**Interview details**

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| Participant ID | HKAT02H |
| Municipality | Sankhu, Sindhupalchowk |
| Occupation | Daily wage work |
| Education (grade) | 5 |
| Type of household | Nuclear |
| Ethnicity | Dhalit |
| Nb of pregnancies before this one | 0 |
| Gestation age in months | 9 |
| Interviewer | Obindra Bahadur Chand |
| Date | 13/02/2023 |
| Name of translator | Merina Dahal |
| Name of transcriber | Merina Dahal |

**Interview**

# INTERVIEWER:

Where do you live?

# PARTICIPANT:

I live in Sankhu.

# INTERVIEWER:

Who do you live with in your house?

# PARTICIPANT:

Only me and my wife. We live there on rent.

# INTERVIEWER:

What do you do?

# PARTICIPANT:

I do *jyami* work. I can't hide it.

# INTERVIEWER:

No, it's ok. It is better to tell the truth. How much do you earn in a day?

# PARTICIPANT:

I earn about 800 rupees per day. Sometimes, I can be without work for 2 or 3 months. It's been about 2 months that I haven't got work.

# INTERVIEWER:

As I said before, I am working for an organization called HERD International. It works in different areas of health and community health. Especially, it informs the policy-making process. Today, we will have a discussion about check-ups and tests for pregnant women. We will also discuss the role of their husband in this process and during pregnancy in general.

You said that you live in Sindhupalchowk, right? How long does it take to come here from where you live?

# PARTICIPANT:

It takes about 3 and a half hours.

# INTERVIEWER:

How long did it take today?

# PARTICIPANT:

Today, we left at 6 in the morning and reached here at 8.

# INTERVIEWER:

To what level have you studied?

# PARTICIPANT:

I have studied up to class 5.

# INTERVIEWER:

You did not go after that? Did you not want to go to school?

# PARTICIPANT:

I wanted to go to school but my father died. So I could not study after that.

# INTERVIEWER:

How many siblings do you have?

# PARTICIPANT:

I don't have a sister but I have an elder brother.

# INTERVIEWER:

How long has your wife been pregnant? Which month of pregnancy is it?

# PARTICIPANT:

It's been 9 months.

# INTERVIEWER:

Is it her first pregnancy?

# PARTICIPANT:

Yes.

# INTERVIEWER:

And how many times have you done the check-up?

# PARTICIPANT:

It's been 4 times till now.

# INTERVIEWER:

Whom did your wife use to come with to these check-ups?

# PARTICIPANT:

We did not come here. This is the first time I am here. We used to do the check-up there.

# INTERVIEWER:

Where?

# PARTICIPANT:

We went to Life Care.

# INTERVIEWER:

What is it? Is it private or a health post?

# PARTICIPANT:

She had gone with her friends to check-ups in private.

# INTERVIEWER:

So you and your wife have come here for the delivery?

# PARTICIPANT:

Yes.

# INTERVIEWER:

The one there was your sister?

# PARTICIPANT:

No. She is a friend who lives in the room on rent.

# INTERVIEWER:

Were you too busy to go with her?

# PARTICIPANT:

I went once but then, I could not go due to work. We are just the two of us. In our village, we don't have much farming land. So we don't live there. We came here to live.

# INTERVIEWER:

When you came here or when you went with her for the check-up, what tests were done?

# PARTICIPANT:

They gave her the TT vaccine once and did blood and urine tests. They also checked the heartbeat and said that all was good. They also gave us contact numbers if any problem arises in the future.

# INTERVIEWER:

And did any problem occur after that? You did not have to go? You did not have to call them?

# PARTICIPANT:

No. There has not been any such problem till now.

# INTERVIEWER:

So you said they did her blood tests, right?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Did they tell you what tests were done through the blood tests? Or was there any test for both of you, husband and wife? Did they tell you what the blood tests were for?

# PARTICIPANT:

No, they did not.

# INTERVIEWER:

So there is no such thing?

# PARTICIPANT:

No.

# INTERVIEWER:

Even if they did not tell you, what is diagnosed with blood tests during pregnancy?

# PARTICIPANT:

I don't know that. I was not allowed to go inside during the check-up.

# INTERVIEWER:

Even if you could not go inside, I was just asking to know if you know anything. It's ok if you don't know.

As she is pregnant, what kind of help does she need? What kind of help do you give her?

# PARTICIPANT:

Until now, I have not asked her to do any work. I do the work, like cooking and everything, myself. No matter the time I come back from work, I don't let her do any work. I also cook food and wash clothes. I haven't let her do any such work until now. After delivery also, a woman from my village said that she will come. I haven't let her do any hard work till now.

# INTERVIEWER:

Why are you doing this?

# PARTICIPANT:

Pregnant women should not do much work. It may cause difficulty in the abdomen. That’s why I don't let her do much work. They should not do hard work such as lifting heavy objects.

# INTERVIEWER:

Where did you know all this from?

# PARTICIPANT:

I know it back from my village when my sisters-in-law were pregnant. When my sister and sister-in-law used to come, they used to say that they should not do hard work and lift heavy objects. That's how I came to know this.

# INTERVIEWER:

Do you talk about the health of your wife with her?

# PARTICIPANT:

After being pregnant, it has been good. There are good movements of the child. Some say that they have several difficulties after 7 months. She has not faced any such difficulty until now. I have not let her do work also. So maybe she gets rest because of it. Today also, she didn't want to come but I brought her here as her delivery date is near.

# INTERVIEWER:

So you insisted to make her come?

# PARTICIPANT:

I asked her yesterday to come but she said that we should wait until the next day and visit in the morning. The day before yesterday in the evening, she said that she had abdominal and back pain. Then I took her for invocation healing and after that, she was feeling better.

# INTERVIEWER:

Who did it?

# PARTICIPANT:

We have a brother [friend] who does this.

# INTERVIEWER:

Like *dhaami* [traditional healers]?

# PARTICIPANT:

Yes, he is a *dhaami*. He did the treatment and asked if she was feeling better. So I asked her to come here yesterday but she did not agree as the labour has not started and there were no difficulties. She told me that we would visit the next day. She said that the pain felt like it was due to the effect of something (spiritual).

# INTERVIEWER:

Is the health post far from your place or the place of *dhaami*?

# PARTICIPANT:

The health post is about 1 hour and a half far.

# INTERVIEWER:

So it takes 1 hour and a half to go there if you walk from the place you live?

# PARTICIPANT:

Yes.

# INTERVIEWER:

When did she tell you about the pain? Was it during the time the health post was open?

# PARTICIPANT:

In the evening.

# INTERVIEWER:

So you called the *dhaami* because it was evening time?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Did you go to the *dhaami* or did he come to you?

# PARTICIPANT:

We called him and he came.

# INTERVIEWER:

As you said that you went just once, who does the check-ups?

# PARTICIPANT:

Nurses do it.

# INTERVIEWER:

While doing the check-up, does she feel any difficulty or ease? Do you know anything about it?

# PARTICIPANT:

I don't know much about it.

# INTERVIEWER:

If you don't know, then it's not a problem. When you go for the check-up, what conversation do you have with your wife after the test? Does she tell you that she got a good check-up or she felt good after the check-up or something?

# PARTICIPANT:

She has been always scared of injections. She was very scared while going for the vaccine too. She was really worried about what and how will it happen. One day, she went for check-ups after taking bath and when they checked her, her blood pressure was high.

# INTERVIEWER:

Oh, she had high blood pressure?

# PARTICIPANT:

Yes. They told her that she had high blood pressure so they need to operate. She was really worried and scared. She shared it with me in the evening. I told her not to worry much as the high blood pressure might be due to the cold. The next day, we went there again for a check-up but it was ok. If the pressure is high during check-ups, there might be the need to do an operation.

# INTERVIEWER:

If the pressure is high, then what?

# PARTICIPANT:

They will have to operate. Then I asked what had happened the previous day. They said that the pressure was measured just after she reached there. That's the blood pressure was high. We should not measure blood pressure just after walking or doing some work. They also said that cold weather can provoke high blood pressure. They told us that there was no need to worry.

# INTERVIEWER:

Do you know how or with whom the pregnant women in your neighbourhood go for check-ups?

# PARTICIPANT:

Other pregnant women go with their mother-in-law or sister. Some even go with their brother-in-law if they have vehicles.

# INTERVIEWER:

Does anyone need to go alone?

# PARTICIPANT:

No, they don't.

# INTERVIEWER:

So they usually go with someone from the family or the husband?

# PARTICIPANT:

Yes. They mostly go with someone. I haven't seen anyone going alone.

# INTERVIEWER:

Why do you think they go with someone?

# PARTICIPANT:

I think they go with a friend so that they will help them if anything occurs. Also, if they go alone, then they won't have anyone to talk to. I think they take someone with them to talk to and to get help if needed.

# INTERVIEWER:

What kind of behaviour do the health workers show towards them?

# PARTICIPANT:

Health workers haven't shown any bad behaviour until now.

# INTERVIEWER:

So you haven't faced any bad behaviour from them?

# PARTICIPANT:

No.

# INTERVIEWER:

What did you feel about the behaviour of the health workers towards your wife when you went for her pregnancy check-ups?

# PARTICIPANT:

They gave us suggestions about medicine and suggested taking good care of her and not letting her do heavy work and lift heavy things.

# INTERVIEWER:

Do the women need to pay fees in the health post to do check-ups?

# PARTICIPANT:

We did not pay anything when we went for the check-ups.

# INTERVIEWER:

Is there hesitation or denial among the women to go for the check-up during pregnancy?

# PARTICIPANT:

I don't know about others but in my case, when the time comes for the check-up, she says that there could be problems to the child even if she does not feel difficulty. So she goes for the check-up when the time comes.

# INTERVIEWER:

So she goes without hesitation?

# PARTICIPANT:

Yes.

# INTERVIEWER:

If some pregnant woman does not want to go for check-ups easily, then what could be the reasons behind it? In your case, you said that she goes for the check-up for the sake of the child's health.

# PARTICIPANT:

The women whose husbands drink, give unnecessary stress to them or beat them and give different kinds of problems do not usually agree to go for check-ups.

# INTERVIEWER:

Have you heard of any case in your village or neighbourhood where the husband misbehaves or badly treats the pregnant wife?

# PARTICIPANT:

I came to know such cases exist a lot.

# INTERVIEWER:

Oh, really? Please tell us a little about it.

# PARTICIPANT:

What can I say? Such husbands go to work and come home drunk and they don't care about the house and the wife. When they come home drunk, they don't care about the pregnant wife. They drink alcohol and don't show any care.

# INTERVIEWER:

Then as you said you went 4 times for check-ups, what other tests need to be done? Or what do you think about what tests are important and why?

# PARTICIPANT:

The tests need to be done to know about the health condition of the child. That's why they should go for the check-up regularly. That is my opinion. I don't know about others.

# INTERVIEWER:

You said you could only go once for your wife's check-ups, why could you not go the other time?

# PARTICIPANT:

She said that I could go to work because her friend was there with her. It's not that I did not want to go.

# INTERVIEWER:

So you did not have the intention to not go?

# PARTICIPANT:

No.

# INTERVIEWER:

Earlier, I talked a little bit about blood tests. You said that you didn't know much about it. You have not talked about what type of blood tests are done with anyone until now, right?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Then I will tell you about what tests are done during pregnancy. During pregnancy, there is a risk of anaemia, which is the deficiency of blood. You might have been giving her iron tablets for this. Then there are tests for sexually transmitted diseases during pregnancy. I will tell you about 3 tests that need to be done during pregnancy. These are HIV AIDS, syphilis and hepatitis B. They perform tests to detect whether they have HIV AIDS or not. There is also syphilis which is an infection around the private parts of males and females. Also, there are blood tests for hepatitis B. In Nepal, these tests are done during pregnancy. Before me, have anyone told you about the blood deficiency and tests while giving you the iron tablets? Do you know anything about it?

# PARTICIPANT:

The sister that came here earlier had told her that she should eat the medicines regularly. No one else has told us anything about it.

# INTERVIEWER:

Have you heard anything about HIV AIDS?

# PARTICIPANT:

No.

# INTERVIEWER:

Have you heard about hepatitis B?

# PARTICIPANT:

No, I haven't.

# INTERVIEWER:

So, you haven't heard about HIV too?

# PARTICIPANT:

No.

# INTERVIEWER:

Now we don't have many things left. I will ask you a few questions and then we can stop the interview. Let's suppose your wife tells you that she has rashes around her private part, which is a symptom of sexually transmitted diseases. She is very stressed because of it. What kind of suggestions would you give her?

# PARTICIPANT:

I don't know.

# INTERVIEWER:

First, you need to be aware of what STDs are and how they can be cured by treatment. Then, you need to make your wife aware of it. Sometimes, we can get infections which can be cured by proper treatment. These are the things to be aware of. If it is required, we need to go to a health post and get treatment. In your opinion, do you think most of the women in Nepal do blood tests during their pregnancy?

# PARTICIPANT:

I think so.

# INTERVIEWER:

Why do you think they do it?

# PARTICIPANT:

They do it to know about the health condition of the child. I think so.

# INTERVIEWER:

If someone does not feel the need to do all these tests, then she can disagree to do it. What is your opinion on blood tests?

# PARTICIPANT:

I think blood tests should be done.

# INTERVIEWER:

Yes, why?

# PARTICIPANT:

To check what is the condition inside. Also, sometimes the child can have deformities due to the blood condition.

# INTERVIEWER:

Where did you know this from?

# PARTICIPANT:

I have heard it from an FCHV.

# INTERVIEWER:

What kind of suggestions do they give you?

# PARTICIPANT:

They didn't give us any suggestions here. I have heard it in my village.

# INTERVIEWER:

Oh, you mean in Sankhu?

# PARTICIPANT:

In Sankhu, they don't give any suggestions. They say that they should help us who live on rent but the FCHV does not come to us. In the village, they used to say that the child could be born disabled.

# INTERVIEWER:

We arrived at the end of our conversation. If there is anything you want to say, please say it.

# PARTICIPANT:

No, there is nothing like that.