

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
<p>1. Frequent nausea and vomiting</p> <p>- The patient verbalized that she vomits every after meal until the end of her second trimester</p>	<ul style="list-style-type: none"> Whenever the patient feels nauseous, she eats magic flakes and/or sky flakes as well as tamarind flavored candies to prevent herself from vomiting 	<ul style="list-style-type: none"> Avoid large meals Snack often Consume low-fat, low-fiber, bland food (e.g., pieces of bread, cereals, eggs, tofu, lean meat, fruits, vegetables) Avoid food with strong odor Drink plenty of fluids Take ginger as herbal therapy Breathe fresh air <p>References:</p> <p>Herrell. (2014). Nausea and Vomiting of Pregnancy. <i>Am Fam Physician</i>, 89(12), 965–970. https://www.aafp.org/afp/2014/0615/p965.html</p> <p>Mayo Clinic. (2021, May 15). <i>Morning sickness - Diagnosis and treatment - Mayo Clinic</i>. Mayo Clinic. https://www.mayoclinic.org/diseases-conditions/morning-sickness/diagnosis-treatment/drc-20375260</p>
<p>2. Frequent headaches</p>	<ul style="list-style-type: none"> She applies pain reliever ointments such as white flower 	<ul style="list-style-type: none"> Get more sleep or rest and relaxation Do appropriate exercises such as pregnancy yoga <i>The patient's own management is proper management already</i> The patient may also try other pain reliever treatments such as applying a warm face cloth on the eye and nose are (for sinus headache) as well as applying a cold pack on the back of the neck, taking a bath or using a heat pack (for tension headache)

		<ul style="list-style-type: none"> ● Massage neck and shoulders <p>References: Healthdirect Australia. (2020). <i>Headaches during pregnancy</i>. Pregnancy Birth and Baby. https://www.pregnancybirthbaby.org.au/headaches-during-pregnancy</p>
<p>3. Leg cramps</p> <p>- The patient verbalized that she often suffers from leg cramps most especially at night</p>	<ul style="list-style-type: none"> ● She asks her husband to stretch and massage her legs 	<ul style="list-style-type: none"> ● Do calf stretches before bed to prevent leg cramps ● Straighten the leg and flex the foot when leg cramps occur. Then, gently massage the calf to relax the muscle. <ul style="list-style-type: none"> ○ <i>The patient together with her husband did proper management with this</i> ● Drink plenty of fluids during the day ● If allowed by the doctor, get regular exercise that can help reduce cramps <p>References: Hirsch. (2021). <i>How Can I Relieve My Pregnancy Leg Cramps? (for Parents)</i> - Nemours KidsHealth. Nemours Kids Health. https://kidshealth.org/en/parents/leg-cramps.html</p>
<p>4. Urinary frequency (usually every 20 to 30 minutes)</p> <p>- The patient emphasized that this has been her major problem when she was pregnant</p>	<ul style="list-style-type: none"> ● When she had plans of going out, she wears a napkin 	<ul style="list-style-type: none"> ● Perform Kegel exercises daily to strengthen the bladder muscles and pelvic floor ● Reduce caffeine intake ● Normally, the urinary frequency goes away after childbirth for most women <p>References: Nall, R. M. (2016, March 2). <i>Prenatal Care: Urinary Frequency and Thirst</i>. Healthline. https://www.healthline.com/health/pregnancy/urinary-frequency-thirst#prevention</p>
<p>5. Heartburn</p>	<ul style="list-style-type: none"> ● When she goes to bed, she leans on the wall beside their bed with a pillow 	<ul style="list-style-type: none"> ● Eat several small meals throughout the day instead of three large ones ● Eat slowly

	<ul style="list-style-type: none"> ● She drinks plenty of water 	<ul style="list-style-type: none"> ● Avoid fried, spicy, and fatty food ● Avoid citrus fruits and juices ● Reduce caffeine intake ● Avoid smoking and drinking alcohol ● Sit up straight when eating ● Don't eat late at night ● Don't lie down right after eating ● Place pillows under the shoulders to elevate your upper body <ul style="list-style-type: none"> ○ <i>The patient did proper management with this</i> <p>References: Cleveland Clinic. (2021). <i>Pregnancy and Heartburn: Causes & Management</i>. Cleveland Clinic. https://my.clevelandclinic.org/health/diseases/12011-heartburn-during-pregnancy</p>
<p>6. Anemia - She added that she has always been anemic even before she became pregnant; however, it became worse when she got pregnant</p>	<ul style="list-style-type: none"> ● She limits her food to eating only nutritious food such as fruits and vegetables ● She takes ferrous sulfate, heme iron polypurphyrin complex, folic acid, and cyanocobalamin plus 	<ul style="list-style-type: none"> ● Take prenatal vitamins because these include iron and folic acid ● Take iron supplements ● Maintain proper nutrition by eating foods that have sufficient amounts of iron and folic acid (i.e., poultry, fish, lean red meats, beans, nuts and seeds, dark leafy greens, fortified cereals, eggs, fruits like bananas and melons) ● <i>The patient did a proper management</i> <p>References: Timmons, J. (2021, January 4). <i>3 Ways to Prevent Anemia in Pregnancy</i>. Healthline. https://www.healthline.com/health/pregnancy/iron-deficiency-anemia#prevention</p>

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?

Pregnancy Myth	Truth
<p>1. They say that when the pregnant woman looks at the coffin, specifically the face of the dead person when visiting a funeral wake, the baby she's carrying will die.</p>	<p>This will not occur if the pregnant woman attends a funeral. The emotional stress that dying entails, on the other hand, might be a source of concern. When the pregnant woman is under stress, her body responds by releasing the stress hormone cortisol. Unfortunately, the placenta that surrounds the newborn can also emit this hormone. This hormone enters the amniotic fluid in trace concentrations and may affect embryonic metabolism.</p>
<p>2. They say that when the pregnant woman eats a twin banana, her children will become twins.</p>	<p>In reality, twins are formed in two ways. The first occurs when a single embryo divides into two following fertilization, resulting in identical twins. The second occurs when two distinct egg cells are fertilized by distinct sperm, resulting in fraternal twins.</p> <p>If the pregnant woman wishes to enhance her chances of having twins, she must realize that genetics, family history, fertility, and procedures such as IVF (In-Vitro Fertilization) all play a significant impact.</p>
<p>3. They say that the pregnant woman shouldn't loiter at night because a bad spirit will harm her baby.</p>	<p>There is no scientific basis for this alleged bad spirit, but it is strongly advised that pregnant women avoid wandering at night and instead stay at home and relax.</p> <p>The quantity of sleep a pregnant woman receives not only affects her and her baby but may also affect her labor and delivery (Familydoctor.org, 2020). Sleep deprivation during pregnancy has been linked to a variety of issues, including preeclampsia (a serious condition that affects blood pressure and kidneys). This disorder may cause preterm birth.</p>
<p>4. They say that the pregnant woman should not lie down on the floor because it may cause miscarriage.</p>	<p>Although there is no strong and direct evidence to support this, physicians increasingly advise pregnant women to avoid sleeping on the floor. This is due to the curved structure of the spine, which is more prone to discomfort during pregnancy since it is under a lot of strain to handle the baby's weight as well as the mother's weight growth (Kalra, 2018).</p>

<p>5. They say that the pregnant woman should not sit under a doorway because this may cause difficulty to the mother in giving birth to her baby.</p>	<p>Factors that can result in difficulties during labor are age, genetics, stress levels, existing medical conditions, and the like. Through prenatal consultations, the pregnant woman can address these concerns and possibly find ways to ensure easier and safer delivery.</p>
<p>6. They say that if the pregnant woman has had breakouts in the skin, the baby will be a boy. While, if the pregnant woman looks blooming, the baby will be a girl.</p>	<p>The physical appearance of the pregnant woman does not reveal the baby's gender. An ultrasound is the only means to determine the gender of the baby.</p>
<p>7. They say that what the pregnant woman craves has something to do with the characteristics of her baby.</p>	<p>Food (or any other appetites or obsessions) has no influence on the baby's physical appearance. The skin color of the infant will be determined by the DNA of the parents. 4D ultrasounds are the best method to figure out what the baby will look like.</p>

References:

Familydoctor.Org. (2020, May 13). *Sleep and Pregnancy*. Familydoctor.Org. <https://familydoctor.org/getting-enough-sleep-pregnancy/>

Kalra, T. (2018, March 10). *Is It Safe to Sleep on the Floor During Pregnancy?* FirstCry Parenting. <https://parenting.firstcry.com/articles/is-it-safe-to-sleep-on-the-floor-during-pregnancy/>

Makatimed. (2021, July 16). *6 Pregnancy Superstitions Debunked*. Makati Medical Center. <https://www.makatimed.net.ph/blogs/6-pregnancy-superstitions-debunked/>