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1. Interview a pregnant woman or any woman who has been pregnant 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.

<b>Pregnancy discomfort</b>	<b>Own Management</b>	<b>Proper Management</b>
1. Ankle edema	<ul style="list-style-type: none"> <li>• Elevation of the foot</li> <li>• Avoid prolonged standing</li> <li>• Walk every now and then</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid standing for a long time</li> <li>• Drink plenty of fluids</li> <li>• Avoid food high in sodium</li> <li>• Elevate feet while sitting but avoid crossing them</li> <li>• Wear loose and comfortable clothing</li> <li>• Soak feet in cold water</li> <li>• Exercise legs to avoid fluid buildup</li> <li>• Maintain a diet rich in protein</li> <li>• Rest on side during the day to help increase blood flow to kidneys</li> </ul>
2. Leg cramps during nighttime	<ul style="list-style-type: none"> <li>• Eat banana</li> <li>• Get up and stand</li> <li>• Plantar dorsiflexion</li> </ul>	<ul style="list-style-type: none"> <li>• Eat and drink foods that are rich in calcium</li> <li>• Elevate legs but avoid crossing them</li> <li>• Exercise daily</li> <li>• Stretch legs before going to bed by flexing and pulling foot</li> <li>• Avoid lying on back as the weight of the baby can slow circulation in the legs</li> <li>• Massage feet and apply heat to the sore area</li> </ul>
3. Morning sickness	<ul style="list-style-type: none"> <li>• Eat crackers in the morning</li> </ul>	<ul style="list-style-type: none"> <li>• Eat small frequent meals instead of three big ones</li> </ul>

		<ul style="list-style-type: none"> <li>• Take multivitamins and supplements</li> <li>• Eat saltine crackers or dry cereal to calm the stomach</li> <li>• Avoid spicy and fatty food</li> <li>• Avoid smells that upset the stomach</li> <li>• Get fresh air</li> </ul>
4. Backache	<ul style="list-style-type: none"> <li>• Lie down flat on bed</li> <li>• Stretching</li> <li>• Light back massage</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid lifting heavy objects</li> <li>• Don't stand for a long periods</li> <li>• Sit in a chair with good back support</li> <li>• Sleep on the left side with a pillow between the legs for support</li> <li>• Apply hot pad in the back</li> <li>• Gentle back massage</li> <li>• Perform exercises daily</li> <li>• Maintain good posture</li> </ul>
5. Stretch marks	<ul style="list-style-type: none"> <li>• Apply lotion</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain a diet rich in vitamin C and E</li> <li>• Apply lotion to the skin to reduce dryness</li> <li>• Perform exercises daily</li> </ul>

2. Interview you mother or grandmother 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
1. If a pregnant woman, steps over her husband, the husband will experience pregnancy discomfort	<ul style="list-style-type: none"> <li>• Discomforts in pregnancy such as back pain during pregnancy is normal due to enlarging fetus.</li> <li>• Couvade syndrome is a condition wherein the husband develops physical and psychological symptoms because of</li> </ul>

	empathy for the wife's condition during pregnancy
2. Sitting beside a door is believed to make labor and childbirth difficult	<ul style="list-style-type: none"> <li>• Labor is caused by repeated muscle contractions which help push the baby out of the uterus and into the birth canal.</li> <li>• Difficulty in labor may be caused by a big baby, abnormal position of the baby, small birth canal, or weak contractions</li> </ul>
3. Avoid keeping balls in the pocket as it will result in development of skin tags	<ul style="list-style-type: none"> <li>• Skin tags are extra cells that grow on the top layer of the skin. This is caused by high levels of estrogen during pregnancy</li> </ul>
4. Eating gabi will cause itchy vagina	<ul style="list-style-type: none"> <li>• Itching during pregnancy is caused by hormonal changes or increased blood volume and flow</li> </ul>
5. If the mother looks beautiful during pregnancy, the baby is believed to be a girl.	<ul style="list-style-type: none"> <li>• Sex chromosomes determine the sex of the baby. An XX chromosome determines if the baby is a girl and XY chromosome determines if it is a boy</li> </ul>
6. If the abdomen is pointed, the baby is a boy. If the tummy is round, the baby is a girl.	<ul style="list-style-type: none"> <li>• The shape of the abdomen is determined by the pregnant woman's muscle tone, uterine tone and position of the baby. The sex is determined by the sex chromosomes</li> </ul>
7. Eating twin bananas will give you twins	<ul style="list-style-type: none"> <li>• Having multiple pregnancies is caused by multiple eggs released during ovulation or if a single egg is split into two</li> </ul>
8. Taking pictures during pregnancy will result in difficulty in labor and childbirth	<ul style="list-style-type: none"> <li>• Difficulty in labor may be caused by a big baby, abnormal position of the baby, small birth canal, or weak contractions</li> </ul>
9. Listening to music and playing card games will make the child musically inclined and good with numbers	<ul style="list-style-type: none"> <li>• Listening to music and playing games contributes to the mother's emotional health. Playing music in the womb does not guarantee the baby to be musically</li> </ul>

	inclined but it does increase brain activity when they're exposed to music.
10. If the abdomen is itchy, the baby is hairy	<ul style="list-style-type: none"> <li>Itching of the abdomen is caused by the stretching and expanding of the skin due to the growing fetus</li> </ul>

## REFERENCES

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