

Pregnancy Myths and Discomforts

N13 | Maternal and Child Nursing

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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
Headache	<ul style="list-style-type: none"> • Rest 	<ul style="list-style-type: none"> • Headache may be considered a danger sign in pregnant woman and must be reported especially if there is an accompanying vision changes and is felt only during pregnancy. • If headache is unusual, intense or continuous, consult obstetrician to determine underlying cause • Acetaminophen may be used to relieve pain • Resting, as well as reducing eye strain may lessen number of headaches • Use of ice pack
Lower back pain	<ul style="list-style-type: none"> • Use of pregnancy pillow when lying on bed • Use of paracetamol 	<ul style="list-style-type: none"> • Wearing shoes with low to moderate heels • Walking with pelvis tilted forward • Use of heating pad on back • Advise not to bend and squat instead when picking objects • Acetaminophen may be used to relieve pain • Pregnancy pillow or firmer mattress may also help
Fatigue	<ul style="list-style-type: none"> • Sleep and rest • Relaxing by listening to music 	<ul style="list-style-type: none"> • Sleeping and resting are good ways to manage fatigue • Modifying activities of daily living can help with fatigue • Relaxing by listening to music and taking a warm bath can also help
Heartburn	<ul style="list-style-type: none"> • Eating on time • Avoiding fatty and oily foods • Drinking more water 	<ul style="list-style-type: none"> • Eating small meals frequently instead of larger meals • Sleeping on the left side with two pillows, elevating the upper torso • Waiting at least 2 hours before lying down after meal • Avoiding fatty and fried foods is correct
Leg cramps	<ul style="list-style-type: none"> • Soft massage of legs 	<p>Instead of a soft massage:</p> <ul style="list-style-type: none"> • Lie down on back, extend the involved leg while keeping knee straight, and point toes upward until pain disappears
Belly pain/contractions	<ul style="list-style-type: none"> • NONE. Bearing with the pin 	<p>Although Braxton-hicks contractions are normal during pregnancy, some management may be done to lessen or relieve the pain:</p> <ul style="list-style-type: none"> • Changing position or activity level • Relaxing such as warm bath, listening to music • Drinking water

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
Standing below a doorframe would make the delivery of baby more difficult.	There are a lot of factors that may affect the delivery of the baby. The five P's that influence labor and delivery are the passenger (<i>position, presentation and size of the fetus</i>), passage (<i>resistance of tissues in birth canal, parity of woman, and pelvic diameter</i>), powers (<i>force and frequency of contraction</i>), placenta (<i>site and position</i>), and psychology (<i>mental state of mother</i>). None of those include standing under a doorframe but, strong belief in this myth may affect the psychological state of the mother.
Other people should not eat using the same utensils and dinners as the pregnant woman nor should they eat her leftover foods as they it would cause drowsiness.	Eating with the same utensils or the leftover foods of another person, in general can be a means for spreading foodborne illnesses. Especially if there is improper food preparation and cooking which may lead to cross-contamination. Improper washing of utensils can also harbor harmful pathogens. This does not cause drowsiness.
It is bad for pregnant woman to go outside at night without a shawl or wrap.	In one study from the NIH, extreme temperatures (hot or cold) are linked to preterm birth. The belief of not wearing shawl or wrap when going out at night may be explained in the context of the place (in my mother's case, the province), where the night is generally colder. While it is not contraindicated for pregnant women to go out, being exposed to extreme temperatures surely poses a risk. It is important to make sure that the pregnant woman is appropriately dressed according to the weather and time.
If the baby is a boy, the pregnant woman will become ugly. (<i>according to my mom, she did not become ugly</i>)	Attractiveness of a woman is subjective in many ways. Hormonal changes in the body occur during pregnancy which may involve the appearance, such as chloasma, but it is independent of the baby's gender. It is also different for every woman and for every pregnancy. Some may experience clear complexion or breakouts, hair falls or thick hairs and many more.
Eating burnt (dark) foods while pregnant would make underarms of the baby dark.	The color of the skin, the underarms included, is determined by the genes passed down by both parents and not the food choices of the mother. However, proper diet is needed as adequate maternal nutrition is linked to good pregnancy outcomes; this includes staying away from ultra-processed foods.

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