

Pregnancy Myths and Discomforts Discussion Forum

Answer the following questions and submit your answers in PDF format. Remember to cite references to your answers as much as possible. Submit your file in the following filename format: LastnameFirstname_Activity3_PrenatalCare.pdf (Ex: BaccayKennylynn_Activity3_PrenatalCare.pdf)

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 she feels 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
Whole day vomiting due to morning sickness and gastric acidity	<ul style="list-style-type: none"> • Eating preferred fruits, like grapes • Drinks noodle soup to counter nausea 	<p>Hyperemesis gravidarum describes a more severe nausea and vomiting induced by pregnancy (Smith, et al., 2021).</p> <p>Proper management involves dietary change, avoiding triggers, staying well-hydrated, and taking prenatal vitamins at bedtime.</p> <p>There are also other complementary treatments like acupuncture and acupunctur, consuming ginger, and hypnosis and counseling.</p> <p>There are medications that reduce nausea and vomiting, but require consultation from an obstetric care provider.</p>
Fever on final trimester	<ul style="list-style-type: none"> • OB-Gyn consultation • Paracetamol prescription 	<p>Fevers are never normal, thus consultation is necessary. It is necessary for expecting mothers to see their doctors for proper treatment (Toby, 2018).</p> <p>Proper management involves taking a tepid bath or shower, drinking plenty of water to</p>

		<p>prevent dehydration, and keeping clothing light (de Bellefonds, 2021).</p> <p>Treatment typically depends on doctor's orders. Acetaminophen, like Tylenol, is usually safe. Aspirin or ibuprofen, like Advil, is not advised when pregnant unless specifically requested. In instances of infection, antibiotics may be involved.</p>
Ankle edema due to pregnancy	<ul style="list-style-type: none"> • Tolerate 	<p>Edema in pregnancy is commonly caused by hormone-induced sodium retention (Bunce and Heine, 2020).</p> <p>Depending on the cause, edema during pregnancy is treated accordingly.</p> <p>Thus, upon observation, an evaluation and physical examination must be confirmed to rule-out illnesses like DVT, preeclampsia, peripartum cardiomyopathy, and cellulitis.</p>
Pregnancy induced breathlessness	<ul style="list-style-type: none"> • Tolerate 	<p>Dyspnea in pregnancy is common due to physiologic changes and other complications (Lee, et al., 2017). If caused by pregnancy complications, further treatment is required.</p> <p>Proper management is usually home remedies. General steps to make breathing more comfortable are good posture, sleeping with upper back, practicing breathing techniques, and listening to the body (Nall, 2022).</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
<i>Kapag masama lagi loob mo, yung anak mo magiging bugnutin</i>	The requirement that expecting mothers should always be happy is a myth. It also doesn't affect the baby directly. However, it does influence the mother's health i.e., there will be instances where interventions might be necessary. An article by Kernodle Clinic (2020) stated that perinatal depression is common, and these feelings are normal and out of the mothers' control.
<i>Pag may pinaglilihin - kunyari, mahilig sa maasim - ganon din magiging anak mo</i>	An article by Anmum shared that studies have revealed that <i>paglilihi</i> or cravings do not have a direct influence on a child's physical features. Genetics tell us that our characteristics are inherited and not from cravings.
<i>Bawal mag-kape, soft drinks pag buntis</i>	Pregnant women can enjoy caffeine as long as in moderation (Coppa, n.d.). Studies have reported that low amounts of caffeine don't affect pregnancy negatively. As long as in moderation, pregnant women can enjoy coffee or soda.

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