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The Health Sciences Center
COLLEGE OF NURSING

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N13 - Maternal and Child Nursing
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.

Name: E.N.R

Age: 53 y.o

Pregnancy discomfort	Own Management	Proper Management
1. Nausea and Vomiting	<ul style="list-style-type: none"> Consumes sweet food or candies Drinks milk Sleeping 	<ul style="list-style-type: none"> Eat 5-6 small meals a day to ensure that the stomach is never empty. Frequently eat bites of foods such as nuts, fruits, crackers. Consume foods or liquids that are low in fat and easy to digest like bananas, rice, applesauce, toast and tea. Smell fresh lemon, mint or orange. Avoid triggers like perfumes, heat, and excessive exercise. Stay hydrated
2. Lower back pain	<ul style="list-style-type: none"> Massage 	<ul style="list-style-type: none"> Sleep or rest in a side-lying position using a wedge-shaped pillow to support the stomach.

		<ul style="list-style-type: none"> ● Use a pillow in between the legs while in a side-lying position. ● If prescribed, drink pain reliever medication. ● Avoid standing for a long time. ● Stand upright ● Active back exercises
3.. Frequent urination	<ul style="list-style-type: none"> ● No interventions were made 	<ul style="list-style-type: none"> ● Perform Kegel exercises daily.

2. Interview your mother or grandmother (whoever is available) and ask them about pregnancy myths. List all that they can identify?

Pregnancy Myth	Truth
1. If a pregnant woman steps over her husband, the husband will experience pregnancy cravings.	<ul style="list-style-type: none"> ● There is no scientific basis for this myth. The unusual cravings of the pregnant mothers are mainly because of the pregnancy hormones (Lent, n.d)
2. If the stomach of the pregnant woman is round, the gender of the baby is girl; If the stomach is sharply rounded, the gender of the baby is boy.	<ul style="list-style-type: none"> ● According to Fletcher (2019), none of these are accurate. The most reliable way to determine the baby's sex is through an ultrasound. The stomach's shape is purely based on your body shape and how much the pregnant women gain weight during pregnancy (Watson, 2010). It is also because of the muscle tone, uterine tone, and the position of the baby.
3. The pregnant woman should not wear any things that wrap around her neck, such as necklaces because the umbilical cord will also wrap to the baby's neck.	<ul style="list-style-type: none"> ● Umbilical cord can wrap around the baby's neck because of the random fetal movements (Lent, n.d).
4. If the pregnant woman eats twin fruits, she will bear twins.	<ul style="list-style-type: none"> ● Having multiple pregnancies has nothing to do with what the mother eats. It is when the woman releases 2 eggs, and a separate sperm fertilizes each egg.

<p>5. The cravings of a pregnant woman will affect the baby's appearance.</p> <ul style="list-style-type: none"> - Example: If the pregnant mom craves <i>dinuguan</i>, the baby's skin color will be brown or dark. 	<ul style="list-style-type: none"> • The physical features of the baby is not determined by what the mother eats, but by genetics (Lent, n.d)
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If one of your future clients will raise this concern, how/what answer will you give them?

If there is one episode that my future client will raise this concern, I will respect their opinions. However, as a nurse, I will clarify the truth behind those superstitions or myths and explain it scientifically. Nowadays, or even more in the future, technology is widely used and can correct much misinformation. It is also used to determine the baby's health or sex.

References

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