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II - BS 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 what discomforts she feels 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 |
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| 1. Morning sickness <ul style="list-style-type: none"> o Nausea and vomiting every morning | <ul style="list-style-type: none"> • Vomits when felt or needed because of the feeling that you have to vomit even when nothing gets spewed. • Sleeping early • Resting well | <p>I believe that the patient demonstrated appropriate management for the discomfort.</p> <p>In addition to this, the pregnant woman could have eaten small portions of food frequently throughout the day to avoid the feeling of being too hungry or too full.</p> |
| 2. Extreme feelings of hunger, sleepiness and tiredness. | <ul style="list-style-type: none"> • Sleeping early • Resting well • Always taking a bath | <p>In addition to the management techniques demonstrated by the patient, it could have also helped to eat healthy meals and take naps.</p> |
| 3. Dizziness | <ul style="list-style-type: none"> • Taking a rest | <p>In addition to taking a rest, the pregnant woman could have also drunk more fluids for hydration, and eat healthier foods. She may also stand slowly from lying.</p> |
| 4. Lower back pain | <ul style="list-style-type: none"> • Using flat shoes when walking | <p>The pregnant woman could have also practiced good posture.</p> |
| 5. Stretch marks | <ul style="list-style-type: none"> • Avoiding scratching your belly to avoid scrapes. | <p>I believe the patient demonstrated a proper intervention.</p> |

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| 6. Intense feeling of body heat | <ul style="list-style-type: none"> • Takes a bath frequently • Almost always wears underwear only since the body heat felt by a pregnant woman is different from a normal person | I believe the patient demonstrated a proper intervention by taking a bath more than once in one day and making sure that the body has enough exposure to feel refreshed. |
| 7. Darkening of inguinal area on the 6th month | <ul style="list-style-type: none"> • No treatment applied since pregnant women are not supposedly allowed to put any skin product during this period | Gentle skin care products may be applied. |
| 8. Gaining of weight | <ul style="list-style-type: none"> • Brisk walking • Dieting is not included in the options as the extra energy is needed to fuel the nutrition of the baby. | Maintain a healthy diet as nutrients will be passed on to the baby. Exercising is also good. |
| 9. Increased breast size | <ul style="list-style-type: none"> • No treatment applied since the size will go back to normal after the pregnancy. | The patient was right when she said that the size will go back to normal after pregnancy. Breast enlargement happens due to increased levels of estrogen. |
| 10. Frequent urination during the first 3 months | <ul style="list-style-type: none"> • No treatment applied. Pee when felt or needed. | It is appropriate to pee when needed. Aside from that, the pregnant woman may also consider stopping drinking water at night before sleeping, and drinking coffee as this will make her urinate more frequently. |
| 11. Difficulty sleeping because the baby keeps changing position. | <ul style="list-style-type: none"> • Faces sideways when lying in bed | It is appropriate to face sideways when lying in bed with a supporting pillow underneath the mother's stomach. |

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 |
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| 1. Do not eat a pregnant woman's food | Hormonal changes occur during pregnancy |

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| as this will make you feel sleepy. | so it's normal to feel tired or sleepy during this period. |
| 2. Don't let a visitor stand by the door when the pregnant woman is nearby as this will make it more difficult for her to give birth. | Prolonged labor is affected by different factors. These include the size of the baby, which could be big enough for it to not pass the birth canal easily; the position of the baby, if it is not positioned head-down facing the back; the size of the birth canal, which could be small for the baby to pass through; and weak labor contractions. |
| 3. If the pregnant woman asks for something to eat, make sure that she will be able to eat it because if she doesn't, the child will become <i>tulo-laway</i> or their tongue will always stick out. | Hypersalivation is a normal experience of a child during infancy stage as they do not yet hold full control of the muscles of the mouth and their swallowing abilities. |
| 4. Eating twin bananas will make you give birth to twins. | There are two types of twins: identical and fraternal. First, identical twins are formed when an ovum splits and develops into two babies that have identical genetic information. Second, fraternal twins are formed when two ova get fertilized by two, different sperms which produce two genetically unique babies. Factors that affect the likelihood of having twins include genetics, family history, and fertility. |

Should one of my future clients raise these concerns, it is our responsibility to inform them of the scientific bases of these claims. It is also important for us to assure them that we understand where they are coming from, as the environment where they grew up may have influenced their belief in some ways; and at the same time, it is also our duty to make sure that pregnant women are stress and worry-free so as to avoid having pregnancy complications.