

Answer the following questions and submit your answers in PDF format. Remember to cite references of your answers as much as possible. Submit your file in the following filename format: LastnameFirstname_Activity3_PrenatalCare.pdf (Ex: BaccayKennylynn_Activity3_PrenatalCare.pdf)

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. Morning sickness	<ul style="list-style-type: none"> • Resting for a while • Drinking water • Eating sour foods 	<ul style="list-style-type: none"> • Acupressure, anti-motion sickness wristbands • Drinking mild-flavored ginger tea • Eating dry crackers and sour ball candies
2. Swelling (pagmamanas)	<ul style="list-style-type: none"> • Resting her feet and legs higher than her body • Drinking a lot of water 	<ul style="list-style-type: none"> • Wearing comfortable shoes or slippers • Advised women to lie on the left side as this may kidney's GFR and allows good venous. • Sit in the afternoon with legs elevated.
3. Headaches	<ul style="list-style-type: none"> • Massaging her temple 	<ul style="list-style-type: none"> • Applying a cold compress • Taking acetaminophen • Eat frequent and well-balanced meals • Stay hydrated
4. Constipation	<ul style="list-style-type: none"> • Drinking a lot of fluid • Eating a banana 	<ul style="list-style-type: none"> • Increase fiber in the diet • Drink at least 8 glasses of water every day • Regular exercise
5. Backpain	<ul style="list-style-type: none"> • Lying in bed • Resting 	<ul style="list-style-type: none"> • Application of local heat may aid in relieving back pain

		<ul style="list-style-type: none"> Applying proper body mechanics
6. Frequent urination	<ul style="list-style-type: none"> Drinking water after urinating 	<ul style="list-style-type: none"> Drink a lot of fluids to avoid dehydration Avoid/limit caffeine intake

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. If you eat twin bananas or an egg with two yolks, it will increase your chances of having twins.	<ul style="list-style-type: none"> Twins are produced in two kinds of ways. The first is when a single embryo splits into two after fertilization, which creates identical twins. The second is when two separate egg cells are each fertilized by different sperm, resulting in fraternal twins. Family history of twins or genetics is also a factor in having twins.
2. The appearance of the mother is related to the baby's gender. If the mother is "blooming", she will have a baby girl.	<ul style="list-style-type: none"> The features and physical appearance of the will depend on the genes of its parents.
3. You can't take a bath after giving birth because this will affect the postpartum health of the mother (mabibinat)	<ul style="list-style-type: none"> Mothers are not advised to take a bath immediately for it might cause some risk for infections and colds due to the exposure to pathogens.
4. If you walk over a pregnant woman you will also have morning sickness and pregnancy discomforts	<ul style="list-style-type: none"> Discomforts such as morning sickness and backpain are normal for pregnant women
5. Cravings can affect the baby's appearance. For example, if you crave for white foods such as vanilla ice creams and white chocolate, the baby's skin color will be white or fair skin.	<ul style="list-style-type: none"> Cravings has no effect on the baby's appearance. The baby's appearance will depend on the genes of the parents.

References:

EmersonLent. (2021). 20 Pregnancy Superstitions In The Philippines: Should You Believe These?
theAsianparent Philippines: Your Guide to Pregnancy, Baby & Raising Kids.

<https://ph.theasianparent.com/pamahiin-debunking-5-pinoy-pregnancy-myths>