

Danica Ricci R. Misa

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.

See example below:

Pregnancy Discomfort	Own Management	Proper Management
1. Nausea and vomiting	<ul style="list-style-type: none">• Rest• Eat something sour <i>[correct]</i>	<ul style="list-style-type: none">• Eat small frequent meals• Avoid greasy, high fat foods• Consume dry starch foods• Drink carbonated beverages• Consume carbohydrate-rich foods
2. Itchiness	<ul style="list-style-type: none">• Bathe using freezing (iced) water <i>[correct]</i>	<ul style="list-style-type: none">• Apply cold compress to the itchy area• Apply calamine lotion• Use a moisturizer for dry skin
3. Swelling of feet (Edema)	<ul style="list-style-type: none">• Elevate the feet when resting <i>[correct]</i>	<ul style="list-style-type: none">• Elevate feet and legs as often as possible• Adequate fluid intake• Wear compression socks• Sleep on left side
4. Backache	<ul style="list-style-type: none">• Rest <i>[correct]</i>	<ul style="list-style-type: none">• Avoid standing in one position for a long time• Perform pelvic rock exercise• Elevate feet onto a stool while sitting
5. Constipation	<ul style="list-style-type: none">• Eat plenty of apples or papayas <i>[correct]</i>	<ul style="list-style-type: none">• Increase fiber intake• Drink plenty of fluids• Exercise, such as walking• Eat prunes or figs, or drink prune juice

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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?

See example below:

Pregnancy Myth	Truth
1. A pregnant woman should avoid wearing necklaces or wrapping a towel around her neck because this will cause nuchal cord in the baby.	<ul style="list-style-type: none">• The most common cause of nuchal cord is fetal movement during pregnancy.
2. If a pregnant woman eats twin bananas, she will have conjoined twins (kambal-dikit).	<ul style="list-style-type: none">• Conjoined twins develop when an early embryo only partially separates to form two individuals; the characteristics of foods are not adopted by the fetus.
3. If a pregnant woman is having a girl, she grows less attractive because girls steal away their mothers' beauty.	<ul style="list-style-type: none">• Morning sickness, changing hormone levels, and an expanding baby bump may be associated with exhaustion and acne among pregnant women, especially in the first trimester, regardless of the child's sex.
4. The mother's food intake will affect the baby's appearance, so the mother should avoid eating "ugly" foods.	<ul style="list-style-type: none">• The physical appearance of a child is based on their genetic makeup, not on the physical appearance of foods that the mother consumes.
5. Taking a bath immediately after giving birth will cause hyperthermia.	<ul style="list-style-type: none">• Baths may be taken immediately after vaginal births. For Cesarean births, postpartum showers are allowed, but baths require for the wound to appropriately heal first.
6. If a pregnant woman's abdomen itches a lot, her baby will come out hairy.	<ul style="list-style-type: none">• Abdominal itchiness is related to the growing baby bump that stretches the skin of the abdomen, causing skin dryness and irritation.

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