



University of the Philippines Manila
The Health Sciences Center
COLLEGE OF NURSING



WHO Collaborating Center for Leadership in Nursing Development
Commission on Higher Education Center of Excellence
Sotejo Hall, Pedro Gil St., Ermita, Manila 1000

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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 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. CLIENT'S NAME: C. DC. AGE: 44

PREGANCY DISCOMFORT	OWN MANAGEMENT	PROPER MANAGEMENT
Nausea	<ul style="list-style-type: none"> • After throwing up, eat small meals to fill the stomach • Drinking lots of water 	Avoid foods or smells that may trigger vomiting, keep getting adequate amount of rest, and eat smaller portions of food instead of big ones throughout the day.
Swelling of Foot	<ul style="list-style-type: none"> • Wearing socks • Reducing intake of salty foods 	Avoid standing for long periods, performing foot exercises, and wearing compression stockings.
Stretch marks	<ul style="list-style-type: none"> • No management 	Avoid scratching the surface of the skin to avoid scapes.
Feelings of heat	<ul style="list-style-type: none"> • Takes a bath frequently • Staying indoors or in air-conditioned rooms 	Keep track of triggers that cause hot flashes or feelings of heat, stay hydrated, and keep the bedroom cool while sleeping.
Lower back pain	<ul style="list-style-type: none"> • Lying down • Putting pillow behind the back 	Having proper posture could help in reducing the pain felt during pregnancy. When sleeping, it is also necessary to use ergonomically supported sleep positions in order to reduce mechanical strain in the lower back when resting.
Fatigue	<ul style="list-style-type: none"> • Taking frequent naps • Minimal household activities 	Increasing the amount of sleep and rest by taking naps, performing relaxation techniques, and eating meals at regular intervals as well as drinking water could reduce feelings of fatigue.



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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?

Some pregnancy myths that my mother has mentioned are:

PREGNANCY MYTHS	TRUTH
Paglililihi with someone or the inexplicable liking towards a person during pregnancy has a direct influence on the physical attributes of the baby	The mother's inexplicable liking towards someone may be attributed to the hormonal changes brought about by pregnancy. The appearance of the child, on the other hand, cannot be influenced by what the mother sees. Instead, a child's physical appearance is greatly influenced by the parents' genetic composition.
Eating twin bananas may lead to twins	The likelihood of having twins are based on the family's genetics, the parents' family history, and fertility. Twins are produced in two kinds of ways. The first is when a single embryo splits into two after fertilization or when two separate egg cells are each fertilized by different sperms.
When the food craving or paglililihi of the mother isn't satisfied or the need for a specific food wasn't met, the child will become 'tulo-laway'.	During infancy, drooling is a normal occurrence especially when their needs are centered in the mouth. It is considered normal for healthy children under 2 years of age given that saliva soothes the baby's gums while they are teething.
If the pregnant woman has spots or dark areas on the body, the baby will be a boy	Hyperpigmentation or the darkening of skin which is often referred to as chloasma is a standard occurrence for pregnant women. It is a normal change that takes place during pregnancy, and it doesn't reflect the baby's biological sex.