



VELASCO, Arthieza Danielle B.
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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.

<i>Pregnancy Discomfort</i>	<i>Own Management</i>	<i>Proper Management</i>
1. Nausea and vomiting even past first trimester	<ul style="list-style-type: none">• Vomiting	<ul style="list-style-type: none">• Most women's nausea and vomiting can be effectively managed by:<ul style="list-style-type: none">○ Drinking lots of fluids○ Avoiding foods that cause nausea and vomiting• If the condition persists despite these measures, pregnant women are given antiemetic drugs.
2. Dislikes bathing	<ul style="list-style-type: none">• Still bathes	<ul style="list-style-type: none">• Daily bathing is a self-care need so it is recommended unless advised by the physician otherwise.• Bathe with warm water to relax and soothe body muscles.• Limit bathing to 10 minutes or less.• If bathing is uncomfortable, consult the physician.
3. Frequent urination	<ul style="list-style-type: none">• Urinating whenever there is an urge	<ul style="list-style-type: none">• Limit caffeine intake.• Encourage doing Kegel's exercises to help:<ul style="list-style-type: none">○ Strengthen urinary control○ Strengthen perineal muscles at birth○ Decrease the possibility of stress incontinence
4. Extreme discomfort when cravings are not satisfied	<ul style="list-style-type: none">• Tries to provide all the cravings	<ul style="list-style-type: none">• Some experts believe that pregnancy cravings are a normal desire for comfort as the body adjusts to new physical stressors, so as long as the type of food is healthy, it can be helpful to provide a pregnant woman's cravings.



<p>5. Vaginal bleeding</p>	<ul style="list-style-type: none"> • Bed rest • Avoids using the stairs 	<ul style="list-style-type: none"> • Immediately consult the physician to determine the cause of bleeding. • Follow the interventions advised by the physician. • It is also important to avoid too much exertion to avoid stress and hence, the likelihood of bleeding. • If the bleeding is uncontrolled, the pregnant woman may need to be hospitalized to receive blood products.
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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?

<i>Pregnancy Myth</i>	<i>Truth</i>
<p>Pregnant women should not watch “ugly” people on TV because they might be fond of them, which will then result to the baby looking like that “ugly” person.</p>	<p>Environmental factors, unless directly affecting the genome and health of the mother and baby, cannot really influence the baby’s appearance. The physical appearance of the baby is already predetermined by the chromosomes contained in the specific sperm cell and egg cell that have united to form the zygote. The only other circumstances that may affect this are environmental factors like the mother’s health to support the pregnancy.</p>
<p>Pregnant women should not stay outside if it is nighttime, because they are attractive to <i>aswang</i>.</p>	<p>Depending on culture and beliefs, it might be difficult to debunk this myth. However, to be safe, pregnant women should really stay inside during nighttime to already be able to rest as early and as long as possible.</p>
<p>Wearing black clothes should be avoided during pregnancy.</p>	<p>The color of clothes does not actually matter, as long as the pregnant woman feels safe and comfortable in what she wears.</p>
<p>The pregnancy cravings will determine some traits of the baby.</p>	<p>The truth for the first myth also applies to this. Moreover, the foods consumed by the mother are just processed by the body to get the useful components, but they do not directly affect the baby’s traits in any way.</p>



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
Sotejo Hall, Pedro Gil St. Ermita, Manila



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