

Discussion Forum: 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 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.

See example below:

Pregnancy discomfort	Own Management	Proper Management
1. Ankle edema	<ul style="list-style-type: none"> • Reduce water intake • Elevate the feet during rest periods • Wear loose clothing 	<ul style="list-style-type: none"> • Rest in a left side-lying position • Sitting for half an hour in the afternoon and again in the evening with legs elevated
2. Dizziness and sleepiness	<ul style="list-style-type: none"> • Sleep 	<ul style="list-style-type: none"> • Adequate rest and sleep • A rest from usual activities that requires standing too long
3. Neglecting hygiene	<ul style="list-style-type: none"> • No management 	<ul style="list-style-type: none"> • Needs to remember the importance of hygiene
4. Cramps	<ul style="list-style-type: none"> • Hilot 	<ul style="list-style-type: none"> • Lie on back momentarily and extend involved leg while keeping the knee straight and dorsiflexing the foot until the pain disappears • Elevating lower extremities

		frequently in the day also helps to improve circulation and avoiding full leg extension such as stretching with the toes pointed
5. Vomiting after eating	<ul style="list-style-type: none"> • No management for the symptoms • Eats again 	<ul style="list-style-type: none"> • Performing acupressure • Wearing anti-motion sickness wrist bands • Avoiding fluid with meals • Mild-flavored ginger tea may also be helpful
6. Headaches	<ul style="list-style-type: none"> • Took paracetamol one time then done nothing to relieve the symptom despite it being too much 	<ul style="list-style-type: none"> • Try to reduce any possible causative situations, such as eye strain or tension • Cold towels on forehead • Usual taking of acetaminophen • If unbearable, report it immediately to the primary care provider

Reference: Pillitteri, A (2016). Maternal and Child Health Nursing. Lippincott Williams & Wilkins.

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
----------------	-------

<p>1. If a pregnant woman, steps over her husband, the husband will experience pregnancy discomfort</p>	<ul style="list-style-type: none"> • Discomforts in pregnancy such as back pain during pregnancy is normal due to enlarging fetus.
<p>2. After taking a bath, don't let your wet hair down as it could make the umbilical cord of the baby to become twisted</p>	<ul style="list-style-type: none"> • There is no correlation between a wet hair to twisting cord as this condition may happen during delivery.
<p>3. Don't put your towel in your shoulder after a bath as it could make the umbilical cord of the baby to become twisted</p>	<ul style="list-style-type: none"> • There is no correlation between putting a towel over the shoulder to twist the cord as this condition may happen during delivery.
<p>4. Don't let visitors wait outside the door. They needed to be welcomed when there was a pregnant woman to avoid the baby stuck to its head when delivery.</p>	<ul style="list-style-type: none"> • It is customary for Filipinos to welcome visitors as we are naturally hospitable. This trait we have does not pose any connection to the said problem during delivery of a baby.
<p>5. Use a comb when scratching to avoid having stretch marks.</p>	<ul style="list-style-type: none"> • Stretch marks of a pregnant woman are normal. It is actually a presumptive sign indicating pregnancy. Regardless of the usage of a comb when scratching, it will eventually result in striae.
<p>6. Wear black shirt so that <i>aswang</i> will not find the pregnant woman.</p>	<ul style="list-style-type: none"> • Wearing black shirt is harmless, may it be for protection for <i>aswang</i>, just make sure that it is comfortable for the pregnant woman to wear.
<p>7. Don't eat twin foods during pregnancy such as twin bananas so that the baby will not be stuck on each other.</p>	<ul style="list-style-type: none"> • Fertilization already happened that formed a zygote that will eventually develop into an embryo. Eating twin foods does not have any effects towards this as the sperm and egg are the only ones involved in this process.

8. The pregnant woman should eat well to avoid the drooling of the baby.

- While it's true that a pregnant woman should eat healthy and nutritious food during her pregnancy, it does not have any connection whether a baby often drools. Eating well is just right to achieve the increased needs of pregnancy.