

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
1. Pedal edema/ "pagmamanas"	<ul style="list-style-type: none"> <li>• The client elevates her feet for at least 30 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce sodium intake, since salt makes the body hold onto extra water.</li> <li>• Increase potassium intake, since having low potassium exacerbates swelling.</li> <li>• Reduce caffeine intake, since it is a diuretic and the body is likely to think it needs to hold onto fluid.</li> <li>• Drink more water, because if the body thinks the individual is dehydrated, it will hold onto fluid to compensate.</li> <li>• Wear loose clothes and comfortable shoes to allow for better blood circulation.</li> <li>• Go for a 5-minute or 10-minute walk to improve circulation.</li> </ul>
2. Insomnia	<ul style="list-style-type: none"> <li>• The client plays relaxing music or classical music.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid caffeine and chocolate.</li> <li>• Eat small and early.</li> <li>• Do some daily pregnancy exercises, but not too close to bedtime.</li> <li>• Make a bedtime routine. Try to sleep and get up at the same time every day.</li> <li>• Check the temperature and make sure your mattress provides solid support to maximize comfort.</li> </ul>

<p>3. Nausea and vomiting</p>	<ul style="list-style-type: none"> <li>• The client eats sour food.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat smaller, but more frequent meals since being too full or too hungry are common triggers for vomiting in pregnancy.</li> <li>• Avoid heartburn by avoiding spicy food and taking OTC antacids.</li> <li>• Drink more water.</li> <li>• Dietary supplements such as ginger and Vit. B6 may also provide relief.</li> <li>• Take OTC sleeping aids such as Doxylamine which also helps with nausea and vomiting.</li> <li>• Though, consult with your care provider first before starting these supplements and OTC medications.</li> </ul>
<p>4. Dizziness</p>	<ul style="list-style-type: none"> <li>• The client lies in bed and rests.</li> </ul>	<ul style="list-style-type: none"> <li>• Limit long periods of standing.</li> <li>• Make sure to keep moving when you're standing to increase circulation.</li> <li>• Take your time getting up from sitting or lying down.</li> <li>• Avoid lying on your back in the second and third trimester.</li> <li>• Eat healthy food frequently to avoid low blood sugar.</li> <li>• Drink plenty of water to avoid dehydration.</li> <li>• Wear breathable, comfortable clothing.</li> <li>• Take supplements and medications as recommended by your doctor to treat conditions that cause dizziness.</li> </ul>

5. Lower back pain	<ul style="list-style-type: none"> <li>• The client gets a back massage from her sister who is a physical therapist.</li> <li>• The massage was done side-lying since prone and supine position is contraindicated during a pregnancy massage.</li> </ul>	<ul style="list-style-type: none"> <li>• Practice good posture.</li> <li>• Consider wearing a maternity support belt.</li> <li>• Wear low-heeled shoes with good arch support.</li> <li>• Sleep on your side.</li> <li>• Try applying a heating pad, ice pack or massage.</li> <li>• Include physical activity in your daily routine.</li> </ul>
--------------------	---	--

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?

<b>Pregnancy Myth</b>	<b>Truth</b>
1. A pregnant mother shouldn't eat "kambal na saging" or conjoined bananas since doing so would make the mother birth twins, which makes their pregnancy and labor more difficult.	<p>There is no scientific evidence backing up the belief that eating conjoined bananas will result in the mother birthing twin babies.</p> <p>Twins occur either when (1) two separate eggs become fertilized in the womb or (2) when a single fertilized egg splits into two embryos.</p> <p>Having twins are not as common, though there are certain factors that make this type of pregnancy more likely. These factors are (a) the woman's age (aged 35 or older), (b) a family history of twins, and (3) having fertility treatments, such as in vitro fertilization or fertility drugs that stimulate the ovaries to release more than one egg.</p>
2. The pregnant mother should put garlic in their pocket and around the perimeter of their house (e.g., window sills) to ward off "aswangs" that would devour the unborn child.	<p>There are no scientific evidence to prove that "aswangs" are real, so they are not really threats to the mother or the unborn baby's safety.</p>
3. A pregnant mother who always puts on make up or dresses up will give birth to a baby girl. On the other hand, if the mother's face becomes pigmented ("umitim"), their offspring would be a boy.	<p>A mother's appearance does not affect the sex of their baby.</p> <p>Darkening of skin on the face is the primary symptom of chloasma, which is merely a cosmetic concern and does not affect the baby in any way nor does it indicate any other pregnancy complications.</p> <p>Dark patches of hyperpigmentation may appear on the forehead, cheeks, chin, or</p>

	<p>around the mouth. Chloasma may be worsened by sun exposure, use of certain skin care products or treatments, or hormonal imbalances that may have been present even prior to pregnancy. These changing hormones, particularly the excess of estrogen and progesterone is the main cause of chloasma during pregnancy.</p>
<p>4. Pregnant mothers shouldn't swim in the ocean or in swimming pools since the water will enter through their vagina.</p>	<p>On the contrary, swimming is beneficial and generally safe during all trimesters of pregnancy. It is low-impact and can relive many common aches and pains of pregnancy since it takes pressure off the weight-bearing joints. It also improves blood circulation, strengthens core abdominal muscles, and helps lower body temperature to avoid overheating.</p> <p>However, swimming in very hot water and hot tubs should be avoided, as well as any body of water that presents the risk of acquiring water-borne illnesses.</p>
<p>5. If the pregnant mother's belly is pointed, then their offspring would be a boy, while if their belly is rounded, then the offspring will be a girl.</p>	<p>The baby's sex is not determined by the mother's belly shape.</p> <p>There are two factors that determine the nature of a pregnant woman's bump: (1) size of the baby, and (2) position of the fetus in the womb. The belly shape may also be affected by fascial (connective tissue) health, body size and weight, prior pregnancies, and usual belly shape of the mother.</p> <p>The only reliable way to determine the baby's sex is through medical screenings such as ultrasound scanning at around 18-20 weeks of the pregnancy.</p>

## REFERENCES

- Cinelli, E. (2021). *The benefits of swimming when pregnant.* <https://www.healthline.com/health/pregnancy/melasma-pregnancy#causes>
- Crider, C. (2020). *What Is a B Belly During Pregnancy and Why Does It Happen?* <https://www.healthline.com/health/pregnancy/b-belly-pregnancy#concerns>
- Dix, M. (2019). *13 Home Remedies for Swollen Feet during Pregnancy.* <https://www.healthline.com/health/pregnancy/swollen-feet-during-pregnancy#remedies>
- Geddes, J. (2020). *Insomnia during Pregnancy.* <https://www.whattoexpect.com/pregnancy/symptoms-and-solutions/insomnia.aspx>
- Hammond, C. (2012). *Can you predict a baby's sex from the size of the bump?* <https://www.bbc.com/future/article/20120320-can-babys-bump-predict-gender>
- Marcin, A. (2021). *How is melisma treated during pregnancy?* <https://www.healthline.com/health/pregnancy/melasma-pregnancy#causes>
- Mayo Clinic Staff. (2021). *Pregnancy week by week.* <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046080>
- Silver, N. (2019). *What Causes Dizziness in Pregnancy?* <https://www.healthline.com/health/pregnancy/dizziness-in-pregnancy>
- Sissons, C. (2019). *What increases the odds of having twins?* <https://www.medicalnewstoday.com/articles/324455#why-do-twin-pregnancies-happen>
- University of Iowa. (2019). *Five ways to decrease nausea during pregnancy.* <https://uihc.org/health-topics/five-ways-decrease-nausea-during-pregnancy>