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N13: MATERNAL AND CHILD NURSING
Pregnancy Myths and Discomforts

Answer the following questions and submit your answers in PDF format. Remember to cite references of your answers as much as possible.

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. Ankle Edema	The client lifts her foot while resting or laying down, and asks for foot massages at night.	<ul style="list-style-type: none">• Reduce sodium intake. Avoid eating processed or canned food items.• Limit use of salt in seasoning food. Instead, use savory herbs such as oregano, rosemary, thyme, etc.• Increase potassium intake. Consume produce and meat which are good sources of potassium such as bananas, salmon, spinach, and sweet potatoes.• Reduce caffeine intake.• Hydrate constantly in sufficient volumes.• Elevate your feet above heart level while resting or sitting.• Sleeping on your left side when possible can improve blood flow, which reduces swelling of the feet.

		<ul style="list-style-type: none"> • Wear loose and comfortable clothing and shoes to avoid hindering blood circulation. • Walking helps in improving blood flow. • Massaging the feet and lower extremities aid in faster and better blood circulation. <p>(Horsager-Boehrer, 2021; Dix, 2019)</p>
2. Headaches or Migraines	The client sleeps for a short amount of time or napping.	<ul style="list-style-type: none"> • Drink plenty of water. Dehydration may cause headaches. • Eat regularly with food items that are healthy for pregnant woman. • Perform light stretches or exercise such as yoga. • Relax and rest. If working, take regular breaks as needed. • Get some air. Avoid hot, stuffy spaces and strong odors. • Switch lighting if possible. Fluorescent lighting and windowless workspaces can cause headaches. • Deep breathing and meditation also help in deviating one's mind from the pain. • Maintain good posture while working or performing daily activities. • Put an ice pack or cold compress on the back of your neck for 20 minutes while you relax. • Take acetaminophen if cleared by the doctor and with no existing allergies to the medication. <p>(Geddes, 2021; Weatherspoon, 2019)</p>

<p>3. Back Aches</p>	<p>The client lays down sideways to rest for a bit, and uses a pillow to anchor or support the back.</p>	<ul style="list-style-type: none"> • Regular exercise strengthens muscles and boosts flexibility, easing the stress in the spine. Safe exercises for most pregnant women include walking, swimming, and stationary cycling. • Applying heat and cold compress can help reduce back pain when applied for 20 minutes a day. • Observe and improve posture. Improper body mechanics can strain the spine so when working, sitting, or sleeping, utilize good posture. • Stretch regularly to strengthen the back and pelvic muscles. • If picking something from the ground, squat rather than bending over. • Avoid sleeping on your back. • If pain persists, consult with the doctor about taking acetaminophen. <p style="text-align: right;">• (Dunkin, 2020)</p>
<p>4. Heart Palpitations</p>	<p>The client takes deep breaths, rests, and tries to think of good or nice things to ease her rapid heartbeat.</p>	<ul style="list-style-type: none"> • Hydrate adequately. It's essential to stay hydrated while pregnant. • Limit intake of high-fat food items. • Reduce consumption of coffee and sugar. Do not drink alcohol. • Manage heart palpitations via relaxation techniques to calm the heart and ease the mind. • Ease anxiety and stress by leaving or removing yourself from stress-inducing situations. • Avoid medications that act as stimulants which may increase heart rate further.

		<ul style="list-style-type: none"> Consult with your doctor if there might be underlying reasons for heart palpitations. <p>(Ansonge, 2021; Cleveland Clinic, 2021)</p>
<p>5. Nausea and Vomiting</p>	<p>The client rests and hydrates herself. She also avoids getting near items whose smell is pungent for her and causes her to feel nauseous.</p>	<p>a. Dietary Changes</p> <ul style="list-style-type: none"> Eat a few crackers or toast in the morning to help settle your stomach. Do not let yourself go hungry. Avoid an empty stomach. Consume 5 or 6 small meals a day instead of 3 large meals. Eat cheese, lean meat, or other high-protein snack before bedtime. Avoid spicy and fatty food items. Purse eating bland foods. Drink tea with ginger or consume food items which are ginger-flavored. <p>b. Hydrate consistently throughout the day.</p> <p>c. Discuss vitamin supplementation with attending physician.</p> <p>d. Avoid odors, flickering lights, other situations that bother you and trigger your nausea.</p> <p>e. Try smelling fresh lemon, mint, or orange or using an oil diffuser with these scents.</p> <p>(Todd, 2020; ACOG, 2018; Cleveland Clinic, 2017)</p>
<p>6. Difficulty Sleeping</p>	<p>The client passes time and does relaxation activities at night such as reading a book or cross-stitching.</p>	<ul style="list-style-type: none"> Avoid consuming caffeine or chocolate in the late afternoon or before going to bed. Eat small and early. Do not consume large meals just an hour before sleeping. Take your time while eating especially during dinner to avoid heartburns. Drinking regularly throughout the day while reducing water intake by 6PM to avoid having a full bladder at night.

		<ul style="list-style-type: none"> • Try relaxation exercises before going to bed to facilitate sleep. • Have a bedtime routine to follow and condition the body when to sleep. • Reduce use of electronic devices a few minutes or hours before bed. • Exercise lightly to help relieve stress and reduce energy levels by evening. • Make yourself comfortable to ease any discomfort from pregnancy. • Ease worries and anxieties by talking about them with friends or significant other. <p style="text-align: right;">(Geddes, 2020)</p>
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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
<p>1. Eating twin bananas will result to having twin babies</p>	<p>Eating twin bananas does not equate or relate to having twins. No scientific evidence or study support the mentioned pregnancy myth. Twins are produced either by two ways: (1) a single embryo is divided into 2 after fertilization, or (2) two female egg cells are fertilized by different sperm cells. Despite the lack of significant relationship between twin bananas and having twins, bananas remain a healthy food option that is a good source of potassium for pregnant woman.</p> <p style="text-align: right;">(Makati Medical Center, 2019).</p>
<p>2. The pregnant woman should be eating for two persons.</p>	<p>While it is true that women may need to increase their caloric intake slightly when pregnant, they should avoid overeating. The increased demand for caloric intake for pregnant women does not equate to consuming calories beyond normal. Overeating can be harmful to both the woman and the fetus. Moreover, increase in caloric intake should be gradually observed. Women should generally focus on continuing</p>

	<p>with their regular diet, while ensuring they are eating nutrient-rich foods.</p> <p>(Cabotaje, 2020; Fletcher, 2019)</p>
<p>3. Exercising during pregnancy is not good or helpful. It can cause miscarriage.</p>	<p>Doctor-approved exercise is helpful during pregnancy. While there is truth in avoiding high-contact sports and strenuous activities while pregnant, low to moderate physical activity is beneficial. It helps alleviate back pain and improves sleep. Moreover, physical activity, as suggested by physicians, helps in managing weight and contributed to a healthier labor and delivery. Overall, staying active while pregnant is both good for the mother and the baby.</p> <p>(Masters, 2021; Coppa, 2018)</p>
<p>4. Heartburn during pregnancy means your baby will have a full head of hair.</p>	<p>No significant correlation between the two events. While a small 2006 study showed that mothers who had heartburn also mostly gave birth to babies with average to above average hair growth, there was no sufficient evidence to show that the two occurrences were linked in any way.</p> <p>As matter of fact, heartburn is common when one is expecting or carrying as the release of hormones involved with pregnancy causes for the lower esophageal sphincter at your stomach to stay relaxed and open. The more likely reason behind a baby’s hair growth upon birth is family history and genetic makeup.</p> <p>(Cabotaje, 2020)</p>
<p>5. What you eat during pregnancy can affect your baby’s food allergies.</p>	<p>According to Bolles Holder, as cited by Cabotaje (2020), “Currently there is no conclusive evidence to validate the reduction of allergies or food aversions by reducing or eliminating these foods in women’s diets.” Furthermore, according to Shope, any food consumed by the mother has already been broken down into amino acids, glucose and fats by the time it crosses the placenta and reaches the baby. Hence, it hardly determines or affects the baby’s tastes. In conclusion, pregnancy palate doesn’t influence the baby’s food allergies.</p> <p>(Cabotaje, 2020)</p>

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