

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
Morning sickness	<ul style="list-style-type: none"> ● Rest ● Eating preferred foods ● Drinking warm water 	<p>The cause of morning sickness is not totally known. It may be caused by low blood sugar or the rise in pregnancy hormones, such as human chorionic gonadotropin (HCG) or estrogen. Moreover, it may be worsened by stress, being overtired, eating certain foods, or having sensitivity to motion (Cleveland Clinic, 2017)</p> <ul style="list-style-type: none"> ● If morning sickness persists, health care provider may recommend vitamin B-6 supplements (pyridoxine), ginger and over-the-counter options such as doxylamine (Unisom) for management ● Choose foods carefully and eat less food but more frequently ● Drink plenty of fluids ● Pay attention to nausea triggers ● Breathe fresh air ● Take care with prenatal vitamins, and ● Rinse your mouth after vomiting.
Lower back pain	<ul style="list-style-type: none"> ● Rest ● Massage 	<p>During pregnancy, the ligaments in your body naturally become softer and stretch to prepare you for labor. This can put a strain on the joints of your lower back and pelvis, which can cause back pain (NHS UK, 2021).</p> <ul style="list-style-type: none"> ● Apply hot compress to the area ● Wear shoes with low to moderate heels ● Practice exercises particularly the pelvic rocking exercises ● Walk with the pelvis tilted forward ● Squat rather than bend over to pick up objects, and ● Always lift objects by holding them close to the body.
Fatigue	<ul style="list-style-type: none"> ● Rest ● Sleep 	<p>Hormonal changes at this time can make you feel tired, nauseous and emotional (NHS UK, 2021).</p>

		<ul style="list-style-type: none"> ● Keep your bedroom dark, clean, and cold so the body can achieve deep sleep ● Take a nap ● Eat healthy meals and stay hydrated ● Avoid caffeine after lunch ● Exercise
Headache	<ul style="list-style-type: none"> ● Sleep ● Tolerate 	<p>As well as hormonal changes, headaches in the early stages of pregnancy can be caused by an increase in the volume of blood your body is producing (Pregnancy Birth & Baby, 2020).</p> <ul style="list-style-type: none"> ● getting more sleep or rest and relaxation ● pregnancy yoga classes or other exercise ● practicing good posture, particularly later in your pregnancy ● eating regular, well-balanced meals ● putting a warm face cloth on your eye and nose area, if it is a sinus headache ● putting a cold pack on the back of your neck, taking a bath or using a heat pack, if it is a tension headache ● neck and shoulders massage
Leg cramps	<ul style="list-style-type: none"> ● Massage 	<p>While the exact cause of leg cramps during pregnancy isn't clear, you can take steps to prevent them.</p> <ul style="list-style-type: none"> ● Stretch your calf muscles ● Stay active ● Stay hydrated ● Choose proper footwear

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
<i>Bawal mag-anak sa binyag, kundi malalaglag ang bata.</i>	The causes of miscarriage cannot be pointed to being a godmother of a child. It is caused by various factors such as infection, exposure to environmental and workplace hazards such as

	<p>high levels of radiation or toxic agents, hormonal irregularities, improper implantation of fertilized egg in the uterine lining, maternal age, uterine abnormalities, and incompetent cervix (Cleveland Clinic, n.d.).</p>
<p>You should not eat the leftover food of the pregnant woman or you will get dizzy.</p>	<p>Eating leftover foods cannot make you drowsy. However, it can cause foodborne diseases especially when the food is not properly prepared or the place where it was stored was unclean.</p>
<p>If you are pregnant, you should only see beautiful things or your baby will be ugly</p>	<p>The physical appearance of the baby does not depend on what the mother sees. It depends on the genetics of both parents.</p>
<p>The pregnant woman will become ugly if when she's carrying a boy</p>	<p>Realistically, the extensive hormonal changes that occur throughout pregnancy affect the skin and hair of most women, regardless of the sex of the fetus (Leonard, 2021).</p>

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