



Somali Refugee Women's Perspectives on Perinatal Health & Education

Mary Wood-Gauthier RN, BSN, MSN

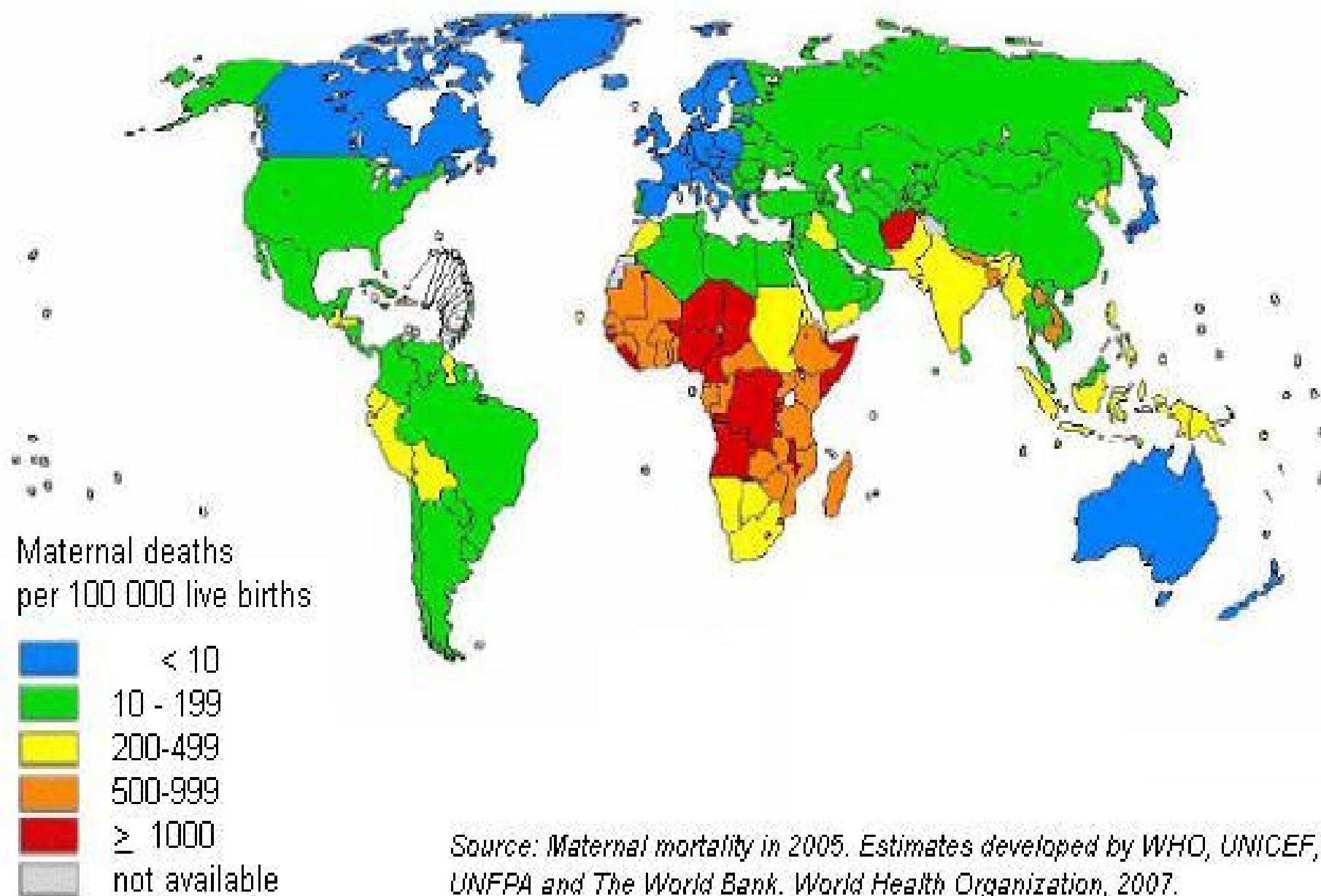
The Context

- ❑ CMC saw increasing numbers of refugee patients from Somalia
- ❑ Interrupted or late entry to care
- ❑ Often present in advanced labor
- ❑ Perceived preventable negative outcomes
- ❑ Difficulty providing high quality care
- ❑ How do I help?
- ❑ What do I know?...

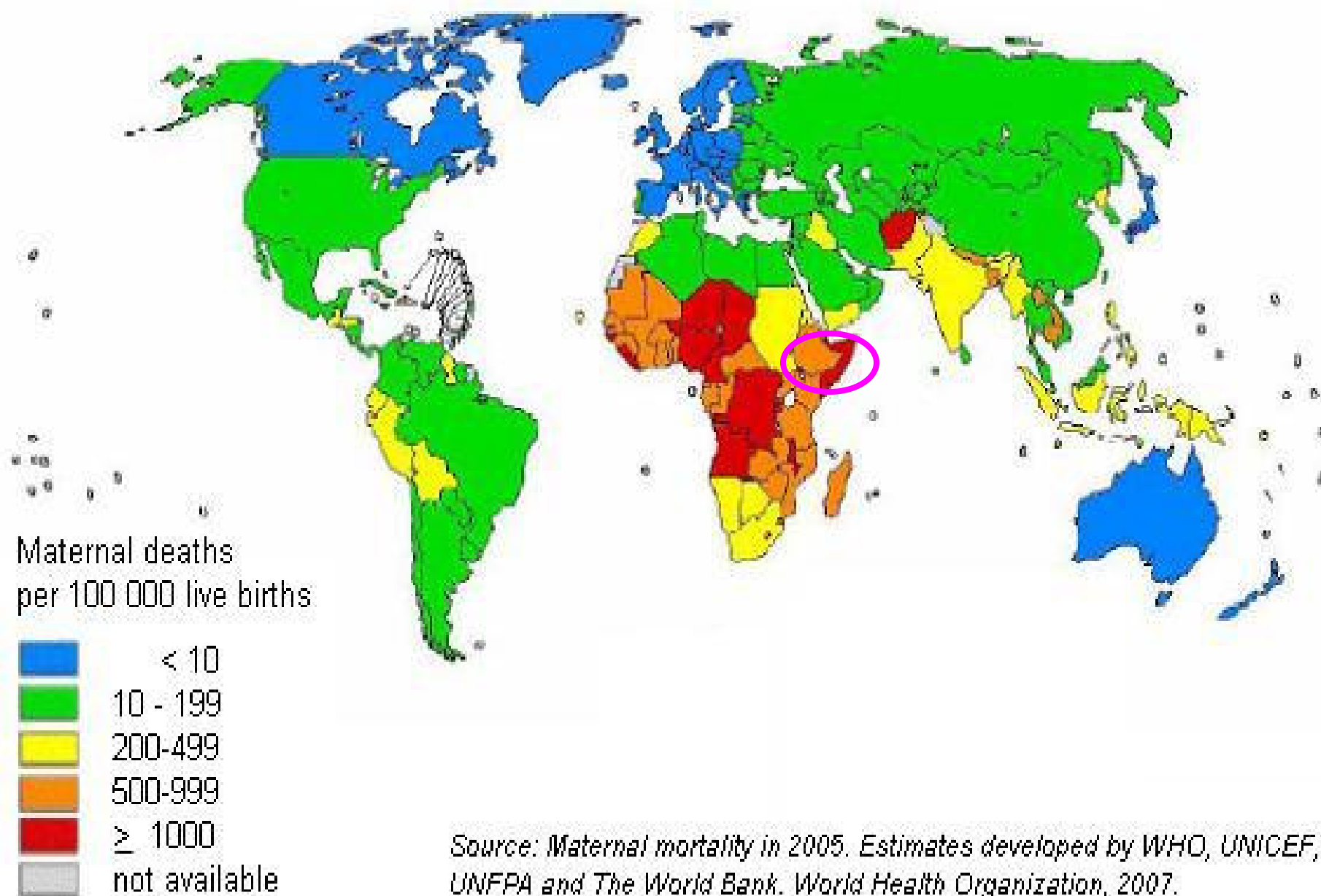
Childbirth in Every Culture is a Significant Event.....



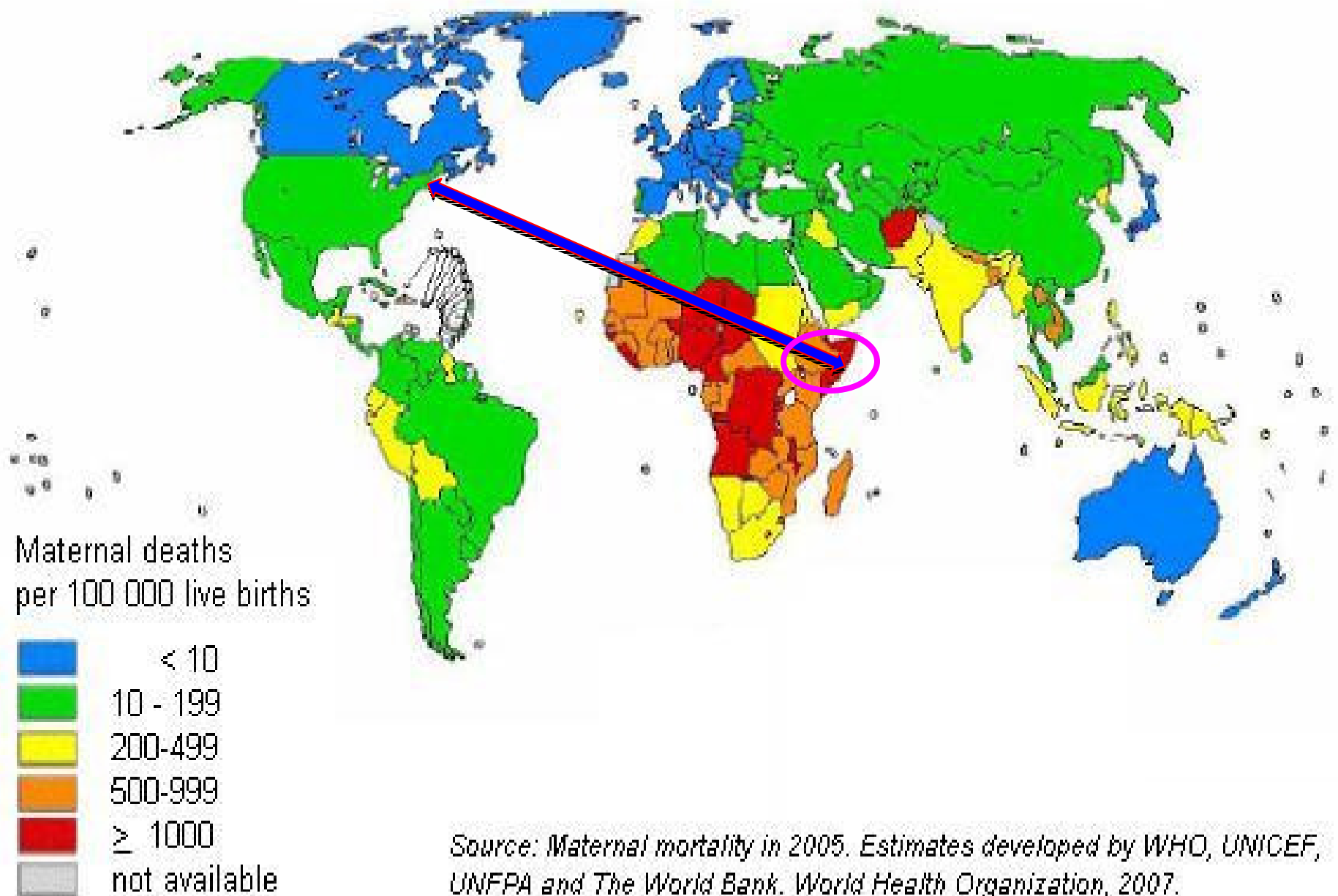
Maternal mortality ratio, by country, 2005



Maternal mortality ratio, by country, 2005



Maternal mortality ratio, by country, 2005





Refugees from Somalia have endured

- Poverty
- Hunger
- Loss of family
- Loss of homeland
- Witnessed brutal violence and killing
- Have been victims of violence

Before reaching refuge in the United States

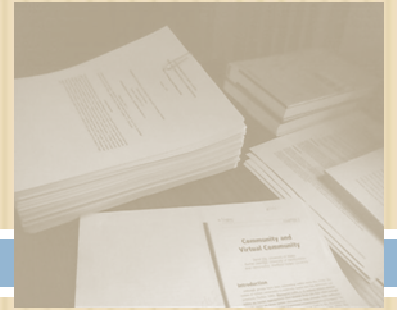


Research Objectives



- Promote improved understanding of patients' past experiences, current knowledge and traditions regarding childbirth
- Identify needs of the Refugee Women
- Develop a partnership, trusting relationship with the community that extends beyond the clinical environment

Literature Review...



□ Refugee Camps

- Poverty, Exposure to infectious disease, malnutrition, reproductive issues, violence. High risk for negative outcomes of childbirth, maternal and infant death common (Pavlish, 2005) (Furuta & Mori 2008)

□ PTSD

- Women who are traumatized prior to childbirth have increased risks for complications in childbirth and for PTSD following birth (Theroux, 2009).

Literature Review...

□ Cultural Competence

- Cultural influences pervasive in childbirth in all patients (Berman, 2006).
- Knowledge and sensitivity regarding the cultural practice of FGC /infibulation will influence the Provider's understanding, and approach to care for the patient (Chlamers, & Hashi, 2000).

Literature Review...

Cultural Competence

- Prenatal education programs that are sensitive to the needs of the individual culture promote safety and enhance childbirth experience (Berman, 2006) (Ingram & Potter, 2009)
- Learn about the experiences and needs of the refugee women directly from them, listening to stories and collaborating with the community (Pacquiao, 2008) (Reitmanova, & Gustafson, 2007)

Literature Review...

- Prenatal Education Barriers (Berman, 2006)
 - ▣ Time limited appointments being the only contact with a healthcare professional
 - ▣ Language barrier
 - ▣ The cost
 - ▣ Availability of transportation to a program
 - ▣ Traditional methods of teaching
 - Question necessity
 - American point of reference vs. Somali Point of reference...

Frame of Reference



Research Questions

- What are the cultural issues, concerns, and educational needs regarding pregnancy and childbirth for Somali refugee women?
- What are their expectations and perceptions of encounters with healthcare providers?



Research Methods



Methods



- CMC IRB Approval
- Phenomenological study using a purposive non-probability sample
 - ▣ 3 Focus Groups
 - ▣ Women all Somali
 - ▣ Age range 18- grandmothers
 - ▣ Total number of women 11

Methods



- Location: Somali Development Center
- Professional interpreter present
- Participants completed demographic information
- Focus groups recorded and transcribed
- Thematic analysis conducted

Inclusion Criteria & Recruitment

- ❑ Somali women
- ❑ Planning to become mothers
- ❑ Those who are mothers of young children.
- ❑ Ages 18 and older
- ❑ Living in the Manchester area
- ❑ Participants recruited from the Somali Development Center



The poster is titled "Somali Mothers... Can You Help Us?" and features an illustration of a pregnant woman in traditional Somali attire. It lists inclusion criteria and recruitment details.

**Somali Mothers...
Can You Help Us ?**

Are you

- Over eighteen years old?
- Pregnant
- Planning a pregnancy, or have recently given birth?
- Living in the Manchester area?

If you are...

The Nurses, Midwives and Doctors of CMC would like to learn the best way to prepare you for your childbirth experience

Please participate in our focus group.

The purpose of the group is to understand how we can help to make your birth a happy experience

We will answer your questions and provide information about comfort measures during the process of labor and birth.

Questions Asked About...

- ❑ Past and present experience with childbirth
- ❑ Understanding of pregnancy, prenatal care, and the birth process
- ❑ Cultural issues with childbirth
- ❑ Current expectations, concerns and educational needs
- ❑ Experiences with Providers



RESULTS

Focus Group Findings