



**WHO Collaborating Center for Leadership in Nursing Development
Commission on Higher Education Center of Excellence**

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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 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
Fatigue	My mom tried to just rest and lessen the activities she was doing. Bed rest was also done.	American Pregnancy Association (n.d.) provided several management activities in response to fatigue related to pregnancy. These are resting, adjusting the usual schedule of activities, doing moderate exercises and maintaining a balanced diet.
Back Pain	When experiencing back pain, bed rest was also done with massage and stretching	Dunkin (2020) proposed activities to manage back pain such as regular exercise, applying heat and cold compress, frequent stretching, and maintaining proper posture. In addition, it was suggested that for severe back pain, you should visit your physician already.
Nausea and Vomiting	When my mom experienced nausea and vomiting due to pregnancy, she tried to relax and rest. She also said that she was maintaining her nutrition by eating fruits and vegetables plus drinking adequate water.	American College of Obstetricians and Gynecologists (2020), said that making dietary and lifestyle modifications may help you improve and feel better. These modifications may include avoiding dehydration, increasing fluid intake, taking vitamin supplements, changing meal timings, and changing the sorts of meals you consume. Consult a doctor if pregnant nausea and vomiting interfere with your life or give you concern.
Constipation	For this, my mom said she only drank adequate water and ate fruits and vegetables.	Cleveland Clinic (2021) suggests that high fiber intake, proper hydration, and frequent exercise should be done to avoid constipation related to pregnancy

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
Paglililihi	There is no scientific basis that the food you are craving for during pregnancy affects the characteristics of the child. It could only be affected by genes.

Bawal Makipag-sex kapag buntis	Having sex with you husband is fine unless the doctor orders you not to do strenuous activities.
Bawal Maligo pagkatapos manganak baka mabinat	There is no scientific explanation that may support the myth that taking a bath might cause postpartum complications. It is very important to mothers to maintain proper hygiene to avoid introducing pathogens to the baby.
Ang hugis ng tiyan ng ina ay makakapagsabi kung lalaki o babae ang bata (pahaba o pabilog)	The sex of the baby could only be verified through ultrasound. This has no scientific explanation.

References:

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