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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.

Pregnancy discomfort	Own management	Proper management
1. Nausea and vomiting	<ul style="list-style-type: none"> • The client avoids pungent smells. • The client lessens her food intake. 	<ul style="list-style-type: none"> • Dietary changes <ul style="list-style-type: none"> ○ Eat before or as soon as you feel hungry to avoid an empty stomach. ○ Eat snacks frequently and have multiple small meals that are high in protein or carbohydrates and low in fat. ○ Stick to a bland diet. ○ Drink cold, clear, and carbonated or sour fluids and drink them in small amounts between meals. ○ Try smelling fresh lemon, mint, or orange or using an oil diffuser with these scents. • Avoid triggers <ul style="list-style-type: none"> ○ Avoid odors, tastes, and other activities that trigger nausea. ○ Eliminate food triggers like spicy, sugary, and high-fat foods. • Brush teeth after eating. • Stay well-hydrated.

		<ul style="list-style-type: none"> • Avoid lying down immediately after eating and avoid quickly changing positions. • Use of acupressure wristbands and acupuncture. • Consume ginger-containing foods (ginger lollipops, ginger ale). <p>(Clark, Fox, & Smith, 2021)</p>
2. Headache	<ul style="list-style-type: none"> • The client rests or sleeps. 	<ul style="list-style-type: none"> • Avoid headache triggers (certain foods or odors). Creating a headache diary might help in identifying triggers. • Include physical activity in daily routine such as daily walks and other moderate aerobic exercises. • Manage stress through healthy coping strategies. • Practice relaxation techniques such as deep breathing, yoga, massage, and visualization. • Stick to a regular sleep schedule since sleep deprivation can contribute to the occurrence of headaches. • Consult with your health care provider regarding taking acetaminophen. <p>(Tobah, 2020)</p>
3. Ankle edema	<ul style="list-style-type: none"> • The client elevates her feet using piles of pillows. 	<ul style="list-style-type: none"> • Avoid standing for long periods. • Sit with your feet up and occasionally rotate feet at the ankles and gently flex feet to stretch calf muscles. • Lie down with legs elevated slightly with pillows. • Sleep on your left side to relieve pressure off the inferior vena cava. • Wear compression stockings during the day. • Be physically active.

		<ul style="list-style-type: none"> • Stand or walk in the pool to help compress tissues in the legs and provide temporary relief. • Wear loose clothing since tight clothing can restrict blood flow. (Tobah, 2020)
4. Back pain	<ul style="list-style-type: none"> • The client rests and sleeps on her side. 	<ul style="list-style-type: none"> • Exercise regularly to strengthen muscle and enhance flexibility. Safe exercises include walking, swimming, and stationary cycling. • Apply heat and cold compresses. Start with cold compresses on the painful area for up to 20 minutes several times a day. Then, after 2-3 days, switch to a heat compress (heating pad or hot water bottle). Make sure not to apply heat to the abdomen. • Improve posture <ul style="list-style-type: none"> ○ Avoid slouching to lessen strain to the spine. ○ When sleeping, sleep on your side with a pillow between your knees to relieve stress off your back. ○ When sitting, place a rolled-up towel behind your back, rest feet on a stool, and sit up straight with your shoulders back. ○ When standing, pull hips forward and shoulders back. ○ If picking something up from the ground, use legs to squat instead of bending over. • Stretch regularly. • Use low-heeled, but not flat, shoes with good arch support. • Do not sleep on your back. (Dunkin, 2020)
5. Frequent urination	<ul style="list-style-type: none"> • The client does not do anything about it, she just 	<ul style="list-style-type: none"> • Perform pelvic floor exercises or Kegel exercises.

	<p>urinates whenever she felt the urge.</p>	<ul style="list-style-type: none"> ○ Empty the bladder. ○ Relax the abdomen, chest, thighs, and buttocks. ○ Tighten the pelvic floor muscles and hold for 5-10 seconds. ○ Relax the muscles for 5-10 seconds. ○ Repeat 10 times. ● Cut down on fluids before bed. ● Avoid caffeinated drinks. ● Lean forward when urinating. <p style="text-align: right;">(Mariz, 2021)</p>
<p>6. Heart Palpitations</p>	<ul style="list-style-type: none"> ● The client rests. 	<ul style="list-style-type: none"> ● Drink plenty of water. ● Avoid smoking, alcohol, and nicotine. ● Limit caffeine, sugar, and fat. ● Try relaxation techniques such as deep breathing, pursed lip breathing, and meditation. Take long, deep breaths in through the nose and out through the mouth. <p style="text-align: right;">(Cleveland Clinic, 2021)</p>

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
<p>1. Eating twin bananas may result in having twin babies.</p>	<p>Eating twin bananas does not have any scientific connection to the chances of having twin babies. Twins are produced in two ways: (1) when a single embryo splits into two after fertilization resulting in identical twins and (2) when two separate egg cells are fertilized by different sperm resulting in fraternal twins (Makati Medical Center, 2019).</p>
<p>2. The mother should eat an amount of food for two people.</p>	<p>Pregnant women indeed have increased nutritional requirements but overeating and wrong food choices can cause complications such as gestational diabetes and excessive weight gain which puts the health of the mother and baby at risk (Cordlife Medical Phils., Inc., n.d.).</p>

<p>3. If the pregnant woman has dark areas on the body, the baby will be a boy but if the pregnant woman looks fresh and blooming, the baby will be a girl.</p>	<p>The sex of the baby can neither be physically visualized nor manifests through changes in the mother's body. The only way to verify the baby's sex is through ultrasonography (Makati Medical Center, 2019).</p>
<p>4. Pregnant women should avoid attending funerals as it can cause stillbirth.</p>	<p>Attending funerals does not cause any harm to a pregnant woman. However, the emotional stress that death may bring can cause the placenta to release cortisol which may alter fetal metabolism (Makati Medical Center, 2019).</p>
<p>5. The mother should avoid wearing necklaces or wrapping towels around her neck to prevent the umbilical cord to wrap around the baby's neck.</p>	<p>While it is true that the umbilical cord can wrap around the baby's neck, it is in no way connected with wearing necklaces or wrapping towels of mothers. Wrapping of the umbilical cord is caused by the baby's movements in the womb which usually occurs during the second and third trimester (Makati Medical Center, 2019).</p>
<p>6. The pregnant women's cravings affect the baby's appearance.</p>	<p>Food, cravings, and obsessions of the mother do not have any direct effect on the baby's physical appearance as it primarily depends on the genes of the parents (Makati Medical Center, 2019).</p>
<p>7. Itchy skin suggests that you're having a baby boy.</p>	<p>Itchy belly, legs, breasts, or palms are all normal parts of pregnancy. However, there is no substantial medical evidence to support this claim (Harris, 2019).</p>
<p>8. Eggplant should be avoided for it may cause bruises to the baby.</p>	<p>Eggplant can be eaten during pregnancy but in moderation. It contains fiber, folate, and potassium that can help in fetal development. However, eggplant is thought to be a heat-producing food that could cause abortion (Malachi, 2022).</p>

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