**Interview details**

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| Participant ID | HKAT06J |
| Municipality | Kapan |
| Occupation | Worker in hydropower project |
| Education (grade) | 8 |
| Type of household | Nuclear |
| Ethnicity | Chhetri |
| Nb of pregnancies before this one | 0 |
| Gestation age in months | 9 |
| Start time | 12:16 |
| End time | 12:39 |
| Interviewer | Obindra Bahadur Chand |
| Date | 07/04/2023 |
| Name of translator | Merina Dahal |
| Name of transcriber | Merina Dahal |

**Interview**

# INTERVIEWER:

Where are you currently residing?

# PARTICIPANT:

I live in Kapan.

# INTERVIEWER:

As I mentioned earlier, our interview is mainly to discuss about the role of the husband in their wife’s pregnancy. Let's start our discussion. As your wife is 33 weeks pregnant, how do you help her daily during this period?

# PARTICIPANT:

During such a period, family relations are very important. For this, husband and wife should do the work together. Especially in villages, there are works involving carrying heavy weights so relatives should do the work we can. The pregnant wife should be taken care of regarding her diet and physical exercise like walking.

# INTERVIEWER:

Where did you learn what you just said that you need to help her in daily activities and give attention to her food intake and nutrition?

# PARTICIPANT:

I learnt it myself after seeing it among my relatives and in the hospital.

# INTERVIEWER:

How many times have you come here since it is been 33 weeks?

# PARTICIPANT:

It is our first time here.

# INTERVIEWER:

What are your first impressions about this first visit?

# PARTICIPANT:

One thing is that it is too much crowded. Also, I think it should be mandatory for health workers to accept visitors with patients during check-ups at the hospital. Especially for people who come from hilly areas. They don't know much about where to go and what to do in the hospital. People from the cities usually know about everything. If a visitor is allowed with the patient, then it would be easier. It can be difficult for patients to come alone to the hospital if they are stressed or in pain. Also, the way health workers talked to patients is a problem. If we observe, patients are in pain inside the hospital but visitors are not allowed to enter. Some people were very aggressive due to this. Also, some people come to check-ups with the card of others. This should not happen.

# INTERVIEWER:

What discussion do you have with your wife at home about her health condition?

# PARTICIPANT:

We talk about her condition, the problems she has, what I can do for her to help, how I can think for my family for the future and planning regarding our family. If there is anything negative, we discuss it to gain her trust and turn it into something positive.

# INTERVIEWER:

Please give us some examples of what you have done after she has been or what discussion you have regarding her health. Tell us if there is anything you have discussed, that later became useful or which did not work out and you had to correct it.

# PARTICIPANT:

On our first visit to the hospital, we went together. She did not go alone. We go together in such a situation. It's been easy till now.

# INTERVIEWER:

What do you know about going to the health post or hospital for a check-up during pregnancy?

# PARTICIPANT:

They do different things like urine and blood tests, x-ray...

# INTERVIEWER:

Have you gone to any health posts in the village during this time?

# PARTICIPANT:

We live in Solukhumbu but go for check-ups in the hospital in Okhaldhunga. We came here after discussing it with the family. It will be easier later if we come here early. Otherwise, if any problem occurs there, then it would be difficult for us to come here at the last minute.

# INTERVIEWER:

So you were used to going for the check-ups in the health post there?

# PARTICIPANT:

Yes.

# INTERVIEWER:

What do you think about the check-ups done in the health post?

# PARTICIPANT:

It is good as far as they can provide services.

# INTERVIEWER:

What do you mean?

# PARTICIPANT:

For example, the queuing system is better. First, we need to get the ticket and the patient can sit while waiting for their turn. They don't have to stand outside. When the turn comes, they let us in. They allow both husband and wife to go in and talk about the pregnancy. Here, only pregnant women can go in for the check-up. If I was allowed to go in here, I would have asked questions about my wife’s pregnancy. I think the Ministry of Health should authorize the husband and wife to go inside. They should think about it. There are provincial and local levels. There is a big budget for the health sector but the budget is not properly allocated by the government. There are some allocation issues.

# INTERVIEWER:

As you said, you visit together with your wife. There are some advantages to this. However, some women have to come alone to the hospital during pregnancy due to various reasons.

# PARTICIPANT:

Yes, it's mostly seen in the villages.

# INTERVIEWER:

What could be the reason behind it?

# PARTICIPANT:

From what I see, it is mostly among uneducated people who do not understand that they need to take care of their wives and give them time and who are not involved in any program. People who are involved in projects or government programmes usually understand these things. Those who work at home may not have time also. In villages, people have cattle to take care of and farming work to do. For example, if they have to take their wife for a check-up on the same day they have to plant maize, they might send the wife alone and they might not talk about what happened in the hospital after coming back. This is due to a lack of awareness in the villages. In the hospital too, people who come from villages do not understand anything. When they come here, they don't know about which hospital to go to, how to cross the road and about transportation. That's why there is a big difference between villages and cities.

# INTERVIEWER:

You talked about people from the villages, what kind of suggestions or advice do you want to give them?

# PARTICIPANT:

They need to go together. As there are many problems related to health, FCHVs can play a key role in the villages. People usually coordinate with FCHVs to go to the hospital. In the beginning, they can create an environment for the husband and wife to visit the hospital together. It can make it easier for them.

# INTERVIEWER:

What can you tell about the attitude and behaviour of the health workers?

# PARTICIPANT:

In the hilly regions, there is less population so we get to know each other more quickly. When we visit for the check-up, they know us and ask us properly about how the patient is feeling and other problems. There is a better environment there because there is less population and it is less crowded. But in cities, there are huge crowds due to the large population. If they have to see five patients for a check-up they will try to fit them all in the same room. They need to make it easier. If they go through the Ministry of Population, it will be easier for the hospital. One hospital does not have the capacity to handle a large population. It would be easier for all hospitals to go through the system. They can also guide people who come from outside. This can also make things easier.

# INTERVIEWER:

Did you pay when you go for check-ups?

# PARTICIPANT:

As we have health insurance, we did not pay money until now.

# INTERVIEWER:

Do the people who don't have health insurance need to pay money?

# PARTICIPANT:

Yes, they need to but I don't know how much they have to pay.

# INTERVIEWER:

People are now aware that they need to go to the hospital but in many cases, pregnant women do not agree easily or feel hesitant to go to the hospital. What is your opinion on that?

# PARTICIPANT:

It's not the case anymore. Now, most of them go for check-ups.

# INTERVIEWER:

What could be the reason behind it?

# PARTICIPANT:

Now, there are mostly educated families. They are educated to some extent, either higher or lower level of education. They are aware that they must go for check-ups. However, in some ethnic groups, it may still be seen. I have seen that in hilly regions for some castes, mostly the lower castes. They are also economically weak. They give birth to many children. That's the situation there. However, it is seen less and less. The situation has improved.

# INTERVIEWER:

What do you think about check-ups during pregnancy? What are the benefits for pregnant women?

# PARTICIPANT:

I think it must be done. As health is the most important thing and giving birth to a child is a compulsory thing, we need to go to the hospital for this. In the earlier pregnancy, we need to go to the hospital and follow the instructions given there. It can help to make child delivery easier.

# INTERVIEWER:

When you were in Solumkhumbu, did you and your wife used to go together to the hospital?

# PARTICIPANT:

Yes, we used to go together.

# INTERVIEWER:

How many times did you visit there?

# PARTICIPANT:

We used to go once a month.

# INTERVIEWER:

This is your first time here?

# PARTICIPANT:

Yes, the first time.

# INTERVIEWER:

When did they tell you to come back?

# PARTICIPANT:

They told us to come in 7 days.

# INTERVIEWER:

Did your wife ever have to go to the hospital alone?

# PARTICIPANT:

Sometimes when I haven't got time to go with her, she has gone alone. Otherwise, we always go together.

# INTERVIEWER:

Does that mean you could not go even if you wanted to due to office obligations?

# PARTICIPANT:

Yes.

# INTERVIEWER:

What things are tested with blood tests? Have the health workers told you anything regarding this?

# PARTICIPANT:

Firstly, we can know the blood group by doing a blood test. Along with that, we can know if there is sugar [diabetes] and other things related to health.

# INTERVIEWER:

We can also test for sexually transmitted diseases. Do you know anything about it or have the health workers told you anything about it?

# PARTICIPANT:

I don't know about it.

# INTERVIEWER:

We can also test for HIV. Have they told you anything about it? After having the blood tests, did you have a conversation with your wife about what tests have been done?

# PARTICIPANT:

The doctor told us that the blood is normal. They don't tell us about all this. We also don't ask about it.

# INTERVIEWER:

Why don’t you ask about these things?

# PARTICIPANT:

I can't say the exact reason.

# INTERVIEWER:

Anaemia and STDs could be tested from a single blood sample and it can be completed in 30 minutes. What do you think about it? Should it be done?

# PARTICIPANT:

I don't have anything to say regarding this. It is good for the health to do blood tests. We usually do it as per the doctor's suggestions. If the doctor tells us that it is compulsory to do, then we have to do it.