

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. Discomfort in lying down	<ul style="list-style-type: none"> <li>• Sleeping on the side</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping on your left side. It puts the least pressure and will increase the amount of blood and nutrient that reach the placenta.</li> </ul>
2. Ankle edema	<ul style="list-style-type: none"> <li>• Elevating feet with a pillow</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid standing for long periods.</li> <li>• Sleep on your left side. It takes pressure off the large vein that returns blood from the lower half of your body to your heart.</li> <li>• Elevate your legs slightly with pillows.</li> <li>• Wear compression stockings.</li> <li>• Be physically active every day. Take walks.</li> <li>• Wear loose clothing.</li> </ul>
3. Morning sickness	<ul style="list-style-type: none"> <li>• Bed rest</li> <li>• Only eat crackers</li> <li>• If she gets dizzy, she smells her husband (who haven't taken a bath) to alleviate the dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• B6 supplements</li> <li>• Pay attention to nausea triggers</li> <li>• Breathe fresh air.</li> <li>• Drink plenty of fluids.</li> <li>• Snack often</li> </ul>

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. Press down or put weight on husband so that he will be the one to get cravings (mag-lihi)	<ul style="list-style-type: none"> <li>• Food cravings are more likely the result of needing certain vitamins and minerals so the pregnant woman will crave for foods that contains the vitamin or mineral that she is lacking.</li> </ul>
2. Your baby will have the characteristics of the food you crave	<ul style="list-style-type: none"> <li>• The food you eat will not affect your baby's appearance but will affect the nutrients the baby will receive so having a healthy meal plan would be beneficial.</li> </ul>
3. If you got cravings for shrimps, your baby will be "pabalik-balik" in the vagina when you deliver	<ul style="list-style-type: none"> <li>• Shrimp has a low mercury content but eat in moderation. Also, make sure it is thoroughly cooked.</li> </ul>
4. If you are nearing your due date, refrain from having sex because the baby will have a lot of vernix caseosa	<ul style="list-style-type: none"> <li>• For normal pregnancy, it is okay to have sex, but it is still better to consult this with your doctor.</li> <li>• It is normal for the baby to have a vernix caseosa as it is a protective layer on a newborn's skin and usually it disappears after a week.</li> </ul>
5. Do not take baths in the evening because there will be a lot of mucus plug that will come out and it will be painful. Also, the delivery will be difficult.	<ul style="list-style-type: none"> <li>• Losing the mucus plug does not usually cause pain but it is possible to experience some lower abdominal pain similar to the cramps felt during menstruation.</li> </ul>

If one of my clients will raise some of these concerns, I will correct their misconceptions with the truths stated above and if they are superstitious, I will make sure that no harm will be done while following the myths or superstitions that they follow.

References:

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