



University of the Philippines Manila

The Health Sciences Center

COLLEGE OF NURSING

WHO Collaborating Centre for Leadership in Nursing Development

Commission on Higher Education Center of Excellence

Sotejo Hall, Pedro Gil St., Ermita, Manila

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2020-02857

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 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
Backache	Client rests, drinks water, and sometimes have her husband massage her head	<p>When standing, stand straight and tall and applying back massage and warm compress to affected area.</p> <p>Exercise regularly to strengthen muscle and enhance flexibility. Also include safe exercises include walking and stationary cycling.</p> <p>Improve posture. Avoid slouching to lessen strain to the spine.</p> <p>When sleeping, sleep on your side with a pillow between your knees to relieve stress off your back.</p> <p>When standing, pull hips forward and shoulders back.</p>



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		<p>Stretch regularly.</p> <p>Use low-heeled, but not flat, shoes with good arch support.</p>
Constipation	Client eats sour food and high-fiber fruits	<p>Drink plenty of fluids. Water is a good choice. Prune juice also can help.</p> <p>Include physical activity in your daily routine. Being active can help prevent pregnancy constipation.</p> <p>Include more fiber in your diet. Choose high-fiber foods, such as fruits, vegetables, beans, and whole grains.</p>
Leg Cramps	Client relaxes and massages the cramping area	Stretching, intake of proper amount of calcium and magnesium, and drinking adequate amount of water
Headache	Client rests, take headache medication, and use traditional ointments	<p>Rest, proper nutrition, and adequate fluid intake may help ease headache</p> <p>The client may also use cold compress that is placed on the head or base of the neck. She may also opt to take adult doses of acetaminophen</p>



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Nausea and Vomiting	Client eats sour food and mint candies	<p>Eating small meals several times a day and having a diet high in protein and complex carbohydrates can help in alleviating the symptoms</p> <p>Drink cold, clear, and carbonated or sour fluids and drink them in small amounts between meals.</p> <p>Try smelling fresh lemon, mint, or orange or using an oil diffuser with these scents.</p> <p>Brush teeth after eating.</p> <p>Avoid lying down immediately after eating and avoid quickly changing.</p>
Occasional Palpitations	Client rests and have her baby carried by other family members	Try relaxation techniques such as deep breathing, pursed lip breathing, and meditation. Take long, deep breaths in through the nose and out through the mouth.



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		Limit caffeine, sugar, and fat.
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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
Stepping over the husband's body to pass the bad feeling that the mother is experiencing.	The event they experience is highly just a coincidence. It's impossible to pass the pain of the mother to other family members although there are devices that can stimulate birth pain.
Eating more than the normal diet for herself and the baby	It is true that the mother should eat more than 1,500 calories worth of food everyday and Consume food which will provide necessary nutritional needs for both baby and the mother.
Food cravings impacts the baby's appearance.	Food, cravings, and obsessions of the mother do not have any direct effect on the baby's physical appearance as it primarily depends on the genes of the parents.
Do not look at ugly people because the child may take their appearance	Once again, the baby's physical appearance will most likely depend on the genes of both the parents and not from strangers.
Regularly reading a book to the baby and making them listen to music will make them more active and smarter	There are no studies or reports that appear to link between listening of music and brain development. However, a fetus



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	can recognize the sounds outside the womb. So, making the fetus listen to the music may help them become musically inclined and develop more intimate relationship with the mother.
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