

**N13: Maternal and Child Nursing
 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
Nausea and vomiting	<ul style="list-style-type: none"> • Avoids eating any kind of foods until she no longer feels nauseous • Rests, lies down, and sleeps until discomfort subsides. 	<ul style="list-style-type: none"> • Before getting up in the morning, eat a few crackers or toast to help settle your stomach. • Limit your intake of spicy and fatty foods • Eat bland foods such as bananas, rice, plain baked potato, etc. • Drink plenty of fluids • Eat a snack when taking your prenatal vitamin/s. If it contains iron, take it before bedtime • Make sure rooms are well-ventilated • In between meals, eat healthy snacks such as yogurt, cheese, milk, etc. • Instead of three large meals a day, eat 5 or 6 small meals
Ankle edema	<ul style="list-style-type: none"> • Avoids salty foods • Drinks plenty of water 	<ul style="list-style-type: none"> • Elevate feet when resting • Do not stand for long periods of time • Put on a pair of comfortable shoes and socks • Bend and stretch your foot up and rotate each

		<p>foot in a circle as part of your foot exercises</p> <ul style="list-style-type: none"> • Try to go for morning walks on a regular basis
Backache	<ul style="list-style-type: none"> • Rests by sitting and lying down 	<ul style="list-style-type: none"> • Stretch the lower back regularly • Get enough sleep • Engage in regular exercises, as approved by the doctor • Sleep on one side, with a pillow between the legs and below the stomach. • Get prenatal massages to ease tension, relax tight muscles, and enhance range of motion. • Be in a healthy weight range during your pregnancy • Don't lift too much weight • When walking, sitting, or sleeping, maintain excellent posture • If your back discomfort is caused by stress, speak with a trusted friend or counselor

2. Interview you 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
Your baby would be twins if you eat twin bananas.	Twin bananas are nutritious for pregnant women but consuming these are not linked with conceiving twins. Twins are developed either when a single

	<p>embryo divides into two following fertilization (identical twins) or when the two separate egg cells are fertilized by different sperms (fraternal twins). In reality, factors affecting twin conception are genetics, family history, fertility, and procedures like IVF (In-Vitro Fertilization).</p>
<p>Eat a raw egg before giving birth to have an easier normal delivery.</p>	<p>There is no scientific evidence to support this claim. Labor is reliant on the health of the mother. To have an easier labor, doctors advise the mother to stay healthy and active throughout her pregnancy and build up endurance in order to better tolerate labor pains and minimize the need for further medical interventions.</p>
<p>If the pregnant woman's underarms are dark, it means the baby would be a boy. On the other hand, if she became more beautiful and blooming, the baby would be a girl.</p>	<p>Due to the increased amount of hormones, skin discoloration is common during pregnancy. Furthermore, this also explains the glowing appearance of the pregnant woman. It does not have something to do with the gender of the baby as evidenced by studies indicating that even some moms giving birth to boys appeared glowing during pregnancy. Other factors that contribute to it include increased blood flow, increased skin oil, skin stretching, and heat rashes/hot flashes. Having an ultrasound is still the best way to know the baby's gender.</p>
<p>The husband and wife cannot engage in a sexual activity as it will hurt the baby.</p>	<p>Sexual activity will have no effect on the baby as it is protected by the amniotic fluid and by the muscles of the uterus. Pregnancy, however, can alter your level of comfort and sexual desire. It also won't induce miscarriage, as it is usually caused by the fetus's failure to develop normally. However, if the mother has unexplained vaginal bleeding, leaking amniotic fluid, cervix beginning to open prematurely, placenta covering the cervical opening, and a history of preterm labor or premature birth, the healthcare practitioner may advise you to avoid sex.</p>
<p>The physical appearance of the baby is directly influenced by the mother's cravings. Your child's head would become oblong if you eat <i>balut</i> while</p>	<p>The mother's food intake or any of her cravings or obsessions have no effect on the baby's physical appearance because all of his or her physical characteristics are determined by the parents'</p>

pregnant. Moreover, your child's fingers and feet may resemble chicken feet after eating them.	genes. What the mother consumes, however, can have a long-term impact on the child's health.
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