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N13 Maternity and Child

Section 3

PRENATAL CARE AND SAFE MOTHERHOOD

Pregnancy Myths and Discomfort

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 she feels during her entire pregnancy. List the discomforts she identified and examine if she did it right and what intervention could have been a better way of managing her discomfort.

Pregnancy Discomfort	Own Management	Proper Management
Breast Tenderness	<ul style="list-style-type: none"> • No particular management was performed as the client was aware of it but not overly concerned, merely accepting the discomfort as a normal side effect of pregnancy. 	<ul style="list-style-type: none"> • Wear supportive bras with wide straps to spread breast weight across shoulders. • Dress warmly to avoid cold drafts that make breast tenderness more noticeable.
Palmar Erythema	<ul style="list-style-type: none"> • Client recognized itching as a symptom of pregnancy. • Apply lotion on hands. • Avoid using alcohol. 	<ul style="list-style-type: none"> • Management performed was correct as calamine lotion can be applied as a soothing agent for redness and itchiness.
Constipation	<ul style="list-style-type: none"> • Eat fibrous foods like papaya and wheat products to promote elimination. 	<ul style="list-style-type: none"> • Management performed was correct but could be improved through consumption of adequate fluids by drinking at least 8 glasses of water daily. • Avoid gas-forming food to prevent excessive flatulence.
Nausea and Vomiting	<ul style="list-style-type: none"> • Client recognized this discomfort as normal. • Avoid consuming spicy foods. • Avoid brushing teeth using toothpaste with very strong, spicy, or minty taste. • Avoid taking prenatal vitamins and supplements in the morning when nausea and vomiting usually occur. Instead, take them in the afternoon 	<ul style="list-style-type: none"> • Take small, frequent meals and avoid greasy foods. • Keep an upright position after meals to avoid reflux. • Drink mild-flavored ginger tea. • Eat dry crackers and sour ball candies. • Inhale fragrant or calming scents. • Receive acupuncture.

	or evening.	
Pyrosis	<ul style="list-style-type: none"> • Burp to relieve excess acid in the body. 	<ul style="list-style-type: none"> • Eat small, frequent meals instead of large meals. • Avoid fatty and fried foods, coffee, carbonated beverages, tomato products, and citrus juices. • Avoid lying down immediately after eating; wait at least 2 hours before doing so. • Lie on left side with 2 pillows underneath to elevate the upper torso.
Fatigue	<ul style="list-style-type: none"> • Client took cat naps throughout the day, usually in the afternoon and especially during moments when she felt really exhausted. 	<ul style="list-style-type: none"> • To improve management of fatigue, modify customary daily routine to include short rest periods (at least 1) scheduled every day and total daily hours of sleep should be increased. • Feet can also be elevated to promote comfort and rest since it helps prevent swollen ankles.
Muscle Cramps	<ul style="list-style-type: none"> • Sit or lie down and elevate feet. • While sitting/lying down, straighten affected leg and dorsiflex foot to relieve cramps in the calf. 	<ul style="list-style-type: none"> • Immediate management of cramps was performed accurately. • Further management includes intake of calcium supplements and regular elevation and stretching of legs/lower extremities with toes pointed upwards to promote circulation. • Magnesium citrate or aluminum hydroxide gel is prescribed to women who have frequent and unrelieved muscle cramps.
Varicosities	<ul style="list-style-type: none"> • Elevate/raise feet in the air. 	<ul style="list-style-type: none"> • Management can be improved by increasing frequency of performance. Rest in Sim's position or lie on back with legs elevated against the wall or on a stool for 15-20 minutes, twice daily. • Avoid sitting cross-legged or with knees bent. • Take Vitamin C and fresh fruits or juices. • Exercise by taking walk breaks from work or chores. • Wear medical support stockings for relief and prevention of varicosities.
Hemorrhoids	<ul style="list-style-type: none"> • Eat papaya, a fruit rich in fiber. 	<ul style="list-style-type: none"> • Limited management was performed. • For improvement, drink sufficient

		<p>fluids and eat adequate fibrous foods. This will increase daily bowel evacuation to manage the pregnancy discomfort. Stool softeners may also be needed.</p> <ul style="list-style-type: none"> • Rest in modified Sim's position or assume a knee-chest position for 10-15 mins to reduce rectal vein pressure. • Use cold compress or over-the-counter hemorrhoid cream for pain relief.
Heart Palpitations	<ul style="list-style-type: none"> • Stop activity, sit down and rest. 	<ul style="list-style-type: none"> • Heart palpitations are normal and should be expected on occasion, especially during sudden movement. • Management can be improved by executing gradual, slow movements to prevent these occurrences.
Frequent Urination	<ul style="list-style-type: none"> • Ensure bathroom is easily accessible/can easily be reached for voiding. 	<ul style="list-style-type: none"> • Management accurately addressed the pregnancy discomfort as frequent urination is a normal pregnancy side effect. Do not wait and instead, void as often as necessary to prevent infection. • Caffeine intake may also be decreased. However, fluid intake, especially of water, should not be restricted. • Kegel's exercises may also be performed to strengthen urinary control and perineal muscles at birth and to prevent stress incontinence.
Abdominal Discomfort	<ul style="list-style-type: none"> • Lie down and rest. • Defecate as necessary. 	<ul style="list-style-type: none"> • Move slowly from lying position to sitting position or from a sitting to standing position. • Cross arms over abdomen in standing position as weight applied provides relief from abdominal discomfort.
Backaches	<ul style="list-style-type: none"> • Client accepted this discomfort as a normal side effect of pregnancy. • Lie down sideways with pillows placed for support. 	<ul style="list-style-type: none"> • Management can be improved by lying down with feet elevated. Application of local heat using heating pads can also prove helpful in relieving pain and discomfort. • Practice proper posture by walking with pelvis tilted forward and holding head high. • Practice pelvic rock exercises, which includes arching of the back while putting the head down in all

		<p>fours.</p> <ul style="list-style-type: none"> • Squat rather than bend to pick up objects and lift things by holding them close to the body. • Limit use of high heels to maintain upright posture.
Headaches	<ul style="list-style-type: none"> • Increase quantity of sleep or rest. 	<ul style="list-style-type: none"> • Management done is accurate, but can be improved with additional strategies. • Avoid eye strain or tension. • Apply cold compress on the forehead and take acetaminophen. • However, severe headaches, especially if continuous or too intense, should be reported for investigation of possible hypertension.
Dyspnea	<ul style="list-style-type: none"> • Lie down on left side. 	<ul style="list-style-type: none"> • Management done may be insufficient and can be improved. • If dyspnea happens when in lying a supine position, assume Fowler's position with the head elevated using 2-3 pillows. • If dyspnea is exertional, limit tiring or exhausting activities or work during the day.
Ankle Edema	<ul style="list-style-type: none"> • Elevate legs. • Decrease intake of salty foods. 	<ul style="list-style-type: none"> • Management performed may not directly or sufficiently address discomfort. • Elevate legs while sitting for 30 minutes, twice daily. • Rest on left side. • Avoid constrictive lower garments to prevent inhibition of proper circulation and venous return.

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
Consumption of dark-colored drinks (ex. <i>softdrinks such as Coke</i>) may cause babies to come out with darker-colored skin.	<ul style="list-style-type: none"> • Food or food cravings have no effect on the baby's skin color or overall physical appearance. The baby's features and characteristics depend on the combined/mixed genes of the parents, and some of these features can be observed through ultrasounds at prenatal check-ups. Once the baby is born and eventually develops into a child, adolescent, and adult, certain characteristics may

	<p>change slightly as a result of environmental factors.</p> <ul style="list-style-type: none"> • With regards to indulgence of food cravings, it is best to consult health professionals on diet management to ensure that the baby receives adequate nutrition.
<p>Eating twin bananas or eggs can produce twin babies.</p>	<ul style="list-style-type: none"> • Multiple babies under one pregnancy is a result of genetic factors, not dietary patterns during pregnancy. When one egg is released but divides into two, identical twins are created. On the other hand, when multiple embryos are released or more than one ovulation occurs, both eggs are fertilized and produce fraternal twins. • To increase chances of having twins, it's important to understand the role of genetics, family history, fertility, and treatments such as In-Vitro Fertilization (IVF). • Despite twin bananas and eggs having nothing to do with conceiving twins, bananas and eggs are good sources of nutrients for pregnant mothers.
<p>Expecting moms should avoid funerals as these are unlucky events in Chinese culture and may affect the development of the baby.</p>	<ul style="list-style-type: none"> • It is perfectly safe for expecting mothers and their unborn babies to be part of the festivities as funerals do not have direct physical effects on the baby's development in the womb. • Nevertheless, a mother's emotions are felt by the baby. Thus, grief and emotional stress felt by a mother resulting from the loss of the loved one may result in the release of stress hormone cortisol, which is also released by the placenta surrounding the baby. When this hormone enters the amniotic fluid in small amounts, it may alter fetal metabolism.

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