



**N13: PRENATAL CARE AND SAFE MOTHERHOOD**  
**PREGNANCY MYTHS AND DISCOMFORTS**

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.

<b>Pregnancy Discomfort</b>	<b>Own Management</b>	<b>Proper Management</b>
1. Ankle edema	<ul style="list-style-type: none"> <li>• The client mentioned that she sleeps on her left side.</li> </ul>	<p>While her own management is correct, the following can further be done:</p> <ul style="list-style-type: none"> <li>• Sit and elevate feet.</li> <li>• Wear comfortable shoes.</li> <li>• Reduce sodium intake.</li> <li>• Increase potassium intake.</li> <li>• Stay hydrated.</li> </ul>
2. Frequent urination	<ul style="list-style-type: none"> <li>• Whenever the urge to urinate is felt, the client listens to her body.</li> </ul>	<p>Her own management is lacking. The following can also be done:</p> <ul style="list-style-type: none"> <li>• Cut down on fluids before bed.</li> <li>• Avoid caffeinated drinks.</li> <li>• Lean forward when urinating.</li> <li>• Perform pelvic floor exercises to strengthen the muscles of the pelvis and urethra and support the bladder.</li> </ul>
3. Fatigue	<ul style="list-style-type: none"> <li>• The client expressed that she attends work so she was not able to address this discomfort.</li> </ul>	<p>To properly manage the discomfort, the following can be done:</p> <ul style="list-style-type: none"> <li>• Ask for help from family and friends to give time to a daily nap or two.</li> <li>• Perform exercises.</li> <li>• Eat healthy meals and stay hydrated.</li> </ul>
4. Nausea and vomiting	<ul style="list-style-type: none"> <li>• The client avoids pungent smells.</li> </ul>	<p>While her own management is correct, the following can further be done:</p>

		<ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Open the windows in your home or workplace to breathe fresh air.</li> <li>• Select foods that are high in protein, low in fat and easy to digest, and avoid greasy, spicy and fatty foods.</li> <li>• Receive acupuncture.</li> </ul>
5. Increased appetite	<ul style="list-style-type: none"> <li>• The client eats fruits and vegetables often.</li> </ul>	<p>To properly manage the discomfort, the following can be done:</p> <ul style="list-style-type: none"> <li>• Focus on eating more protein, fiber, and unsaturated fat.</li> <li>• Drink enough water.</li> <li>• Eat slowly and avoid distractions while you eat.</li> <li>• Cut back on nutritionally empty foods, such as drinks with added sugar, fast foods, and highly processed packaged foods.</li> </ul>
6. Back pain	<ul style="list-style-type: none"> <li>• The client sleeps on their side.</li> </ul>	<p>While her own management is correct, the following can further be done:</p> <ul style="list-style-type: none"> <li>• Practice good posture.</li> <li>• Lift properly and carefully.</li> <li>• Apply local heat.</li> <li>• Include gentle exercises in daily routine, such as walking or water exercise.</li> <li>• Avoid standing for long durations.</li> </ul>
7. Nasal Congestion	<ul style="list-style-type: none"> <li>• The client stays hydrated by drinking plenty of fluids.</li> </ul>	<p>While her own management is correct, the following can further be done:</p> <ul style="list-style-type: none"> <li>• Elevate head with extra pillows when lying down.</li> <li>• Take a warm shower and linger in the steamy bathroom.</li> <li>• Use a humidifier or vaporizer in the bedroom when sleeping to add moisture to the air.</li> </ul>

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	Pregnancy Truth
<p>The mother should adjust their diet by eating for two people.</p>	<p>Eating too many calories is bad for both the mother and the baby. Certainly, the amount of the intake of certain nutrients should be increased, but not to the extent of eating for two people. This can increase the risk of the mother for gestational diabetes, backaches, high blood pressure, and the necessity to get a cesarean birth because the baby might be larger than normal (Smith, 2010).</p>
<p>The physical traits and features of the baby will be affected by the mother's food cravings during gestation.</p>	<p>The food preferences of the mother during pregnancy have no effect on the physical attributes of the baby, as this is dependent on the genes of the parents. Instead, it would be better to find out what the baby looks like through 4D ultrasounds (Makati Medical Center, 2019).</p>
<p>The mother should avoid wearing necklaces around the neck as this can cause the umbilical cord to wrap around the neck of the baby.</p>	<p>Accessories worn around the neck cannot cause the umbilical cord to wrap around the neck of the baby. During the second and third trimesters, this scenario can be possible, however, it is influenced by the movements of the baby in the womb and not by external factors (Makati Medical Center, 2019).</p>
<p>Eating twin bananas can increase the chances of having twins.</p>	<p>Twin bananas have nothing to do with conceiving twins. Twins are produced in two ways: (1) when a single embryo splits into two after fertilization and (2) when two separate egg cells are each fertilized by different sperm. Hence, if the mother wants to increase their chances of having twins, they must understand the role of genetics, family history, fertility, and treatments such as In-Vitro Fertilization, instead (Makati Medical Center, 2019).</p>
<p>Pregnant women should avoid attending funerals as being around death can cause a stillborn.</p>	<p>Attending funerals does not pose direct physical threats to the development of the baby. Rather, it is the emotional stress that death brings that can be a cause for concern. Under great stress, the placenta can release cortisol, which may alter fetal metabolism</p>

	(Makati Medical Center, 2019).
The shape of the mother’s belly can determine the sex of the baby. If it is pointed, a baby boy is expected. If it is round, on the other hand, the baby will be a girl.	The size and shape of the mother’s belly have to do with a number of factors, none of which indicate the sex of the baby. In reality, it is the size and position of the baby that may affect how the mother’s belly looks on the outside. At any given time, the position of the baby may also change, temporarily changing the shape and size of the bump (Marcin, 2019).
The scent of a mother attracts monsters, like <i>aswang</i> or <i>tiktik</i> , so it is important to put garlic and salt beside the windows of the home.	The existence of supernatural beings is not scientifically verified. However, respect should still be extended in dealing with the cultural beliefs of the client (Lent, n.d.).
Eating raw eggs during pregnancy makes the delivery process easier.	Eating raw eggs can expose pregnant women to threats to health, such as salmonella. It is advised to cook the eggs to ensure safety. Furthermore, whether the childbirth will be painful or not is dependent on other factors, such as the weight of the baby, the mother’s health, the position of the baby, and the availability of emotional support (Tanjuatco, 2018).
The mother should avoid drinking cold water because the baby in the womb might catch a cold.	Drinking cold water in moderation does no harm to the baby. The amniotic fluid balances the temperature inside the womb, so the baby would not even feel cold. Furthermore, pregnant women feel warm most of the time due to the increased amount of blood in their bodies (Tanjuatco, 2018).
When a pregnant woman steps over her husband, he will experience the pregnancy discomfort.	Pregnancy discomfort cannot be passed on to the father because this is a result of the pregnancy hormones in the mother’s body (Lent, n.d.).

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