

Pregnancy Myths and Discomforts

N13 – Maternal and Child Nursing

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
1. Nausea	<ul style="list-style-type: none"> • Chose food that will not trigger discomfort 	<ul style="list-style-type: none"> • Eat dry crackers and sour ball candies to relieve symptoms. • Eat 5 or 6 small meals a day instead of three large meals. • Avoid spicy and fatty foods. Eat bland foods such as bananas, rice, dry toast, plain baked potato, gelatin, broth, eggs, tofu, or applesauce. • Snack on healthful foods like yogurt, peanut butter on apple slices or celery, cheese, milk, or almonds in between meals. • Drink plenty of fluids, especially water, throughout the day. • Avoid odors, flashing lights, and other conditions that may cause feeling of nausea. • Make sure to get enough sleep. • Keep rooms well ventilated, turn on a fan, or go outside from time to time to get some fresh air.
2. Back pain	<ul style="list-style-type: none"> • Massage 	<ul style="list-style-type: none"> • Wear low to moderate heels to lessen the amount of spinal curvature required to maintain upright posture. • Wear supportive clothing. • Heat therapy/hot compress may help to alleviate back pain. • Practice proper body mechanics such as bending at the knees, squatting down and lifting with the legs. • Rest one foot on a stool or a box to take strain off her back if she needs to stand for a long time. • Sleep on a firm mattress. • Ask her doctor about stretching exercises and whether any low-impact exercises are appropriate for her — safe regular exercise can assist with back pain.
3. Restless sleep	<ul style="list-style-type: none"> • Sleeping when already drowsy 	<ul style="list-style-type: none"> • Recommend rest period during afternoon and full sleep at night (at least 7 hours). • Suggest sleeping in a modified Sim's position. • Stay hydrate. • Regularly eat proper meals to stay energized.
4. Constipation	<ul style="list-style-type: none"> • Drinking lots of fluids 	<ul style="list-style-type: none"> • Drink plenty of fluids. Consume at least 2.3L (9 ½ cups) of fluids like water, milk, juice, soup and caffeine-free coffee and tea. Warm or hot liquids may be very helpful. • Increase intake of high fiber foods (at least 26 grams of fiber per day). Gradually incorporate high-fiber foods into diet to avoid gas, bloating cramps and diarrhea. • Be active. Physical activity on a daily basis might help in adherence or regularity and is necessary for a healthy pregnancy. Walking is a simple and safe approach.

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5. Fatigue	<ul style="list-style-type: none"> • Moving around to relax body, breathing exercises 	<ul style="list-style-type: none"> • Increase amount of sleep and rest by including a short rest period in her schedule every day. • Eat nutritious meals to support energy levels. Make sure to get enough iron, protein and calories to prevent fatigue. • Stay hydrated. • Avoid drinking coffee or other caffeinated drinks in order to stay alert. • Incorporate moderate exercise in daily routine.
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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.

Pregnancy Myth	Truth
1. Having a high-risk pregnancy means pregnancy will be more difficult.	<ul style="list-style-type: none"> • While a high-risk pregnancy may necessitate more checkups and fetal monitoring, it does not inevitably imply a more difficult pregnancy. The doctor will be able to go through the specifics of the woman's risk factors and address any concerns regarding such.
2. <i>Paglililihi</i> . Careful with what you eat or yearn for as it may have an influence or effect on the baby when born	<ul style="list-style-type: none"> • There is no scientific evidence that supports the belief that what a pregnant woman eats determines the baby's appearance or character. It is the parents' genetics that influence how the baby looks.
3. Eating twin bananas increases chances of having twins.	<ul style="list-style-type: none"> • What the mother eats does not affect the number of children she will have. Genetics, family history and how the fertilization happened influences whether twins are conceived.

If one of your future clients will raise this concern, how/what answer will you give them?

If any of my future clients raises these concerns, I'll respect their beliefs and opinions. I'll show interest regarding their superstitions in order to better understand their beliefs and culture and to build rapport with them. After which, I'll respectfully and kindly relay the truths regarding the pregnancy myths providing clear scientific facts related to such.

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