care of her health, especially keeping a low stress level during</p>

	pregnancy, to provide a healthy environment for the baby's growth and development.
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## References

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