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N-13 Maternal and Child Nursing
 Self-Assessment Activity 3

**HEALTH PROMOTION STRATEGIES DURING
 PREGNANCY:
*Pregnancy Myths and Discomforts***

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
Breast Pain	<ul style="list-style-type: none"> Client rested and there was no management performed. <u><i>This is a common finding during pregnancy and the client's response is somehow appropriate. There are also simple ways that could be performed to alleviate breast pain.</i></u> 	<ul style="list-style-type: none"> Utilization of a pregnancy bra with wide shoulder strap for support would make the breasts more comfortable. However, this bra should be removed during sleeping and resting periods of the client. Hot and cold compresses could also provide relief for the breast pain.
Heart Palpitations	<ul style="list-style-type: none"> Rest and stop the activity being done Avoid strenuous workouts and exercises <u><i>This is a natural response to this pregnant discomfort</i></u> 	<ul style="list-style-type: none"> Keep the client hydrated when pregnant. Limit consumption of high-fat foods, coffee and other caffeinated beverages. Control heart

	<p><u>and is understandable and appropriate. There are more strategies and nonpharmacological techniques to manage heart palpitations.</u></p>	<p>palpitations with ways for relaxation to calm the heart and relax the mind</p> <ul style="list-style-type: none"> • Relieve tension and anxiety by leaving or distancing oneself from high-stress situations
<p>Pain in lower back</p>	<ul style="list-style-type: none"> • Sleeping, resting and lying down flat on the bed • <u>Pain in the lower back is commonly felt during pregnancy. This is an appropriate response to the pregnancy discomfort, however, the pain should be addressed more specifically depending on its severity</u> 	<ul style="list-style-type: none"> • Heat and cold must be applied to the back, and the mother's posture should be improved. Proper stretching of the back muscles could also be performed in a regular manner. • Nonpharmacologic treatments such as yoga and water therapy could also be done. • If the pain seems to be unbearable, the client may approach medical help. A diagnostic assessment and physical examination should be performed to assess the state of the patient.
<p>Constipation</p>	<ul style="list-style-type: none"> • Keep oneself hydrated and consume fibrous fruits such as pineapple. • <u>The client's management is appropriate</u> 	<ul style="list-style-type: none"> • Increase the consumption of fiber-rich foods. • Make sure to drink plenty of water as well as fluids (at least 8 glasses a day).
<p>Nausea and dizziness</p>	<ul style="list-style-type: none"> • Application of Vick's vaporub on the temples of the forehead and constant inhalation • <u>The client's management is appropriate especially</u> 	<ul style="list-style-type: none"> • Adapt a good sleeping schedule that ensures substantial rest and relaxation. • Consult an attending medical professional for dietary changes

	<p><u>to easily alleviate the discomfort using readily available strategies.</u></p>	<ul style="list-style-type: none"> • Maintain constant hydration throughout the day. • Avoid scents, flashing lights, and other distractions scenarios that irritate and provoke you to become nauseated • Smell fresh lemon, mint, or lavender. orange or using an oil diffuser with orange oil these odors
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Interview you 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
<p>1. The mother should not take a bath during the night as this would diminish blood flow to the baby.</p>	<p>The mother’s baths will have no effect on the baby’s condition however, it is important for the mother to ensure that an adequate water temperature is being utilized.</p> <p>An abrupt shift in temperature may result in health complications such as dizziness and dehydration.</p>
<p>2. Eating twin bananas will result to having twin babies</p>	<p>Consumption of two bananas does not imply to giving birth to twins for there exists no scientific evidence or any research to back up the mentioned pregnancy myth.</p> <p>In cases such as a single embryo is split into two or two female egg cells are fertilized by several sperm cells, does giving birth to twins is possible</p> <p>Nevertheless, bananas continue to be a healthy food choice and a great potassium source for pregnant women.</p>

<p>3. You must constantly obtain the food you require during <i>paglililihi</i> or otherwise your baby will receive a <i>balat</i> or mark of birth.</p>	<p>Food does not influence the baby's physical developmental appearance. A doctor should be consulted to be given counsel regarding a dietary regimen to ensure that the infant gets enough and suitable nutrients.</p>
<p>4. If a pregnant woman has a tough labor and delivery, it happens as a compensation for her own mother's traumatic childbirth for her before.</p>	<p>Difficulties in labor, which generally means extended labor, arise due to a variety of factors affecting the mother giving birth or the infant. Slow cervical dilations, a huge baby, a narrow birth canal or pelvis, multiple infant delivery, and emotional considerations are among them.</p>
<p>5. During pregnancy, the baby will pick up on characteristics of the pregnant woman's favorite foods or desires.</p>	<p>Food cravings have no bearing on the physical look and attributes of the developing baby. In reality, the baby's physical characteristics are only influenced by the combined and mixed genes of the parents. Moreover, certain physical traits may emerge as the infant grows and develops into a youngster, teenager, and adult which may also be a result of environmental factors.</p>

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