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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
Ankle Edema	<ul style="list-style-type: none"> - Eating mungo beans. - Reducing water intake. 	<ul style="list-style-type: none"> - Avoid standing for long period of time. - Stretch often when sitting for longer periods. - Put maternity support stockings. - Drink plenty of water. - Exercise regularly.
Lower back pain	<ul style="list-style-type: none"> - Avoid moving too much. - Resting as much as possible. 	<ul style="list-style-type: none"> - Try heat/cold compress or massage. - Practice good posture. - Lift things properly. - Sleep on your side.
Frequent urination	<ul style="list-style-type: none"> - Keeping 'arinola' near 	<ul style="list-style-type: none"> - Lean forward when you pee so that you properly empty your bladder. - To prevent increased urination at night, try not to drink too much water just before going to bed.

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 Myths	Truth

<p>The mother should not place a towel on her shoulder because the umbilical cord will wrap around the baby's neck.</p>	<p>Umbilical cord wrapping around a baby's neck is due to random fetal movement.</p>
<p>If a mother desires to eat anything but failed to do so, the mother will have a miscarriage.</p>	<p>Miscarriage is more complex, and the mother's cravings don't represent any real threat to mother or the baby.</p>
<p>It is forbidden for a pregnant woman to be exposed to 'hamog' because she will have difficulty giving birth.</p>	<p>There are numerous reasons why a pregnant mother has difficulties giving birth; none of them have anything to do with 'hamog.'</p>
<p>The mother should eat as much as she can, because she's eating for 2!</p>	<p>The mother should be cautious when it comes to nutritional intake because there are foods that might harm the baby.</p>