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N13: MATERNAL AND CHILD NURSING

Pregnancy Myths and Discomforts

Answer the following questions and submit your answers in PDF format. Remember to cite references to your answers as much as possible.

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 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
1. Nausea and vomiting	The client ensures to eat foods that are no-oily and non-fatty.	<ul style="list-style-type: none"> ● Eat a few crackers or toast in the morning to help settle your stomach. ● Eat 5 or 6 small meals a day instead of 3 large meals. ● Avoid spicy and fatty foods. ● Drink plenty of fluids, especially water, throughout the day. ● Take your prenatal vitamins with a snack. <p>(Cleveland Clinic, 2017)</p>

<p>2. Dizziness</p>	<p>The client lays down and rest for some time.</p>	<ul style="list-style-type: none"> ● Stand up slowly from seated or lying positions. ● Change positions often. ● Try to avoid lying flat on your back during the third trimester. ● Get enough exercise. ● Sit down, bend over, and breathe deeply or lie on your side when you feel dizzy. <p>(Nationwide Children's, 2016)</p>
<p>3. Gastric irritation</p>	<p>The patient drinks antacid to relieve the pain</p>	<ul style="list-style-type: none"> ● Eat yogurt or drink some milk. ● Stir in a tablespoon of honey into warm milk and drink it. ● Eat slowly. ● Limit caffeine. ● Sit up straight when you eat. ● Don't eat late at night. ● Drink in between meals, but not with meals. ● Avoid fried, spicy foods. <p>(Cleveland Clinic, 2021)</p>
<p>4. Ankle Edema</p>	<p>The patient observes a low-salt diet</p>	<ul style="list-style-type: none"> ● Reduce sodium intake while simultaneously increasing potassium intake. ● Reduce caffeine intake

		<p>and consume more water instead.</p> <ul style="list-style-type: none"> • Elevate your feet and rest. • Wear loose comfortable clothing. • Wear high-waist compression stockings. • Walk while wearing comfortable shoes. • Get a massage. • Sleep on your left side. <p>(Dix, 2019)</p>
5. Back pain	The client ensures to take a rest	<ul style="list-style-type: none"> • Practice good posture. • Get the right gear. • Lift properly. • Sleep on your side. • Try heat, cold, or massage. • Include physical activity in your daily routine. • Consider complementary therapies. <p>(Mayo Clinic, 2021)</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
1. If your tummy is pointed, then it is a boy. If it is rounded, then it is a girl.	Sex is not determined by the shape of one's belly. Stomach shape is determined by factors such as uterine tone, muscle tone, and position of the baby.
2. Eating adobo or dark chocolate will make your baby dark-skinned.	The baby's skin color has nothing to do with what you eat but is instead determined by genetics.
3. You should eat a lot since you are eating for two people's worth.	While good nutrition is important, it is also necessary to control the food portions since it may result in unwanted outcomes delivery. Good nutrition for the baby does not mean increasing the portions but ensuring that the food you intake has the essential nutrients.
4. Do not take pictures of a pregnant woman.	Taking pictures of a pregnant woman is believed to cause difficulty in labor, but this is unsupported by facts since the circumstances of one's labor depend on medical reasons.
5. Wearing a necklace will make the umbilical cord wrap around the baby's neck.	The scientific explanation behind this is that the random fetal movement of your baby may cause the umbilical cord to wrap around their neck.

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