



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

Lavarias, Kristine Chin O.
2020-02950

Activity 3
Pregnancy Myths and Discomforts

Prenatal Care

Answer the following questions and submit your answers in PDF format. Remember to cite references of your answers as much as possible. Submit your file in the following filename

format: LastnameFirstname_Activity3_PrenatalCare.pdf (Ex:
BaccayKennylynn_Activity3_PrenatalCare.pdf)

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 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. Frequent urination	<ul style="list-style-type: none">• Reducing coffee and soft drinks intake• Increasing water intake	<p>Frequent urination is a normal pregnancy discomfort that happens due to hormonal (increase of progesterone and gonadotropin) and physical changes (expansion of the uterus) of the body.</p> <ul style="list-style-type: none">• It can be managed by staying hydrated with water and avoiding natural diuretic beverages such as soda and coffee.• The pregnant mother should also empty her bladder completely and cut back on beverages at bedtime.• Pelvic floor exercises or Kegel exercises can be done to support the bladder and strengthen the muscles of the pelvis and urethra. It will help the mother to regain control over her urine flow.
2. Back pain	<ul style="list-style-type: none">• Proper body mechanics<ul style="list-style-type: none">○ Maintaining good posture when standing, sitting, and lifting.	<p>Back pain is a normal discomfort during middle and late pregnancy. A hormone called relaxin allows muscles, ligaments, and joints of the</p>



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

	<ul style="list-style-type: none">• Wearing flat shoes or low-heeled shoes• Resting	<p>pelvic area to relax and loosen, making the back vulnerable to pain.</p> <ul style="list-style-type: none">• To help prevent or ease back pain, practicing a good posture when standing, sitting, and lifting is necessary. The woman should:<ul style="list-style-type: none">○ stand up straight, holding the chest high and shoulders back and relaxed○ sit up straight; choose chairs with supportive backs○ lift objects by holding them close to the body or by squatting instead of bending over○ sleep on the sides, keeping one or both knees bent. The woman can use some pillows between the knees, behind the back, or under the abdomen• Not wearing high heels also helps manage back pain and reduces the risk of falls and trauma resulting in miscarriage.• Taking breaks when standing or sitting too long prevents back pain. She can also rest one foot on a low step stool to support her weight.• The woman can apply local heat from a heating pad, warm bottle, or towel to aid in relieving backache.• Pregnancy exercise like pelvic rocking or tilting is recommended to help prevent and relieve backache.• She can also wear abdominal support garments or maternity pants to support her back and belly.
--	--	---



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

3. Urinary tract infection (UTI)	<ul style="list-style-type: none">• Increasing water intake• Proper hygiene<ul style="list-style-type: none">○ Washing or wiping from front to back after urinating or defecating• Wearing cotton underwear	<p>Urinary tract infection (UTI) is common among pregnant women. It is characterized by a burning pain discomfort caused by a bacterial infection.</p> <ul style="list-style-type: none">• Drinking plenty of water helps in the management of urinary tract infections. It aids in removing the bacteria out of the urinary tract.• Maintaining proper hygiene during pregnancy is a recommended practice. The method of washing or wiping from front to back helps reduce and prevent bacterial contamination of the urethral meatus. The woman can also:<ul style="list-style-type: none">○ avoid strong soaps that can cause irritation○ wash hands before and after using the toilet○ use a washcloth to clean the perineum• Wearing cotton underwear promotes airflow, giving the bacteria less opportunity to thrive. Loose pants or clothes also prevent urinary tract infection.• The woman should avoid food and drinks that can irritate the bladder, such as alcohol, spicy food, coffee, and citrus juices.• Consulting a physician helps in the treatment of urinary tract infection. Some antibiotics are considered safe and prescribed depending on the trimester.
4. Fatigue	<ul style="list-style-type: none">• Resting	<p>Fatigue is a common discomfort experienced by pregnant women during their first and third</p>



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

		<p>trimesters. It is probably due to increased metabolic requirements.</p> <ul style="list-style-type: none">• An increased amount of sleep and rest is recommended for women experiencing fatigue. She should have short rest periods every day.• She should also check her diet and improve it by choosing healthy food. It will help to stabilize her mood and energy levels.
6. Ankle edema	<ul style="list-style-type: none">• Increasing water intake• Elevating the feet during rest and sleeping periods• Wearing loose clothing or <i>daster</i>	<p>Ankle edema usually occurs during late pregnancy. It is caused by general fluid retention and reduced blood circulation.</p> <ul style="list-style-type: none">• Increasing water intake helps in the management of ankle edema. It removes excess sodium and waste products that minimize swelling. She can also limit her salt intake to reduce ankle edema.• Elevating the feet during rest and sleeping periods promotes good venous return. She can also rest or sleep in a left side-lying position to better improve her circulation.• Loose clothing or <i>daster</i> aids in the prevention of ankle edema. It does not impede lower extremity circulation and venous return, unlike constricting clothing such as panty girdles or knee-high stockings.
7. Abdominal discomfort (pain and itching)	<ul style="list-style-type: none">• Sleeping sideways• Standing up slowly	<p>Abdominal discomfort is a normal pregnancy discomfort due to a</p>



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

	<ul style="list-style-type: none">• Scratching the abdomen with a comb	<p>growing fetus. Pregnant women can experience pain and itching.</p> <ul style="list-style-type: none">• Sleeping sideways, specifically in the left side-lying position, improves circulation to the heart and blood flow to the fetus, uterus, and kidney.• Moving carefully when standing or sitting also helps in preventing abdominal pain.• Scratching the abdomen with a comb should not be practiced because it can grate away skin, resulting in more irritation. Instead, she should have:<ul style="list-style-type: none">○ moisturized her belly to keep her skin healthy and not dry.○ used anti-itch cream such as mild calamine lotion○ avoided the use of hot water that can dry out the skin.
--	--	--

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
1. A pregnant woman should not ride a motorcycle; otherwise, she will deliver a baby with a cleft lip.	<ul style="list-style-type: none">• A cleft lip is a kind of congenital deformity where the central and medial upper lip fails to fuse properly. It occurs during early pregnancy (the second month of prenatal life) due to genes, environment, diet, or medications.
2. If a pregnant woman scratches her abdomen, she'll have stretch marks.	<ul style="list-style-type: none">• Although it is not recommended to scratch an itchy abdomen, scratching does not cause stretch marks. During pregnancy, stretch marks happen when the skin cannot resume a normal form after a period of intense growth. With the combination of other pregnancy



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

	hormones, stretch marks can cause an itchy abdomen.
3. If a pregnant woman eats leftover foods, she will be sleepy.	<ul style="list-style-type: none">Discomforts in pregnancy, such as sleepiness or drowsiness, are expected due to hormonal and physical changes in the body.
4. A pregnant woman should not drink soft drinks or cold drinks because they will make the baby bigger.	<ul style="list-style-type: none">Occasional drinking of soda and other cold drinks is permissible for pregnant women. They should be ingested in moderation as they can harm the growing fetus.
5. A pregnant woman should not wear a necklace or wrap a towel around her neck because the umbilical cord will wrap around the baby's neck.	<ul style="list-style-type: none">Wrapping of the umbilical cord around the baby's neck happens due to the random fetal movement of the baby, and it is not related to the mother's actions.
6. If a pregnant woman goes to funerals or cemeteries, she will experience difficulty in labor and delivery.	<ul style="list-style-type: none">Attending funerals and visiting cemeteries do not affect the labor and delivery of the mother. However, death brings too much emotional stress that can affect a pregnant woman and her child.
7. During labor, a pregnant woman should drink beaten raw eggs with soft drinks (Royal) to ease and smoothen her delivery.	<ul style="list-style-type: none">The use of raw eggs heightens the risk of infections such as toxoplasmosis and salmonella. There is no scientific evidence that drinking beaten raw eggs with a soda can ease and smoothen the delivery.
8. A pregnant woman's food cravings will affect the physical appearance of the baby	<ul style="list-style-type: none">The baby's physical appearance is based on the genetic composition of both parents. Other factors that may affect the baby's physical appearance are teratogens, nutrient deficiency, and a harmful environment.

References:

- Batara, J.A. (2022). *The truth about these 10 Filipino pregnancy myths*. theAsianparent. <https://ph.theasianparent.com/filipino-myths-and-facts-about-pregnancies>
- Bhargava, H. (2020). *Urinary Tract Infections (UTI) during Pregnancy*. WebMD. <https://www.webmd.com/women/guide/pregnancy-urinary-tract-infection>



University of the Philippines Manila
The Health Sciences Center
COLLEGE OF NURSING
WHO Collaborating Center for Leadership in Nursing Development



MATERNAL AND CHILD HEALTH NURSING (N13)
Second Semester, Academic Year 2021-2022

- EmersonLent. (2020). 20 *Pregnancy superstitions in the Philippines*.
<https://ph.theasianparent.com/pamahiin-debunking-5-pinoy-pregnancy-myths>
- Mayo Clinic Staff. (2021). *Back pain during pregnancy: 7 tips for relief*. Mayo Clinic.
<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046080>
- Nall, R. (2016). *Prenatal care: Urinary frequency and thirst*. Healthline.
<https://www.healthline.com/health/pregnancy/urinary-frequency-thirst>
- Pillitteri, A. (2014). *Maternal & child health nursing: Care of the childbearing & childrearing family*.
Lippincott Williams & Wilkins