**Interview details**

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| Participant ID | PWKAT03D |
| Municipality | Kathmandu |
| Occupation | Beautician |
| Education (grade) | SLC |
| Type of household | Nuclear |
| Ethnicity | Dalit |
| Nb of pregnancies before this one | 2 |
| Gestation age in months | 6 |
| Interviewer | Bibhu Thapaliya |
| Date | 09/03/2023 |
| Name of translator | Merina Dahal |
| Name of transcriber | Merina Dahal |

# **Interview**

# INTERVIEWER:

Are you a beautician?

# PARTICIPANT:

Well! I wanted to open my beauty shop. I took training from one of the top schools in Nepal, but I got pregnant. My daughter is getting bigger and I do not want too much age gap between my two children. So, right now I am working for someone else.

# INTERVIEWER:

Are you still working?

# PARTICIPANT:

Yes, but if I start my beauty parlour, I might need to shut it down when I deliver my baby but I will need to continue paying for rent.

# INTERVIEWER:

Are you planning to open it after the delivery of the baby?

# PARTICIPANT:

Yes, after the baby is 2-3 years old.

# INTERVIEWER:

Until which grade have you studied?

# PARTICIPANT:

Until grade 10, School Leaving Certificate.

# INTERVIEWER:

When did you arrive in Kathmandu?

# PARTICIPANT:

5 or 6 years ago.

# INTERVIEWER:

Nuwakot is your hometown, right?

# PARTICIPANT:

Yes, my maternal house is in municipality number 7 and my house belongs to municipality 8.

# INTERVIEWER:

With whom do you stay here in Kathmandu?

# PARTICIPANT:

With my family: my husband and my daughter.

# INTERVIEWER:

You have been pregnant twice before this, and currently, you are six months pregnant, right?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Do you remember how many times did you come for an antenatal check-up?

# PARTICIPANT:

Three times in Thapathali hospital.

# INTERVIEWER:

Do you have to wait to show your reports?

# PARTICIPANT:

Yes, they call us to collect the report after three days. That's why we have to come two or three times to the hospital.

# INTERVIEWER:

Do you know what tests are done through blood samples?

# PARTICIPANT:

Blood group, blood pressure, diabetes, HIV, etc. It's mentioned in the report.

# INTERVIEWER:

What about syphilis and hepatitis B?

# PARTICIPANT:

I don't know... All I know is that they tested my sugar level, thyroid and HIV.

# INTERVIEWER:

Do you have any idea where your relatives or friends who are pregnant have gone for antenatal check-ups?

# PARTICIPANT:

Everyone comes to Thapathali [laughs].

# INTERVIEWER:

They do? How did you know that Thapathali is the right place for check-ups?

# PARTICIPANT:

Well! When they are not able to manage some cases in my village, they usually refer to this place. That's why many people opt for coming here.

# INTERVIEWER:

Even from health posts?

# PARTICIPANT:

No not from health posts but from the government hospital. We have a huge government hospital in Trishuli. If there are cases of a caesarian or a baby having to be monitored in the neonatal intensive care unit, they usually refer to this place.

We thought that even if I go to a private hospital, they will refer me to this place if any complication arises, so why not come here directly? I came from TU Teaching hospital to this place [laughs].

# INTERVIEWER:

Were you satisfied with the behaviour of health workers at the TU Teaching hospital or Thapathali?

# PARTICIPANT:

Both are the same [laughs].

# INTERVIEWER:

In terms of time, who gives you more time for an antenatal checkup?

# PARTICIPANT:

Teaching is considered a private hospital.

# INTERVIEWER:

Is it?

# PARTICIPANT:

Yes, and there are no apparent differences in fees between both hospitals. If something takes one day to be completed in TU Teaching Hospital, then it will take 2 or 3 days in Thapathali.

# INTERVIEWER:

Why? Is it because of the large number of patients?

# PARTICIPANT:

It is one of the reasons. Another one is that a certain day is designated for blood tests in Thapathali whereas, in TU Teaching Hospital, blood samples are drawn every day.

# INTERVIEWER:

It takes 1.5 hours for you to come from Tarkeshwor to Thapathali, right?

# PARTICIPANT:

Yes, it does.

# INTERVIEWER:

If you catch the bus at 7 am then you will reach here at around 9 am right?

# PARTICIPANT:

Around 8:30 to 8:45. Today I was lucky, otherwise, it will be 3-4 pm when I reach home. Sometimes, I had to wait because 400 people were there before me. I reached home at 5 pm [laughs].

# INTERVIEWER:

Do you have to take an OPD ticket first and then the token?

# PARTICIPANT:

First the token and then the OPD ticket. Then you meet the doctor and you have to stand in line again to pay for investigations.

# INTERVIEWER:

Do you show your results to the same doctor every time?

# PARTICIPANT:

You do want to show it to the same doctor but it doesn't happen that way. Even if it's the same day, the doctor changes from time to time.

# INTERVIEWER:

How was your experience of your first pregnancy?

# PARTICIPANT:

I didn't go through any difficulty during my first pregnancy. I came to Kathmandu to deliver my daughter when I was eight months pregnant. So it wasn't a difficult situation.

# INTERVIEWER:

You didn't realize that you were having contractions? [laughs]

# PARTICIPANT:

No [laughs]. And I went home the next day after my delivery. Maybe it will be difficult this time because there is a huge age gap between my daughter and this child [laughs].

# INTERVIEWER:

Did the doctor tell you what was the reason behind your miscarriage?

# PARTICIPANT:

No, nothing at all.

# INTERVIEWER:

Were you in Thapathali hospital when the miscarriage happened?

# PARTICIPANT:

Yes, I was.

# INTERVIEWER:

Did they tell you if there's the possibility of a miscarriage?

# PARTICIPANT:

No, I was advised to do an ultrasound twice when I was nine weeks pregnant. They told me that even though I am pregnant, there was no heartbeat. Then they advised me to get admitted because I came immediately after I spotted bleeding. But due to a lack of beds at the emergency service, I was not admitted. Later, the doctor advised me to take complete bed rest.

# INTERVIEWER:

Are you nervous?

# PARTICIPANT:

Yes, because of the miscarriage, I am a bit nervous.

# INTERVIEWER:

Did they counsel you about your miscarriage and what precautions you should take after this?

# PARTICIPANT:

No, they did not. I wanted to know what and how it happened, but they get angry when I asked them. It feels bad honestly. There are so many people they have to look after that I don't feel like asking at all. They did not inform me of anything, even if I came to the hospital twice or three times during my pregnancy. When I asked them at the emergency, they told me that my baby was planted outside of my uterus but they could have told me before! Sometimes I don't feel like coming here at all [laughs].

# INTERVIEWER:

Did the ultrasound not show anything either?

# PARTICIPANT:

Not as far as I am concerned.

# INTERVIEWER:

Are you anxious because of what happened?

# PARTICIPANT:

Yes, I am. But I went to TU Teaching Hospital too and they told me that everything looks okay. So, I decided to come here. But sometimes, to reassure myself, I go to a private hospital just for an ultrasound.

# INTERVIEWER:

Does it mean you visited both private and government hospitals?

# PARTICIPANT:

Yes, to reassure myself.

# INTERVIEWER:

Has your family been supportive?

# PARTICIPANT:

Yes, of course, they are [laughs].

# INTERVIEWER:

Did you discuss whether you should go back to the same hospital? What did they say?

# PARTICIPANT:

Not really. I used to tell them that I don't like going to Thapathali but they wanted me to come here. And they told me to check in a private hospital too if I was not satisfied with the services provided at Thapathali. That's why I came here.

# INTERVIEWER:

Let's suppose your friend is pregnant and is asking for your suggestion for a hospital, what would you tell her?

# PARTICIPANT:

I would suggest she come to Thapathali [laughs].

# INTERVIEWER:

Let's talk a bit about blood tests. Your first antenatal check-up was done at TU Teaching hospital, so they might have taken some blood tests.

# PARTICIPANT:

Yes, they did.

# INTERVIEWER:

Did they tell you what tests are tested?

# PARTICIPANT:

They gave me a list of blood tests that are supposed to be tested, and I did go through the list to know what blood tests are tested. Three tests were tested. Thyroid, sugar level, and HIVAIDS.

# INTERVIEWER:

Did they give you any counselling on blood tests?

# PARTICIPANT:

They told me about it as a group, showing graphic documents and all the rest.

# INTERVIEWER:

Did they do that in a group or gave you one on one counselling?

# PARTICIPANT:

It is only given to those who visit TU Teaching Hospital for the first time. There were 5-7 people in the group.

# INTERVIEWER:

How long did it take?

# PARTICIPANT:

Around 1 hour.

# INTERVIEWER:

And after that, they send you to visit the doctor?

# PARTICIPANT:

Yes.

# INTERVIEWER:

How long did you wait for blood reports?

# PARTICIPANT:

I think I went there after 2-3 days.

# INTERVIEWER:

What's the difference between an OPD ticket here and there?

# PARTICIPANT:

Here I paid rs50 and there I had to pay rs.600.

# INTERVIEWER:

Did you pay a separate amount for blood tests?

# PARTICIPANT:

Yes, I did. I paid I guess 1100.

# INTERVIEWER:

Did you get any money for completing your antenatal check-ups?

# PARTICIPANT:

They did give me Rs. 1,000 when I delivered my baby girl. There was no system when I gave birth to my daughter. During my delivery, I did hear women saying that some did get the money while some didn't.

# INTERVIEWER:

What do you think might be the reason for that?

# PARTICIPANT:

I don't know.

# INTERVIEWER:

In your view how much should you receive or get?

# PARTICIPANT:

I don't have any expectations [laughs].

# INTERVIEWER:

You come from so far, and several programs are running for the betterment of the health of mothers and children. What are your views on it?

# PARTICIPANT:

I don't have any expectations. I do not have many ideas about it. I did hear that in health posts, they give you some money if you visit them from the beginning.

# INTERVIEWER:

Yes, it depends upon the budget too. Can you try to remember what did they tell you while giving counselling related to HIV?

# PARTICIPANT:

I don't remember much. They did tell us that it is transmitted through unprotected sex and the use of needles etc.

# INTERVIEWER:

Anything else? except for HIV.

# PARTICIPANT:

I don't remember much.

# INTERVIEWER:

Have you ever seen or heard of someone who might have HIV?

# PARTICIPANT:

No.

# INTERVIEWER:

Have you ever heard of Bhiringi [syphilis].?

# PARTICIPANT:

I have.

# INTERVIEWER:

Have you seen anyone who might have the disease?

# PARTICIPANT:

Not that I am aware of. I have heard of tuberculosis but no other diseases.

# INTERVIEWER:

What about hepatitis B?

# PARTICIPANT:

No.

# INTERVIEWER:

Okay, I shall tell you a bit about these diseases. Just like HIV, syphilis and Hepatitis B also transmits through unprotected sex, and blood and if not treated on time, may cause serious issues to the body. It can get transmitted from mother to baby and from breast milk too. In HIV symptoms are not visible easily and it takes time. But in Hepatitis B and syphilis, the symptoms are easily visible. Also, syphilis and Hepatitis B is easily treated than that HIV. Therefore, it is advisable to test Hepatitis B and syphilis too during pregnancy as it can help in early diagnosis of the disease. That's why our research is more focused on this part of the study. Do you think these diseases should be hidden and not tested? Should one share it with their family if such a condition arises?

# PARTICIPANT:

No, it should be tested and the condition should be shared with the family. It will be helpful to treat the patient as well as the family.

# INTERVIEWER:

Let's suppose one of your pregnant friends has the disease, whom should she share it with?

# PARTICIPANT:

First with the husband [laughs].

# INTERVIEWER:

Should the husband take a blood test for the disease too?

# PARTICIPANT:

Yes, he should.

# INTERVIEWER:

Pregnant women are advised to take a blood test regularly, should the husband take a blood test too?

# PARTICIPANT:

I don't think it is necessary to test the blood of the husband. If the symptoms are visible then they should consider testing the husband too. Otherwise, I haven't heard of blood tests done on husbands too.

# INTERVIEWER:

By the way, are husbands not allowed to enter the antenatal checkup room?

# PARTICIPANT:

Yes, they are supposed to wait for the wife to finish their check-up. They have to wait for the whole day so I don't bring my husband with me.

# INTERVIEWER:

Did the health workers ever tell you to bring your husband for counselling?

# PARTICIPANT:

Not that I am aware of. In the TU Teaching hospital, they told us not to have any sort of physical contact for time being. But it would have been better if the husbands were there during counselling sessions. They told us to tell our husbands directly because they could not provide counselling sessions to everyone.

# INTERVIEWER:

Do you think a small session of 15-20 minutes for the couple would be more effective?

# PARTICIPANT:

Yes, it would a good thing as it will help the husband to see what is going on and how painful the whole process can be. Mary Stope Centre provides such counselling sessions to couples.

# INTERVIEWER:

Mary Stope Centre?

# PARTICIPANT:

Mary Stope Centre is a kind of health institution that gives counselling sessions to both husband and wife.

# INTERVIEWER:

Family planning-related information...

# PARTICIPANT:

We went there when I was pregnant for the first time. They gave me all sorts of counselling sessions related to family planning and other related subjects. I went to the Mary Stope Centre with my husband. They gave us all the required information that we needed.

# INTERVIEWER:

Was it free of cost?

# PARTICIPANT:

Yes, it was. They did charge us rs.100 for a pregnancy test that we normally do at home. But rather than this, they did not charge us for anything else. Then, we went to the district hospital for confirmation.

# INTERVIEWER:

It seems like going to Mary Stope Centre was advantageous for you [laughs].

# PARTICIPANT:

Yes [laughs]. There's no big queue there and it's comparatively easy for us. On top of that, there are so many cases of pregnant women dying. A few days ago, a 24-year-old woman died due to a lack of blood while going through a caesarian section. But the hospital is a nice place with a lot of facilities.

# INTERVIEWER:

You must be feeling hungry too so I shall stop our conversation now. Is there anything that you want to ask?

# PARTICIPANT:

After my miscarriage, we didn't want to plan for another baby. Luckily, now, the situation is good. However, sometimes, I am anxious about the whole situation. I hope everything will be fine [laugh].