

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
Back Pain	No management identified	<ul style="list-style-type: none"> - Hot and cold compress - Light stretching - Proper body mechanics
Nausea	Rest	<ul style="list-style-type: none"> - Plenty of rest - Ensure proper ventilation in the room
Vomiting	Rest	<ul style="list-style-type: none"> - Drink fluids to reduce the risk for dehydration - Light frequent healthy snacks to replenish needed nutrition in the body

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
“Huwag maglihi sa luya” as this may cause deformities in the hands of the child	Craving food does not cause birth deformities. Genetics and chromosomal problem play a huge role in these scenarios, a mother’s exposure to teratogenic such as exposure to toxins may also cause such deformities. If a mother is caught an infection during pregnancy, this may also cause deformities in the child.

References:

Morning Sickness with Pregnancy: Causes, Treatment & Prevention. (2017). Cleveland Clinic.

<https://my.clevelandclinic.org/health/diseases/16566-morning-sickness-nausea-and-vomiting-of-pregnancy>

Back pain during pregnancy: 7 tips for relief. (2021). Mayo Clinic.

<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046080>