



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**

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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
Pain in lower back	Laying down and resting <i>This alone is an appropriate management for the pregnancy discomfort. The discomfort should be managed more specifically depending on severity.</i>	<p>Low back pain is a normal finding in pregnancy. Several factors include laborious work, history of low back pain and previous history of pregnancy-related low back pain.</p> <p>Common management to this include applying heat and cold to the back, improving postures (especially when mother has a tendency to slouch), and stretching regularly to strengthen muscles.</p> <p>Other nonpharmacologic treatments include acupuncture, manual therapy, water therapy, yoga and other complementary medical treatments.</p> <p>Diagnostic evaluation should be approached in extreme cases as to determine whether back pain may be myofascial in origin. Examination of joints and further diagnostic workup such as imagine is appropriate depending on history and physical examination.</p>
Ankle edema	Sitting down, elevating the feet when it becomes "heavy" <i>This alone is an</i>	Ankle edema is caused by pressure of the growing womb that affects blood flow in the legs. Fluid build up is normal in legs, ankles and feet during pregnancy.

	<p><i>appropriate management for the pregnancy discomfort. The discomfort should be managed more specifically depending on severity.</i></p>	<p>Common management includes activity management such as avoiding standing for long periods, sitting down with feet up while rotating feet at the ankles or lying down with legs elevated.</p> <p>The mother can also try light physical activity every day and wear loose clothing so that it does not restrict blood flow.</p> <p>Sleeping on the left side, as to take pressure off the large vein that returns blood from the lower half may help reduce swelling.</p>
<p>Enlargement of Abdomen / Reported heaviness of baby</p>	<p>Sit down when it feels heavy, put pillows beside you when sleeping sideways</p> <p><i>This alone is an appropriate management for the pregnancy discomfort. The discomfort should be managed more specifically depending on severity.</i></p>	<p>Pregnant belly normally feels tight and heavy because the uterus expands to accommodate the growing baby. As the baby pushes up against the abdominal wall, the belly becomes tight looking and feeling.</p> <p>Common management includes drinking a glass of water and lying down, using the bathroom and emptying the bladder to relieve some tightness, and changing positions that put pressure on the belly.</p> <p>It is also advisable to take warm baths or showers and drink appropriate cups of tea or warm milk that can relax and hydrate. In addition, it is important to call a doctor if home remedies do not relieve tightness and pain.</p>
<p>Breast pain</p>	<p>No management, left it alone</p> <p><i>Although appropriate, there are better ways to manage this discomfort.</i></p>	<p>During pregnancy, your body begins producing more hormones than normal, specifically estrogen. This directly affects your breasts, often making both of them painful and tender as your pregnancy progresses through the different stages.</p> <p>A pregnancy bra can help keep larger, more sensitive breasts as comfortable and supported as possible. Sleeping in a bra can also help reduce discomfort.</p>

		Wearing a sports bra can also help when breasts are swollen or sensitive. Hot or cold compresses may provide some relief, as well.
Headache	Laying down and resting <i>This alone is an appropriate management for the pregnancy discomfort. The discomfort should be managed more specifically depending on severity.</i>	Headaches are triggered by a lot of factors such as hormonal changes, changes in blood volume, and gaining weight. Headache triggers such as certain foods or orders must be avoided. This goes hand in hand with managing stress with healthy coping mechanisms such as relaxation techniques. Diet and activity also plays a big role, and it is important to include appropriate physical activity and regularly scheduled meals. This also includes a good sleeping schedule because sleep deprivation might contribute to the headaches.

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
Always put salt on your roof because a <i>tiktik</i> or <i>aswang</i> might get your baby	Aswang, and its specific form of the TikTik, are part of Philippine folklore. They are described to be shapeshifting creatures that have the characteristics of werewolves, vampires and ghouls. There are a lot of factors to consider as to whether the belief of this piece of mythology is strong, like the place of birth. What we can do as nurses is to respect and empower their culture and look further if there are activities like fatigue, excessive worrying and anxiety that affect the mother and the baby.
You must always get the food you crave for or your baby will get a birthmark (<i>balat</i>)	Food has no effect on the baby's physical appearance. A doctor should be consulted on how to manage a diet to ensure that the baby is getting appropriate nutrients.
If you eat dark foods, your baby will also have a dark skin tone	Food has no effect on the baby's physical appearance. Characteristics like skin color will

	depend on genetics and the best way to find out the baby's appearance is through a 4D ultrasound.
Do not scratch the belly or you will have stretch marks, use a comb instead If the belly is itching, the baby will be hairy	Itching is common to pregnancy and is thought to be caused by raised levels of certain hormones or other chemicals. Stretching of the skin also causes itch. Stretch marks are also common to pregnancy and do not affect just pregnant women. It occurs when skin is stretched brought about by growth (such as puberty, or gaining weight). Hormones affect skin and make it more likely for a pregnant woman to have stretch marks.
Do not take a bath in the night because this will lessen the blood flowing to the baby	Baths will not be able to affect the baby's status. The client should instead ensure that the water is not too hot or too cold because sudden change in temperature can cause problems for a developing baby. Overheating for example can increase risk of dehydration and dizziness. In truth, the baby is not in danger of getting germs because they are protected by an amniotic sac and mucous plug.

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