**Interview details**

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| --- | --- |
| Participant ID | HKAP01A |
| Municipality | Kapilvastu |
| Occupation | Seller |
| Education (grade) | 9 |
| Type of household | Joint |
| Ethnicity | Hill Dalit |
| Nb of pregnancies before this one | 0 |
| Gestation age in months | 10 |
| Start time | 14:12 |
| End time | 15:14 |
| Interviewer | Mahesh Chauhan |
| Date | 25/01/2023 |
| Name of translator | Anushka Thapa |
| Name of transcriber | Anushka Thapa |

**Interview**

# INTERVIEWER:

To what grade did you study?

# PARTICIPANT:

Up to grade 9. I left after passing the basic level exam. Also, the family situation was not favourable so I focused more on learning skills.

# INTERVIEWER:

What is your caste?

# PARTICIPANT:

We are from the Sunar caste but we are considered Dalits (lowest caste). We are counted in the category of Dalits, but the category of Dalits is created by human beings, not by God.

# INTERVIEWER:

Don't worry about it, it's just human perception and thought.

# PARTICIPANT:

I don't mind, we are considered as Dalits, that's all.

# INTERVIEWER:

We are all born as human beings, but it is human beings who have created this caste system.

# PARTICIPANT:

Yes, we eat what others eat. We wear what others wear.

# INTERVIEWER:

How many people are in your family? Do you stay alone or with your family?

# PARTICIPANT:

We live in a joint household under the same roof.

# INTERVIEWER:

How many people live in your household? For example, do your parents live with you?

# PARTICIPANT:

Including my wife and everyone else, we have a total of 10 members in our household.

# INTERVIEWER:

Do you have any idea how many weeks pregnant your wife is? If you are not sure in terms of weeks, you can also answer in terms of months.

# PARTICIPANT:

She is about 10 months pregnant. The delivery date is around the last week of this month. Hospital has informed that it can happen earlier.

# INTERVIEWER:

Is it her first pregnancy?

# PARTICIPANT:

Yes, it is.

# INTERVIEWER:

Does your wife regularly attend antenatal check-ups at health facilities?

# PARTICIPANT:

Yes, she regularly went to a public health facility for ultrasound scans.

# INTERVIEWER:

Do you have any idea what kind of check-ups have been carried out so far?

# PARTICIPANT:

Routine check-ups have been carried out. I sometimes feel pain in the pelvic region, but it could be because of the baby. Ultrasound is carried out routinely. Doctors provide us with information about dealing with pain, how the baby is doing, etc.

# INTERVIEWER:

And has she done any blood tests?

# PARTICIPANT:

We get this information from the hospital. They tell us when to come every month or every two months at such and such a time or date. We go there at that time and do blood tests. She had a blood test two/three days ago.

# INTERVIEWER:

Blood tests have been carried out, but do you have any idea what kind of blood tests or why they are carried out?

# PARTICIPANT:

The amount of blood in the body and inside the baby and whether or not there is an abnormality detected in the blood. At the hospital, they told us that the blood tests were normal.

# INTERVIEWER:

We talked briefly about pregnancy at the beginning of this interview. I would like to know a little more about your point of view. As a husband, what do you think your roles and responsibilities are towards your wife?

# PARTICIPANT:

Towards my wife?

# INTERVIEWER:

Yes, to your wife. I mean, what should you do and why?

# PARTICIPANT:

There are many things that need to be done. But it is especially in such situations that support and help are needed. For this, you also need income. Besides, I can't send him to another place in this state. So help and support are needed. And our family lives together, so even if I can't help and support her, my family supports her when I'm not there.

# INTERVIEWER:

So does that mean you help your wife?

# PARTICIPANT:

Yes, I give my wife all the help she needs.

# INTERVIEWER:

What kind of activities do you help your wife with? For example, do you accompany her to the hospital?

# PARTICIPANT:

When I am not there, my family accompanies her to the hospital. But a few days ago I took her to the health post for a check-up.

# INTERVIEWER:

So you went with her?

# PARTICIPANT:

Yes, I did. I also took her to an appointment for an ultrasound.

# INTERVIEWER:

That's very good. You mentioned that you went with your wife to the health post for a check-up. Do you have any idea what kind of check-up is done and how it is done at a health post or a hospital?

# PARTICIPANT:

In the health post? In the health post, they rely mainly on reports from government hospitals.

# INTERVIEWER:

Where did you go first? The health post or the hospital?

# PARTICIPANT:

At first we used to go to the health post. But equipment such as ultrasound is not available there, so we go to the hospital for that.

# INTERVIEWER:

So you went together with your wife?

# PARTICIPANT:

Yes, I did.

# INTERVIEWER:

Do you have any idea of the procedure for all the check-ups that were carried out? How and what information were you given?

# PARTICIPANT:

At the health post?

# INTERVIEWER:

Yes?

# PARTICIPANT:

I don't know what to say... In the health post, I was told to take care of my wife during this period. Not to forget to take iron tablets, not to lift heavy things, etc. This is the information I was given by the health professionals [confused].

# INTERVIEWER:

In your opinion, should a pregnant woman go to a health facility alone?

# PARTICIPANT:

My wife?

# INTERVIEWER:

Is it okay to let a pregnant woman go alone or what?

# PARTICIPANT:

It is not possible to go alone or with someone in such a state. In such a state, it is risky, whether you go alone or with someone. In fact, one should not be allowed to go at all.

# INTERVIEWER:

Does this mean that being accompanied by someone is better?

# PARTICIPANT:

Yes, even if the husband cannot accompany you, it is better to have someone to accompany you.

# INTERVIEWER:

You've already said that you went to the health post, had blood tests and even had conversations where you were taught things like not lifting heavy things and so on. So did you pay for it?

# PARTICIPANT:

No, it's free of cost in the health post as well as in government hospitals.

# INTERVIEWER:

Did the blood test cost you money?

# PARTICIPANT:

I have insurance for that.

# INTERVIEWER:

So, you have insurance for that?

# PARTICIPANT:

Yes, I have insurance of Rs.100 for it. But it cost me money when I visited private clinics once or twice.

# INTERVIEWER:

Do you think that pregnant women go to the health posts without any fear or hesitation or that they are afraid?

# PARTICIPANT:

No, during this period, controls are important. We don't have as much knowledge as health professionals. Check-ups are important during this period. You also have to think about the safety of your child. We go there for regular checks. There is no need to hesitate at all.

# INTERVIEWER:

What do you think about antenatal care visits? How important are antenatal care visits?

# PARTICIPANT:

You should have regular check-ups before giving birth. Care and visits are important.

# INTERVIEWER:

You have already talked a little about the ANC checks and possible abnormalities in the blood test, lack of blood[[1]](#footnote-1), etc.

# PARTICIPANT:

Yes, we have been informed that there are no abnormalities in the blood test. Everything is normal.

# INTERVIEWER:

I would now like to ask you briefly about prenatal examinations, such as blood tests, during pregnancy. You can tell me everything you know. However, it is okay if it is something you do not know.

Do you have any idea what kind of tests should be carried out during an ANC visit?

# PARTICIPANT:

The health post visit is what you should do during pregnancy to check on the condition of the baby and the blood tests etc. have been done.

# INTERVIEWER:

Now we focus mainly on blood tests that are carried out during prenatal check-ups. We are mainly focusing on three sexually transmitted diseases that are tested by blood tests during antenatal check-ups. Have you heard of HIV?

# PARTICIPANT:

Yes, I have heard of it.

# INTERVIEWER:

There are also syphilis and hepatitis B. The lack of blood in pregnant women is known as anaemia, which we will discuss briefly. What kind of problems can occur in pregnant women due to lack of blood? Could you share your thoughts on this?

# PARTICIPANT:

I'm not sure. I have no idea.

# INTERVIEWER:

For example, if a mother suffers from a lack of blood in her body, will this affect her?

# PARTICIPANT:

I'm not sure. It can happen if there is a lack of blood. It can make the body weak.

# INTERVIEWER:

Have you ever heard of lack of blood? Or have you ever heard of someone suffering from a lack of blood?

# PARTICIPANT:

My wife’s blood reports have not indicated such a condition to date.

# INTERVIEWER:

Have you heard of anyone who has had a lack of blood?

# PARTICIPANT:

No, I haven't heard of anyone having this problem. I have no idea.

# INTERVIEWER:

Since you have never heard of lack of blood, you may not know the symptoms associated with lack of blood, or do you have no idea what those symptoms might be?

# PARTICIPANT:

If there is a lack of blood in the body, they may feel weak, lack energy, etc.

# INTERVIEWER:

Yes, you have described it well. So how do you think we can avoid it?

# PARTICIPANT:

For its prevention, emphasis should be placed on the consumption of protein-rich foods. Any food that increases the circulation of blood in the body should be consumed.

# INTERVIEWER:

You said that lack of blood can affect a pregnant woman. Do you think that lack of blood will affect the development of the child?

# PARTICIPANT:

If a pregnant woman lacks blood, it will affect the child. Because the child gets everything from the mother.

# INTERVIEWER:

Do you know what kind of effects can be observed in a child if its mother lacks blood?

# PARTICIPANT:

If a mother lacks blood, the child may develop physical and mental defects. Lack of blood can affect the physical development of the child and so on.

# INTERVIEWER:

We had discussed earlier that we were going to talk about three diseases. You mentioned earlier that you had heard about HIV. Can you tell me briefly what you know about HIV? What kind of disease is it? How is it transmitted?

# PARTICIPANT:

I have heard that HIV is a communicable disease. Its symptoms can bother human beings and damage the human body.

# PARTICIPANT:

You have a better idea than me [laughs]. Nobody I know has ever had this disease. I have never seen what the symptoms of this disease could be. So everything I said was based on my understanding and knowledge.

# INTERVIEWER:

So you have never seen or known anyone who had HIV?

# PARTICIPANT:

No, nobody in my village had it.

# INTERVIEWER:

You work in Pokhara, have you seen anyone there who has HIV?

# PARTICIPANT:

No, in urban areas like Pokhara, everyone is busy with their own work, why should I interfere in other people's business?

# INTERVIEWER:

Do you have any idea how HIV is transmitted from one person to another?

# PARTICIPANT:

HIV can be transmitted through sexual contact. It can also be transmitted through sweat and blood, right?

# INTERVIEWER:

In fact, I want to know what you think.

# PARTICIPANT:

I think it can be transmitted through sweat and blood. Using other people's razor blades, reusing needles from someone who has HIV/AIDS.

# INTERVIEWER:

So can I tell you a bit about HIV?

# PARTICIPANT:

Yes, I would like to know more.

# INTERVIEWER:

HIV is a virus, and it is a communicable disease. In many cases, even after the person has been infected, symptoms are not observed for a very long time. The person gradually starts to show symptoms. Weight loss, fatigue and weakness may occur gradually. It is mainly transmitted by sexual contact or by transfusion of HIV-infected blood. But it is not transmitted by sleeping together, sharing clothes or staying together. However, if there is close contact with blood, the infection can be transmitted. Symptoms vary depending on the condition of the person. The chances of transmission are high through semen during sexual contact.

# INTERVIEWER:

I want to know from you since you know what HIV is and it is a transmittable disease.

# INTERVIEWER:

Now that you know a bit more about HIV, if a pregnant woman is HIV-positive, how does it affect the child or is it transmitted from mother to child according to you?

# PARTICIPANT:

I don't know about the child, sir. It can be passed on to the partner. I have no idea about the transmission to the child. You and the nurses may have a better idea of what happens when the baby is breastfed. I don't know much about it. All I know is that it can be transmitted from husband to wife.

# INTERVIEWER:

Do you know what types of symptoms are seen in pregnant women infected with HIV?

# PARTICIPANT:

The symptoms you described earlier could be observed in pregnant women, weight loss...

# INTERVIEWER:

So from what I mentioned earlier about HIV, like weight loss, low immunity, the risk of dying if the drug is not taken in time, is that what you are trying to imply?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Now, like HIV, another disease is hepatitis B. Have you ever heard of hepatitis B?

# PARTICIPANT:

What is the full name?

# INTERVIEWER:

Hepatitis B is also a sexually transmitted disease. Have you ever heard of its name?

# PARTICIPANT:

No.

# INTERVIEWER:

Let me tell you a little about this disease. Then we can discuss it. Hepatitis B is a disease that affects the liver. It can be spread in blood, semen and vaginal discharge, through which it is transmitted. It can be transmitted through sexual contact or when it comes into contact with an open wound. And once it comes into contact, there are symptoms such as itching, jaundice, scarring of the skin and small blisters. It is also a type of disease in which a pregnant woman who has hepatitis B can transmit it to her growing child. HIV is a disease that, once acquired, cannot be cured, but hepatitis B can be cured if detected and treated in time.

# PARTICIPANT:

How is this disease transmitted?

# INTERVIEWER:

The disease is mainly transmitted through sexual contact, or through untested blood transfusions in conditions such as accidents. The use of blades and syringes can also transmit the disease. But it can be cured if treatment is given in time. However, hepatitis B can be fatal if it reaches its final stage and is not treated in time. Have you seen anyone around you who may have had symptoms of hepatitis such as itching, jaundice, skin scars or small blisters?

# PARTICIPANT:

I'm not sure. I haven't seen any so far. I go home every 2-4 months, so I haven't seen anyone in my locality with this disease.

# INTERVIEWER:

With the information I have given you about the disease, do you think that if a pregnant woman has hepatitis B, it will affect the health of the child?

# PARTICIPANT:

I am not sure. I knew about HIV but this is the first time I've heard about it. It can affect. I think a baby feeds on milk, so maybe.

# INTERVIEWER:

So far we have discussed HIV and hepatitis B. Now we will talk about syphilis. This is also a sexually transmitted disease. Do you know what syphilis is?

# PARTICIPANT:

No, I have never heard of these two diseases before.

# INTERVIEWER:

Syphilis is a disease characterised by the appearance of small blisters and bumps around the face, lips, internal organs, vagina, penis, palms and soles. These blisters are itchy and spread throughout the body. High fever, headache, fatigue, swelling of the gland. Do you know what a gland is?

# PARTICIPANT:

No.

# INTERVIEWER:

Sometimes when we get stung by a bee or an ant and there is a small abnormal swelling present, especially in the corner of the neck or behind the earlobe is a gland. And sometimes these glands swell in people with syphilis.

# PARTICIPANT:

Yes

# INTERVIEWER:

These are the symptoms caused by syphilis. Have you ever seen someone with these symptoms? Blisters like bumps on the skin, itching, inability and difficulty to work, etc.

# PARTICIPANT:

I have not seen such a disease so far. However, small problems like swollen gums etc. do happen to people from time to time.

# INTERVIEWER:

Gum swelling is a different case, in which the swelling usually extends slightly below the earlobe.

# PARTICIPANT:

No, I have not seen such a case so far.

# INTERVIEWER:

Have you seen anyone with symptoms such as blisters, bumps on the skin, itching or peeling of the skin?

# PARTICIPANT:

No.

# INTERVIEWER:

So you haven't seen anyone with this disease?

# PARTICIPANT:

No.

# INTERVIEWER:

You have not heard of or seen anyone with such an illness/condition but what would you say if you saw someone with this disease?

# PARTICIPANT:

We should talk to them because their infection will also affect us.

# INTERVIEWER:

Can you tell me what you know about sexually transmitted diseases?

# PARTICIPANT:

[Pauses for a while].

# INTERVIEWER:

Did you understand what I said?

# PARTICIPANT:

No.

# INTERVIEWER:

You have already talked about HIV and its transmission through sexual contact. So, do you know something else about diseases that are transmitted through sexual contact?

# PARTICIPANT:

They are the same diseases as the others.

# INTERVIEWER:

How can we prevent them?

# PARTICIPANT:

These diseases are transmitted by sexual contact so they can be prevented by using condoms. The solution is to use condoms. If someone has the disease, we should not use their blades. We should use condoms and be careful with anything that can transmit the disease.

# INTERVIEWER:

Now we will talk more in detail about blood tests. What is the advantage of a pregnant woman having to go to health facilities for regular check-ups and blood tests?

# PARTICIPANT:

I think it is good because it gives us more information about the disease. It also helps us to know our health status. If there is a weakness in the body, we need to do tests in time.

# INTERVIEWER:

What would you tell a pregnant woman about whether or not a blood test is right for them?

# PARTICIPANT:

Yes, it should be done. The level of blood in the body and other information can be obtained.

# INTERVIEWER:

What are the benefits?

# PARTICIPANT:

They will know the blood level, any illnesses etc. will be known. They will be safe from any danger.

# INTERVIEWER:

Do you think that a pregnant woman would or would not accept checking the lack of blood by taking a blood sample?

# PARTICIPANT:

Yes, it should be done.

# INTERVIEWER:

Yes, it should be done but would they always agree to do it?

# PARTICIPANT:

I think that those who can, will.

# INTERVIEWER:

But sometimes, some women do not accept taking this test. What do you think are the reasons for this?

# PARTICIPANT:

Perhaps fear and hesitation of any abnormality in the report or any condition. If a disease is detected, it would be stressful for them and they might not do it for that reason.

# INTERVIEWER:

If we tell pregnant women about the three sexually transmitted diseases we talked about earlier. Do you think they would go for a blood test?

# PARTICIPANT:

I'm not sure, I suppose they would.

# INTERVIEWER:

What would be the reason for not wanting to do a blood test? Is it because of fear, money problems or illness?

# PARTICIPANT:

It depends on the individual. Those who want to do so take a blood test. However, if a person is perfectly serene and thinks he or she has no disease, he or she may not agree to be tested.

# INTERVIEWER:

What would pregnant women think if they were asked to take a test for sexually transmitted diseases? Would they agree or not?

# PARTICIPANT:

Not sure, it depends on their partner.

# INTERVIEWER:

So now I'm going to tell you a little story that is completely fictional. Do you understand when I say “woman's sexual organ”?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Imagine that Ramesh's wife had blister-like bumps around her sexual organs. Whom do you think she would share them with? And what would you suggest to her in such a case?

# PARTICIPANT:

I suggest he goes to the health post and gets treatment.

# INTERVIEWER:

Are you suggesting that she have a blood test?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Why suggest a blood test?

# PARTICIPANT:

To detect any abnormality or infection.

# INTERVIEWER:

If you try to convince your wife, will she agree to a blood test?

# PARTICIPANT:

She has to do it because it's her own health, so she has to agree.

# INTERVIEWER:

In this particular situation that I have described to you, what might be the reason why some people do not accept to do a blood test?

# PARTICIPANT:

There are many reasons for not agreeing to have a blood test. For fear of what people might say, for fear of the disease, and in some cases, some people may feel that it is not necessary.

# INTERVIEWER:

How would you convince your wife if she doesn't agree to have her blood taken? What would you say to her?

# PARTICIPANT:

I would tell him to do it for his own health. You have to be very aware of your condition and your health. That's how I would convince her.

# INTERVIEWER:

If she is afraid or reluctant to go to the health post, how can she be convinced to go?

# PARTICIPANT:

I would advise him to go there and find out how he is doing. But the extreme conditions would force him to do so if necessary.

# INTERVIEWER:

When you go to the health post, how do the health professionals behave towards you? Do they listen to you? Do they take your problems into account? Do they give you enough time?

# PARTICIPANT:

Yes, they give us enough time and do the check-ups nicely.

# INTERVIEWER:

What is their behaviour towards you?

# PARTICIPANT:

They behave nicely with her. The health professionals at a health post and I are from the same region.

# INTERVIEWER:

Oh, you are from the same region. So they have to behave decently with you?

# PARTICIPANT:

Yes, they do.

# INTERVIEWER:

Suppose you go to a health post because of some health problems. How do they behave towards you when you go for a check-up? Do they listen to you?

# PARTICIPANT:

In the health posts, they listen to you very nicely.

# INTERVIEWER:

And what about the hospital?

# PARTICIPANT:

Thousands of people go to hospitals every day. So they are quite quick and give you information on the subject very quickly.

# INTERVIEWER:

Suppose your wife has symptoms of a sexually transmitted disease, who would she share her problems with when you are not around?

# PARTICIPANT:

The disease is diagnosed by check-ups. We have no idea before that...

# INTERVIEWER:

In many situations, when you can't share with your husband, you share with your mother, mother-in-law or even your friends. Whom do you think your wife would share her problems with when you are not around?

# PARTICIPANT:

I think it would be easier to share with your partner.

# INTERVIEWER:

To the husband?

# PARTICIPANT:

Yes, to the husband.

# INTERVIEWER:

Does your wife share her problems with her mother if you are not there with her?

# PARTICIPANT:

Talking about it with women is easier than with men.

# INTERVIEWER:

In your view do you think blood tests are common in Nepalese society?

# PARTICIPANT:

Blood tests should be done in hospitals.

# INTERVIEWER:

If there is a laboratory in the health post that can detect the three sexually transmitted diseases and a separate place where they give you medication. And the test result comes back in less than thirty minutes, which shows whether you have the disease or not. Do you think such tests would be useful?

# PARTICIPANT:

It should be done.

# INTERVIEWER:

In your opinion, do you think the child would benefit from blood tests during pregnancy?

# PARTICIPANT:

There may be benefits to them.

1. “Lack of blood” in Nepal refer to anaemia. [↑](#footnote-ref-1)