**Interview details**

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| --- | --- |
| Participant ID | MKAP04G |
| Municipality | Mayadevi |
| Occupation | Housewife |
| Education (grade) | 0 |
| Type of household | Joint |
| Ethnicity | Dalit |
| Nb of pregnancies before this one | 0 |
| Gestation age in months | 7 |
| Start time | 11:00 |
| End time | 11:32 |
| Interviewer | Sujata Chhetri |
| Date | 28/02/2023 |
| Name of translator | Nirmala Nepali |
| Name of transcriber | Nirmala Nepali |

**Interview**

# INTERVIEWER:

What is your occupation? What do you do in your house?

# PARTICIPANT:

There is nothing in my house. My husband is disabled. He is blind and his body trembles in such way that he can't do any work. In a two wheeler vehicle, if one of the wheels is broken, how can only one wheel work? I have three sons. Two of them live separately.

# INTERVIEWER:

Who do you live with?

# PARTICIPANT:

I live with my youngest son and my daughter-in-law.

# INTERVIEWER:

Do you have grandchildren?

# PARTICIPANT:

This is the youngest one, he does not have children yet. But my first and second sons have.

# INTERVIEWER:

Did you study?

# PARTICIPANT:

No, I did not study. I never went to school. In the past, people did not send kids to school. They used to send their sons to school but their daughters had to work like cook, wash the dishes, cut grass and take care of the children.

# INTERVIEWER:

Is it the first pregnancy of your daughter-in-law?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Since the beginning of her pregnancy, what tests did she do?

# PARTICIPANT:

She visits the hospital every month for check-ups. She has done ultrasounds two times. She takes iron tablets.

# INTERVIEWER:

Did she have any blood test?

# PARTICIPANT:

She has not done blood tests. She just went for check-ups and asked the doctor. The doctor sent her back home saying that everything was good. When she went for the first check-up, the nurse told her to come if any problems occur. As my husband is disable, a person has to earn money for the family and four people depend on it.

# INTERVIEWER:

As your daughter-in-law is pregnant, how do you help her?

# PARTICIPANT:

We give her what she wants such as fruits, apple, pomegranate, vitamins, green vegetables, papaya... Those who have green vegetables in their house should eat them. Otherwise, we should buy them from the market and give to the pregnant woman. We take her for check-ups time to time. She also got vaccines. During the first pregnancy, two vaccines are given. For the second, third and fourth pregnancy, only one vaccine is given. We take her for check-ups every month.

# INTERVIEWER:

Do you accompany her?

# PARTICIPANT:

Yes. The health post is nearby so I go with her. I went only once. After that, she went somewhere else. I asked her and they told her that everything was good. They did not say much. They only answer our questions.

# INTERVIEWER:

Have you heard anywhere that blood tests should be done during pregnancy?

# PARTICIPANT:

No, I have not. Only x-rays were done because when she conceived the child, she had abdominal pain. The nurse told us that the uterus growing can cause pain. I thought it might be kidney stone. She also has a stone of 3 millimetres. She took medicines for it. But then we run out of it and we don't have money or jobs. Where could we get the medicines?

# INTERVIEWER:

Where did you go for ultrasounds? Did you go to the health post?

# PARTICIPANT:

No, it is not done here. We have to go to Odari for it. We can also go to Taulihawa. In Aligadhwa too, we went there the first time.

# INTERVIEWER:

As your daughter-in-law is pregnant, have you ever heard of blood tests in your village, neighbourhood or your community?

# PARTICIPANT:

No, I haven't heard.

# INTERVIEWER:

Do you know what are the blood tests for?

# PARTICIPANT:

I know that blood tests can detect typhoid and sugar level. We can also know if the blood is normal, thick or thin. A proper diet is necessary to keep the blood in a good condition. Medicines can help too. If we go somewhere or if we talk with a good person, we can gain education, information and wisdom. But we don't go anywhere. We work like cutting grass, returning home in the evening and sleep. There are no educated people in this community who could transmit knowledge or wisdom. What we know, we hear it on the radio. For example, I heard that proper diet should be followed during pregnancy. We should eat fruits like papaya, banana, apple, pomegranate and foods which give energy. She eats the food I can afford. For a month now, I don’t have money. She only took iron tablets. There is no buffaloes meat either. We have a lot of money problems. When we have money, then we can afford all the foods and give her. My son earns a little bit of money. We also need to save a bit in case of problem or if we need to take her to other place. Only poor people can understand the problem of poor people. Others won't understand it.

# INTERVIEWER:

Do you have any knowledge about why blood tests are done?

# PARTICIPANT:

I don't know much about it but I understood that if there is a problem in the mother's blood, it will also affect the child. If the mother is not healthy, how can the child be healthy? Only if the mother's body and health is good, the child would be healthy. If the mother has problems, the child will also be affected. There is a risk of miscarriage.

# INTERVIEWER:

Do you think it is good to do a blood test?

# PARTICIPANT:

It should be done.

# INTERVIEWER:

How many months is your daughter-in-law pregnant?

# PARTICIPANT:

It is the seventh month.

# INTERVIEWER:

Did the doctor tell you about blood tests?

# PARTICIPANT:

No. The doctor asked where we went, what happened and why we were here. I said we came to take medicines.

# INTERVIEWER:

Did the health post called you?

# PARTICIPANT:

Yes. The health post is just nearby.

# INTERVIEWER:

Did the nurses there inform you about blood tests?

# PARTICIPANT:

No, they didn't. My son also went with her for a video x-rays.

# INTERVIEWER:

Didn't you go?

# PARTICIPANT:

No, I did not.

# INTERVIEWER:

Did you ask your son and daughter-in-law about it?

# PARTICIPANT:

No, I did not ask. I didn't ask them what the doctor said.

# INTERVIEWER:

Do you know about anaemia during pregnancy?

# PARTICIPANT:

Yes, I know. It can affect the mother and the child.

# INTERVIEWER:

Do you know about STD?

# PARTICIPANT:

How would I know all this?

# INTERVIEWER:

Have you heard of hepatitis B?

# PARTICIPANT:

Yes, yes. If the parents have such disease, then the child can have them, right?

# INTERVIEWER:

Do you know what are the symptoms of blood deficiency?

# PARTICIPANT:

No, I don't know. We don't have all this here so I don't know.

# INTERVIEWER:

What are the effects of blood deficiency on the body?

# PARTICIPANT:

When there is blood deficiency in the body, there is tingling of hands and feet. There is yawning all the time. We may feel sleepy all the time. When there is proper blood circulation in the body, everything will be good. If there is no blood deficiency, we work faster.

# INTERVIEWER:

How does it affect the child?

# PARTICIPANT:

The child moves in the uterus of the mother. When the mother's blood and fluid are good, then the child can have good movement.

# INTERVIEWER:

Have you heard of HIV AIDS?

# PARTICIPANT:

Yes, I have.

# INTERVIEWER:

What type of disease is it?

# PARTICIPANT:

If the husband goes abroad for work or have relations with someone else and with his wife again, he can get the disease and transmit it to the wife. If the wife is infected, it can also get transmitted to the child. If there are kids or everyone eating the same food [food containing other's saliva], it can be transmitted to everyone in the family.

# INTERVIEWER:

Do you know what are the symptoms of HIV?

# PARTICIPANT:

No, I don't know about all this. I know that if we eat food eaten by others [containing other's saliva], then we can get this disease. I have heard that if we eat in plates used by someone infected, then it can be transmitted.

# INTERVIEWER:

Have you heard of anyone infected in your village or community?

# PARTICIPANT:

No, I have not heard. There is no such a case in our community but I have heard that someone from another village had the disease. He was a relative and he died.

# INTERVIEWER:

Oh, how old was he?

# PARTICIPANT:

Maybe he was 20 or 30 years old.

# INTERVIEWER:

He had AIDS?

# PARTICIPANT:

Yes. He had visited the doctor and told about it. It was his mistake and he died.

# INTERVIEWER:

Was he married?

# PARTICIPANT:

Yes, he had married my sister-in-law and they had 2 children.

# INTERVIEWER:

Do you know how he got such disease?

# PARTICIPANT:

No, I don't know that.

# INTERVIEWER:

Did he work abroad?

# INTERVIEWER:

Did he come back with the disease?

# PARTICIPANT:

Yes.

# INTERVIEWER:

What kinds of symptoms were seen on the person who died due to AIDS?

# PARTICIPANT:

I did not visit him.

# INTERVIEWER:

Have you heard only?

# PARTICIPANT:

Yes. I have only heard about it.

# INTERVIEWER:

Did he take medicines for HIV AIDS?

# PARTICIPANT:

I don't know.

# INTERVIEWER:

Did he visit the doctor for a check-up?

# PARTICIPANT:

Yes. He went to the doctor. That's how he knew he had it.

# INTERVIEWER:

What might have the doctor said?

# PARTICIPANT:

The doctor told him that he had HIV disease since one or one and a half years.

# INTERVIEWER:

Have you heard about hepatitis B?

# PARTICIPANT:

I don't understand Hindi or English. I only understand Awadhi.

# INTERVIEWER:

Hepatitis B is also a disease. Have you not heard of it?

# PARTICIPANT:

No, I haven't.

# INTERVIEWER:

Have you heard of syphilis?

# PARTICIPANT:

No, I haven't.

# INTERVIEWER:

Now let's suppose there is a woman named Sarita in your neighbourhood. She is also pregnant like your daughter-in-law and she comes to your house for tea. She is worried that she listened on the radio about what tests need to be done during pregnancy. She does not know well about different tests needed to be done during pregnancy. She comes to your home to ask you about it. If she asks you and wants to know about it from you, what will you reply?

# PARTICIPANT:

I have to tell her whatever I know, right? I will tell her not to worry or be scared of it and take care of her.

# INTERVIEWER:

And what will you suggest her regarding pregnancy check-ups?

# PARTICIPANT:

I will tell her to go to the health post where the nurses will check her and give suggestions.

# INTERVIEWER:

If Sarita asks you if she has to pay for the check-up, what will you reply?

# PARTICIPANT:

I will tell her that she won't have to pay if there is no payment needed. If payment is needed, then I will tell her so. I will tell her what I know.

# INTERVIEWER:

Suppose she did not go to the health post since the beginning of her pregnancy. You went with your daughter-in-law for her check-ups so you know how it is.

# PARTICIPANT:

If she does not know anything, I will take her with me because I can take both of them. I will tell her to come with me for the check-up.

# INTERVIEWER:

If she asks you what she needs to do at first after she reaches there and what needs to be done further, what will you tell her?

# PARTICIPANT:

Firstly, she needs to do the check-up. And then, they tell us to get vaccine after 1 month. They give iron tablets too. We need to go for check-up each month up to 9 months in the health post. There is check-ups service every Tuesday.

# INTERVIEWER:

What does the nurse do at the health post during the check-up?

# PARTICIPANT:

First, she measured her weight. Then, she checked the abdomen with a big machine.

# INTERVIEWER:

Did she listen to the heartbeat of the child?

# PARTICIPANT:

Yes. And she gave iron tablets. Then she gave her 2 injections.

# INTERVIEWER:

If Sarita asks you whether she should go alone for the check-up or with someone, what answer will you give her?

# PARTICIPANT:

What can I say? Someone should go with her to know about her condition too. If she goes alone, she might forget what they said. When my son goes with my daughter-in-law, he tells me so I also know. If we know, then we can be understandable. If she becomes upset, it will be difficult for her but we will know what has happened.

# INTERVIEWER:

If she asks about the time needed, what will you say?

# PARTICIPANT:

If there is crowd, then it will take time. It can take 1 or 2 hours. If there is no crowd, then it takes only half an hour. They will check and send her back, right?

# INTERVIEWER:

Did they tell you anything about blood tests in the health post?

# PARTICIPANT:

If I ask them about what tests should be done, they will tell me I think.

# INTERVIEWER:

If Sarita asks you why she should do blood tests, what will you tell her?

# PARTICIPANT:

After doing blood tests, we can know if there is any disease in our body. We can know about blood deficiency or any other disease such as typhoid virus, malaria, HIV AIDS. They give us medicines and suggestions. They tell us about the places we need to go for further treatment.

# INTERVIEWER:

After knowing all this, if she does not want to go for the check-up, what advice will you give her?

# PARTICIPANT:

What advice can I give? I can just tell her to go to the health post for a check-up for her safety and those of her child and her family. She can be happy which makes the family happy. If she is not happy, the family will also be sad.

# INTERVIEWER:

If Sarita fears blood tests, how will you motivate her?

# PARTICIPANT:

I will ask her why she won't go for the test and why she is scared. She does not need to be scared because they take only a small amount of blood. If she gets scared while taking this amount of blood, what happens when they need to take more blood in the future? If she does not go, many problems can arise and more money may be required if she needs to go to a health facility farer.

# INTERVIEWER:

If Sarita knows about the diseases we talked about, will she go for the blood test?

# PARTICIPANT:

It's up to her. I will tell her what I know. It's her choice whether to go there or not. People can have different intentions.

# INTERVIEWER:

Let's suppose Sarita has rashes on her body. She is very worried about it. Now she comes to you for advice. She tells you that she has such rashes in some parts of her body. She asks you what she should do to make it better. And if she seems to be in pain, what advice will you give her?

# PARTICIPANT:

I will tell her to go to the health post where the doctors will take good care of her and give her advice about what has happened to her. They will refer her for treatment.

# INTERVIEWER:

What do you think should be the behaviour of the health workers who do the check-up of pregnant women?

# PARTICIPANT:

I don't know much about it. But health workers should talk nicely with love and should give proper suggestions. They should behave nicely.

# INTERVIEWER:

Should Sarita tell her husband and relatives about her rashes issues?

# PARTICIPANT:

She should tell her husband or her mother-in-law. She should also tell health workers in the health post. They will give her good suggestions. If we take suggestions, we can get good treatment and the right medicines. They will also tell us where we need to go for proper treatment.

# INTERVIEWER:

Is it important for the family members to know about this disease?

# PARTICIPANT:

They should be told, then only they will know about what happened. If they are not told, how can they know? Everyone in the family should know about it including the son, daughter-in-law, mother-in-law and father-in-law.

# INTERVIEWER:

In Nepal, there are many cases of blood deficiency.

# PARTICIPANT:

Of course, there will be. If she does not eat pulses, soup, and legumes, then there will be a deficiency of blood. If she only eats fried rice and dry foods, how will there be blood formation? She does not drink *daal* (lentil soup) and we don't have milk, curd, or ghee in our house. Only our son earns money. He has to look after all of us. How would he manage? He also has to look after his wife and relatives too.

# INTERVIEWER:

If we go for blood tests, does it take a long time for the report to come?

# PARTICIPANT:

It does not take long for the report to come.

# INTERVIEWER:

This is the end of the interview. Do you have any questions?

# PARTICIPANT:

I have thought a lot, sister. What happens if I ask?

# INTERVIEWER:

No, it's your opinion. You can ask anything. If you have questions to ask, please ask me.

# PARTICIPANT:

I did not have much knowledge. I am very happy to get all this knowledge. The blood test can be done here in the health posts. Otherwise, we can go to Taulihawa. We need to pay money either in private or public hospitals.

# INTERVIEWER:

You might need to pay less in public than in private, right?

# PARTICIPANT:

Taulihawa is far from here. My son and daughter-in-law go there on a motorbike. They don't have to pay for transportation fares. If I have to go, I need to pay for transportation. There will be other expenses too.