

Case Study VI

Wanjiru Waweru

Worcester State University

What are some lifestyle behaviors and medical interventions that Jill may want to consider during this time?

Paternal Care plays an important role in the progression of pregnancy. “A pregnant woman should take good care of herself to ensure proper development of her unborn child. Good prenatal care encompasses a spectrum of topics from proper nutrition to regular prenatal health care. (Alexander, Garfield, Bader, and LaRosa pg. 150, 2020)”

Nutrition is the first lifestyle behavior that Jill may want to consider during her pregnancy. “Pregnancy increases a woman’s need for nutrients and calories, making a balanced diet essential for women of childbearing age (Table 6.2). Sensible eating during pregnancy includes the basic concepts discussed in Chapter 9. It is important not to diet during pregnancy but rather to eat sensibly. Pregnant women do not need to eat twice as much food or calories but rather consume the essential nutrients required for healthy development of the fetus. (Alexander, Garfield, Bader, and LaRosa, pg. 150, 2020)”

Exercise is the second lifestyle behavior that Jill may want to consider during her pregnancy. “Proper exercise during pregnancy can have many benefits. Studies show that women who exercised in the 3 months before pregnancy felt better during the first trimester than women who did not exercise; similarly, women who exercised in the first and second trimesters felt better in the third trimester than those who did not exercise. Well-conditioned women often have shorter labor, less need for obstetric intervention during pregnancy and childbirth, and speedier recovery after childbirth. (Alexander, Garfield, Bader, and LaRosa, pg. 151, 2020)”

Researchers found that exercise could be useful pregnant women. “The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate to intense aerobic activity every week, which can be divided into 30 minutes of daily active exercise to

reduce backaches, constipation, bloating, and swelling. Exercise also helps prevent or treat gestational diabetes; improves energy and mood; improves posture; promotes muscle tone, strength, and endurance; and helps the pregnant woman sleep better. (Alexander, Garfield, Bader, and LaRosa, pg. 151, 2020)”

Prenatal Testing is the medical intervention that Jill may consider during this time.

“Prospective parents often worry whether their baby will be born normal and healthy. Most of the time, these worries are unfounded: Almost all children born in the United States are healthy. However, the CDC reports that birth defects occur in about 3% of all live births. They are also a leading cause of infant death.<sup>21</sup> A birth defect can affect almost any part of the body. The well-being of the child depends mostly on which organ or body part is involved and how much it is affected. Most birth defects occur during the first 3 months of pregnancy. Birth defects can be genetic in origin, or they can be caused by exposure to harmful agents. (Alexander, Garfield, Bader, and LaRosa, pg. 154, 2020)”

What considerations should Jill be thinking about when it comes to considerations for childbirth?

Pain Relief involves in childbirth. “Women experience different levels of pain during childbirth. The reality of childbirth is that it usually involves some physical pain. The physical and psychological techniques promoted in childbirth preparation classes can dramatically influence the perception of pain and the confidence in dealing with labor difficulties. These pain relief measures have the inherent advantage of not producing any chemical disruption in the mother’s body, which could then affect the baby or the birthing process. (Alexander, Garfield, Bader, and LaRosa, pg. 163, 2020)”

Comfort measures, Mental strategies, and Medications are useful for child labor.

“Comfort measures: These are things that a woman can do for herself, that her companion can do

for her, or that can be done to the laboring environment to increase her personal comfort level.

Mental strategies: Many women employ a variety of techniques, including special breathing, meditation, prayer, music, focal points, and singing to reduce anxiety and create a sense of calm during labor. Medications: A variety of pain-relieving medications are available for childbirth. Most decisions about medications are actually personal choices, not medical decisions. For this reason, it is important for the pregnant woman to learn about possible medications before she goes into labor. Tranquilizers and analgesics are often used together for general relaxation and to take the edge off contractions.(Alexander, Garfield, Bader, LaRosa, pg. 163, 2020)”

### Conclusion

Paternal Care helps pregnant women to create a healthy baby. Nutrition and Exercising are the lifestyle factors that Jill want to consider during her pregnancy progress. Pain Relief in childbirth could be manageable for childbirth.

References

Alexander, L. L., Garfield, S., Bader, H., & LaRosa, J. H. (2020). *New Dimensions in Women's Health* (8th Edition). Jones & Bartlett Learning.