

GROUP ANTENATAL CARE TO PROMOTE HEALTHY PREGNANCY AND HELP OPTIMIZE MATERNAL AND NEWBORN OUTCOMES (A CLUSTER RANDOMIZED CONTROL TRIAL)

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**FOCUS GROUP DISCUSSION\_1**

M: okay, again I welcome everyone to today's discussion. We have questions to ask that is why everyone will ask what she thinks. Firstly, please about antenatal in this group what feeling do you gain in the teaching of pregnancy. What did you see? Teaching that the midwife gave during your pregnancy. What feeling did you have, what did you see or feeling did you have

R10: I feel fine, very fine and It is good. It is good because you will be able to know things maybe sickness, at first you think it is normal but due to the teaching you will that this sickness if you have it is not normal, you have to run fast, run fast to the clinic so that the midwife can treat you so it is fine and okay

M: okay we thank you (baby murmuring). That was her thought

R12: it was fine for me (baby crying). It is fine because (baby murmuring) when we come to the clinic and they check our temperature and so on, our BP, we don't ask whether it's okay or what did we got but when we came to the meeting we were able to understand that when you come and they check you, you can ask how it is, if it's okay or not and it has help us. Now am able to check my BP (car horns) and so on

M: please someone else

R1: am adding up to R12 concerning checking of our BP (baby murmuring) . We don't know the benefits of it but during our antenatal visit and teaching during antenatal help us to know the benefits of checking our BP. Maybe when we come and they check, we think it is the doctor's work that they do everyday but we don't know why they check but the teaching helps us to know the benefits of it and also from my personal experience, my antenatal visit, my first visit I didn't go antenatal and did not have the teaching but this time around I came to antenatal, am able to know

the difference and am feeling and able to learn so many things I didn't know at first in pregnancy. This time around am able to learn so many things, next pregnancy it will help me

M: thank you very much. Please who else. Everyone is talking, everyone will talk (someone laugh, baby crying). Please who else (baby still crying). Hope everyone understands the question

Rs: yes

M: do we understand, then let talk, let talk so that we will leave here early. One or two or three then we will leave. Please who else (baby crying). So the question, we were asking about during the meeting which the midwife gave to us during our pregnancy and this time forming a group, the teachings they gave us and what we have learnt about, how did we see it, how did it go, how did we feel about it (cock crows) that is the question. Our sisters, we want everyone to talk that is why we called everyone so that we know how it goes. We have heard from three people, please who else. Please what they said, do we agree

Rs: please yes

M: please say some to it (someone laughing). Oh, everyone should share their view, share your view, everyone should talk (baby murmuring). Please everyone should talk

R12: (cock crows) first sleeping under mosquito net was very difficult for me because I feel very hot but when we came, we were able to know that when you sleep under it, it helps because when you get malaria, the baby in your womb will be affected. I thought I was the only person but I was able to know that when you don't sleep under it, it affects the baby more. So over there, if you delivery, you have sleep under the net to prevent you and your baby from malaria

M: okay thank you very much. Please those who are here, it seems over here I have not heard from you.

Please let talk louder otherwise we won't be able hear you

R3: please we were able to know that when you are pregnant, you have to prepare towards birth so that when it is time for birth there won't be any difficulty

M: please did everyone heard it

Rs: please yes

M: please repeat what you said

R3: the they said those who haven't given birth before, you don't know how to prepare yourself and when it delivery time, and how you pack your things, they made us to understand how to prepare yourself towards birth and able to save some money in your bag until it time for delivery so that you won't have any difficulty

M: hello

Rs: hi (cock crows)

M: please you should talk

R: number 8

M: wait until she on it before you talk

R8: since we started the meeting, they have taught us (baby crying), they have taught us how to save money (baby crying)

R: please can I talk

M: yes please

R8: when we started this program, they taught us so many things concerning savings, how we will save money and so on. So it is good to save money, when they give us money we have to save a little like 1 cedi and so on, so that you can save because you are waiting for the time of delivery and you need money you won't get some (baby crying). For me, they did c-s for me at Mampong, when we reached there, they said they need blood. Immediately if they weren't any money at that moment, I don't know what will happen. So to me, I think savings help us a lot during delivery. There is no money (cock crows) but something small. So for there when they say they need blood, it not that at that moment you will start calling your husband (cock crows), you will start calling your money or any relatives, immediately they have to give you blood so that they can start attending to you, so for me it has help me a lot, help me a lot because my first born I didn't know anything about it but when we started the meeting, the savings has help me a lot because when my husband they have already treated me before they bill us. So savings is good.

M: thank you number 8. Please someone else (cock crows). Please sister, the question we ask, because of you am repeating it (cock crows) we asking that since we started (someone cough) since we started the program and the teaching you gain from the midwife concerning pregnancy, when you are pregnant how you will handle yourself and so many things, what you learnt how did you see it. How did it go for you? (cock crows) so the question we are asking so if you have an answer you will mention you number and talk. Please we thank number 8, who else. Everyone must talk, we will finish soon so everyone should talk so that we can leave (cock crows)

R: I will talk small. Please

R: mention your numbers

R13: (someone laughing) thank you I understand. My third born (cock crows), my third born, I delivered two at Mampong and delivered the third here, they way the treated us during pregnancy till birth, if I didn't say it has not help me then am lying. I learnt so many things (baby cough), how you will handle yourself (cock crows), how you will prepare your things until it time for delivery and how you the mother you will protect yourself so that nothing will happen to your baby, it has help me a lot. So when I brought my last to auntie nurse (cock crows, baby cough) and when it was time for me to deliver and she saw me, she was amazed and she said what is it and i said why, if she didn't hurry up I would have delivered on the floor because she thinks 2 weeks before I will deliver. So she saw me on Monday (cock crows) Monday after Tuesday, I was in labour that it came to deliver but she was happy, by God grace they treated me well. I was happy and I came with my husband and he was also happy so it has help me

M: the baby is on your laps beautiful. We thank God, we thank God. So please I want final two so that we will move to the next question so please who else (cock crows) please wo else, the lessons we learnt from the nurse during our pregnancy till delivery, how did you see it, how you felt

R10: when we came, when we came for teachings, everyday, they asked us to says, they ask us to share our personal lives to others. Each of us brings theirs and also if you have any experience so that you will share with us so that you will also help to solve someone's problem. Someone can bring hers so that we can help solve someone's problem, it also helps us a lot. And two, they said when we go home we should share what we learn here to them so that if anything they won't say

they haven't heard about it, for instance if there is any sickness like swollen feet or so on, it is not good but if it has swollen small then it is okay and If your have swollen feet, you have bring it so that Auntie nurse can treat it. So when the she tells you this, you have to share it with your husband so that the next time you have swollen feet and you don't recognise it and your husband sees or recognise it, he will tell you that your feet is swollen so you have to come to the clinic and so he will help and bring you to the clinic. So It has help us a lot (cock crows), given us idea on how to share to our husbands or those we are living with them, it has help us a lot (cock crows)

M: okay we thank all of you (baby crying), everyone has share her ideas very fine so we are going to question number 2. Hello !!

Rs: hi

M: everyone should pay attention and let talk louder otherwise whatever we do here and we forget some, she is trying to write some but we writing and you talking, it doesn't go fast so when talking, talk louder (baby crying). Please what (baby crying) did we enjoy concerning how the Auntie midwife treated us during our pregnancy, when we meet in groups, ways the midwife treated us during our pregnancy till we delivered. What is the main thing you enjoyed from it, you have said so many things but as individual, what is the main important thing that went on that you enjoyed concerning how Auntie midwife or auntie nurse treated you during your pregnancy (baby crying, cock crows)

R1: what Auntie nurse (cock crows) or midwife did that I enjoyed so much was the midwife became my friend, my sister, anytime I call her i go there and sometimes she calls me and say how are you, how do you see it, I come here sometimes I come here in the night, sometimes in the night I call here and says am not feeling fine so am coming and she will wake up and treat me so I saw that she is my friend and everything, I didn't became shy and she also didn't became shy in everything (baby murmuring). I respect her

M: we thank you, number 1 has said hers. Please number 13

R13: Auntie nurse has make me happy a lot , one day I was at home, someone was knocking on my door, I heard hello and was wondering who is coming, when I came it was Auntie nurse that was coming (cock crows) and she said sister we came to visit you, to tell the truth my landlady was surprised and she said he has not seen that before and I also said I have seen some before, I

was amazed and even gave me chocolate to eat ( everyone laughed), it was not something so it encourages me and I became very happy, I was thinking but couldn't understand so when my husband came I talk to him about it and I said they came to visit me, to check on me how am doing and I even said this has not happen before so she took me as a sister, her child till I delivered so I became very happy

M: we thank you. Please number 12

R12: I also become very happy because at first when we come for antenatal, when you come and check then you will go, you don't know anybody. When you come there and greet then you will go but we came to know ourselves, when you see me in town you can call me and when we come here she laughs with us everything that worries you, you can tell her so that one it has make us happy as number 1 said. If you are there and something is wrong with you, you can call her, Auntie this tells you do this or you can come here, it has help us a lot and makes us happy

M: okay we thank you very much, number 12 has shared her idea, please who else

Rs: number 6

M: number 6

R6: am also adding up to my sister's own. I have given birth, when this one is added I have given birth to four but how we come to meeting and how they treat us and comparing to the three that I delivered, it was not so because they have love for us, they have patience for us, they come to our house to visit us. When they came, my sister was with me (cock crows), she became amazed and said it that how they do it here because where I am, it is not like that so she became very happy. So I developed some love for them, because they call us anytime, I hurry up to come so this what I have also learnt

M: okay thank you very much number 6. Please number

Rs: respondents murmuring

M: Auntie please look after your child, we will continue (cock crows), sorry, please you said you want to talk so now it is your turn (cock crows)

R: okay (someone murmuring)

R10: what am adding up is when we come to meeting here even if it is yoghurt and the midwife want to buy, she will make sure that she will buy it for everyone (cock crows). Whatever that passes by she will buy it, even if she doesn't buy it for herself she will buy it for us

Rs: respondents murmuring

R10: it makes me happy

M: it's one thing you liked very much (someone murmuring), thank you. Please who else (baby murmuring). Number 1 is talking a lot, please what is your number

R: number 4

M: number 4, I have not heard you speak (someone laughing), number 2 please talk (someone laughing), number 5, number 7 please, you are breastfeeding, okay. Please, okay please

R7: things that I became happy was when I first came here, they told me that here they don't take care of pregnant women well so I should go to somewhere else but I told them I will come here. So when I came here, they way we meet in groups and the teaching they gave us, have not given birth before, they way they teach us, I became very happy even if you are home they will come and visit you and to check how you are doing and if you call them anytime they pick it up, they won't say this or that so I became happy

M: okay we thank you very much. Number 2 I want you to talk before I continue. How Auntie nurse treated you during your pregnancy until you gave birth, during treatment, what did you liked about it that you want us to hear (someone laughing)

R2: the meeting that we did I really liked it a lot because when we come for, when we come like antenatal and meeting, we do some exercise, maybe when coming and you are worried and you come and do it, you forget what is worrying you, it also (baby crying) help me a lot

M: okay thank you number 2, number 2 has talk (laughing)

M: please before number 1 will talk, number 4 talk, you have stood up but talk (someone laughing)

R: please am number 5

M: number 5, sorry

R5: please what I enjoyed is, I have not given birth before, not given birth before but when I came here they encourage me that given birth is normal , it is not that difficult, if I follow it I shall have the perception that I will give birth, I shouldn't be afraid (cock crows). When it was time, I followed it

M: okay we thank God (someone laughing). Please number 1, you can now talk

R1: please my midwife one thing she did was I don't like taking medicines at all (someone laughing) please how important my health is to her, she makes sure I sit in front of her to take the medicines even when it comes to injections she follows me for me to be injected. It was painful but I came to realise that it has help me later I realise my health as perfect so I became very happy

M: okay, please, number 3 has raise her hands

R3: the midwife has help me on eating. I don't eat, drink water even if someone is cooking and I smell the aroma, I will vomit till the next morning (baby murmuring). She helped me till when it was time to deliver I didn't eat the whole day and I became stubborn and drank lucozade, at that moment she told me my child's breathe is reducing and if she didn't rush me to do CS, the child will die and my efforts will be a waste. At that moment my mum came, she was in labour but she was fast and delivered her and sat I a car and took me there. She stayed there until they did the d-s before she left Mampong so that one she helped me a lot. She did well

M: please d-s or c-s

Rs: c-s

M: c-s, okay

R3: she did very well

M: okay, it is good that you raised your hands (they are all laughing), I was about to call you. Fine, fine

R: please here, please the meeting that we did, it has helped a lot, am number 9, when we came in groups, it was very fine. My midwife help me in so many ways, when I became pregnant there was so many problems, sometimes I come to her and she will talk to me, sometimes she calls me but when it time for delivery, I came here, they way the midwife, if I urinate is not good, I have to

go to Mampong so she took dropping and they did c-s on me and when I went there she calls to check how everything is going it has help me

M: okay thank you. Please does some else have anything to say before we go to another question (baby murmuring). You have done well; everyone has talked well. Okay, please our meeting that we come in groups and the teaching Auntie nurse teaches us, if we see, is there any teachings that if they add it to it that will help. The teachings that was given. Okay before we come to that to that question, I want to ask another one so we should think about it. Okay, so what we talked is what we like about it so now we want to know what we don't like concerning how Auntie midwife treated us during our pregnancy. Is there anything that you don't like about it, if you look at things, something that went on that you don't like concerning your treatment, during your pregnancy until delivery, is there anything that if they do like this that didn't went on well

R: number 10

M: okay

R: when it comes to me

M: yes

R10: there is nothing that she has done that is not good or everything went on well (baby murmuring)

M: okay number 10 has said her own. Okay, let me explain the question well. I mention Auntie midwife, is not only the midwife, during your pregnancy, is there anything that went on that you don't like it at all or you didn't like during pregnancy. So we shouldn't focus our mind on what Auntie midwife didn't during your pregnancy, the treatment you got, it there anything you see that didn't go on well or you didn't like at all

R: number 10

M: okay number 10

R10: things that went on that I didn't like is some are our beliefs because if you do this, they say it is superstition and some also is when you sleep and don't sleep well, water will come and take the child, water will take the child if you don't sleep well and also you don't have to eat outside and

some are don't buy earthen bowl at the market when you are pregnant. Some are fruits, we don't eat fruits, maybe you have bought pawpaw, don't buy it (baby crying), if you will buy you have to let others buy it for you. But Auntie midwife says if we eat fruits it will help the child grows well but this one they are using it to worry us a lot (someone laughing). I didn't like it at all

M: okay number 10 (someone laughing) thank you very much. Now i we don't pay attention to that but we want to know what went on in the group. What she said (murmuring, baby crying). So we shouldn't talk about home but what happens in the group, that is what we want to know so in the group, is there anything that went on, when we come and go, is there anything that went on that nobody didn't like about it

R: number 13

M: number 13

R13: for me, I didn't see anything. Everything that went on during the meeting till delivery, everything is normal. I didn't see anything from mine point of view till delivery

M: thank you

R: number 12

M: number 12

R12: from ourselves, what I saw was we don't come on time, some will come and sit there early before another person will come from home until Auntie midwife calls them so our time doesn't go on well for us

M: okay, we thank you very much. Number 12 has talk, please who else. She said the time, the time, some come before others, that is what went on in the group, during the group this is what went on that she didn't like. Please who else

R1: the medicines were my main problem. That is what Auntie midwife did that I didn't like because she forces me to take it (someone laughing)

M: okay, we thank you. Number 2, is there anything that went on that you didn't like when we came for antenatal in the group, is there anything that went on that nobody did not like

R2: please nothing went on like that

M: from your view nothing went on like that

R2: please yes

M: please is there anyone who want to say anything before we continue? Number 6

R6: nothing went on

M: nothing went on like that. Number 7

R7: nothing went on

M: nothing went on in the group that you didn't like

R7: no

M: okay, we thank God. Can I continue

Rs: yes, please

M: okay, (baby crying) please who is number 11

R11: please it is me

M: is true, you were taking care the child but what went on did you heard some

R11: yes

M: so number 11 talk so that we move to the next question. Please since you came into the group, you went to antenatal in the group, the teaching is there anything that went on that you didn't like

R11: yes (baby crying)

M: please we want hear it

R11: (baby crying)

Rs: please talk (someone laughing)

R11: this the second time I have given birth, the first one (baby shouting) they you can't buy food outside (baby murmuring), you yourself, you can't buy things for yourself, the baby's things in the market unless you sent someone to buy it in the market, that is what I don't like

M: so if I may understand is not the group that Auntie midwife said that

R11: no

M: or your siblings in the group that said that

R11: no

M: but what you heard at home

R11: yes

M: is not the group

R11: yes, please

M: okay, we thank everyone (someone murmuring). Please, is any other thing or something that if we look at, things that teaches us, if they can add it to the teachings can that help us or those left, there is a topic maybe when you look at it that they didn't teach you. Is there anything like that, that when you look at it, they will add it to the program that will help (cock crows). Please do we understand the question (cock crows)

Rs: yes

M: okay, so we are listening (cock crows)

R: madam please number 13. When it comes to my view in the group what they gave to us in the book, there was nothing they hide from us, they got the patience to teach us everything till delivery so if another group that they changed things, then that one I don't know so during our time in the group the book that the madam started from the beginning during pregnancy till delivery, to tell the truth, they didn't add anything

M: okay

R13: they taught us everything well till we ended everything till delivery

M: okay, we thank you. Please is the same book we are using, we didn't add anything or remove anything the book but now we want to know that all the teaching in the book, what do you suggest if there is any lessons that was added to the book will help. Is there any topic that was added to the book?

R: okay

M: yes, please do you understand the question

Rs: yes

M: yes, that is what we are asking. All what is written in the book and the teachings the nurse gave, is there anything or is there something that you want to add to the book they use to teach you will it be good. Please do we understand the question

Rs: please yes

R: number 1

M: number 1

R1: please what am going to say is very difficult but have to say it

M: that is what we are here

R1: please one thing that they have to teach us which will help us is during delivery in is very difficult, some goes through and deliver safely like how we all met and we delivered safely, it is nice, some also when they go, some other reason they don't have their baby (someone talking) so if they can give us something like if anything, I didn't say it should come but if you go and something happens like that they spoke for tomorrow so this shouldn't be your last option that it has discourages you so that hopefulness should be added to it because so many people break down like making your life miserable so if they taught us it will help

M: okay, number 1 we thank you. Number 12 you raise your hand

R12: yes. What am saying is that what they taught us was okay for me because if you want to add anything to it

M: please am going to ask the question again to you. We did it and you are the ones that sat down and experience it so right now your point of view that will help us so that the new ones that are coming, so that

R: they will follow it

M: that is it

R: they will follow it

M: so those who have started it that we want to know if you have anything that you see like how number 1 said it (someone laughing), in everything as you are going anything can happen like that so you people are the one that we want different opinion from you so that if we go, we can

R: we can add it

M: can add it, yes, that is why we asking you that question, yes. Number 6 (someone murmuring)

R6: please there is nothing that I will add up

M: number 5(someone laughing). Please what I heard was this is your first time so if look at it, all the teachings, is there anything we should add it to the book so that those who are coming we can teach them

R5: please I haven't seen any different thing but if anything different also come by all means we will learn (someone laughing)

M: please those left who are not talking, yes number 1 has raise her hands

R1: please if they teach us, I don't know how to explain it, if I didn't say the English well then please forgive me, parent code

M: parenting code

R1: parenting, how we will take care of our child, not only pregnancy but if you deliver, after birth, how you raise your child, like how the child is growing, how you will take care of him that will help you and the child. If that was added it will help us

M: okay, we thank you. At a have you raise your hand (someone laughing), will you talk or should mum say something for you (baby cough) . Please has everyone, yes

R8: please, something is hard

M: it shouldn't be hard

R8: someone is going to deliver, she doesn't have anything (baby cough) so if you add that one like anything that we will use to support our colleague or something like that (baby murmuring), that is my point of view

M: we thank you very much for thinking for your sister

R8: because Mampong like this, small girl (baby crying) like 16 years, she doesn't have anything so those have some (baby murmuring), some gave her pads like when she came she was not having anything. When she came, only welcome clothes was with her so please if you can (baby crying)

M: we understand like as mothers supporting each other

R8: yes

M: okay, we understand, we thank number 8 very much. We thank you for bringing that view (baby crying). Yooo, okay, we are going to a different question (baby crying). Yooo, so everything that we said and went through, patient, is there any lessons that we say that can help in the group antenatal to excel or goes up as how you people got it. Please do we understand the question

Rs: yes, please (baby crying). Please can you ask the question again

M: what I said first was is any important lessons we should add to the teachings and you said how we will take of children (baby murmuring) and also we should prepare our minds that any thing can happen when it's time for delivery, that is the topics we should add to the book to teach you but this one, in general, is there any ideas that if you give us will help group antenatal that we came it will help excel, please do we understand

Rs: yes

M: yes, number 2 do you understand the question (baby murmuring)

R2: yes (baby murmuring)

M: do you understand

R2: laughing), I have understood it

M: number 14, number 4, number 4

R: number 4

M: number 4, please do you understand the question

R4: please Yes

R: I have raise my hands, number 13

M: number 13

R13: when I first became pregnant and came for antenatal here, and Auntie nurse said add her to the group and I said eei which group has come and she said we should add o it and so I became confused. So when we started meeting and started learning things and I said eei , so I realised something was really going on so it encourages me very well so when I go, I tell my husband that they said we should go and he said where does this come from and I said it is something new they have brought and he said it will help so indeed it has help me a lot so what am trying to say is that if someone enters it, she shouldn't decline, she should join and if she joins it will help her a lot because when it time for someone to deliver, for instance push for the baby to come she doesn't know so when she reaches there and for instance she has not given birth before, it will become something else so if she joins the group so the book that you use to teach us, it will help her know everything so that if she reaches there, it won't be something new so she will also help Auntie nurse who will deliver her so this is what am adding up

M: so I want to understand what you have said

R13: okay

M: so right now, what you said, can you brief what you want them to add it so that

R13: what I want them to add to it is like taking your medicines, ways she will come for antenatal and maybe if time for delivery, ways she will for Auntie nurse will deliver her so I believe if she comes and learn, it will help her and it will help the group to excel

M: please I want us to understand the question well. It seems whatever she said they have taught us

Rs: yes

M: how you will take your drugs, how Auntie nurse will but I want to know all the things they have taught us, is there any topic that we add it, it will help excel, that is the question. Please we understand. Hello

Rs: hi, (baby crying)

R: number 4

M: okay

R12: I think in the group there is a stage before you can join, that is what I see but if it is reduce small, because when I join and told my friend and she said she comes for antenatal here but she is not part and I said there is a stage that you reach before. If it is possible, it should be reduced so that so many people can join so that the group can excel well

M: okay, we thank you. Please who else. Number 2 have you raise your hand

R2: please no (someone murmuring)

M: you have haven't raise your hand (someone laughing)

R2: no, the sister was saying there was stage, that is what am confuse about

M: please the stage she was talking about, do you understand the stage

R2: I understand

M: please, you don't share with us because you are confusing

R2: I have not given birth before

M: okay

R2: but after coming for antenatal, then the meeting came (baby murmuring). When it came, Auntie midwife said if you come to antenatal, Auntie nurse will explain to you that it a new meeting which has come so if are willing to join, there is a madam inside, go and she will explain it to you and if your interested, you can join so they way she was saying there is a stage that is why I don't understand

M: okay, I will answer you so that you will understand and you won't be confuse. The stage she was saying is maybe when Auntie nurse your book, she saw were you are but you won't know it but the stage she was saying was looking for pregnant women from 10 weeks to 16 weeks

R: hmmmmm

M: so that stage was what number 12 was saying

R2: ahhhhhh

M: but sometimes if Auntie midwife looked you are in that stage; she will tell that number 2 you in this stage so am adding you to it

R2: okay

M: do you understand

R2: hmmmmm

M: so if she is saying about stage thing, that is what she trying to say. Before you will qualify before you join the group, your pregnancy should be 10 weeks up to 16 weeks so if you heard stage so number 2, you are not confuse now

R2: yes please

M: fine, (baby crying) okay so we are continuing our question, we have not forgotten the question. All teachings that we were thought, all that went on during our pregnancy and Auntie midwife, teachings in the group antenatal, is any idea that you think if we add it to it, it will excel, please this my question. Please who else. Number

R10: for me, I think it should be compulsory, (baby cough) we do it compulsory because, we have, excuse me to say, we have some people, they need the teachings very well but they will say they won't be available. She needs it well, needs it well, she needs it very well but she will say she won't be available. For us when we come, some don't come early, we will do antenatal and do everything but when we come and sit down, we will sit here more than half an hour but still be here when some are have not arrive so we have to wait for all of us to meet before we start the meeting so we can sit here still 12 before we go home. If I believe we came here early, like it went bring that thing and also the reason why I said it should be compulsory (someone murmuring) so that if someone come, since it is compulsory it is necessary for you to come. Is not now that you will say they said I should join but I don't want to join, if it comes like that it is the midwife that the problem will come upon them so for me it should be compulsory

M: okay, we thank you very much for your thoughts of view. We thank you very much (baby murmuring). Please who else, number 4, please I want you to talk to me, please talk (moderator laughing), talk (someone laughing), please talk to me (someone talking). Today, everyone has to

talk, this one is a special meeting, special meeting so everyone has to talk so number 4 please (someone murmuring, baby murmuring), all the teachings that went on, from the book that they use to teach you, all practice they taught you, if it time for delivery how you will squat and all that, if you look at it, is there any important thing if we add it to the group antenatal it will help far from what you people got (someone murmuring). Number 4, please think about it I will come back to you. You are talking if you don't talk, we won't continue

R: eeiiii

M: it left with two questions before we close so you should let number 4 talk

R: number 4 talk (someone laughing)

M: okay, she is thinking about it so please who else (someone murmuring, someone laughing). Number 3(someone laughing). Okay if you finish we are waiting for you (someone murmuring). Right now, number 13, number 12, number 1, number 10, that are talking a lot. Some have talk but they are the ones talking a lot but we don't want to listen to them only. Everyone who came for the program has to talk so that we will use that to prepare for those who are coming so that it will excel and also your point of view that the government say they accepted it so it should be compulsory for everyone to come. So the meeting we have been doing, your point of view will help the future group ANC to excel so everyone should talk to us (someone murmuring), number 7. Please what number 12 and number 1 and number 9

R: number 10

M: number 10 said, do we all don't have anything else, don't have any different ideas, we want to say, believe that it will go on more than the one we are doing (baby crying)

R: number 13

M: number 13

R13: from my point of view, (baby crying) you should do all part of Ghana, whole Ghana, everywhere because the teachings that you taught us, some of us, for instance she doesn't have any child, has not given birth before so she doesn't know how to protect herself till she deliver(baby crying), for me, my thoughts of view, you should do it everywhere (baby murmuring) so that

maybe if someone becomes pregnant, you should add her to it so that it will go on so that everyone will have a safe delivery

M: we thank you. Number 4 you didn't talk but, there is a different question so keep on thinking (someone murmuring). So again, please the take action booklet, do we remember, the book that Auntie said you sent it home, things that was do you remember, do we remember that book

R: my own is with me

M: fine

R: I brought mine

M: please remove it so that I will show it to them if they don't remember what am saying (someone murmuring). Please is everyone own there

Rs: yes, please

M: ahahaaa (someone murmuring), please do we see this booklet, yes some is here, number 1 own is here so this booklet is what we are talking about so please my question is (cock crows) what is most important (someone murmuring, baby crying), that booklet, what is most important thing you gain. This booklet, did you gain anything and first if you gain anything, what is the main thing that you gain, please do we understand. That's our question. Firstly, do you gain anything, yes, no

Rs: please yes

M: am explaining, everyone will talk so if you gain anything, what is the most important thing you gain in the booklet so now, number

R10: I gain something from it very well because (baby crying) if you come here what they will teach you, (baby crying) when you come here, what they will teach you, even if you go home and you have forgotten about it, if the take the booklet, there is a page (someone murmuring, baby crying), there is a number, every page with pictures and there is page if you come today, we have page 5 or page and if you go home and you have forgotten about it so you will know that we read page 5 today so you will know that this and this that they taught us so I gain something from it

M: okay

R10: and what I gain from it a lot is cutting the umbilical cord of a child, if it reddens immediately you have to rush her and if they cut the umbilical cords you have to use only spirit and not anything else until it heals and I did and realise it helps me

M: okay number 10 has talk, thank you. Please who else. This booklet, what is in the booklet that you gain

R: what I gain from it is I was able to save money a bit and also what I gain from it again is I have search for a car before, before it time for delivery so that if it's delivery time and you call , he won't delay and he will come and pick you up so that you can go and have a safe delivery so that you won't delay at home and will bring problems to you

M: we thank you. This one everyone will say something because everyone (someone murmuring) has the booklet. Everyone will talk (someone laughing). Please number

R: number 5

M: number 5, please talk

R5: please it makes me see that if you're pregnant you should not be lifting heavy weight that will bump your stomach or okay something that is heavy or else it will affect you or can be bleeding and they said (someone laughing) and they said how you will handle your child, if you give birth, how you will hold him and breastfeed him too, you have to, I saw that in the booklet so it has help me

M: we thank you. Please number 3 has raise her hands, yes okay (someone murmuring)

R3: what I learnt is when you're pregnant, during pregnancy like you are there is water coming out from you, you are bleeding like you see blood on you or you see that there is leaking of water fluid on you, immediately you have to come and see the midwife

M: fine, we thank you. Please number 12 raised her hands (someone laughing)

R12: me too signs and symptoms in pregnancy is has help me a lot because we take some normal but when we came for the meeting I realised that everything is normal so it has help me (someone murmuring)

M: okay, number 7

R7: what help me is (laughing), what help me is ehrrr how you will prepare your things little by little till time for delivery. Some of us if it time for delivery, she come before she will call but Auntie midwife taught us that if you are coming you have to bring all your things so it has help me

M: okay. Please those of us here, did we gain anything from the booklet

R: please yes

M: number 2, what did gain from the booklet (someone laughing)

R2: what I gain from it is when you are coming, when it time for delivery and you have a child already you have to get someone to leave him with before you come and before coming you have to bring someone along during your delivery time

M: okay number 2 has talk. Number 4, am waiting for, have not forgotten you (someone murmuring). Please did you receive this booklet

R4: madam, yes please

M: when you go home and open it do you see pictures and understand it

R4: yes, please

R: she and her husband look at it

M: what I heard is you and your husband look at it

R4: yes

M: fine, (someone laughing) please you gain anything we want to know. What ways did you gain from it

R4: madam what I heard is (someone murmuring), what I gain from it is (baby crying) when it time for me to deliver, I told someone that when it is time he should bring me and I also search for it car so when it was time the person didn't disappoint and brought me

M: oh nice, did you hear it

RS: yes

M: and I hope the recorder heard it (someone laughing). Okay fine (someone murmuring). Number 2 has raise her hands (someone laughing)

R2: I gain from it because like maybe if the baby is asleep, maybe you have him and he is asleep, do say because the baby is asleep you waiting for him to wake up (baby crying) before you give him breastmilk. There is hours or time you have to give him (baby crying) so don't wait for him to sleep and wake up before you give him the breastmilk (someone murmuring)

M: okay

R2: that is what I gain from it

M: we thank you. Number 12

R12: (baby crying) ways that we eat. When I became pregnant, my way of eating is not good, sometimes, how do we say it, banku and pepper, no fish but they let us know that you have to get a balanced diet so that our health, when it time for delivery it won't affect you. At least if you finish eating, you have to drink water, get one watermelon to add it and it also help our health

M: okay we thank you (baby crying). Number 11 (baby crying), please the booklet, do you have some

R11: yes, please

M: is it at home or you have left it somewhere (baby crying)

R: it is missing (someone laughing).

M: Please is it there

R11: yes please

M: did you gain something, please we want to know. What ways did you gain from the booklet?

R11: I gain something from it because when I gave birth to my first child, he didn't get six months before I started giving him water but madam taught us that when you deliver the child you shouldn't give him food and water until he is six months before you will start giving him food and water, it what I learn

M: fine, we thank you. Please when we are talking we should raise our voice. Number 1

R1: what I learnt is first I didn't understand why Auntie nurse said we shouldn't give the child food and water before six months but this booklet taught me and I even know and even gain something from it, me the mother what I will gain from it. The book taught me that the six months helps me in family planning and prevent me from getting pregnant and also it helps me to know the benefits of family planning and the types of family planning we have. First what I know is injections and implants, I was able to know different types that will help me and the benefits of it, how you will help you and your husband so that you know how to space birth and how to take of your child. It has help me to understand

M: we thank you. Please number 9 (someone laughing), I want to hear from you, please Auntie did you receive some

R: please yes

M: did you gain something from it

R: please yes

M: please we want to hear. What ways did you gain from it (baby coughing)

R: please I gain something from it because if you're pregnant you should not quarrel with anyone so that (baby crying) when it time for delivery you will get someone to bring you

M: okay we thank you (baby coughing). Please Auntie (baby murmuring), number

R8: please go and come back

M: everyone has talked (someone laughing), it left with number 8, number 7 and number 6. Those who

R: number 7 has talk, number 6 has talk

M: number 6 has talk (baby crying)

R: she has talk for a long time

M: no, yes that is what she is saying

R: that is what

M: this question (someone murmuring), this question

R: I don't remember

M: yes, this question you answered. Number 4 has talk, from here till here, it left with three of you

R: she has talked

M: it left with 6 and 7 (someone murmuring)

R: this one has talked (someone murmuring)

M: it left with 6, 6 and 8

R: she has talk for a lot time and number 8 (someone laughing). Please number 3 we are coming

M: number 6 and 8 should talk, when you finish (someone laughing) the you will add yours so please

R8: the book help us that like it became compulsory for us that we should not give birth at home, we have to come and deliver at the hospital or clinic so this is what I learnt (laughing)

M: when you did that, did it help you

R8: it has help me a lot (someone murmuring)

M: please number 7

R: number 6 (someone murmuring)

M: number 6 (someone laughing)

R6: please I also learn that when it is time I should get someone who will bring me, the one who will look after the rest of children who are left in the house and when I did that it has help me

M: fine, we thank you. Now, okay

R: me too it has help me in sleeping under mosquito net. (Baby murmuring) when you sleep under mosquito net, no mosquito will bite that you will get malaria and it won't affect the child also so it also help me

M: please okay. Number 3 raise her hands so when she is done then number 1 you can come in

R3: they taught us after finish delivery and the child has come for you to send him home, some of us maybe has not given birth before, maybe the child you should breastfeed him for six months or shouldn't breastfeed, me for instance my child didn't drink so if you give the child food and you didn't wash your things neatly or you didn't take care of his health well and the child turns, maybe his eyes has become yellow (baby murmuring) or he has diarrhoea or maybe someone will come to house and say if use this medicine it will be okay or (baby murmuring) but midwife taught us that if you something on him or something on the child immediately you have to bring him to the clinic to be taken care of (someone murmuring)

M: okay we thank you. Number 1 we want to hear

R1: please the book taught me how me and husband will have a relationship during pregnancy till delivery (baby murmuring), the time that is okay for us to meet again, competition that is or we the women, I have given birth not long ago then it becomes a quarrel between you and your husband so the book taught us how to talk to your husband so that there will be an understanding so that during our relationship there won't be any problem

M: awwwww, we thank you. Everyone has talk, everyone has talk, we thank you very much. It is left with one that I want to ask, want to hear. You know that there was a reason why you took it home, the reason is that, what are you going to use it for

R: we show it with our husbands

M: you show it to him or

R: we learnt it

M: good (someone murmuring), do we remember

Rs: yes

M: whatever we said is true, fine, now the last question is (baby murmuring) whatever we have said, all the talks we said from starting group antenatal, am begging to ask, does someone has any idea or something to say concerning the antenatal that we come in groups, that is the last question, (baby murmuring), is not that am asking a question, the group antenatal that we came (baby murmuring), do you have any thing or something to say, please do we understand the question (someone murmuring), number 3

R3: they taught us that when you deliver, deliver this time from six months going or eight months going, your husband that you are with, for instance maybe you want to do something with him (someone murmuring), you having sex, they also taught us how to prevent ourselves so that the child can grow well and look good (baby murmuring) so that there won't be any pregnancy that will disturb you (baby murmuring). If your child is at your back (someone murmuring) and you are pregnant again it will disturb you (baby murmuring) so they taught us preventing ourselves

M: fine, we thank you, nu73 has talk (someone murmuring). Please right now what went on and what we said, it a point of view or there is something that you want to say to finalise it, (someone murmuring) please who else. Number 10 (someone laughing)

R10: please the little thing I want to add to it is the group has help me, to me it has help me very well, all that we have said it has help me so it has encouraged me that if I get pregnant again I have to come and ask Auntie midwife, am suppose to ask her if the group we will do it or not, I won't wait for her to tell me that I won't join the group

M: okay we thank you. Number 10 has talk, number 1

R1: group antenatal is the whole world university (someone laughing)

R: the school under the tree

R1: everyone, everyone has become a graduate (someone laughing) in pregnancy

M: please repeat again (laughing). Please we are recording and please forgive me because am happy, please it again for us

R1: group antenatal, Michigan, the whole world university (someone laughing) has help us a lot, it has help me and am very happy about it, I have not regretted for joining the group and am not sure I will regret. Everything has not let me regret (baby murmuring) it, if only I get that during pregnancy maybe I won't be pregnant now, the week that I was in the house that I wasn't doing anything, I will come and join it (baby murmuring) and come and share my thoughts (someone laughing) maybe my experience that I got I will share with them. To me I wish it will continue so that everyone who is pregnant at home or everyone who is in can encourage, if she hears this she shouldn't decline but join it, it will help a lot so (someone murmuring) this is what I have to say.

M: we thank you, number 1 has talk. Please (someone murmuring) what idea, want you to say (someone laughing) everything that went on, who else (baby coughing). This is the last one, let do it fast

R: number 12

M: number 12

R12: yes. Me too what I want to say is (baby murmuring), we that came for the meeting we saw how it has help us (baby sneezes) so when we go home, our brethren who are pregnant and what we learnt (someone murmuring) we should teach them so that when they come to antenatal they can come and ask and join it (baby crying)

M: okay number 12 we thank you. Number 4(baby crying) say something, what is, any idea you want to say (someone murmuring), is that all. We thank you, number 5 (baby murmuring). Please final comment (someone laughing)

R: please group antenatal (baby murmuring)

R5: group antenatal, we should not say we should stop but continue to do it so that we get a lot of ideas in it so that it will help us to deliver safely, taking care of our children so it is fine for us

M: we thank you. Please number 6 do you have any final comment for us before we leave here (someone murmuring), there is nothing like that, okay. Please number 7

R7: no please

M: then we thank everyone very much. You have made our conversation very interesting, we thank you very much

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## FOCUS GROUP DISCUSSION\_2.

M: thank you all, please our conversation is going to be centered on the education we were given during the group ANC. In view of that, our answers and responses should focus on the group ANC pertaining to the care given to us by Aunty Midwife during our time of pregnancy? Please do we understand?

Rs: yes please

M: please my first question is, how do you see the education you got in the group antenatal when you were pregnant? How do you see the information you received from the midwife during your pregnancy? Please do we understand the question? All the information you received from the midwife during pregnancy, how was it? As someone will put it, how did you feel about it or how did it go?

R6: it was fine, it was more than all the antenatal visits I have attended. So I have learnt a lot of things.

M: please if you say it was fine, kindly explain it further.

R6: I learnt that, when you are pregnant, you have to visit the ANC regularly for you to be checked on.

M: thank you.

R8: it is also good for me because before we started the group ANC, after coming to the here and going home, people taught us other things but when we started the meetings, we were taught that all those thing were not important. And that really helped us.

M: Thank you a lot. Please who else?

R2: for me, it helped me a lot. It helped me in the sense that, I took some things very simple because they taught me that, when I experience pains, it will come in different forms so I should pay attention to that and when I did, it really helped me so it was good. So I'll advise people that come and they are forming the group, they should join the group because it will help them.

M: okay, thank you. Please did you raised your hand?

R4: it helped me to know the things a pregnant woman shouldn't do, like not taking alcohol because alcohol will not help you and that helped me a lot.

M: okay, thank you. Please who else?

R1: it helped me a lot. The reason for saying that is, at first when you come for antenatal during pregnancy, after you are given your medication, you go home. So when you go home and you go through any changes, you take it as a normal thing but when we came and they taught us, we got to know that when you're home and you feel pains even around your ribs, you have to rush and come and check, maybe it may not be normal. That was what I also learnt.

M: thank you. We are all talking. Please who else?

(Baby crying)

R7: it also helped me in many ways because with my other children, after taking medicine from the hospital, you would also be given herbal or traditional medicine when you go home. So while taking the orthodox medicine, you'll also be taking the traditional medicine. There are some that you take when labour starts so that you don't feel much pain. I did a lot of thing but with this one, when I came and they told me all those things were not necessary, I listened to them. What made me know it helped me was, this time, I only took medicine from the hospital and when it was time for delivery, I didn't have any pain. There was this other lady who was equally pregnant, she said when labour set in, she delayed and went to enema before going and that made her lose the child that is why I'm saying it was helpful to me.

M: thank you.

R5: what I also learnt that helped me is what the other sister said; things we should or not do during pregnancy. Also, how to take care of your baby after delivery, personal hygiene during pregnancy. I learnt a lot.

M: okay, thank you.

(Someone greets; good morning)

R3: Please I also learnt that the type of food to eat or not to eat during pregnancy and some exercises that will help me. That was what I learnt.

M: thank you, let us continue with our conversation. If we look at the care that was given to us during pregnancy and the meetings, what exactly can you pinpoint out of all the things you loved? Please do we understand the question?

Rs: yes.

M: aunty Nurse taught us a whole lot of things during the time we were coming for the group antenatal. She took care of us, gave us drugs and taught us many thing but there was something that you were really excited about.

R5: I learnt a lot of things but there is this one thing I really loved it and was excited when I heard it. I didn't know that, it's not good to start pouring water on a baby from the head but rather from the lower part of the body especially when the water is cold. This is to prevent the baby from getting fits. I would have gone home and started pouring water on my baby from the head which would have brought a problem but I learnt from here that I shouldn't do that and I'm grateful for that.

M: okay thank you. Please who else?

R6: I learnt a lot but I was very excited when we got to family planning.

M: please explain to us.

R6: I understood that for the IUD, if you're someone who gets rashes after putting on a necklace then it's not good for you. I was happy because I for one, I get that reaction and the first time I wanted to use the IUD but told me not to do it when I got there. When I came here and they explained to me, I understood that It's not good for me.

M: okay thank you. Number 6 has spoken, please who else?

R1: what I enjoyed most was that, during the time of labour and my time of delivery. I was treated well and the cord clamp that holds the cord got removed when I got home. I called and informed them and they told me to come. When I did, they redid it for me nicely and it made my very excited.

M: okay thank you. Please I want to remind us that, we will get to delivery and post-delivery but right now our focus is on the lessons we learnt. Apart from the lessons the care that was given to

you. Please do we understand? All the care that was given to us by Aunty Midwife is our focus but we will get to delivery and post-delivery. Please do we understand?

Rs: yes

M: so please who else?

R2: please when I got pregnant, in fact I was not happy but the care they gave me was great.

M: please were you embittered because you were pregnant or because you were having pains due to the pregnancy?

R2: I was embittered because I was pregnant so when I got home, I'm always in a hurry to come here when we are given a new date because they treated us well.

M: thank you, number 2 has spoken.

R3: during pregnancy, we were taught how to save money. But as for me, at first I was not doing that because I was depending on my partner to give me money every time. But when we came here and we were taught, I got to know I had to save for emergency and that helped me.

M: thank you. Please who else?

R4: please I also learnt during pregnancy, we should take balance diet, bath well, be neat and keep good personal hygiene so that you as well as the baby don't fall sick.

M: please I'm reminding us that we are focusing on the things we really enjoyed. Those are the things we are talking about so that when you are explaining, you add that.

R6: I was excited because when I come to the hospital, I check my BP and weight myself so I was excited. So when it's my turn, they just take care of me and I'll leave so I was very happy.

M: okay, thank you. Please who else?

R9: please when I was... (Voice faints)

M: please speak up so that we can hear you.

R9: when I was in labour and I came in, I was afraid. I came in before another person did but she delivered before I did so I got scared. They encouraged me and told me not to be scared but follow their instructions and they helped me deliver safely. (Baby crying)

M: okay thank you.

R10: please I learnt that, when a woman is pregnant, she's not the only one in the condition, rather her partner also has a role to play. The role of the male is not to distress the woman, he has to love, be caring, give her attention and make her happy. Because when the mother is happy, the unborn child is happy and when the mother is sad, I understand the unborn child too becomes sad and that was very exciting for me. That was what I learnt there.

M: thank you. Please who else? Number 7, we are talking about what was very exciting to us that we are interesting in now. For all the care Aunty Midwife gave you during pregnancy, the one thing that you were excited about is what I'm asking now so let's remember that.

R7: when I came, what I liked was how they give care and make you feel good. I have 2 children, one of them is 3 years and the other is 1 year and half and I'm also pregnant. There are places that when you go, they will be shouting at you that don't bring the children there. Sometimes when you come, they can even hold the child for you so that they can take care of you even when they are palpating the stomach. So even when you're home, you're in always in a hurry that it will be time so that you can come and learn. That was what I was happy about because I wanted to go and deliver at my mother's place at Nkawkaw but I decided to stay and deliver before going.

M: okay. Thank you. Please who else?

R8: what made me really excited was before my time of delivery, I was postdated and one nurse told me I'm almost 43 weeks so they might transfer me but later, one called me to come back. I don't know how they call it but She did sweep my cervix to open the entrance of the womb and she told me it will be done every 8 hours. I went home, came back to do another. So around 3am, she called to ask if I have delivered and I said no. the next day, I came to do it in the morning and in the evening. The following day, she called me about it again and told me to come back. So when I came back in the morning of the third day, labour started. If it were another place, they wouldn't have gotten the patience, maybe they would have told you to go for operation or something. So

every time I say to myself that if not for this nurse, where would I have been? And that makes me happy every day.

M: okay, thank you. Please who else?

R1: one of the things I was happy about was how we have be compose ourselves when in labour and how to sleep during pregnancy. How to lay down during the time of labour and delivery, not rubbing your hand around your thighs. I liked those things and I was happy about them.

M: okay, thank you. Does anyone have something to say or we should continue.

R8: please I have a contribution. One thing I had not heard before was, they told me that one can get infection during pregnancy. They advised that, if possible we should talk with our husbands to use condoms because the infection can be affect the pregnancy. Another thing was, we should use mosquito net because when you get malaria, it can cause miscarriage, all, these helped us so that we don't get any miscarriage.

M: thank you all. You've all done well. We are going on. You've said the things that you really liked, now tell us the things you didn't like about the group antenatal. How Aunty Midwife gave us care till time of delivery, the one thing that you didn't like, please tell us. Think about it, when we went to other places, people said they didn't have anything to say but later they mentioned them and that really helped us. It's not about Aunty Midwife insulting you but in the course of giving care, please let's listen attentively. During care giving and the group antenatal, what was the one thing that you didn't like?

R7: we came and we made friends and if after everything or after delivery, we contribute at least one cedi each for a get together, it would be nice.

M: please we will get to other matters and you share all your opinions. Please when we ask the questions, let the response base on the question. What you're saying is important but we will get to a point that you will be asked to share other opinions then you do so. So when I ask the question, let the response be based on the question. Okay. Thank you. Please who else?

R6: what my problem was with the time. Here, we come early hoping that we can go early but when we come for the meeting, we stay for long. That was the thing that really bothered me.

R5: one thing I didn't like was repetition especially from the part of our leaders. For something we have learnt already, when we come back, they will revisit it before we finally come to the day's topic. That makes us go back and we delay too much.

M: thank you, number 5. But before we continue, there's something called recap. What recap means is you are reminded of the things you were taught and it's very important. Maybe you'll remember but another might have forgotten when she went home.

R5: that's not the case, it's not like we are recollecting the previous lesson but thing we have learnt a long time ago. Some of the conversations are also dragged.

R8: I'm also on the timing. I for one, I come very early, sometimes I'm the first person to come but I'll have to wait for the others to come before we start the meeting. After that, they tell us to make a queue, so when they attend to one person who didn't come for the meeting, then they attend to one person who did attend the meeting. So, I the person who came early will then leave in the afternoon. So at some point, I also decided to delay a bit, that's all.

M: yes who else?

R2: the first time I was added, I didn't know what it was about and we really delayed so I was upset. Apart from that, I was okay with all that went on.

M: please who else? What you didn't like during the group meeting. Please who else?

R1: what I also didn't like was the time factor. Because there were times we could come early around 5:00am with this sister of mine. Instead of them attending to us first, they will we should finish with the group meeting first. Then you'll have to sit and wait for a long time before they attend to you.

M: okay, thank you. Should we continue or someone has something to say? Amariya, you're looking very pretty but since you came, you haven't said anything. Please contribute so that we can hear your voice. Don't you have anything to say? Okay let's continue. Concerning the topics that were taught during the group meetings, does anyone have a topic they think could be helpful should we add it the topics for the group meetings? Please let's all listen. We are asking if apart from all the topic Aunty Midwife discussed with you, is there any other thing that you think will help. Please do we understand?

Rs: yes

M: if we remember, we were taught family planning, bed preparedness; things we need to get ready for delivery. We were taught many things, aside all those things, do you think there is something else that the midwife could have taught to help us? Please do we understand the question?

Rs: yes

M: okay, then let's respond. Is there any other topic that you think if added to the lessons will help?

R: no please

M: please don't say no. kindly take your time and ponder over it.

R3: I suggest that they add a little of marital issues like how to live harmoniously with your husband and children, I think that too would help.

M: thank you. I can hear some of your sisters saying they were taught. I remember they taught (respondent interferes) please hold on. I think your expectations were not met so between you and your partner, what exactly do you want them to add to the lessons? I remember that when you have a fight with your husband and he wants to hit you, then you move out of the place. I remember all those things. If there is a specific area between the relationships between you're and your partner, please explain. Be specific or we should continue as you think about it.

R3: yes please

M: okay. Is there any topic that if we should add to lesson, it will be of help? Please who else?

R1: I suggest that, as for us, we are done with the lessons but for those who are about to start, if after the lesson, they contribute at least 1 cedi each it will help.

M: please listen to the question well. We will come to what you're talking about. We will get to other matters. But now what I want to know is, is there any other topic you think if added to the already existing topics, you will be excited about? Not just been excited about but also help in the development of the group antenatal so that new members will benefit from it.

R: it's this place that we came to learn about a lot of things that were not supposed to do. So we don't really know what more to add to that.

R8: I don't have any other topic to contribute. What they teach us is enough for us.

M: so can we continue? Please now we want your inputs in the group antenatal. Anything that you think if added will bring improvement. Please does anyone have any contribution that will help in the improvement of the group antenatal? Like suggesting that if we do it this way or that way, it will help in the development of the group antenatal?

R8: what I want you add is that, when we come, we are scorched by the sun. We are scorched by the sun too much and that doesn't make us happy so do something about it. If I come and I'll experience this heat, then I won't come.

M: thank you. We will get to other matters and you'll say all you want but this is specific so hold on. I think you have a lot to say. Please I'm asking again, does anyone have any suggestion that she believes when we are told, it will help improve the group ANC? That the question.

R2: they said that there are 2 types to delivery, either by spontaneous vaginal delivery or by operation. Some people, they are afraid of the operation because people say once you are operated on, your health reduces. But I have come to believe it's not dangerous and people lose their lives or children because they are afraid. So if they add that and explain it in details, maybe people will not lose their lives or that of their children. That's my suggestion.

M: who else? Right now we want your suggestions that you believe will help the group antenatal to improve. That is what we are asking right now. Hello?

R7: please I also suggest that they take the contact details of our partners and call them to join because when we go and tell them some of the things, they seem new to them. As for them, they don't know there are some things when you are pregnant and when you are not. They have to call them to join the meetings even if it's not for all the meetings so that they can all come and learn and it will help all of us. For some men, they give birth early and if you tell them to do family planning, they say no and they are afraid. This same person will not use any protection and when there's pregnancy, it brings a problem. So it's very important you talk to our partners for us so please add that.

M: thank you a lot number 7. Please who else? Please we need your suggestions, for now you'll think it's nothing but it will help Ghana health service to escalate the programme to the whole of Ghana. We are basing on your answers to make the policies so please it's important so please let's know if there's something we can add that will make the group ANC improve. Please who else? Someone said we need more education about CS so that people won't be afraid and say CS is dangerous, my strength will go down, and I'll deform. We should emphasize more education about other alternative means of giving birth. That is also good, please who else?

R7: another thing is maybe when it's about 6 to 7 months, they call and invite the person who will come bathe and take care of you and the child to also join the meeting. Because for our parents, when you give us medicine for the navel, they rather blend charcoal and pepsodent and apply it on the navel which brings a whole lot of problems. You come to the hospital and the midwife will give medication but you'll get home and they'll prepare traditional medicine for enema. When the mother comes 2 or 3 times, they will hear and move from the old things. Those things are making us suffer, we are really suffering from those things. So please check those things for us.

M: Thank you a lot number 7. Number 7 has done well because if after all Aunty Midwife teaches us, you go home and your in-law says no, during her thing it was done in a different way, then that means the lesson you got here did not become beneficial. So it will be necessary that we call them too to listen.

R: I have remembered.

M: you see you're now remembering? You were not talking. Thank you, now who else?

R6: the person who takes care of us must also be invited to the meetings because I for one, I said I wouldn't allow her to use any medication on my child's navel except the one from the hospital anytime she brought it up, I insisted I will use the medicine from the hospital and she said her own will take 3 days for it to come off. I used the medicine from the hospital and after a week, it came off and we were told to use shear butter and it helped us and the wound is healed. So it is important we bring those who will take care of us after we deliver so that they come and learn.

R: I'm also adding to what they said. If the person won't come, we can take their numbers so that you call and talk to them because there are people who won't come. And others who are not close by so well go to them.

M: please do we all remember the book that was given to us to be taken home?

Rs: yes please.

M: please did we all get some?

Rs: yes please

M: now we want to know, was the book helpful to us?

Rs: yes please

M: thank you. In what way was it helpful to you? If the book we gave you was helpful to you, please in what way was it? Please we want to know.

R1: it was helpful in the way that, in case I'm there doing nothing and I feel pains in any part of my body, I pick the book and look through. That reminds me of the things midwife taught me and if I'll call her, I do that. If I won't call her, but do the things she taught me, I'll do that. If after doing what she taught I see no progress, then I call her.

M: thank you

R8: it helped me in the sense that, when I get home, instead of verbally telling my partner what I was taught, I sit him down and give him the book and tell him this was what was taught. I explain things to him and he says alright, we all didn't know this. That was how the book helped me.

M: thank you

R6: my husband didn't get the time to come so it was the book that helped him to know the things I come here to learn. It was the book that was an evidence that what I was telling him was the truth.

R5: the book helped me to also teach other pregnant people so that they don't do what they are not supposed to do. That was how the book helped me.

M: If the book helped you, in what way? We want to hear.

R11: they taught us the labour signs and I was supposed to come for antenatal on Saturday (phone rings) I was going to urinate on Tuesday when I saw blood in my pants. I went and looked into the book and they said when you see that, you have to rush to the hospital. When I came, it was indeed labour so that was where it was helpful to me.

R7: when I'm there idle, I can read through to remember the things they taught us. The other thing is concerning the suggestions. It is when we get pregnant that we know there are evil spirits. Then we go to pastors and we expose our tummies to them for them to give us directives. That thing worries a lot because sometimes it's the pastors that gives you the sickness to come home with. So we have to have faith that, it is God has placed the baby in your womb, so even if you postdate, you have to know that at the right time, the baby will come. When we postdate, we begin to blame our in-laws and other people which might not even be the case. Then we will be moving from one place to another and that brings a lot of problems. So please add that to it.

M: please was the book helpful to you?

R: yes please.

M: please we want to hear.

R: the benefit I got from the book was how to lie down when you're pregnant. If you lie in a certain position and you feel pains, then you turn. If I experience that, I look into the book to see how she lied down so that I can do same (laughs). In the book, the pregnant woman was lying down so I also look at it and do same.

R3: I also learnt that apart from the midwife, I'm not supposed to listen to any "home doctor's" advice but rather listen to my midwife and follow her advice. That was what I also learnt.

M: now we have gotten to suggestions, proposals or inputs or explanation about group ANC. Please do we understand?

R: is it other matters?

M: we will get there. They all can fall under that anyway. For instance, so after this is what I think about the meeting we've been having. Or I have something to say concerning all the meetings that was held. They all fall under this, the other matters can come. Know that it's a contribution or suggestion.

R5: I was suggesting that when the group ends, they should take our contact details. I think they had them already so they create a group so that we can ask questions especially for those of us who have not given birth before can ask questions if we have any. And if someone can't even type, the person can make a voice note. For me after delivery, I had lots of questions and a lot of things

baffled me so as for Sister, even in the middle of the night, I will call and disturb her. So if we had the group, then I could put it there and someone could give me an answer or my question could help someone else. That was what I was expecting them to do but we couldn't do it that way.

M: thank you

R1: I suggest that when someone is absent for a meetings, they should be able to call and ask why the person couldn't make it. You will know what the person is going and the reason for the absence.

R6: the canopy is my problem. This person has been taking many pictures, I have delivered and been back yet the canopy is still how it is. Don't do that to us because we joined with love. If you do that to us, we will stop.

(Others laugh)

M: please relax. We big you please calm down.

R6: I will tell my siblings no to attend the meeting.

M: we are pleading with you. Please don't do that.

R6: then please do it for us.

M: we are going to do it. Please who else?

R: the group is a good thing. (Child crying) the things they are teaching are very good but the incentives are small. Because the first time before I joined, they gave me a cap, then they later gave us a small light blanket and just a pair of socks. When you show it to someone, the person will say is it because of this that you stay long in the group? But I know what I gain from it because of the book and thing you have taught me but the incentives are small so please increase them.

R: in our group, the person is coming all the way from Kwabenya so do something that will make it attractive so that the person will come out of love. The things he/she brings are small.

R: is it he/she who brings them?

R: yes, it's he/she who will bring them.

M: okay, thank you. We have heard you.

R12: please when we come, give us drinks (laughs)

R1: I suggest that for us pregnant women, at least bring along a small radio (someone interrupts; when you start, you do breathing exercise) for those of us who don't have a place to exercise, when we come here, we don't it so that we get enough energy to handle the kids.

M: thank you.

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### FOCUSED GROUP DISCUSSION\_3

M: okay please let's speak loud so the recorder can hear it well okay. Again I welcome you once again

Rs: Thank you

M: Like I said, we are coming to have a discussion about Group Antenatal so please don't send your minds far about any question we ask, let your minds be about the Group Antenatal you meet to attend. That's what we are coming to discuss, every question is about Group Antenatal okay.

Baby crying...Mama

M: How you got the studies about pregnancy during the group, how do you see it? Please do you understand the question? When you were pregnant and was in a group, the way you were taught about pregnancy how did you see it? White man will say how did you feel? How did you see it? Please do you understand my question?

Rs: Mumbling yes

M: Yes so if you have a response then you raise your hand and mention your number and talk. Please let's talk loud so the captures it fine.

R: Am number 5

M: Number 5

R5: Okay we learnt alot of things which we've benefit from it

M: Please what are some?

R5: We learnt about how to breastfeed your baby and the way to go when you are pregnant like you have to be saving some small small money when it for birth so that you won't find it difficult to come to the hospital.

M: Okay we thank R5. Please who again, the information you had about pregnancy when you were in the group, how did you see it? Or the the ...hello

R: Number 1

M: Number 1

R1: Please I saw that it has helped us well, because it taught us how when pregnant, maybe danger signs, some danger signs are there that when you see you have to report and maybe like how you can prepare when you are coming to deliver maybe like in terms of money, in car and maybe you are pregnant and have a child how to leave the child at home, who to leave the child for and maybe like when you deliver, how to handle the baby. Please me too..

M: R1 we thank you very much, please who else

R : Number 6

M: R6

R6: This group has helped us very much but when we are giving the medications that we can be able to take it and the amount of water we are to take in a day we studied about that too and food we are supposed to take helps the baby in the stomach. If you see any sign now, that fluid is leaking you have to come to the hospital to report to midwife.

M: Am saying again for us to remember, so the way through which we were given information or studies about pregnancy when we were in the group, how do we see it or how did it go, how did it go?

R: Its very good

M: Number

R: Number 8

M: Number 8

R8: Its very good, it helped us alot because at first we didnt know, we knew but didnt know that is how it was but after joining the group, they taught us alot of things that we followed and it has helped us. How to handle the baby after delivery, to breastfeed the baby, time and hours to breastfeed the baby will help the baby alot they taught us nd also they taught about danger signs that some are like seeing bleeding or seeing some fluid that isn't good, how to run to hospital to report to be cared for, they taught us all this and it helped me alot.

M: We thank very much R8, please who else so we do and continue so..

R: Mumble Number 7

M: Number 7

R7:

M: We thank you, please number 3

R3: It is helps us when we come to meet like this they give us that we should come to antenatal a time to time, they say you should come when you come they will give you the medicine you will drink it in the time.

M: Thank you very much R3. Okay thank you and we will continue our questions. Please when we look at since you just joined group Antenatal through to when you were being taught about pregnancy and things, remembering very well, which of the things do u remember that you are very happy happy about. About the study that they teach us to do this and that, what do you remember that you are so happy about in the group studies? Please do we understand this question? So many things happened, we learnt alot but as for you, you remember there is one thing that happened that you were so happy about, we want to know. Please have we understood this question

Rs: Yes

M: Number 1

R1: Number 1, please when I came, sometimes we sing, sometimes like rope when you make your friend holds it then you also hold it and we used it like some kind of play and that also made me happy.

M: We thank you, please who else?

M: Like the way you were taken care of when you were pregnant and in the group, things that went on, what you were taught, like when we take. The way the nurses treated you, the group you were in eerrhm ah ah ah

Someone says leaders

M: Not leaders, health care. When you remember the way you were treated all during your pregnancy, what do you remember that you are happy about? Please we understand the question right? You people shouldn't think plenty, moderator giggles.

R3: When I come to the hospital, the way they give me the drugs and I take it, it helps me a lot and I am happy.

R5: I remember how we thought that you come to the hospital when you see any leaking fluid and the way you have to take your medicines regularly and there some other things like they will sing song and the way the midwife will take care of you, in case you have a problem you can talk to the midwife for them to assist you, it also help us in that way.

M: So with all the things you've mentioned, which one amongst them were you very happy about?

R5: The way you have to come to the hospital regularly

M: Okay

R5: ..... one

M: Please who else?

R8: What am happy about is when I come with a problem and I ask the midwife she is able to teach me well and also when she gives me a drug that I take and see any sign like am not feeling well and I come to ask her that this and that, she is able to teach me and that makes me happy.

M: Thank you very much, please who else, what do u see that makes you very happy? Number 1 has raised her hands

R1: Please how the midwives handle us makes us comfortable to tell them when we have a problem

M: You were very happy about it

R1: Yes please

M: mmm ..their relationship they had with you, that's good

Baby talking

M: Please who else, number 4

R4: Where I was happy was when we were told that once we see any sign we should rush to come immediately, that time me for instance I didnt know but when we were taught that once we realise there is some pain somewhere we should rush and come and also when you deliver and realise there is something wrong with the baby do not delay, even if you don't have money just rush and come and they will just treat you. So that was where I was happy about.

M: Thank you, please so far R9 I haven't heard your voice. When you watch, what were you happy about about how you were treated throughout the pregnancy?

R9: What I was happy about was how they had patience for us when we come. That was the only thing I was happy about.

M: Thank you, number 2 I want to hear your voice very well. Women laughs...if you look at all that happened throughout the pregnancy and the way you were taken care of, what would you say you remember that made you very happy

R2: Am happy about how when we come that even when you tell them about what is wrong with you, they have patience to take care of you.

M: Thanks to all of you, okay we will continue with our questions. So looking at it again, what in particular can we say that we weren't happy about. Something in particular you can say that's for this one since I joined the group I was not happy about at all.

Baby shouting ...

M: Please do we understand, we have said what we were very happy about so we have to remind ourselves that since you joined the group, the way you were taken care off during the pregnancy and stuff, what do you remember to say that as for this one I was not happy about it. Number 7

R7: Please what I did not like is that, when I went for delivery and it was time for the baby to come out, I told them that the baby was coming, they told me that it is not yet time and that I am not the one to tell them the time to check me and it didn't take long and my water broke and the baby started coming

M: Thank you, please who else? Who else, looking at how you were taught during the pregnancy since you joined the group, what can you say that as for this since I joined the group I was not happy about it at all. Number 10

Baby shouting

R10: Please as for me what made me not happy was when you come for the antenatal and they have finished attending to you and you have to go home, sometimes your body and you have to sleep but you will now wait for them to finish the meeting before you go home. It gets to sometimes that it disturbs me alot because of how I feel, sometimes after Antenatal I feel like sleeping or when I take medicine here the way it makes me feel before you have to wait for the meeting to end before going home so it disturbs a little

M: So the time was not favourable to you. Thank you, thank you, we are learning very well, we are learning very well. Please who else, looking at it, what were you not happy about in it. We are using this to learn so you should say it, all these will help us make things right

R: Number 6

M: Number 6

R6: What as not happy about was that when you are not feeling well and you come to the ward that they are coming to admit you, the nurse, midwife there don't rush around you like erh.. I don't know how to say it.

Another woman replies say it in Dangme

R6: They dont see it like you are in pain or they dont see anything about you that you are sick or not and it disturbed me so I said I wouldn't come for Antenatal at Akuse again

M: Okay you have done well with what you said but now we are not taking about during delivery, we are talking about the group, the study we had in the group and during antenatal the way we were taken care of maybe we saw something we not happy about. You see during the delivery it's not the midwives here that you meet there.

R6: No I was not feeling well and that was why I came

M: aah okay

R6: At the time I had not delivered yet and I came

M: Okay it's good you have explained it this way, thank you. So who else will say there was something particular in what ever that happened that she was not happy about. Number 9

R9: Number 9, what I don't like about it is when it's time that we are asked to come for meeting then many people go home, just that.

M: Okay who else, okay then we will continue with our questions. Please about the studies the midwives and nurses taught us when we were attending the group antenatal looking at it do we have other topics that if its left to us we believe that they should add to the studies? We learnt alot of things though, some like family planning, some like labour signs, birth preparedness, we learnt a whole lot of things and looking at it, do we believe there are some other topics that when they teach us will help us alot? Apart from what they taught us,do we believe that there is some other

topic that when they add and teach us it will help us in the pregnancy and delivery? Please do we understand the question? Okay number 10

R10: Oh it's not that I was going to say anything

M: Okay number 10 says she won't talk, please who else, do we have additional topics or some particular areas that we believe that oh when added to the studies, the antenatal they teach will help us, is there anything like that?

Rs: No

M: This place is cold and...baby shouting. Hello

Rs: Hiii

M: Don't we have anything like that? Let me say it in English, maybe when I say it in English you will understand. Were there any additional topics you wish were included during the pregnancy care and education?

Interpretation in Ewe: Is there something you wish to be included that were not included or you wish to be taught that was not taught, you can say it in other for those who are yet to come can learn from that

M: So does all of us agree that we do not have any topic?

Rs: Yes

M: Okay we will continue our discussion. Again we are asking that do you have any suggestion you believe that when you give to us and we accept it will help improve the group antenatal for others to also join? Now it is any suggestion at all. I don't want to talk for you but all through the pregnancy, do you have any suggestion that you think when we add or we do it this way or that way you believe it will improve the group antenatal very well, it will help the group antenatal very well? Now it's your suggestions we want because you have attended your school and passed nicely so you know more than us so do you believe that there is some different suggestion that when you

tell us and we add will improve the Group Antenatal? Please I hope we understand. It wont be too long, we have just about two question to finish

Baby shouting...

Number 5

R5: What I will say is that sometimes they should advise some of the midwives in how in handling their client some are there that sometimes they are harsh, if not they will go out to say bad things about the midwives whereas not all of them are like that so they should advise them to have a little patience when their clients are in. Its painful though but they see it as if maybe you are we are being self centered, they should have time for us so they should advice them some of the midwives on how to handle their clients.

M: Thank you, please who else has my different suggestion fod us that when we add up will help improve the Group Antenatal. Hello

Rs. Hiii

Moderator laughs

M: This is why we came because w know you hav elegant and you are those that can tell us for us to correct things so you should talk. Is there....

R8: Just like my sister said, it's like that, sometimes you have little children at home, time for Antenatal is up but you have make sure they go to school and then you clean the house before coming and sometimes when you come late the kind of question they ask you. Sometimes there is a question you want to ask the midwife but because of the way she reacted you can't ask the question anymore meaning the problem you brought you will take it back home so am pleading with them, they should have small patience for us when we come for antenatal.

M: Thank you R8. So the rest of us dont have any suggestion for us right? So should we continue? Okay then we are continuing. Please do we all remember we were given some book to take home, did we all get some of the book and are they still there or we have thrown them away. No it's there,

we thank God. Please has that book been beneficial to you? has it been beneficial, we want to know so this new everybody will talk, you mention your number and talk.

R: I benefitted in the

M: Number?

R4: Number 4, I benefitted because it taught me how to prepare for birth, things you have to prepare for the baby, yourself, the things you will use when in labour and you have to prepare them down so that when the time is due you just pick the bag and leave so this is how I benefitted.

M: Okay thank you, who else benefitted, it benefitted all of us so everyone is talking

R3: It helped us in the way that when we give birth, we can take good care of the baby and when the baby is six months old before we can start giving them food

M: Thank you, number 2

Woman laughs

R2: What I learnt from it is what food you have to eat when pregnant to keep the baby healthy

M: So that was how it benefitted you

R2: Yes please

M: Okay, number 1

R1: In the book you can see they are some photographs in them so sometimes even when they are teaching something and you don't understand once you see the photograph you get it or sometimes when you come for meeting and you are asked of what was learnt in the previous meeting you can look into the book and remember it

M: Okay thank you, thank you. Number 10 how did it benefit you?

R10: What I also learnt from it is how to prepare for transportation before labour so you don't get stranded

M: Thank you, number 9

R9: I benefitted from it in the sense that I learnt alot from it, like how to prepare and how to prevent pregnancy

M: thank you, number 8

R8: It helped me alot and one way is how to take care of the baby after delivery and the number of hours you can breastfeed and also you give breastmilk till six months before giving food and water and also when going, how to save money and the babies dress and your own. Also when you have kids at home, you should get someone to leave them with before you go when in labour.

M: Thank you number 8, number 7

R7: I learnt that we you get pregnant or when you deliver, you must make sure that you house is neat and make sure your clothings and everything is neat

M: thank you, number 6

R6: number 6, it has helped in the sense that after delivery and you breastfeed more, you don't mostly get pregnant, its family planning and also there are other family planning types they put here and another one too they put in your abdomen so it has helped me alot.

M: Thank you, number 5

R5: I also learnt danger signs like seeing blood, seeing some fluid, persistent vomiting you have to come to the hospital so it has also benefitted me alot.

M: Aww thank you all,you have all spoken, you have done well and we are also happy it has benefitted everyone so our last question, now we asking that going through the Group ANC, do you have any concern, idea, comment so that we can set things right for those who are coming up to have a fine and improved programme for them. So if you have any matter concerning this group antenatal you joined, you can say it for us to hear. Number 2 do you understand, it's like baby was distracting you when I was talking, did you hear the question or should I ask again. Okay am asking again and it's the last question. We are asking that with the group ANC you got involved

that God helped you to have safe deliveries, do you have any comment,idea or suggestion that you believe that if it was done that way or we added this it will help improve the study for those coming up? So this is any other matter concerning group ANC that when taken up will help. Number 1

R1: For me I feel that advice, like those who are yet to be joined have to join when asked at antenatal because you will learn when you join because there are some things you don't know and will learn when you join and it will help you and it has helped some of us.

M: Thank you number 1, who else, who else

Baby playing

M: Please who else, don't you have any idea you could give us to add to help improve group antenatal, with all you went through don't you have any idea or suggestion or comment that you think will help improve group antenatal when you tell us

R: Number 8

R8: For me I think everyone pregnant woman should join the group because even if you are not a literate, when the book is been given to you, the sketches will help you alot maybe too you can't read but when you give it to your husband or sibling he or she can teach you so everyone has to join the group because it helps most women during delivery so everyone should be able to join.

M: thank you very much, thank you, so please who else, or we all don't have any suggestion? Okay then we will thank all of you for your patience to have this discussion, thank you very much God bless you all.

Stop Time: 11: 46am

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#### FOCUS GROUP DISCUSSION\_4.

I: Helloooo

*[Women responds.... "Hiiiiii"]*

I: Okay... we welcome you all once again

I: Please our first question is...

I: Please we will like to know during the time of your pregnancy until the time that God willing you came to see the midwife, she took you through so many lessons.

I: How did you see the education and lessons that went on?

*[Baby shouts]*

I: How did you see it? How did you see it?

*[Phone ringing]*

I: Please I will like to ask the question again.

I: Please can we put our phones on silent, so that our conversation can be quick so we leave here early?

*[Baby shouting]*

*[Number 13]*

*Woman speaks:* Through the things we were taught, I have learnt a lot from it and it is good.

I: We have heard number 13's view.

I: Please you raised your hand.

*Woman speaks:* Please I have seen that it is good.

*R11:* I have seen that it is good and it has helping us in learning some things we do not know.

I: Please who else?

*[Babies shouting]*

I: Please who else?

I: Everyone is talking. All the lessons we have learnt and all that the midwife has taught us, how did we see it or how did you feel about it?

*[Number 1]*

I: Number 1

*R1:* I saw that it really helped us, because initially when we are pregnant, there are a lot of things we see which are scary in which we must hurry and go to the hospital but we tend to ignore them and so you could see that a pregnant women loses their lives and unborn babies and so we normally hear those stories.

*R11: She is pregnant and bleeding but she is sitting at home but since became to learn what the midwife taught us we saw some things that when they happen in the pregnancy, that we see not scary which every woman goes and so it will not affect the lives of both mother and baby.*

*I: But then i also saw some things that once I am pregnant and I notice then I must hurry and go to the hospital and ask it has really helped me during my pregnancy till the end.*

I: Number 1, we thank you. Please you raised your hand number 7.

*[Number 7]*

*R7: Please lessons taught is good in the sense that when we get pregnant, we don't have any problem because you will know how to go about your pregnancy and how to care for the baby and so I suggest it goes on always.*

*I: Okay we thank you, please number?*

*[Number 10]*

*R10: Errhmm... me too what we learnt is very good because there are a lot of things that you when pregnant and you put your mind o, you might not know how to go about it until you are due but through the lessons we have been taught to also save something small, make arrangement should in case an emergency occurs and your husband is not available, a car or bicycle or motorbike. Since you have been able to make some savings and there is an emergency, you can call any of them to bring you to the hospital. It helps save your life and so it is good.*

I: We thank you very much. Thank you.

I: Please number 3...

*[Woman laughs]*

*R3: Errrhhh... it helped us a lot, it has helped. First when you get pregnant, you will be home the who time without making any arrangements with any driver and when labour begins at midnight, they will now go in search of a transport and sometimes you end up delivering in the car, at times too they do not get transport at that middle of the night and so the unfortunate happens, but right now we have been made to understand that you can get three or four different contacts from drivers so that should in case you are not able to contact the first one, by every means you can get in touch with the other three.*

*R3: I have seen a lot of things when am pregnant, whereby should something happen to me that shows that anything can happen and so it has really helped us a lot.*

I: We thank you. Please sister...

*[Number 6]*

*R6: It is good we are learning these because it has helped we those who have never given birth before. For we the first timers, it helped us learn about what we are to do and not to do, what to eat and what to do in order for the baby to be healthy and so they should continue with it(education).*

I: Okay we thank you very much.

I: We will continue, with what is left everyone will talk.

*[Women laughs]*

I: Please, please... sister, sister you raised your hand sorry, I didn't see you...

*[Women laughs]*

*[Number 8]*

*R8: At first I didn't know that when you do not sleep under treated bed net you will end up falling sick because and so at first I did not like the treated bed net but now that we have come to learn about it, I now sleep in it and now it helped my child who usually falls sick and so it is good.*

I: We thank you very much, thank you. We will now move to our question.

I: Please the way and manner auntie nurse took care of you throughout your pregnancies till you delivered, what exactly are you really happy about or what in particular did you notice throughout your care will you say you are very happy about?

I: We know a lot of things went on that you were very happy about but particular will you say made you happy the most?

I: Please number 6

*R6: What I am very happy about is that when you come, she(midwife) will call you "aunty Bernice "*

*[Women laughs out loud]*

*R6: So that is why I am very happy because she takes very good care of us.*

I: Please are you done? Okay so we thank you... please

*[Number 8]*

*R8: Me I gave birth to all my three children here but these midwives are exceptional*

*[Woman shouts and claps saying... "Special"]*

*R6: When you come for ANC and you have a problem, once you tell her, she goes with you to the Doctor and all the problems I encountered in my pregnancy were solved by the drugs I was given if not for that they would have referred me to Koforidua but it was seen that she really took good care of me and so she has really done well and she's also very concerned. Even when you call her at night and tell her what is going on, she tells what to do and so she is good.*

*R6: "The baby is even clapping for her..." She is very caring.*

*[Number 9]*

I: Number 9, please talk a little loudly for us okay.

*R9: Me too I have seen that...., I first gave birth to this child of mine here, and this education did not take place here and so when you come they do not really know you but now with this ongoing school, they are very friendly and anywhere they see you, they call you and are happy to see you. We become happy with them and they should continue with it.*

I: We thank you. Please I will like to stress on this again...

*[Baby shouts]*

I: In all the care you have received from the nurse and midwife during this group ANC, which one in particular will you say you are very much happy about and will like us to hear?

I: Please who else?

*[Number 12]*

*R12: What I am very happy about is that when time is up for the meeting, she calls you and when you do not turn up for meeting, she calls again to ask what happened that you could not make it to the meeting . At least it shows that she is concerned about you and so when you explain to her that the reason why you could not come, and there is the for an advice, then she will tell you that*

*“Oh for this one, you have to come and see the Doctor about it so he will attend to you” Or “do this or do that and you will be fine, hopefully will see you at the next meeting”.*

*R6: Me for instance am here, I work here so if I do not come all of a sudden I see her at my office and tells me that “Oh sister, it is left with you alone so it is time come and let us go, we will finish right now.” She talks to you with a calm voice and in a friendly way also. So the little I have to say is to commend her for how she handled us during that period, she really did well and I hope that she will repeat same in the subsequent classes.*

I: We thank you very much, please who else?

I: Number 5

*R5: Me too what am happy about is when we come for ANC and group meeting and we go hungry and our hearts are beating and we feel like drinking water or eating, they give drinks to refresh us and treat us well and I hope they do same for other groups to come.*

*R5: When I gave birth to my child, I saw some blood drops from her vagina and me too I have never given birth so I had no idea of what it was but when I brought her to the hospital, I was told that it was normal. And so I was happy about what they did.*

I: Thank you. Please who else?

*[Number 13]*

I: Number 13

*R11: The midwife is very good, as for me she escorted me to the delivery room for delivery.*

*[Women laughs]*

*R13: She is very good*

I: Sorry please I did not hear what you said

*R13: I said personally she escorted me to the delivery room and was with me when I delivered*

I: She escorted you..., Okay we thank you. Please who else ?

[Number 7]

*R7: Please we like the midwives, even when you cannot come for ANC, they will call you and pamper you and when you come and you do not have money for card, they will give you money for transportation and so we are happy with them.*

I: Okay we thank you.

I: Number 2

*R2: Me too am very happy with the midwife because she pampers and cares for everyone in a friendly manner and so that is what am happy about.*

I: Please I want stress on the question again because it looks like since the midwife is here, everyone is talking about only the midwife.

I: It is good though but then I want to hear something like during the time you were pregnant and you began your group, all the care you received from the nurses and midwife, during that time what exactly do you remember and you are very much happy about or you really liked?

I: Please number...

*R11: Please what I am happy about is that when you come, they ask if you have your routine drugs but if you do not, they will prescribe some for you so you for it at the pharmacy. And if there something wrong and you call her, she will talk to you in a calm way and clarify things to you. She always laughs with us and never frowns.*

I: Okay we thank you.

I:Please...

*R11: Am not done yet*

I: Oh sorry, please continue

[Women laughs]

*R11: Again, she made me learn that...*

*R11: At first I heard that when labour sets in, you are not supposed to hold your waist or touch your thighs but according to the education given, I have seen that you can rub your hands on your waist and even massage it and so that is what I am very happy about.*

[~Child shouts~]

I: Okay we thank you.

[Number 13]

I: Number 13, please talk a little louder for us

*[Woman says... "She is not number 13"]*

*[Women shouts... "Eeeiii 12"]*

*[Number 12... "Sorry sorry"]*

*[All the women laughs... "Hahaha"]*

*R12: Right now, when am there and I remember what makes me happy is the friendship that has existed between myself and my course mates during the time we had the classes and group meetings. And through this I have become friends with them to the extent that incase I needed something in town I could call her... Sarah... and ask when she will be going to town so she buys something for me and if needed help at the hospital too she calls out to me then I do my best her to go about it and so we had this friendship which came about as a result of the group meeting and with this when some problems comes up, and you are such a person with that problem, the responses even helps solve another person's problem.*

*R12: Someone may not know how to convince her partner to give her money but we had experts who taught us how to go about it in order for you to get something(money) for ANC. Oh they even teach us some skills that we can share with our husbands and so when am there and I remember some of them then am happy.*

*R12: Some of us are on a full stop(stop reproducing) but if we should go again*

*[Women laughs... Hahaha]*

*R12: Then, I hope we will again get course mates in order to help encourage ourselves.*

I: We thank you very much, thank you very much.

I: Number 3

*R3: What I really made me happy is the fact that when I go in there and lay down for palpation then am told the baby is kicking well. They tell me that when I go home and I see any problem, I should come but for today everything is fine and then am happy.*

I: We thank you.

*[Number10]*

I: Number 10

*R10: Me too what made happy is that when they ask you to go for a laboratory test and you come back and ask how it went, they explain what is in the results to you very well and tell you what to do if the result is not good. If go and take an ultrasound, they tell you what the scan says and the position of the foetus and so I was very happy with them.*

*[Baby shouting]*

I: Thank you. Please you raised your hand.

*Voice: Please at first when you to deliver at the facility, the midwives do not treat you in a friendly manner but with the education that has been ongoing but now when you come they receive you well and so when we come to ANC we are always happy but at first...*

I: Thank you. Please...

[Number 6]

R6: *What I really made me happy is about the lessons and it even makes like even wanting to get pregnant again.*

[Women shouts and laughs loudly... "Eeeeeiiiiiii"]

[Voice says... "GRAND baby"]

I: Please let us hear this, she is not done talking, let us hear her...

I: Please are you done talking?

R6: *Yes oo...*

I: Okay we thank you

[Number 10]

I: Number 10

R10: *Am back again, my previous delivery were here but this particular delivery is exceptional. I have never come across midwives like these but for this I feel they already knew us. They made my delivery..., I always say they are Angel's God has sent to teach us and also help with our deliveries and so God give them the kind of heart, for the love they had for us should always be there so they can take care of us.*

[~Baby shouts~]

I: Okay we thank you. Please number 4 it looks like so far, I have not heard you talk, you have isolated yourself.

I: Bring the baby, these ones here are those that are disturbing so bring her/her hers and sit so we have 5he discussion. We will like to hear from you.

[Baby crying...]

I: Please do you remember the question? Or do you want me to repeat it again?

R4: *Oh I remember.*

I: You remember... and so the emphasis is on the time during your pregnancy, how you were cared for, what in particular were you happy about?

I: It is for your sake that I have repeated the question because you Isolated yourself and so we are listening.

R4: *What really made me happy is the that when I was exactly 9 months pregnant, I came for ANC visit and when I got here the nurse said my blood pressure was high and so I would not go home, in fact I could not sit but the nurse said it was something small and so I should se, God willing it was fine and because of that I was very happy.*

I: Okay we thank you all. We will move to the next question.

I: The way you were able to tell us what you were happy about with the things taught by the nurses and midwives during your group antenatal, now we will like you to let us know, the time during your school what you notice that you were not happy about at all? It is not that you not happy about at all but...

I: Let me rephrase...

I: First we have the ones we were really happy about and we have what was Ok but we have what you were not too happy about.

I: Please number 3.

*R3: What upset me was that when I was brought back from the theatre, I saw that my baby's temperature was high and so I called out for the midwife to come and see because it looks like the baby is stiff and she yelled at me saying...*

*"Why are you the only one that has delivered?" "The baby what is wrong with the baby?" "Is this not the baby" "The baby, which temperature has gone up" "You have really disturbed me and now you are back again"*

*R3: The thing really pained me and I wept very well and those at the maternity were all crying and anytime I remember, it hurts me badly.*

I: Oh okay we have heard you. Please you raised your hand

*Woman speaks: When we come for meeting and we are told the meeting will, start at 9am...*

*[Voice says... "Ahaaa"]*

*Woman speaks: While you have come to sit at 9am, somebody else will come around 11am and that makes you go hungry and feeling sleepy so it makes me angry.*

I: We thank you, please who else?

*[Baby murmuring]*

*[Voices heard in the background]*

I: Please we are listening. Please talk.

I: Throughout all your antenatal care and pregnancy, what went on that you were not happy about?

I: A lot went on that you were happy about but what did you take a good look at you that you will say you were not happy about?

I: Let us speak out, let us speak.

I: Feel free, aunty midwife is also a participant and so you should feel free.

*R10: We were taught that when labour starts, you can walk around in a form of an exercise. We were taught some many exercises. When I went into labour, I was scheduled for a caesarean section here and was asked to come so that it will be done for me and God willing my labour started at dawn and I started doing the exercise by walking around. One midwife came there and said...*

*"You when I look at your face, are you sure it is labour that has set in?" "If you will go and sit, go and sit down"*

*R10: That incident really hurt me and even a man came with his wife complained bitterly. When I remember, it really hurt me to the extent that anytime I see the midwife then I get pissed off. It is very true, madam it is true I nearly wept. It really pained me.*

I: Thank you, please who else?

*[Voice says... What hurt me most is...]*

I: Number...

*[Number 8]*

*R8: At the time I delivered here, I was bleeding and could you believe that when we went inside one of the rooms, there was no light and so my mobile phone's torch was used in there and they kept inserting their hands inside my vagina, and in fact I was not happy at all and so that was what I did not like.*

I: Okay we thank you. Please number 2.

*R2: Me too throughout the group meeting, what I was not happy about was our time for reporting. When we are given the time to come and we come, sometimes by the time you they finish attending to you, you will sit and wait till around 10am whiles members are not in and so that is what I was not pleased about.*

I: Okay we thank you, please who else?

I: Number 9, so far is there something you were not happy about?

*R9: For me I have not yet delivered and so I don't know anything for now.*

I: It is not about the delivery

*R9: So far for what I have experienced am okay.*

*R5: What pained me most is at the time I delivered, the following day I was discharged, the line that was set on my hand, I was to go home and so the nurse was supposed to be take it off and so one nurse came and held my hand to remove it but the other one said she should leave my hand and the other one pulled it and so I shouted... "Adjeeii" but she did not even mind me and left. So my husband asked her if that was what she was taught to do and so if you are to remove something and with Coronavirus in the system, why didn't she wear hand gloves before removing it but she was talking back and left.*

*R9: So what she did really pained me.*

I: Okay we thank you. Please you raised your hand.

*R11: Me too what I was not happy about is that some said when they come and they are hungry, they were given drinks but for our group 6 not even water.*

*[Women shouts and laughs... "hahaha, we are pleading with them in case they have another group, they should at least give them water as the secret is now out.]*

*[Other women conversing... "So as to not have to be getting up to go and buy water when you're thirsty else you miss anything which is being taught.*

I: Okay, we thank you, we move to the next question.

I: If we would please remember our nurses taught as a lot of things, different topics, we would like to know if you have a *different* topic or important topics that you would love to be educated on?

I: Please do you understand the question?

*[Women answered... "Yes"]*

I: I remember you were educated on a lot of things including family planning, I would not want to mention them you know them. With all that aunty nurse, do you believe that there is a different topic that can be added in other for everyone to be happy with?

I: Number 8

*R8: What I want you to do is that with regards to the family planning, they are confusing us that it is not good which has resulted us into giving birth to so many children without proper care, whereby you see them in town not attending school and so I want to ask that education on family planning should be introduced more.*

I: Okay we thank you, please who else, number 3

*R3: Me too what I want you to add to it is at least sometimes when we get pregnant, we need some baby supplies and so once a while in the group they can gift us some if these things so as to motivate you in a way that when you are being called for meeting it make you attend.*

*[Voice says... "Aaahh"]*

I: Please things like what, mention them for us to know.

*R3: Things like birth supplies like baby sponge, baby towel, court sheets(set) like this and then it is shared. That is what I want to be done.*

I: Okay please we thank you.

I: Please who else?

*[Woman speaks: Please for our group, we were given some and so when it's your turn you will be given okay.]*

*[Women speaking in the background... were you not given baby hats?]*

*[Woman answered... "we were given baby hats, socks and blankets" and so be patient it will soon be your turn.]*

I: So please did you receive some? Oh feel free...

*R3: Baby hat, for that one...*

I: And so you want more

*[Women laughs... "hahaha"]*

I: Aahaaa and so take it like that because I was waiting for you to finish so I respond because maybe if by chance our people, the researchers are keeping it in their rooms and you have not received it but some of you have testified that they have received the gifts.

*R3: That thing that we put the baby on*

*[Voice says... "blanket"]*

I: So you want to say that we should add something different to it.

*[Women answered... "Yes"]*

*[Woman speaks: The baby hat too was someway.]*

*[Women said: Yes it is light and the blanket too is not strong. The blanket is not thick enough.]*

*[Woman speaks: The blanket was not thick and even the baby hat was even bigger than my baby's head.]*

*[Women laughs... "Hahaha"]*

I: Okay please, we thank you. Please someone raised her hand.

*[Woman speaks: Please...]*

I: Number...

*R8: What I want to be added is that, when we are pregnant, our husbands do not show concern and so at least when you are pregnant, the midwives or the nurses should one day ask them to come with us, like when come, they talk to them as to how they should relate to us because sometimes when we are pregnant, they worry us a lot and so I want to ask the at least once in a month they should invite the man to come and then be talk to.*

I: And so you are talking about male involvement during the pregnancy?

*[Woman answered... "yes"] I know there are most of them that even during the delivery, the man stand beside the woman. Once man told me about his experience during the delivery and after giving birth to two he no longer wants to impregnate his wife again but for some of us, because they do not know the experience in it so the little thing that goes on then you are behaving some way and so when it happens that way it is frustrating but when the child grows old to some stage, they will hold his hand and take a walk and happy.*

*[Women laughs... "hahaha"]*

*[Woman speaks: Oh it is true... As for that one he is happy but in the evening when the child cries then he goes like "Oh you are disturbing me, am tired and this and that" and so you should invite them so they know that they impregnated us and so if there is something they should have patience with us and so talk to them for us.]*

I: Okay we thank, she said Male involvement during ANC.

I: Please who else? The lessons that went on, is there something you think should be added?

I: Please who else? Number 13, it is has been a while I heard your voice.

*[Baby's murmuring]*

I: Lessons that went on do we have some topics we think should be added so as to help?

*[Baby crying]*

I: Helloooo....

*[Women answered "Hiii..."]*

I: Number 4, do you have something that can be added to the lessons you think can help?

I: Okay number 3.

*R3: Please it is not that I have something to be added but one problem I will like to say.*

I: Please and so it is not part of the topic right?

*R3: It is part of the topic.*

I: So it is part of the things you will like to be added to the lessons but then if it is not part then you wait till we get to Other matters and so now we want other additional topics we can add that can help.

I: Aahhaaaa...

I: Please you raised your hand

*[Please number 11]*

I: Number 11

*R11: Like sister said, when you go to the labour ward, they can support us with one or two things like Soap or Dettol. And that this is what we are supporting you with.*

*Voice said..., " So when you are coming to give birth they support you with it".*

*R11: Yes... and so it can also motivate us.*

I: So with this, how do we add it to the lessons?

*Woman said... "Aaahhh... supporting the pregnant women".*

*Voice said... "Yes"*

I: And so tell us, in what way. Supporting the pregnant women in labour. So apart from delivering your.... Sorry let me speak Twi.

I: Apart from aunty nurse helping in your delivery, what kind of support are you talking about although right now we want topics that will be added in your lessons before the delivery. All the lessons you have learnt, we want to know what different topics you think can be added in other to help? That is the question and so we have the last question to ask and so when we get there then you say yours.

*[Voice said : Okay number 10]*

I: Number 10

*R10: The topic I will like to be added is for Instance the child, after delivery, how to care for the baby. We were taught that after delivery you are to breastfeed until six months. Okay so when the six months reaches the supplementary foods you are to start giving the baby I other that the baby will be healthy and will not fall sick but someone might not even do the exclusive and when the child is three months old she starts giving the baby solid food (banjo and pepper)*

*[Woman laughs...]*

*R10: Oh it is true... She says what I am eating is what I will give you so you see. And so they should teach us that when you breastfeed the baby for six months, these are the foods you are to give to the baby so the she will not have any problem or you the mother, after you have delivered, the kind of food you eat that will not harm the baby because I have had that experience which I hurriedly came here recently and so when you teach us these in addition, it will help us we the mothers and the babies as well.*

I: Okay we thank you all and some will move to the next question. Please do you have any other suggestions you believe we can do in this group antenatal you have received that you think can improve it?

I: This is a general question. Lessons you have received across all your group antenatal, what do you think when we do can help improve upon it in other to help those who are yet to join.

I: Please mention your number.

*R3: Number 3*

I: Number 3

*R3: That is what I said motivation, it will help the group.*

I: Please be specific for me, motivation in what way?

*R3: In many ways, because maybe you have to ANC but that day is not group meeting day and maybe the following three days you do not have money and so when I say motivation it is in so many ways so maybe money, when you come they give transportation, and during meeting hours snacks can be shared and I hope it will help the group to stand well. Someone may encourage another person that what they do is very good and at times when I do not have money and I go they pay my transportation and so you can also go and learn so someone can also benefit from it.*

I: Before someone comes up with their suggestions, the thing is that you are to come on days you have been given for the meeting because the meeting is held on that day and so you are not supposed to come today and then tomorrow you come again for group meeting and it is not done like that because it is a normal antenatal you are coming for together with the group meeting.

*[Voice... "Unless if maybe the day the meeting was held you did not come and the next meeting date was not due and you came and that is what makes the meeting dates different. And maybe meeting is being held today but you did not attend and so you are to come on the following day so you can receive care and it does not mean that if you came this week and there is group meeting next week, you will not come"]*

I: But then we have understood what you said concerning the motivation, that is what you suggest.

I: Please who else? What do you think can be added to improve this group antenatal?

I: Hellooo...

*[Women responded...~ Hiii...~]*

I: Please these questions we are asking will help those who are yet to join, and you are the people we started with and so we to see, if you have noticed something or you want things to go this or that way in order to help improve upon it.

I: Please number 10 has said hers so who has something she thinks that when it is done this or that way it will bring improvement in the group antenatal. Please that is the question.

*[Please number 10]*

I: Number 10

*R10: I believe that when this is also added, it will help very well. That is when you have been discharged after delivery, they can visit us at home so when they add that it will help.*

I: Okay please, we thank you. Please who else or you do not have anything to say. Please... oh okay you are just getting up, okay I hear you.

I: Hellooo... you are getting tired, it is left with the last two questions and we are done.

*[Voice said...~it's normal, it's normal ~]*

I: You do not have anything to say in addition? Okay so we will continue.

I: Please do we all remember that we were given some booklets we take home?

*[Women respond... "Yes"]*

I: Please do we all remember?

*[Women respond... "Yes"]*

I: Okay so right now my question is, has the booklets been of great benefit to you?

*[Women responds... "Yes please"]*

I: Please in what way has it been beneficial to you?

I: Number 3

*R3: Please when are there and you forget something you came to learn, when you take it and even if you cannot read it, there are pictures so when you look at it, you remember what you learnt.*

I: We thank you very much.

I: Number 9.

*R9: Me too I learnt about danger signs and after we learnt that topic, later when am there and am even at church I feel dizzy as if am about to fall and so I saw that it is a danger sign*

*and I have to go to the hospital and when I came to tell them, then they prescribed drugs for me and so that book is very good.*

I: It was beneficial to you, please...

*[Number 10]*

I: Number 10

*R10: It really helped us. For me it helped me, in a way that when you have a misunderstanding with your husband, the booklet has a picture of the man raising his hand at the woman and so on e you see it, you must quickly dodge and look for a safe place and go back home when he is calm. It also helped me in a that initially when you are pregnant and it gets to a certain stage, you are being asked to lift heavy things and so even if it is a building block, you lift it but we were taught that you will have problems if you do lift heavy things and so it made me see a lot of things, learnt a lot and so it is good.*

I: We thank you.

*[Number 8]*

I: Number 8

*R8: The booklet helped me in cooking balanced meals. At first I eat only (banku and pepper) and sometimes I don't even like fruits but the book has taught me that I can eat fruits at least a day together with my children and so it really helped me a lot.*

I: Thank you

I: Number 2

*[Baby murmuring]*

*R2: Me too it helped me with danger signs because at the time I came to learn about danger signs and I went home, one of my sisters who was also pregnant and attends ANC at St. Martins De Pores hospital. As for them they do not learn these things and so I was home one day and she called me and when I got to her place she was bleeding heavily and so we rushed her to the hospital or else we would have had a sad news and so it has helped me.*

I: Okay we thank you. Please let's talk loudly so we can hear what you are saying.

I: Number 4.

*R4: Number 4... the blanket has helped me very well. Initially I didn't know that breastfeeding is a family planning method but according to the booklet, I know that for every two hours you breastfeed your baby it is a method of family planning so it has helped me.*

I: Thank you, please did anyone raise her hand?

*[Number 5]*

I: Okay number 5.

*R5: Me too I learnt from the booklet that you must keep your surroundings neat, your room must also be neat and also you are not to pick a cup from the floor to give the baby water with but you must make sure that everything you use for your baby should be neat.*

I: Okay we thank you.

*[I also learnt from the book that....]*

I: Number....

*[Number 7]*

*R7: It helped me a lot. I learnt from that we are to save money.*

I: Please who else has the booklet been of help to?

*[Number 6]*

*R6: The booklet help me and my husband to learn and understand everything.*

I: Fine as for that one I understand. Please number 11, the booklet you were given to take home, has it been beneficial to you?

*R11: Please it has benefited me a lot because there are something's that when I experience that once I open the book then I know it is a danger sign or not a d that I have to go to the hospital. That helped me.*

I: Okay we thank you. Please is there anyone else.

I: We are coming to an end and so if you have something to say then say it.

*[Women laughs... "Hahaha"]*

I: Please who else?

*[Number10]*

I: Number 10

*R10: It helped me k how that when you give birth to the baby, if you don't take good care of the umbilical cord by dropping any medicines on it, by the time you realize it has swelled and then you will then see that the baby is not in a good shape. It also helped me know that when the baby develops yellow eyes, it is also not good.*

I: Okay we thank you, number did you raise your hand? You didn't, but please has the book been of help to you?

*R13: Very...*

I: Please say it so that we can listen.

*[Number 13]*

*R13: It helped me in the way I eat and I am happy after delivery so that is the benefit I got.*

I: And it encouraged you eat well?

*R13: The kind of food I have to eat to gain more blood in order that the baby can have enough breastmilk.*

I: Okay some thank very much

*[Number 8]*

*R8: At first when they are talking about family planning, I don't like it but through the lessons, the book has taught me because at first I thought they only wanted us to do it but we came to learn all about family planning and now I understand that the type of family planning method can be done for you and so it has helped me a lot.*

I: Okay so we thank everyone, please does anyone have anything to say?

*[Voice says ...Number 8]*

I: We thank everyone and so to our final question, concerning the time all your antenatal up till the time God willing you delivered, please do you have any suggestions, or a particular thoughts or something to say about the group antenatal?

I: I will repeat it again. Throughout all your antenatal care, do you have any suggestions or thoughts or anything to say about the group antenatal? The white man will say, any suggestions, ideas or comments about group antenatal.

I: We are asking this because you have been through it and you saw what happened or went on or the benefit you got from it or what was not beneficial to you in order that we put things together in order that those who are yet to come can also benefit from it. And so any suggestions or something you want to say? Number...

*[Number 5]*

*R5: Me too the little I will say is that those who are yet to come to call their partners to go with them antenatal because your husband feels he is fed up with you and gets upset and so our husbands should also come so that things can be explained to them.*

I: Please I will like to understand you clearly, does the anger has anything to do with the pregnancy or you coming to antenatal?

*R5: Maybe when you do something little then he gets angry or when you don't get to the house early from antenatal and then he begins to question why were late, and ask why you didn't come early to cook for him.*

I: Please in order for our report to be understandable, and so when you were not coming for antenatal, was the anger already there?

*R5: It is not like that because he knows you are coming for antenatal and maybe you are to get to the house around 10am but maybe you got home at 11am and he asks what at all were you doing there for you to arrive home at 11am? Oh we had a meeting... What meeting? And so when you don't clarify things to him, he might not understand.*

I: Hmmm..., so did the anger start at the time you were coming for antenatal care or when the pregnancy came because when are writing we will have to clarify things very well so that is

why I am asking. And so you want your partners to be involved so that they will believe that you really came to the group meeting.

*[Women responded... "Ahaa... yes"]*

I: I understand now. Please who else have a suggestion or something to say?

*[Number 11]*

*R11: If possible if the school is about to start, when we are about to fill the form you can call our husbands before we start.*

I: So before you agree to sign the form that yes you want to be part, we should talk to your husband first.

*[Woman said... "He should be aware"]*

I: Okay please. Please who else?

*[Number 8]*

*R8: For me before we started, the midwife told us that what we should share whatever we learnt here with our husbands when we go home because initially I am not able to chat with my husband but now when I go home I call him to come and I tell him what they said at the group meeting and now he knows something about it. So the white book we take home, everyday when you go home you can tell him this is what you learnt and so now when you go to antenatal you learn other things in addition so they told us and they are aware. If for instance during your time you were not able to do it that way, during our time we were taught to go home and we can share what we learnt with our husbands and so they know that if something happens they know how to go about it.*

I: We thank you. You were about to say something?

*[Mother talks and women laughs]*

*[Voice says... "It's all part of the learning"]*

I: Okay thank you, please who else has a different suggestion or something else to say about the group antenatal care?

*[Number 12]*

I: Number 12

*R12: Eerrhmm, like what she said, what someone says can resolve somebody else's issues and so I appeal that the group antenatal, for lack of better words it is superior to the focused, that you will be called to the midwife one on one because sometimes you might be experiencing something but when you get to the midwife then you forget and won't remember that maybe yesterday or two days ago this was what I was experiencing. When we meet like that, and someone is saying hers then you also remember that oh... three days ago this was what happened but when I got to the midwife, I forgot and so when you meet as a group you are able to express yourself better but when you are alone with the midwife and you are talking..., But when I see that we are all one and we have gathered to share or express ourselves, when someone says hers then me too... this and that. So going forward I think we*

*should embrace the concepts of the group antenatal and try and see how we can improve upon it in the future, so that is what I have to say.*

I: We thank you very much. Number...

*[Number 9]*

*R9: Me too what I think is that before you fill the form and agree to join , you should explain further to them so they know this time or this what will go on because the last time I came when we completed the group meeting, those after us one lady was complaining that "if she knew this was how they were not going to start early..." "if she knew the midwife will not come early like she wouldn't have joined", "like by now she will be sleeping". She has woke up early to come here and then have not started like she will be sleeping. So if possible they should tell them what we will do and why we are doing this in order that she can decide to join or not because it is not by force.*

I: Thank you very much. Thank you.

I: Please who else?

*[Baby shouts]*

I: Right now it is your suggestions we want to see and what you have to say about the group antenatal. Please who else?

*[Baby murmuring]*

I: Please is everyone okay? Number 13..., number 13

*[Women laughs and murmurs]*

*[Number 12]*

*R12: I think one challenge we have with the group antenatal is the timing. Someone will come early and someone won't come late and so if there is a suggestion we can make as a group because it's like it was part of the challenges we all had so if we can discuss it so that we make inputs to the subsequent groups.*

I: Please do we all understand what she said?

*[Voice answered... "Yes"]*

I: So if someone has a suggestion as to how to go about someone not coming in early and wait for a long time for us to come. How do you believe it can help?

*[Number 3]*

*R3: Maybe when you came today, you won't do lab but me am part of those who are to go to the lab and so I don't think that coming from the house is the problem but the hospital is the thing because someone will be waiting for scan, another person is going to do lab test and maybe you have been attended to and you are going for you drugs and when you are done you have to sit and wait and unless someone is done with their lab test before the group will be set. So that is how I see it.*

*[But mostly those who come in late from the house are those that does that]*

*[Baby's murmuring]*

I: Okay so I can see no one has anything else to say.

*[Number 10]*

*R10: Me too what I will like to add is that when we delivery, you should gift us soaps oo soaps because it is expensive nowadays so dash us some so that we can be happy and reproduce more.*

*[Women shouts... "Eeeiii..."]*

*[Baby shouts]*

I: Please are you done? Okay we thank you we have heard you, we will note all down.

I: Please if no one has anything else to say then we have brought our conversation to an end, we thank every....

*[Voice says... "You said other matters"]*

I: Sorry, please sorry number 3.

*[Number 3]*

*R3: My problem us when we come here to learn, we know what to do and what not to do but in the house is where the problem is. I said I will breastfeed the baby till six months but my in-law said "you are harming the baby and so I didn't know she went and bought Voltic mineral water and hid it and was giving it to the baby and so when I say I am doing the six months exclusive then she will be laughing. So one day I saw her giving water to the baby and when I asked she said she gives her always and I will harm the baby and when they gave us water, what happened to you people?*

*The cord too we were asked to apply spirit on it till it falls off. So after one week the cord didn't fall off and she said we should put her at the back and go to a crossroad and they will mix something's but because she is your in-law, what she said was let's take for instance you have never given birth before as if you are showing off and my case I had so many problems because I happened to have undergone caesarean section and she has come to stay with me and so for a moment she goes like "the baby is hungry", "the baby is thirsty", "the baby is three months and the breastmilk is not sufficient" and when that happens is that you are not able to do what you came to learn and my problem is I have come to learn but in the house is the issue.*

*[Number 10]*

*R10: With regards to the umbilical cord we are talking about, it was written in the list of items by the midwife that we should buy spirit but when we delivered, we were given chlorhexidine and I nearly had a big issue with my baby because when applying it the cord was swelling and looking some way and she kept on crying and so they should teach us that if we are using it and it is not working well, because the spirit make holds and cures it and if we are using this and it is not working well then stop and use the spirit and when you tell us it will help us.*

I: Okay we thank you

*What I want add to it that...*

*[Number...]*

*[Number 8]*

*R8: If possible you should look out for..., like the way aunty midwife is there, what they will teach us... like the way they teach in the radio and television, if possible they should do the education on the television so that our parents and husbands can listen and watch beaches sometimes when you switch on the radio I hear things about family planning, and I hear that Atua people do programmes on Rite FM and so like our madam is here, and pregnancy occurs, this and that is what you must do and then advice our parents and husbands that when she comes back from the hospital and tells them something, they should do it this way or that way and that will even be better so that is what I want to say.*

I: Okay, please so now is everyone Ok?

*[All answered... "Yes"]*

I: We thank you very much. We have brought our meeting to an end and everything you said will be documented by our bosses so as to help them do what will help improve the group antenatal care in order for the new ones to also benefit from it.

I: We thank everyone.

STOP TIME: 11:55AM.

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## FOCUSED GROUP DISCUSSION\_5

F: Please first question, please I want you to tell us about what you have learnt about pregnancy during the time you were coming for group antenatal, how did you see the education you were given or how did it go? Please do we understand this question? So please, we beg we will give ourselves numbers so that when you are about to talk, you raise your hands and mention your number, e.g no. 1 then you share your opinion. One person at a time so that we will hear what everyone will say, and please raise your voice a bit when you are talking so that we can hear everything in it.

[sharing numbers, 1, 2, 3, 4, 5, 6, 7, 8, 9,]

R: No

F: Please everyone should remember their numbers [ooo]

P: I am 5, you are 6, 7, 8,9

F: Everyone should remember her number, when you have an opinion to share, you raise your hands, then you mention your number then you share your opinion.

P: Please let's share the number again.

F: Please let's start again?

P: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

F: 10, so you all remember your numbers, please I will repeat the question, I'm asking you that, the education or all the things we heard during group antenatal, all that Aunty midwife and the nurses taught us, how did we see it or how did we feel or how did it go? Please do we understand the question?

P9: Number 9

F: Number 9

P9: As for me it went well for me.

F: Speak louder

P9: I should speak louder?

F: Yes, please.

P: When we finish will you give me food?

[laughing]

F: I will give you food.

[laughing]

P9: For me it went well for me, because previously, when you come the all of you will meet there and the nurses will talk and talk, when she/he finishes and you are lucky, she/he will ask question one or two questions, but when we came to the group, my group was lively because we got to know one another, we took each other's contacts, some will call to ask oh how are you doing, are you not coming, I have come [ooo], I'm waiting for you and so forth. It was very entertaining and educative for me than previously that when we come all of us will be crowded there, some people will be shy, you know, some are big some are small, there are children, there are grown-ups, their mothers and others, in the group we were all one so it was fine to me.

F: Okay number 9 we thank you, please number 3.

P3: Please the group was good because me I had not given birth before, this was my first and we came here, when we came here, at first when the nurses are talking their voices were far so you can hardly hear them like you wish. But when they separated us and brought us here, they sked us questions, they taught us things about delivery and how to do things after delivery so me it has helped me, it has helped me a lot so at home when someone is going through a situation and the person is pregnant I can give the person advise that when we went to antenatal this is what we were taught, so we thank you.

F: Okay number 3 thank you, who else, all of us will talk, please who else?

P4: Number 4.

F: Number 4.

P4: Okay, the meetings helped us, it helped us because me I had not gotten pregnant before, but the group helped me to know that with my pregnancy this is how I am supposed to do things, if I

had not joined the group, I wouldn't have known how to handle a baby or something like that, I learnt how to handle my baby when I deliver, what I have to do, thank you.

F: We thank you, number 4 has share her opinion, please who else?

P5: Please number five

F: Number 5?

P5: Please me number five, it helped me a lot, all the things I came to learn in the group, first one, it wasn't myself it was my daughter but all the time she attended I came with her since day one till the time she gave birth, but when we came and they said they were forming a special group she said no but I didn't agree I told them to add her I wanted to know about this special group they were forming, so all time when she is coming I follow her, and when I came I have learnt a lot of things in the group, the way the talk to them, the way they crack jokes with them, a lot of things, I realized that the group will help me, she herself was shy to join the group, I told her to come and learn but all the same I followed her I supported her, I follow her anytime she is coming, in the group they were all one and it was interesting, when they come the way the nurses treat them it shows that they have love for the pregnant women, sometimes they ask a question that when I deliver and my baby's head is like this what will I do, they will teach them do this, do that. How should I sleep, they will tell you sleep at your one side, especially Aunty sometimes she will bring a mat and come and spread it here, she will lie with her bottoms up to demonstrate to us.

[ laughing]

P5: She will show us how it feels when the baby is coming, how to get to the hospital, how to save money, how to arrange your things so that when your water broke even if you don't have anyone you should at least have a number of a taxi driver so that when you feel the baby is coming you will call for him to bring you, so the group is good, that is why we have come when you called us this morning to come, so if we finish and you let us go empty handed we will worry you.

[Laughing]

F: Number five thank you, thank you a lot for coming, someone will say you are in hurry.

[Laughing]

F: Please who else?

P8: Number 8, this group has helped me a lot, this is my first baby, I have learnt a lot about delivery, so I knew it when it was time for me to deliver, when I told my mother she asked me how did I know and I told her that I'm part of a group and they have taught me a lot of things and it has helped me, she told me to wait small, before she realized I was at the hospital, before she came, by the time I got here it was left with small for the womb to open, it didn't take much time and I delivered. When we came she asked me who are those who taught me, and I told her we were in this group, you can ask any question you want so it has been helpful to me and because of that I have gotten to know a lot of things, thank you. So the group is very good.

F: Thank you, number 8 has spoken,

P1: Number 1

F: Number 1

P1: Me too it helped me a lot because you are able to have a good communication with the nurses, when you are home and you don't understand something you able to call them and they will explain to you how to go about it, so this is how helpful it was to me.

F: We thank you, number 1 has spoken.

P7: Number 7

F: Number 7.

P7: Me too joining the group has helped me a lot, this is my second born, this one I bled at home my time wasn't due yet I was around five months, I was like but when I join the group I realized that when you see something like that you have to come to the hospital so I came to the hospital and they told me is nothing, it also helped me to save, when my delivery time was due my husband wasn't around but I was able to come and do everything all by myself before the family came, so the group has been helpful not to me alone but all of us.

[laughing]

F; We thank you, we thank you, okay let's continue,

P2: Number 2,

F: Number 2 oh sorry.

P2; Me too the group has helped me a lot, I have given birth before but this one because of the group, things that I was not able to do for the first one, this one I did all, so as for the group is good, is very good.

F: We thank everyone, lets continue, currently, when it come to the taking care of you throughout your pregnancy, please I'm talking about how you were cared for, how the doctors and the nurses cared for you throughout, all that, when you look back what exactly can you point out that as for this I was very happy about it, please do we understand this question, from the time you were added to the group the education the nurses have giving you, do this do that until your time was due to deliver, what exactly can you say you were happy about? Please do we understand the question, a lot of things went on that you like but there was something that you were very happy about, that is the question.

P3: Number 3,

F: Number 3

P3: Please what made me happy was that, I was given 28<sup>th</sup> but when it was time it didn't come so they told me to come for antenatal and go back home but when I came they treated well and told me to go and see the doctor, and the doctor said I should go to the nurses for them to give me medicine, what I was happy about was that, some people would have gone back home, but because of the education they gave us that when something like that happens to you go and see the doctors for them to tell you what you should do, if I had gone home I don't know what would have happened, so I was happy that they gave me such guidelines.

F: Guideline, okay number 3, who else, throughout all your ANC visits what exactly can you say you were happy with What specifically, who else? Please do we understand the question?

P: [Mmm]

F: So please who else? The white man will say what did you like best about receiving care in a group, when you come for antenatal in the group, and all the things you were taught, do this, do that, example; if you feel pains at this side this is what it means. What do you remember about it that makes you really like?

P7: When I was pregnant with my first born I wasn't part of any group, is my second born that I joined this group, in the group I was taught that when the baby is coming and the nurses tells you to sleep on your left that will let the baby come out fast, you have to be strong because it is painful, but when I got there and they told me to do that, the way my thighs were shaking I decided to try it and see so I slept on my left side, lets say like the time I walked out of the clinic to this place the was out already so I was very happy .

[laughing]

F: Number 7 has spoken

P1: number me too what made me very happy was that most at time when you deliver and go home, our mothers always want to apply a different medicine to the umbilical cord but when we came here we were told that those things doesn't help but when we use only the spirit to clean it, it helps the baby to even get stronger. It prevents the umbilical cord from infection, me too that education helped me a lot.

P: It left with me.

F: Number 9?

P9: About three months when I joined the group my younger sister also got pregnant but she was attending Lejikuku LEKMA, it is also government like here but her own wasn't like this, so when I go home, for her when she go the will check her BP and staffs that is all they are done taking care of her and they will give her medications. So what I learn here, they said we should do this and that so I shared with her, it was very helpful to me because even up till now there something she will still ask me but I told her is no more like that but because of the education I received here I was able to educate my sister about certain things, so I really liked that.

F: Okay, we thank you

P: Number 7

F: Number seven

P7: Please, my small born when he came his eyes were yellow so when we got home, my mother went and harvest some leaves, she came and took the baby that she wants to drop is on the baby's

eyes and I told her to be patience, I when I was pregnant I joined this group and we were told that when the morning sun comes out I should lift the curtains and the sun will fall on him, if is not severe it will go. When I say it she will ask me what do I know, how many children have I birth, so I was fighting with her every morning but I continued to do what I was taught and by four/ five days the eyes of the baby was fine. So in the morning when the baby was sleeping I call my mother to come and look at something, so I opened the baby's eyes and told her to see whether it was still yellow and she said no, so I told her have you seen, when I say it you will say we are kids so the things we say are not that correct, it made me very happy.

F: We thank you, who else can tell me one specific thing that she was really happy with during the time she was seeking care till the time that she delivered, who else?

P5: Please number 5,

[ go back]

P5: Please I'm number five what made me happy was that, the time they gave me had pass, the time I was supposed to give birth had pass and the nurses were always with me, so I went to the theater but this time I went alone, by God' grace when I went it didn't take much time and I heard a baby's cry and that was my baby, they were very helpful, because I was post dated I was very weak but due to the education they gave me in the group and God also helped so I was very happy, so we thank you for the group.

F: We thank you too.

P9: I'm number 9

F: Number 9?

P9: Before I came here the nurses they had a very bad name, a lot of people advised me go to Roman, go to this place but in fact when I came here even this morning when we came, we were talking about it, may be when we joined the group those nurses were somewhere else, but not those we met

F: [laughs]

P9: I got to know that that wasn't the case, as for those we met those who taught us, it helped us to know their names, so when you meet the person in town you will not be calling her Aunty nurse Aunty nurse, we had that friendly relationship with them, they were friendly. It wasn't like, it depends on what people tell you if you are not closer to them, either ward or here I have friends everywhere, so it has also been helpful so I was very happy.

F: Who hasn't spoken yet?

P: Number 6 has not spoken?

F: Number 6, who else, number 2 what really made you happy.

P2: When I was coming to give birth the nurses cared for me with love so I was very happy, thank you.

F: We thank all of you. Now, we have spoken about what we were really happy about, when you look back in the group what one thing can you say you were not happy about. Please do we understand the question? Don't focus more on Aunty midwife, now we are talking about the group, we are talking about group antenatal, from the time you were pregnant, the care you received, when you look back...[interrupted by Participant]

P: Please is it about the entire hospital or the group?

F: We are talking about the group, what were you not happy about?

P9: Number 9

F: Number 9?

P9: The machines they were using to take care of us, the one for the weight and the one for the BP, it was like KG kids cartoon that they play with, it was not working, I remember we were using it to check our BP, when you check for someone then someone will also check for you, but to be honest it was not helpful, if it wasn't because they will check us again when we go in there, they would have recorded the wrong thing, it wasn't good at all.

F: Okay thank you, think about it when someone said one thing now everyone is saying something, I want to explain it well, when we come for group meeting and they educate us, is there anything that you were not happy about in the group.

F: Yes, number 9

P9: [Eeeiii] I have forgotten ooo, menopause, yes, thank you, number 9, our time just like what happened today, the time was not good at all, they said eight but we will start like almost 10:00, and you forgot that we are pregnant women we have to eat so at point we have to pause for some of them to go and eat, so as time goes on when you are starting and they are seven you don't have to wait till eight for additional five people to join before, let's start with the seven so if someone comes and the person enjoys it the following month the person will come early, it was very entertaining, it was nice, if it was boring that the person will want to stay home long before she come, but if is entertaining lets say the person was suppose to come eight and she came at nine and missed some of the things next time she will want to come early so that she will be able to enjoy it, the time was not helping us at all, so by the time you will finish and have to go and get drugs it will be around two o'clock and you will be tired, only antenatal you went you have to spend the whole day there, so as for the time it was not good at all.

F: Thank you very much, at least she has told us two major issues, please who else, what happened that you didn't like, she said the time and the BP apparatus and the scale was faulty so it delays. Please who else was not happy about how we were cared for in this group? The rest of us don't we have anything to say?

P: No

F: Okay let's continue, please the topics that that the midwife taught all of us, I will cite an example with family planning, I want to know if someone have a different topic in mind that we believe that if we had added it to the education it would have been helpful? Please do we understand the question?

P: No

F: Okay we will continue, please, we were educated on so many topics by Aunty nurse, we were educated so I will use family planning as example, a lot of things, so the question is that is there any thing or any different topic that we believe that it will help the group if we add it for the nurses to educate us on? Now do we understand the question? Nsawam people talk when we went to other places it was fun. I will it in English, were there any additional topics you wish were included in the group?

P3: number three I will talk, what should be added is food and water, because we don't eat at home because they tell us to come early, so there will be small food and water for us it would help us.

F: Thank you very much but we will get to any other matters then you say it but now the question is that, we will get to where you can add your other matters. But now the question we are asking is that the education we receive here, is there any other thing you feel could have been added, I mean topics, when we went some where someone's opinion was that when we are coming we should come with our husbands so that they will also be educated. So if you have any other topic that you feel it would have been helpful if the nurses had added it. Please do we understand the topic?

P: Yes

F: Anty please do you understand the question?

P9: Pease number 9,

F: Number 9?

P9: I think the program was from day one up to the time we will gave birth, when you called us again, this my child will be one year next month, some are one year three months, so at least six weeks that he is starting his normal weighing, that time is delegate or how do they say it, is crucial, some people haven't given birth before so if around that time even if it once that she can bring the child, because me when I delivered and I was discharge and I came for review, I have not been here again because I don't know where to go and all that, so if like after six weeks we can bring the baby, so if in between, some things can happen, it will be helpful.

F: Who else, there is no other topics that can be helpful when added to the group? Hellooo?

P: Hiiii

F: After the break is like you are tired, don't be tired we will be finished right now, so no one has any topic that we can add for the nurses to educate us on? Let's we continued. I many of us remember some of the topics we were taught?

F: Number 2

P2: I remember that when you are pregnant and something happens to you or you get into accident you should not stay home.

P3: The topic I remember is that when you are pregnant and you are due to deliver your water will broke and the other signs you see you have to rush to the hospital and how to prepare your things down so that if it something happens to you and there is no one around you can go yourselves.

F: Please who else?

P8: Please we learnt about personal hygiene and it helps us to keep ourselves neat

F: Number 8 said she learnt personal hygiene.

P1: We learnt about family planning how to plan [...interrupted by facilitator]

F: Please speak a bit louder?

P1: We learnt about family plaining, how to plan to space your children, to plan how may children you will give birth to so that it will help you.

F: Okay thank you, we have heard family planning, we have heard danger signs, we have heard personal hygiene. Please which other topic do we believe that if we add to this topic for the nurses to educate us on we will be happy?

[silence]

F: Hellooo

P: Hiiii

F: Aside, danger signs, bed preparedness and family planning, which other topic do we believe that if we add it, it will help improve the program.

[silence]

F: Okay let's continue? Please now we are asking you, does someone have any suggestions for us that she believes that, it can help improve the group ANC, you have experience it and you know how it is, so do you have any suggestions that if you tell us and we add it to the group ANC it will improve it, for it to be better than what you experienced, so that the new ones coming will benefit from it?

P3: Please, sometimes, just like you group us and educate us and we have learnt something good from it, I hope that, there are other pregnant women who also needs the education, if they can form another one so that when we come we will also teach them what we did that helped us, so that we will also teach them and you will also have a different this thing you will be educating them, so that if we miss or forget something you will come in and add it for us, that will be helpful.

F: Thank you, please who else? Now we want your suggestions different things that you think if we add it will help improve it, please who else? Hellooo, lets us not be tired we will go very soon.

P9: Number 9

F: Number 9 is talking [paaaa, ooo], the rest of you, number 9 is talking a lot but the rest of you say something.

P9: When we use to come for the group meeting, some of them use to lie to their husbands and take money from their husbands, so I will beg that next time when we are coming for the nine times or even if it is two times bring your partner. So that they will also come and learn, because if we come and learn and you go and the communication is not good, when you go, you can't tell him that you learnt this you learnt that but if he come himself, if we stick to the time and he comes and learn what you are supposed to do, he will remind you even if you forgot, so if you can add that, I think it will be very good.

F: We thank you, number 9 said we should involve the males, male involvement when we are coming at least our husbands should follow us and come and listen to what is going on. Please who else have a different suggestion that she knows if she give us and we add it, it will help improve the group ANC that you experienced. Please who else?

R7: Number 7, I also suggest that just like I have experienced and know how it is, if possible my sisters who are pregnant, I hope they have formed some of the groups for them, so if possible they will add some of us who have gone through it to join the nurses so that we can also come for their meetings, we have gone through it so if we teach them they will understand, do you understand what I am saying, yes, that is my opinion.

F: Okay we thank you, please who else?

P9: Number 9, let me add something to what she said, just like you have called us here, there are other groups there, if someone experience something and she is telling you, she will hold onto it well than the nurse that she sees every day when she come here, all you know may be this nurse shouted at her when she came last month so even when the nurse is saying something she will not care to listen because she doesn't like the nurse or something, but if they come with their babies and how nice the babies are she will believe it that is true, they will say oh then this thing is very good. I am sure that there are some of them who are not in a group, they come for the normal one, so the person will force to part of the group [...interrupted by facilitator]

F: We thank you.

P9: So if we do that it will help.

F: Number 10 so far you have not said anything, so please talk for me, you are sitting just by me but I have not heard you speak at all.

P10: They have said all that I wanted to say.

F: They have said all that you wanted to say?

[laughing]

F: Then repeat it, whatever you wanted to say that they have already said it, oh number 9 say it and lets go on?

P10: Go and come.

F: I should go and come?

P10: Yes.

F: Number 11, please we want your suggestion about this program, what do you think if we do, it will improve the program, hello number 11, don't you have any suggestion for us, [Eeeii] Number 6

[noise at the background]

P6: They have said it all.

F: Yes, I want you to tell me something, even if they have said it, say it again I want to hear your voice in the recorder.

P6: My view was that when the other groups come for a meeting we that we have already gone through it we can come and teach them.

F: Okay we thank you, please all of us do we remember we were given some books to take home,

P9: Number 9,

F: Oh sorry number 9.

P9: Please who are you?

F: Please what did you say?

P9: Like

F: Should we record it, is it part?

P9: Yes, we were here one day and the nurses, all the leaders who were here, one particular woman came here when she got here all of them stood up they gave her respect and introduced her that she is the head for this whole places, so what I'm trying to say is that you that you are one of the leaders that brought this thing, like once in a while then you pass through, that is why I'm saying I don't know you because there is one lady from Dansoman I know her very well

[3<sup>rd</sup> party: is EL]

P9: So your leaders just like that woman who came and they gave her respect, if possible, the midwives who have been taking care of us we trust them we love them but once in a while the leaders can pass through like the woman did, is encouraging.

F: Thank you, please do we all remember that we were given a book to take home?

Ps: Yes

F: Do we remember the book?

Ps: Yes

F: Did we all get some?

Ps: Yes

F: I want to ask did the book benefit us?

Ps: Yes

F: It benefited us?

Ps: Yes.

F: Okay, we thank God, please what did you benefit from it, what did you benefit from it?

F: Number 4

3<sup>rd</sup> party: Number?

P4: 4, Please, lets assume that when something is happening to me, there is fluid discharges, and I don't know what it is or I have forgotten what I was taught about it, if I go and pick the book, I will be able to know that oh may be when you see this signs it means you are due for delivery. Or may be the baby is coming what should I do, if I pick the book and read I will know that here we were told to pick numbers of drivers so that if anything we will call them to come and pick us, so we learnt a lot of things.

F: We thank you, number 4 has spoken?

P1: Number 1

F: Number 1

P1: It helped me because when you get home and you sharing with your mother or husband and they don't understand you will just pick the book read it and they will know that what you are saying is true then they will support you.

F: Thank you, as for this one everybody will say something, number 10

P10: They book you gave me helped me a lot because sometimes when I go and I tell my husband that we learnt this things, at times he doesn't believe me but I show him the book and tell even all

that we were taught, and also warning and danger signs with pregnancy, when I see something like that but have forgotten what it is, I refer from the book and I get everything from the book.

F: Thank you, number 10 has spoken

P5: Number 5

F: Number 5?

P5: The book they gave us helped me a lot, because I am somebody who easily for get things, so when I pick the book it remains me of all the things that I am suppose to do, so the book helped me a lot, thank you.

F: Thank you, number 11?

[chuckle]

F: Talk, you got some of the book, what benefits did you get from the book

P11: Please,

[3<sup>rd</sup> party: you can speak English]

F: Okay, number [interrupted by 3<sup>rd</sup> party]

3<sup>rd</sup> party: She is about to talk

F: Okay.

3<sup>rd</sup> party: You can speak English.

P11: Okay

F: Oh any language.

P11: I have learnt how to save money through the group.

F: You have learnt how to save money?

P11: Yes

F: You save the money for what?

P11: In case of emergency

F: Okay, please if you are here and you can't speak the twi, speak any language you want, when we go we will get people to translate them for us, so if you are finding it difficult to speak the twi, speak any language that you can.

P9; number 9.

F; number 9.

P9: I was somebody that keeping money was very difficult for me, so most of the time when I save and there is something to be done the man(husband) will ask me oh Maame please don't you have this, so I remember one day I told him that 'D' I beg see it is written here, it has been written here that we should be saving money so don't be collecting the money. Even though sometimes I take it and I read it but I don't show him the book. I wanted to save some money so that when I need something, because it is not everything that I can ask him and he was collecting the money so I told him he should allow me to save something small for myself, not only that one but that was one of things I shown to him to prove to him that it is written so is not that I am refusing to give him.

F: Number 8 you have not said anything, the book did it benefit you?

P8: It benefited me a lot, it has helped me to know the negative and the positives when it comes delivery, and it has also helped me to be a nurse at home [chuckle] so I have benefited a lot from it.

F: So please what are the negatives and what are the positives?

P8: The negative is that when your delivery time is not due and you see blood you have to come to the hospital to come and check, and when you are due for labor you will see this dirty water coming out and that will show you that you are due for delivery.

F: Thank you, who hasn't spoken, number 3 have you spoken, number 6 there were a lot of things in the book.

P7: Number 7

F: Number 7

P7: The book also taught me that the baby's cord we don't have to apply any medicine unless the spirit you have been given so even when our mothers are complaining we can show it to them that is the book that is saying it not us so we should go by it and see how it ends

F: We thank you all,

P9: Number 9?

F: Number 9

P9: It is my certificate, it is my certificate that shows that show that I have been part of something like that, that is the only thing I have to show, and it is there in my things, is still intact clean and I can also give to someone else, so is my certificate, or you will give us certificate.

F: We thank you a lot, now our last question, now we asking if any one has something to say, any views any suggestions

3<sup>rd</sup> party: Other matter.

F: Other matters what ever that went on in the group, if there is anything you want us to know about it,

P3: Number 3

F: Number 3

P3: Please you the leaders, I know some are older than the others, but let me put it that way, the nurse they don't really have time for people, my husband told me if I get pregnant I will not come to this hospital again because the way they treated me in this hospital they didn't treat me well, at the early stage of my pregnancy he told me to go to a different hospital but I told him I'm at Pokuase and I have heard that here they are good so I will come here, but when it got to the time I was going to deliver what they did to me, so he was very angry, he said he warn me to come here and I came, so please you should educate them, those at the labor ward, for those here (ANC) I don't really have problem with them but those at the labor ward talk to them for us because you are dealing with people so even if the person is in pain you have to calm that person down, because you have gone to school to learn about it, I didn't learn those things in school so you know what

you can do for me but when that happens, they will be shouting at you, frustrating you and even the words they will speak to you is not good, so it can affect someone and they will decide that I am not bring my daughter or when my wife is pregnant I will not bring her to this hospital then he will cease you, but may be this is where you are happy when you come, you get people to talk to feel better. So when that happens it is bad, so that is my problem so you should talk to them for us.

F: We thank you, who else?

P1: Number 1

P9: Number nine

P1: Please, I will also say something to support what my sister said when I was coming to deliver there was this lady that was in labor and they wanted her to push, the beatings was too much, I was in the other room but I could hear how much they were beating her and when that happens it can affect the baby when it comes out, they will hit her hit her I don't know whether they were using their hands or something else to hit her, it was too much, so they should reduce it if not some people will not want to come back next time.

F: Thank you, please else

P9: Number 9

F: Number 9

P1: 1

P9: I'm begging you give us refreshment, we are pregnant women we are coming to school, evening now there is school feeding, so this is antenatal feeding, give us food, oh I was suppose to say this thing before, the nurses who were teaching us, to be honest before God, in fact I haven't had the opportunity to thank them they were, they were very nice to us, those who taught us were very good, if I hear anyone saying something bad about Nsawam, if care is not taken I will fight the person, all the nurse who taught us, God bless them very much, from room to room, those who came here, they will make you happy, God should bless them they should continue like that, if they see any bad person among them they should remove the person if not they will spoil the group, but so far those that we met let them know that God bless them , I am group, don't remember, I

think two or something, they did well we thank them, and you should give us food the food is important.

F: We thank you, please who else, other matters

3<sup>rd</sup> party: number 10

F: [Mhuh] number 10.

P10: Please me too when I came, the time the baby was coming it was the lock down time, so when I got here it was 1am so we were asked to go back to Amansaman because those at Amansaman are not to cross to this side. So my husband came here to ask the authorities why they said we should return, and they said those at Amansaman are not supposed to come here but I was getting weak, they still didn't want us to enter so is one of the senior nurses here who spoke to them that I was already weak so they should allow it, she said all she can but they did not agree so we had to go back to Amasaman and by the time we got there I was very weak so they have to cut me so my husband said as for this place he will not let me come here again

F: Please who else, your view, other matters specific issues you want us to hear about it that when we add it will improve the group. This is our last question, who else, number 4, Nhyira's mother

P4: Nhyira Papa [laughing]

Ps: She said Nhyira [laughing]

P4: [Eii] is not easy ooo

F: It sounds like your home and someone is calling you.

[laughing]

F: Please your final words,

P4; Please there is nothing really but when we started the group I thought, when I went to deliver at my hometown , they have a similar groups 'Posin' I don't know if you know there, but them, anytime they go and they are coming they give them something but here when we started I don't know whether is the group we were given a hat but when we delivered they said blanket, but I don't know if that one, I don't know whether it was given or not, so want to remind the leaders

that the group we are doing it together, you said 8, we are hungry, by now you should have given us a pack but we are still sitting here, so talk to them for us so that the new ones coming will enjoy.

I: Okay thank you, this discussion will help us, we will look at it and see how to improve the group ANC for everybody to happy, so whatever you said the leaders will take it and work on it to improve it, this is not the only place we are doing it, all the places we are doing it we have met them, Suromaya, Atua we have been to all those places,

3<sup>rd</sup> party: Adoagyir

F: Adoagyir so we will put all the discussions together so that they will know what to do about the group for it to progress, we thank you, you spoke about pack, today we didn't forget, we brought a small pack

P9: Let us clap for them.

P: Maa please don't stop the group continue with it.

F: Oh we are still doing it

Stop time 10:50

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## FOCUSED GROUP DISCUSSION\_6

M : How would you say you felt when you were added to the group studies?

R 3 : It was fine and our studies was successful, about preparation,how to deliver and how to help baby when she is turning in the stomach

M : So it's about how you felt about the study

R 7: I was happy about it

R1: I feel proud of being part and learning because I have not given birth before and due to the study I knew the symptoms and rushed here on time for delivery

M: Does anyone have anything else to say about how she felt? Someone said she felt proud about receiving information in the group and someone also said she was happy, who else?

R6: It was fine because we joke,chat and laugh

M: So you also say your happy right?

R6: Yes

R2: The way we come to meet new friends here makes me even happy at home so it was good

R5: Am happy when we come here, when the white lady came around they made us practice how to talk to our husbands with some sort of humility that would even make him do what you ask and it makes me happy.

M: Does anybody else have something to say?

R4: It is fine and has helped us in a lot of things,it does not stress us. We delay at home when pregnant and you have to get a driver's number too so you can call when in labor.

M: So if I understood you well, you are all happy right?

Rs: Yes

M: So what would you say you like about the group studies?

R5: Am happy about how you welcome us when we come here

R3: How friendly we are when learning makes me happy

R7: How you relate to us is fine, you make us laugh and it makes me happy

R1: Am able to express my view during the study

R: It has taken away the fear we use to have when pregnant

M: With the care you are given too what would you say you like about it?

Rs: Am very happy we know how to check the BP and weight

R7: Am also happy we are able to check the BP for each other

R5: Am also happy about the same thing, checking BP for each other

M: Is there something else someone has to say or we can continue

Rs: We can continue

M: Okay what would you say you don't like about the group antenatal, considering everything including how you are taken care of, attendance and all

R7: As for me there is nothing I'm not happy about, I'm happy about everything

R4: We appreciate all you have done for us

R2: I appreciate everything but one thing I will ask is that you should be able to give us some refreshments when we come

M: We have learnt a lot but I will also ask that is there some topics you would want us to learn that we haven't?

R7: I don't have any

R4: I also don't have any

M: So would you say all you wanted to study is what you have been taught?

Rs: Yes please

R5: I think we should be able to exercise like "ampe" and playing football as well because I remember sometime back we used to do this when we come for antenatal

R1: I don't agree with R5 because I learnt during the study that sometimes even sitting in a commercial car it could shake the baby and anything can happen so I don't think playing the "ampe" is advisable

M: So what would you want us to add?

R1: Well something like exercising in the morning like the morning show exercises is fine

M: So what topic else do you think can be added?

R8: I dont have anything I would like to be added

M: We would want the study to be better than now so how do you think we can improve on the study?

R1: I think the meetings should continue, I think it's only government hospitals that do this but better still you can extend it to the private hospitals too

R2: There could be pregnant mothers who might not have the means to take care of themselves so I think we can contribute even if 1gh per meeting to support such people and even ourselves

M: Who else, how can we improve on the group studies?

R5: I second what R2 suggested

M: So in what way can we support each other?

R3: For instance we could contribute and use the money to buy some diapers,soaps and other things needed in the birth bag for a mother who can't afford. Anyone could also give her anything she feels like giving as well. We could also do aside contributions and present them monthly

M: Okay

R2: I would also suggest that you come and visit us in our homes once a while to know where we reside

R7: We would want you to come visit us

R4: You shouldn't call us on phone, come to our homes

M: When would you want us to visit?

Rs: Since you couldn't come during the pregnancy you should have come after delivery

M: I hope you were all given the books, so how has the book benefitted you or of what importance has it been to you?

R7: I learn with my children from the book

R1: When I see a sign, I refer to the book to confirm if it's a danger sign or not

R9: I learnt about exclusive breastfeeding from the book

R2: I could help a pregnant sister who might be having a sign by referring to the book to know what exactly is happening

R6: The book has been very beneficial, it helps you detect a sign and know what action to take

R8: I also learnt from the book that we shouldn't lift heavy things and practicing it too it has been helpful

R3: I also learnt about what to do when in labor

R9: The book has taught me about sleeping in mosquito nets and to avoid smoking and alcohol

R4: I learnt from the book about having a driver's number so that in case anything happens even at night you can get to the hospital on time

R8: We were told to share what we study our books with our grandmas, husbands and siblings

R2: I also learnt that when you are far from the roadside and can't get to the roadside on time during emergency, you should get someone closer to the road side's number so that the person can be of help

R8: The book also taught us to save so that you can have money during delivery to pay the bills

R9: I also learnt from the book that you are supposed to use a condom when having sex with your partner

M: Okay I hope you all practised what you learnt from the book

Rs: Yes please

M: So what are your ideas, suggestions or comment about the group antenatal?

R2: We will say we should be time conscious because some come early and others come late which makes us all late for the study

R8: I second what R2 said and will add that the dates should be made clear so that even when we are not called we would know our meeting dates and come on time.

R7: I also suggest that the facilitators should also come early so we can start on time and close early

R5: Some of us are not able to eat very early in the morning before coming to meeting so you should please get some refreshments for us

M: Thank you for your time and responses .

R7: Thank you too for calling us to discuss this as well. God bless you and your works, Amen.

Stop Time: 11:27am

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## FOCUSED GROUP DISCUSSION\_7

I: Okay thank you all, like I said all the questions... our discussion will be about the group we have joined which is called the group antenatal.

I: Please the first question is lessons or everything that we have learnt about pregnancy, how did we see it or how did we feel about it? How did it go? Please do we understand the question?

I: Everything we learnt about pregnancy in this group how did we see it, the white man will say, how you felt about receiving information about pregnancy in the group and so this is our first question and everyone will say something.

[R.9]

I: Number 9

R.9: Please me too there are something's that when you are pregnant that for me I don't know but when I joined this group I have learnt a so many things.

I: Thank you. Number 9 have spoken, please who again?

[R.8]

I: Number 8

R.8 Me too what I know is it helped me, me that I have never been pregnant but in this pregnancy it has taught a lot of things.

I: We thank you. Please who else?

[R.1]

I: Number 1

R.1: Please me too when I joined, when I gave birth to my child, this will be my fifth child. There are a lot of things I do not know about the previous four pregnancies but now everything that goes on at home, I will remember what we were taught here that this is normal. At first I did not know and anything that happens I am always at the hospital but when I get here before am told it is nothing but now with this group antenatal care I know what is normal and what is not normal. It has really help me remember and learn a lot.

I: Thank you. Please let us talk loudly so that everyone can hear.

[R.11]

I: Number 11

R.11: Errmm... this is very educative and so I suggest that it should be extended to many places so that people will know because there are so many things we do not know but when we joined this group, they have unfolded a lot of things to us, it is good and it has helped us and so they should extend it to other hospitals so that others can benefit.

I: Thank you, please who else? We are all talking, that is why we have been given numbers. Everyone is talking.

[R.7]

I: Number 7

R.7: Me joining the group, I have seen that it has really helped me, I have seen some danger signs that at first when pregnant I initially did not know that when you experience were dangers but now that I have joined the group I have seen it has really helped me and so I suggest that it should be extended.

I: We thank you. Please who else?

[R.6]

I: Number 6

R.6: There are a lot of things I didn't know but when we joined this group I learned a lot.

I: We thank you. She said she has learnt a lot, am I lying?

[~Women said... "No please"~]

I: Please what are some of those things?

R: Aarh... some they said when you are pregnant your belly becomes hard, at first we didn't know but in this group I have seen it is something that happens and it is nothing.

I: We thank you.

[R.4]

I: Number 4

R.4: Please initially I didn't know eerrh... anything about childbirth but since I joined the group, I have learnt a whole lot that when your feet get swollen arrhh... errhh and when the swelling reduces it is normal, but at first we say it is something else but now I have learnt a lot about that.

I: We thank you.

[R.10]

I: Number 10

R.10: Me too as I joined the group. At first I got pregnant and suffered a miscarriage so I did not know some things about pregnancy but as I joined the group I have learnt about what pregnancy entails as to what to do to help you have a safe delivery.

I: We thank you. Please have we all spoken? Please...

[R.5]

I: Number 5

R.5: When I was pregnant with my first child, I use to learn on my own without learning from anyone. But when you learn on your own, you do not understand some of the things but this group has really taught me a lot that when you are pregnant and you bleed then you have to rush to the hospital and there are some things that can happen to you which are not danger signs, so I have learnt a lot.

I: We thank you.

[R.2]

I: Number 2

R.2: This group that I have joined, it has helped me, truth be told there are a lot of things I did not know but through this learning I have learnt and it has really helped those I share with at home because there are things they do not know but by explaining things to them, they now understand.

I: We thank you all.

I: Okay... we will continue.

I: Our second question, please I want to ask that all the care you have received in this your pregnancy in this group, if you remember till today, what are the things you are really happy about? I: Please do we understand the question?

I: In all the care you received across your antenatal about your pregnancy till today, a lot went on that you are happy about but if you can remember, which ones are you really happy about that you will like to share with us?

[R.2]

I: Number 2

R.2: What am really happy about is that our teachers really take their time teach and clarify things to us and we understand.

I: Okay please who else?

[R.11]

I: Number 11

R.11: Our teachers who teaches us are fine and they teach us some many things, like when you are pregnant you must sleep in a mosquito net, you must eat well.

I: Please am reminding you about what you are very happy about because a lot of things went on so try and remember what particular you are happy about that you want to share with us.

R.11: The education we were given about pregnancy, about what to do when you are pregnant. They said we should sleep under mosquito net. That was what made me happy because I know that you can sleep in it or not but they taught us that we must sleep in the treated bed net, we must eat well and also we must take the drugs we have been given and so that made me very happy.

I: We thank you, please who else?

[R.8]

I: Everybody will say something. Number 8...

R.8: Our teachers have done well, they have taught us things, and one thing that made me happy is that they told us to bear in mind that childbirth is painful and so when you get there and you even shout, nobody will help you but try hard to push and then the baby will come out.

[~Women laughs...~]

[R.7]

I: Number 7

R.7: What I learnt and am happy about is the breastmilk we give the baby. I learnt that after delivery the first breastmilk that comes, at first it is thrown away but I learnt that it is given to the baby and helps to make the baby strong and prevents the infections and you the mother benefit from it.

I: Please what benefit do you the mother get from it?

R.7: It prevents the mother from bleeding and it also serves as family planning.

I: Thank you very much, please who else? If you remember, across all your antenatal care you have received from the nurses and the midwives from the day you joined the group up to today's meeting day, what exactly do remember that makes you very happy?

Please they call us anytime meeting date is due and we are happy. When we see their missed calls we call back and explain why and they we come.

[What is your number?]

~Number 3~

I: We thank you.

I: Sorry please who else? All the care you have been given since you joined this group through your pregnancy till today what exactly are you happy about?

R.5: The Family planning we learnt today. I do not know anything about Family planning and so that is the main reason why I came today because at first I heard that it makes you grow fat, and can make so many things happen to you but today's topic made me happy and made me understand so many things. Also the nurses call us to remind us to come for ANC.

[R.9]

I: Number 9

R.9: Please what makes me happy about the group meeting is that, I have undergone two previous caesarean sections and so am always scared with this pregnancy that I might undergo another caesarean section but since I joined the group I have learnt that it is not scary and so am happy and I have the courage that if today I am to undergo it, I can. Thank you.

I: We thank you.

[R.11]

I: Number 11

R.11: So many things were taught which we are very happy about it we were taught how to prepare ourselves before our time is due. We were taught to save money, the list of items to be bought, arrangement for transport, education on everything so now we are aware of what to do before our time is due.

R.11: I initially we just get up at anytime and go but now we have been taught to prepare ourselves before our time is due and so am very happy.

I: Thank you.

[R.1]

I: Number 1

R.1: Me am about happy about how friendly they are with us when we come and even when we are late they way they respect us and everything. They have really done well.

I: Thank you

[R.4]

I: Number 4

R.4: Please erhh, initially I didn't know that when you are pregnant, you have to learn but since I joined the group I have learnt a lot and what I am very much happy about is that when you see any danger signs, you must rush to the hospital but in the past I only sit at home, so I have learnt a lot.

I: Thank you all.

I: Number 6

R.6: For me what I am happy about is that aunty calls us all the time and when meeting date is due, I look forward to see her call and she calls as well and so I thank her very much and am very happy.

I: Thank you and we thank everyone. Number...

R.10: What am happy about is that when you are home and labour sets in, do not say you want to deliver at home but rather come to the hospital for delivery.

I: Thank you

[R.7]

I: Number 7

R.7: What made me happy is that aunty, even when you come late and you are to taken a scan, she makes sure she comes to the scan room and talks to the scan man and even plead with those in the queue to allow you to be attended to early. That is what makes me happy.

I: Thank you all. Please you were about to speak...?

I: We thank everyone. We will continue with our conversation. Again through all your antenatal care received since we joined this group through our pregnancy up till today's meeting, if you take a good look at it what exactly were you not happy about?

I: Please do we all understand? What were the things you were not happy about?

I: First we talked about what we were very happy about but in everything and what were the things that one will say that for me since I joined this group and in all the care I have received, I will say because of this thing am not happy about. Please I hope we understand the question.

[R.8]

I: Number 8

R.8: For me particular I am happy about everything since the day they started with us up till this time we are about to finish. I will say am happy.

I: So you mean to say you for you, you don't...

[R.9]

I: Number 9

R.9: Me too I am very happy since they began with us, am happy about everything.

I: Okay before anyone else speaks again. Please don't psych your mind on only aunty nurse. Do you understand? When we visited other places... Oh all of a sudden when one spoke the everyone said yes this is, so let's draw our minds from aunty nurse for a while.

I: Group meeting, this group ANC you have joined, we those who have previously given birth, at first there was no group so when you come, you only go to see the nurse and go home but for this group meeting, there is something about this group meeting that I have noticed since the day I joined this group, that for this particular thing I have not been happy. Forget that aunty nurse is sitting here with us.

[R.11]

I: Number 11

R.11: The time we come fir group meeting is not good, I am not very much happy about the time we come. It makes us keep long here and by the time you get home your child is waiting at the gate.

I: Okay she says she is not pleased about the time we come.

I: Please who else?

I: What went on in the group that you were not happy about?

I: Oh let's feel free to talk, we are asking all this..., what went on that you were not happy about.

[R.7]

I: Number 7

R.7: Mostly we do not come early. Most of us do not come early so when we start it makes us keep long and so that is what I am not happy about.

I: Please who else was not happy about something that went on?

I: Feel free to speak..., Everyone should speak. Oh no one has anything to say?

[Door opens and closes]

I: I can see in someone's face that she wants to say something in particular but it's like she's unable to talk.

[Voice said -"then talk so I can say it for you"]

[~Women laughs...~]

I: You should feel free. Or you want us to ask aunty nurse to leave here?

[Women said... NO]

I: Ahhaa number....

R.2: What I am also not happy about has to do with anytime at all we come for meeting, truth be told they have to give us something, but.... anytime we come....

R.2: It really disturbs me a lot because they must give us something, something proper.

I: Please something like?

Voice~ "Something like what?"

R.2: You yourself you know, like take away and those things.

[~Women laughs ~]

I: You see you are now talking. These are all what we want. You should speak out.

[Woman: Me too my sister, my younger sister, she also went to deliver at Atua, she said, she also joined a group but for her when she delivered, they came to give her baby gifts and her hospital bills were paid and so she asked me if this one too, they will do something of that sort for us but I told her don't know unless we finish but for now I don't know.]

I: Please who else? What went on that you were not happy about all your care since you joined this group till today what we were not happy about?

I: Can we continue?

Women said... Yes please

[R.2]

I: Number 2

R.2: Truthfully since we started this group meeting we expected to see you the officials at our meetings in order for us to tell you our problems early enough but here is the case we are almost due for delivery. Thank you.

I: Thank you. Okay... we will continue.

I: Please if we can remember today's topic we learnt about Family planning as aunty midwife has taught.

I: My question is the various topics we were taught in all our group meetings; do we have some particular topics we wish to have been added to our lessons which was not included?

I: Something like Family planning that aunty midwife has taught us, if we take a look at all that we have learnt since the day we joined this group which particular topic do we believe could have been added to the things taught would have made us very happy?

I: Please do we all understand the question? Today we did Family planning, sometime ago we were taught how to prepare ourselves, save money.

I: So does anyone have a different topic or has something she wish to be explained into details concerning what we were taught here?

I: Please do you understand me?

[Women responded... “hmmm yes”]

I: Were there any additional topics you wish were included?

I: Were any additional topics you wish were included apart from Family planning, birth preparedness, danger signs?

I: You know, were there any other topics that we wish aunty nurse could have taught us which we will be very happy about? Let us remember, your colleagues at other places brought up some topics. I: Let us remember, are there any topics we wish could have been included that would have helped?

I: Hello...

[~Women said~ “Hiiii...”].

I: We are left with the last two questions to finish so let’s be quick.

I: Eeeii people, we are tired, since morning, you have done well, finish hard so we go.

I: Don't we have any topics we will like to be added which will be helpful enough? Okay we will continue. We will like to see your responses to this question.

I: Do we all agree that we do not have any additional topics to be added?

[All answered... Yes please]

I: Okay so we will continue, please does anyone have a suggestion that she believes if it is made known to us that can help improve the group antenatal care? As to all that went on and what you witnessed today.

I: Do you have a different idea you will like to share with us in order to improve the upcoming group antenatal care so as to help people who are yet to come? So right now we need your ideas and suggestions since you have been in the group and you know how it is and so if you believe there is something else that can be added, as to if it is done this or that way you believe will really help?

[R.11]

I: Number 11

R.11: Please I learnt for this group ANC, it is only some people with certain gestations were used to start and so I suggest that once the person gets pregnant then she should be included so that the information can go far.

I: We thank you, that is her suggestion. Please who else?

[R.7]

I: Number 7

R.7: I feel it (the group ANC) should be held in every hospital because it comes with so many benefits.

I: Thank you, please who else? We need your suggestions and ideas to help improve the group antenatal care.

I: Please who else?

I: Helloo... we will soon end. Please everyone should speak out. Your suggestions are very important to us.

[R.5]

I: Number 5

R.5: Maybe some snack or something else will be fine so that they will have it in mind that they will come for meeting and when they come they will get some yogurt.

[R.5 laughs]

I: Okay thank you, that is her suggestion. Please who else? We want the group to stand and improve so in what way do you believe or what do you suggest we do in order to make the group stand so that every pregnant woman will be happy to join.

[R.9]

I: Number 9

R.9: Mine has to do with the time we come, so for the next group that will come, they should make sure they come on time and also the madams should also come on time so that they can be happy that when they come at this time, they will close at this particular time so they can always be happy to sit and wait for the lessons. Thank you.

I: We thank you.

I: She mentioned time management. Please who else?

[R.8]

I: Number 8

R.8: I suggest that once a while our officials should come and visit us at our meetings so that the next group can also get the morale to attend meeting having the mind-set that their officials often visits.

I: Okay so we have heard you and we thank you. Please who else?

I: Are your ideas finished, you have been through it and you know what went well and what didn't go well that should be included and excluded.

I: Please who else? Are we all okay?

[R.11]

I: Number 11

R.11: Again I suggest that you motivate us with some things so that we can have the enthusiasm to come.

I: Please if you say we should motivate, how do you mean?

R.11: Things like baby clothes and other stuffs so we can be happy when coming for the group meeting.

I: Okay so we hear and thank you. We thank you very much.

I: Please should we continue or does anyone have different suggestions?

I: We will continue. Please I won't ask because I saw for myself when I got here.

I: Please were you all given a book to take home?

Woman answered... Yes, please

I: Please do we all have the booklets?

[~Women answered... Yes, please

I: Did everyone get some?

[~Women answered...Yes please

I: Okay so right now my question is, has the booklet been of great benefit to you?

[~Women answered...Yes please

I: Am happy about your responses, everyone says "Yes please

I: So right now everybody will tell me how the booklet has helped you.

[R.1]

I: Number 1

R.1: When you go home, even when you forget what you were taught, once you open it, you see what you learnt.

I: Please who else?

[R.9]

I: Number 9

R.9: Me too the book that I take home has helped me a lot because I show it to my husband and he sees what we learnt and he reads it as well.

I: Please who else?

[R.8]

I: Number 8

R.8: Me too it has helped me because when I go home my parents and my husband asks me questions from it and I add what I know as well.

I: Good, who else?

[R.7]

I: Number 7

R.7: Me too when I go home and am experiencing something, I refer to the book to know whether it is normal or it is danger.

I: Good, please who else?

[R.6]

I: Number 6

R.6: When I am there, I look into the book and I remember what we have been taught.

I: Okay... so who else has the book been of great benefit to?

[R.4]

I: Number 4

R.4: Please when I open the book I remember what the danger signs are and it has been beneficial also.

I: Thank you, who else?

[~Woman speaks... "Me too the book helps me because when I take it and I open it, I see what is danger sign and what is not danger sign and so if I am feeling something I know it is nothing.

I: Thank you. Please number 2 it's like you have not said anything, please has be book been of great benefit to you?

R.2: Me too the book has been of great benefit to me because when I go and I am telling my husband something which he feels am just saying something or telling a lie, as soon as I show him the book and open it then he knows the truth about me coming to learn.

I: That's fine, thank you. Ameriyah number 3.

R.3: The book is very important to me, anytime I open it and read, it is of great help.

I: We thank you all. We are happy the booklets are have benefited you a lot. Final question, this is not a question, if I may ask does anyone have anything to say to us, for instance any different ideas you will like to share that you believe can help improve this group antenatal. Someone will say other matters suggestions, the white man will say does anyone have any suggestions, ideas or comments about group ANC. That is the last question.

I: Please do we understand?

I: Please are you saying something?

[R.2]

I: Number 2

I: Please at this point any ideas or suggestions you want to say about the group antenatal you have joined. You can say anything or something else you want us to do.

I: This is a general question, since you joined this group, is there something you have seen or noticed that you will like us to know or do you have a different mind-set about something you wish we could have done that we did not do which will help?

[R.11]

I: Number 11

R.11: Please mine has to do with they including all pregnant women because it is very educative.

I: Thank you.

[R.7]

I: Number 7

R.7: I also feel that, they way when you go to other hospitals like my sister said, that they share gifts and other stuffs, if it is possible they can do same in this so as to motivate everyone.

I: Thank you, please who else?

I: Ameriyah number 1, give us the last suggestion.

I: Don't we have anything else to say again?

[Woman said... "No please "]

I: Okay so I will like to take this opportunity to thank you all, we know that when you get to this stage it is not an easy thing but you have been patient with us since morning till this time. We thank you all and we pray that the Almighty God will see you through your deliveries safe and sound. The other groups we visited, we saw that everyone's child are looking very beautiful and so we pray for safe delivery for everyone.

[Women responded..."Amen"]

I: We also thank our nurses so much.

I: Won't you clap for our nurses?

[~Women claps~]

**STOP TIME: 1:36PM.**

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## FOCUSED GROUP DISCUSSION\_8

FGD with mothers, pregnant women. Time: 12: 48 PM. (baby crying in the background)

M: Okay, we shall begin with our questions. How did you feel about the education you receive about pregnancy in group as we are doing right now? (child continues to cry) Education you receive in groups; how do you feel about it.

(Indistinct voice on the background)

N4: I have observed that the meeting in groups is helpful, it has changed our way of doing things during this pregnancy. especially on how to prepare so that you won't have any problems during delivery.

M: Does anyone else have anything to say?

N2: What I have observed is that, sometimes when we fall ill during pregnancy, we prefer to stay at home, we don't prioritise coming to the hospital but due to the education we receive, we come to the facility when we notice a pain in our body, we are very well attended to.

M: Anyone else?

N3: I have also noticed a change since we started the meeting, on how to protect ourselves from getting sick. (noisy background)

M: Is there anything else? Is there any new thing you would like to add?

N1: The meeting is very helpful because no matter our condition, when we come, you tell us and teach us how to go about things.

M: Anyone else has anything to add?

N4: We are not able to self-medicate, when we attend the meeting, they educate us on how to handle issues, after that they give us drugs to take and then we feel free.

M: Now you have told me how you feel about your meeting in groups, now what are some of the things you liked about your meeting in groups? What did you like about it?

(SILENCE)

M: What did you like about the services you received in groups?

N1: You speak to us well and that enables us in all we do.

M: Anyone else?

N4: It helps us prepare ourselves before coming to the facility. We get to prepare ourselves and other things we would need for labor so that things will be simple for us.

M: Anyone else? Will anyone say anything?

(SILENCE)

M: Now tell me about what you are not happy about regarding the group meetings?

N4: I have not seen anything otherwise, they take good care of us and we like it.

M: Anyone else?

N4: I am happy about how they relate with us here. Not every facility holds group meetings for their pregnant women. The teachings we receive are good and it borders on how to take care of ourselves when we are at home.

M: Will anyone else say anything?

(SILENCE)

M: Okay, to continue with, what are other topics that you would like to be added to your teachings? What new teachings would you like to be added to the old ones that you're been taught? Are there any new things someone would like that it be added to what you're been taught?

N4: Some of us cannot lay down to be delivered. We may prefer to kneel or squat and press our hands against the ground before we can deliver. We should be asked which method we prefer so that there can be adequate help when the time is due. Maybe one can say" I have a difficult time during labor and so I will need help from a midwife.

M: Will anyone add anything? What new teachings would you love to be added to the old ones you are learning.

(SILENCE)

M: Okay, do we continue or someone has something to say about the question I asked earlier?  
Okay, what are some of the things you think can be done to help the group meetings?

M: Do we understand? What are some things that you think can be done to improve on the group meeting or to make the meetings effective and solid?

(SILENCE)

N4: It will depend on how you pamper us and how happy you will be to  
that will ginger us to attend the meetings.

(BABY CRYING)

M: Who else?

N5: Looking at the time scheduled for us, it is difficult for some of us to access vehicles. We would like that we all obey the scheduled time for the meeting so that we don't miss vehicles that would take us back. Some of us come from far and getting cars to our destination is difficult.

M: Does anyone have anything else to say? Madam!

(NOISE AT THE BACKGROUND)

M: Okay we shall continue. Please are you with me? Do you all have the white booklet that is used for the teachings?

All: Yes.

M: You all have one?

All: Yes.

M: Okay, so everyone will tell me the benefit they derived from the white booklet. So everyone will tell me. Number 1, what did you benefit from the white booklet. With regards to what you learnt today, what benefit did you derive from the white booklet?

N1: I saw that we need to protect ourselves so that we don't get pregnant.

M: Number 2, what have you also benefitted from the white booklet?

N2: I number 2 have benefited a lot from it. Because I often fall I'll when I'm at home. Due to the booklet that I have, I'm prompted by it to come to the facility, I was admitted recently, was well taken care off and now I feel free so I have benefitted.

M: So what has this book done for you or what have you benefitted from the book during this pregnancy?

N2: it has benefited me during this pregnancy.

M: if you compare your pregnancy of now with the white booklet and then pregnancy that you didn't have the white booklet, what changes have you observed.

N2: I have seen changes.

M: What changes are those?

N2: The changes I have seen is that we have learnt a lot from the book and that has brought the changes in our lives.

M: Number 3, how about you?

N3: I number 3. It has helped us to know what to do and what not to do during pregnancy.

M: what has Made you to know what to do and what not to do?

N3: When you're in labor, as to whether you will kneel or stand.

M: So what taught you that?

N3: the book helped to know a lot of things.

M4: Number 4, what have you also benefited from the white booklet.

N4: It helped me prepare. There are somethings I didn't know I would need at the hospital, it reminded me to prepare all those things beforehand so that I do not have any hustle when I am in labor.

M: Number 5, what have you also benefited from the white booklet?

N5: I have also benefited that, when I am pregnant, I need 50 come to the facility and take drugs that I am given according to its dosage. And then also we are not expected to quarrel with our husbands.

M: Does anyone else have anything to add? Okay then we shall continue. The last one is that, do you have thoughts, suggestions, concerns... with regards to this meeting in groups does anyone have any suggestion, or thought that they would voice out to help?

(OTHER VOICES AT THE BACKGROUND)

M: Number 2 you nodded your head. Do you have any suggestion that would help make the group meetings stand?

N2: what I would suggest is that, the GROUP meeting is very good so I would entreat the upcoming ones to get involved and learn because it's very helpful.

M: Does anyone else have a different thought or suggestion? Anything that you think that when added, it will help the GROUP meeting stand?

N4: They should continue with the group meetings for us, the meetings are really helpful. They should continue with the meetings.

SUPERVISOR: Does anyone else have something different to say?

M: That is the last question, if anyone has something else that they think if we add to the meetings it can work, they should let us know your thoughts. Maybe I think this way or I think that way or maybe if things be changed this way, it will be helpful. We will want to know because the meetings are for you and thus your thoughts will be effected so let's see if anyone has any thought or Suggestions concerning the group meetings.

ALL: NO.

M: Are you all okay with what you're been taught?

ALL: Yes.

M: Okay then we have come to the end of our discussion. We thank you for your time and we would like to assure you that no names would be attached to it neither will it be heard by anyone

except those working on it alone. Your answers and suggestions will help them work to help you.  
God bless you.

ALL: Amen!!!

SUPERVISOR: STOP TIME 1: 07 PM.

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## FOCUSED GROUP DISCUSSION\_9

M: please speak up so that we can record. We are going to give ourselves numbers, let's start.

R: 1

R: 2

R: 3

R: 4

R: 5

R: 6

R: 7

M: 7, thank you. Please if I ask a question and you want to answer, please mention your number, example I'm number 7. So my first question, we are asking that, since you joined the group antenatal, throughout your pregnancy, how did you see the things you were taught or the information you gathered, how did it go? Through this pregnancy, how did all the things you learnt go for you, the English will say, how did you feel? Please have we understood the question?

R3: (laughs) it went well.

M: it went well, please explain. How did it go well?

R3: it went well because they taught us how we'll sleep in the mosquito net, how to eat and how we'll make decisions with our partners. Like when we come and there's something bothering us, how we can say when we are having any kind of symptoms so that they can give us assistance.

M: thank you, number 3 has spoken.

R2: if by the grace of God, you're able to deliver safely with both mother and child alive, how you to nurture the child, how to breastfeed the child until you stop breastfeeding the child.

M: please how did you see the program?

R2: the program is fine, it's good for our minds.

M: how did you see the information you gathered during the group meetings you attended when you were pregnant?

R2: to me, it is fine, it's very fine.

M: thank you.

R1: (laughs) it went well for me because I had not given birth before but with how the madam explained things to us, I have learnt some things so it's good. It's very fine.

M: please some things like?

R1: oh things related to pregnancy, how to deliver, how you'll sleep, sleep in mosquito net. A lot of things.

M: thank you. Number 1 has spoken, who else?

R4: it went well because during pregnancy they told me that when I see any vaginal discharge, I should rush to the hospital and also how we can save money so that when there's emergency delivery, we will not need to then go and call our partners before they send us to the hospital but we can come to the hospital with the money. So I got a lot benefits from the meeting.

M: thank you, we are all going to talk. Number 5.

R5: it went well for me because there are a lot of issues in pregnancy. The midwife helped us to know about danger signs like my sister was saying. There are some symptoms that when you're home and you see it, you have to rush to the hospital. If not, both you and the child's life are in danger, so she has taught a lot of things that when I'm home and I see them, I have to come to the hospital for them to check so that both of us can be safe.

M: thank you, everyone is talking. Number 6

R6: (laughs) the meetings is very fine. What I also learnt was midwife taught us that we should give our children breastmilk every 2 hours after we deliver.

M: thank you. Number 6 has spoken.

R7: the meeting has helped a lot because I have not given birth before and it gave us closure and friendship so I have the phone numbers of a lot of the midwives especially those who teach us. So

when I'm home and maybe there's something I don't understand or I see some symptoms, I can call them and ask if I should come? Or there's a medicine I want to go and buy and use, I can call and ask if I can go buy the medicine and use it or can I use it alongside medicine from the hospital? She explains for everything to be okay. So it helped us.

M: thank you all. So we are going on, if everyone talks like this, we will finish, within 5 minutes, we will be done and we can go. So the next question is, the time we were attending the group antenatal and Aunty midwife was taking care of us, oh Aunty midwife this part is hurting, through all those periods, what do you remember you truly liked? Since you joined the group and they've taught you how about pregnancy, how you'll take care of yourself and others, when you remember all the meetings, what one thing can you say you are truly excited about when you remember it?

R2: they taught us that at any point in your pregnancy, get close to your partner, have sex with him or have regular conversations, when that happens, it helps in delivery, when it's time for delivery, you can deliver well. So they taught us.

M: so is that what you really liked?

R2: that's what I really remember.

M: okay, thank you. Please who else?

R7: they taught us how we should communicate with our partners. During those time, our temper is different and most of us don't know how to talk well so we don't get support from our partners but they taught us how to talk to our partners so that they can understand us and support us.

M: Thank you

R3: me too, what I remember and I'm very excited about is Aunty Midwife talked to us that, once we know we are pregnant, we shouldn't wait till we are due for birth before we start buying our things for the hospital. We have you start buying them little by little so that by the time we are due for delivery, you will have your money and everything. That's not when you'll come in for Aunty Midwife to be telling you that you didn't buy thing or that or be asking you to buy things. And for attending hospital, we have to make sure we either come to a bigger hospital or get the telephone number of a taxi driver or 3 people who will come with you so that when it's time, you won't find difficulty.

M: thank you. Number 1 makes you very excited when you remember it?

R7: what really made me excited was that, we have to save money. Some people don't save money. They enjoy spending the money (respondents laugh) they won't buy the baby items then they will be on their partners and when their partners beat them, it becomes a whole lot of misunderstanding. That is one of the things that I was very excited she taught us, that we should save money.

R4: me too one of the exciting things for me is, we will talk to our husbands about our sexual life so that as we are pregnant, they will not go and have affair with another woman in other not to contract any disease which we can also contract. Also because of the group discussion, the nurses have gotten close to us so when we come for antenatal, they take care of us on time so we are able to see the nurses and tell them our problems as compared to us not knowing any nurse so we can't talk to them.

M: okay, thank you. Please who else?

R6: what is very exciting is that, the midwife taught us to come to the hospital every month so that when something happens to us and we don't understand, when we come and we explain to them, the nurses will teach us what it is.

M: thank you number 6. Please we are continuing with our conversation. Again, the time we were coming here during our pregnancy, a lot of things happened but as for this one, I didn't like it concerning receiving care in the group antenatal. I'm still talking about the group antenatal, during the care you were given during pregnancy, giving of medicine, they will tell you to go for lab and others and the group you joined, looking back, a lot of things happened that you liked but this particular thing, I remember I didn't like it at all.

R3: (laughs) I think that for pregnant women, they are not supposed to take money from us when we go to the lab but every time you go, sometimes they'll say pay 20 cedis. They will say pay 30 cedis and even with the payment, they will take it right in front of you. They won't tell you to go and pay at the computer so that you can get receipt but he will stand right in front of you and tell you to give him the money before he does it for you. Sometimes you'll complain, you can't complain in his presence that the midwife says she needs this so you have to pay before he does it for you. So that was what we didn't enjoy.

M: please let me explain the question well. We are talking about group antenatal so let's leave out the lab. I'm talking about when you got pregnant, the care that was given by Aunty Midwife and the meetings and all the things that went on, what didn't you like?

R3: we don't really have a problem.

R: say you done really have, maybe someone has.

R3: as for me, I didn't really have any problem. For her, when you tell her your problem, she'll solve it for you before you leave so I didn't.

R5: as for the group antenatal, we didn't have any problems with the midwife but rather we the pregnant women who can be very late. We can stay for a long time and how some of us talk to them can worry but the midwife we got was patient. Anytime you call her on phone, she'll respond so for that, we don't have a problem.

M: so Number 5, what you didn't like was the time you were meeting?

R5: the time some of the people will come in. some will come in late, sometimes the midwife will have to take care of some, following up on them and we even make her tired. That was what was a little challenging.

M: who else? Who else didn't like something that went on about the group antenatal?

R2: this group antenatal, we have seen it to been normal, we have gotten to know somethings that when there's another pregnancy, we will take care of ourselves and do everything fine because she has taught us everything,

M: so as for you, you don't have anything you didn't like?

R: no I don't have any issues.

M: okay, thank you all. So the rest of us, is there nothing we didn't like?

R: no problem.

M: no problem, okay, we are going on. Number 4, please today they taught us about family planning, am I right? Please I'm asking that ever since we joined this group, for all the topics Aunty Midwife has taught us, like the family planning that was taught today, I'm asking if there

are other topics we would like them to teach in addition. Concerning all the topics we've been taught like the family planning we discussed today, does anyone have a topic she believes that when we add and discuss in this meeting, it's going to help?

R1: (laughs) one of the topics I would love them to add is the sex positions, either we bend or lie down, we don't know. That is the topic I want.

M: please come again. Explain further so that we understand your topic.

R1: I want them to teach us the sex positions we can have with our partners, whether we'll lie down and sleep sideways or how to have safe sex.

M: okay, thank you.

R3: please the little I also want to add is that, when it's time to push during delivery, how I'm supposed to do it, that is what beats my mind a bit. I don't really understand the push part. When you are in labour and you've been put on the birth, then they tell you to push that is the exact point I want.

M: okay, thank you. Please who else?

R5: my sister talked about sex positions with our partners. She taught us but maybe we didn't concentrate. She said if she had brought a cloth, she would have shown us and one of us gave her cloth but she said we are in the open. But she taught us that either you sleep sideways or lay down on your back because the men know the tactics than us. So she taught us but maybe some of us didn't concentrate to understand. As for me, I heard it.

M: aside that, do you have any suggestions that if Aunty midwife add and teaches, you would like?

R5: the group antenatal has helped me learn a lot of things and I'm okay because there were things I didn't know at first. A lot of things, from unit 1 to 7, I didn't know so with the little she has taught us, next time when I get somewhere and I see somethings, it opens my understanding to know what is going on. She has also given us her phone number if there's something you don't understand, even when you're home after 10 years, you can call her for explanation. She has given that consent.

M: number 6, is there a topic you think will help when added?

R: no please.

M: so should we continue? Okay, thank you. Now we are asking if anyone has any suggestion that can help the group antenatal develop. Please do we understand the questions? You are the ones who have gone through it till now and you know how it's going. So are there any suggestions you can give us like when you say if we do it this way, add this or subtract this or something you believe it will really help the group antenatal to develop.

R4: they selected a few people, it's not all pregnant women and the meetings has helped us but for the next grouping, I would want all pregnant women to join or make it compulsory such that by 9:00 we will all be here and by one-hour time we all learn and go back. So it will be for all pregnant women to learn as part of their antenatal.

M: thank you.

R5: I emphasis on what my sister said, that it is right because when we are at the antenatal and we say group antenatal, the other pregnant women present ask what that is and what are you going to do? That is when we explain to them so if they group all of us and we all get the knowledge, it will help.

R2: when you come to the antenatal, Aunty Nurse will ask you that, there's a group meeting where we teach pregnant women so should they add you to it? But some of the pregnant women are proud but the meeting is fine because they teach us a lot of things in the meetings so the pregnant women should join us to learn together to make it nice.

R3: when it's time for antenatal, they've placed some stickers at the back of our books. When it's time for the group antenatal, there are some people who say they will not come, they don't have the time and they even remove the stickers. There are about 4 or 5 people I have seen like that, when I came in at first, I didn't understand so the midwife talked to me and asked if I can be part and I said yes. So Aunty Midwife can do that but the person won't do it, they will get up and go or they won't bother to come to antenatal for you to waste like 1 hour of her time. So I think that if you tell the person and she can make it, then you give her the sticker because some will say they can't make it.

M: okay so the reason it's not everyone who is involved is that we are now getting to know how the group antenatal will go. We have given the opportunity to explain things to you so that if you want to, then you join. So it is after this that we will know that, it helped the pregnant women and so we are going to roll it out in every part of Ghana so that every pregnant woman can be part. But it is a good suggestion you have given. Thank you, please who else have another suggestion for us concerning the group antenatal? Number 6 do you have another suggestion for us?

R6: no

M: no, then we are going on. Do we all have a copy of the book the sister is holding?

Rs: yes, please

M: please was it beneficial?

Rs: yes, please.

M: okay, everyone say yes, then please in what way was it beneficial to you? Please everyone is going to contribute

R2: it was beneficial because it taught me how to take care of my child well, how to take care of myself, my dieting, buying of my delivery thing, savings. It was of a lot of benefits to me.

R: the book was of importance because I we had come without having the books and only Auntie Midwife was the one with the book, we would have forgotten what she taught us when we got home but since we have it and it contains pictures, if there's someone who can't even read, when the person looks at the pictures, she's able to know what it's talking about. So the book it has been of benefits to us.

R3: it's beneficial to me because it taught me that when I deliver, in feeding my child, I have to know that it's 6months that I have to give the child water or feed him food aside breastmilk and not giving the child any supplementary food one week after delivery. So when I look into the book, it reminds me of all those things.

R5: the book is very important because we can take it home so even when I'm home and I look into the book, it reminds me of a lot of things, how to take care of myself now that I'm pregnant. There are people who don't even take their bath when they are pregnant. The book teaches that

when you are pregnant, bath, brush your teeth, so since the book is with me and I can take it home, it helps me. When I'm idle, I take it and go through, that reminds me of a lot of things that I have to follow now that I'm pregnant so that it can help me till I deliver and after delivery.

M: Thank you.

R2: the book reminds me of how to eat well when you are pregnant so that both you the mother and the unborn child will have enough strength. So the book is very good.

M: okay, thank you.

R7: it helped me a lot and it's still helping because when I see some signs and I don't understand, I open the book to check if it's a danger sign or it's normal. So as for that one, (clears throat) it helps me a lot.

M: thank you. Number 1

R1: it helped me because sometimes when I'm home and I get a problem, I'm not able to tell so I take the book and go through it, I get to know what to do. So the book has helped me.

M: okay, please when you take the book home, are you the only ones who go through it or?

R5: as for the book, it was done in such a way that we go through it with our partners to take decisions with them and the people who will come and assist us when we deliver and also how we will do a lot of things so it's not for only us. We share the content with the people around us so that even if we forget something, that person will alert you.

M: thank you all. This is the last question, we asking that, for all we have said and since we joined the group, does anyone have an idea or a comment that she would want to make about group antenatal?

R2: the group antenatal is fine, it has really helped us in a lot of ways. I now know how to take care of yourself when you get pregnant until you give birth, you'll save money so it has helped us in a lot of ways. We thank God very much and for the midwife who teaches us, God bless her and those of you who have come here, God bless you all.

M: thank you.

R5: the group antenatal is good so I'll plead that we continue with it because when I went to deliver my first born, I didn't get this kind of treatment or something like this. So I was thinking about giving birth again so by God's grace when I got this and a good midwife who gets time to teach us every time, if I have a question, I ask her. I had fears but when I ask her questions she explains for me and teaches me so with this second one, all the fears are gone. I want you to continue with it so that everyone will benefit to help all women who give birth.

R4: the group antenatal has helped me because this is my first pregnancy and I didn't know anything about pregnancy and I didn't have anyone to talk to me about pregnancy so it helped me to know somethings. At first, people used to say CS is dangerous but when I came, the midwife has explained that it's not dangerous and how it can help us. So if I can space my birth, after 3 years, I can have a vaginal delivery and the CS won't be a constant thing. So it has helped me.

M: thank you number 6. Does anyone have any comment? Then we will take this opportunity to thank all of you for your time for this conversation. We pray that God helps everyone of you to deliver safely. (Women respond "amen") so that everyone will deliver safely with her child. Thank you and God bless you all.

STOP TIME: 12:20PM

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## FOCUSED GROUP DISCUSSION\_10

M : Ok so we want to know, how did you feel about the group studies,how did you feel...do you understand me? When you were told about you coming for a group study, how did you feel about it?

R1: On the first day I felt it was scary that when you get involved you wouldn't feel comfortable but after I got involved I realized its comfortable and good too and it is helping me too.

M: So you realized its comfortable and good after getting involved. That is someone's opinion

R8 Since we became part, for me its helping me because there could be a sign that might scare me but because we learnt about it, I know that we have learnt about this sign and so it's nothing

M: Please who else? How do you feel about the group studies? As for this everyone should be able to give a response

R7: I didnt know anything about it from the beginning, I had not been pregnant before so I didnt know anything about it but since we learnt about it it has made me have the experience I now know alot that when someone asks me a question about something I can be able to give an answer

M: Who else, all of you as for this I believe you felt someway about it,whether good or bad just feel free.

R2: Because I had not given birth before, I was afraid when the pregnancy came concerning the things I would go through but since they have been teaching us I realized that fear has reduced

M : Please who again, all the sisters here have not spoken yet

R6: When we started I was afraid but because of the studies, I know everything so if someone asks me a question i can also answer

R5: I have delivered before though but in the beginning it was like I was not happy but since I got involved some things I thought I had known were not as I had known it,I realized I have come to learn a lot

R4: When I got pregnant and was just about joining the group,I got scared a little because I had not given birth before because people say you will suffer and that delivering is difficult and stuff but after joining I realized there is no fear involved.

M : Okay you have all done well, so I will ask that what would you say you like about the group study or what can u say that this thing we do makes you happy about the study

R8: That you teach us what we will go through during delivery, that makes us happy.

R1: You play with us, you make us happy, and you also teach us well even if we don't know the things, you teach us and make us happy so we tend to forget some burdens we bring from home once we get here, that is what I also like about it.

R7: Am really happy about it although I can't say what exactly makes me happy but in the studies,you learn about somethings you have never thought of and you understand it which will make you happy. Moreover even when it's time for Antenatal we are called to attend, this shows that they love us .

M: who else, what would you say you like about the group studies?

R5: I am happy because you have brought togetherness and love between us and that makes me happy

M: who else, what do you like about the group studies, no one has anything to say again? Okay we will continue, what would you also say you don't like about the group studies that you wish could be changed or what you are not happy about, feel free

R8: Madam there is nothing we are not happy about, we are happy about everything. Even if we forget the date and are home you will call us and remember us that do we know we have a meeting tomorrow? So we are happy about everything

M: Really, are you sure?

R8: Yes please

M: okay who else again has anything that she does not like that she would wish it be changed

R6: For me am happy about everything, the way the nurses take care of us well, am happy about everything.

M: Does someone have anything to say? Okay I would ask again that what would you like us to learn in addition to what we have already learnt? I think we started from somewhere and we are about finishing with the studies we have just about 1meeting to finish the studies so with where

we have gotten to, I will ask that is there any topic you would like us to add to those we have already done?

R6: Please all we learn is in our books and so I can't say what else there is to learn again because everything is in our book.

M: Who else, what topic you would want us to add to learn

R7: I can't say you should add anything because the things that will help us are those you have put in the books because you would have added those you think would benefit us. You know these are what will be of benefit to us and that's what you have added so personally there is nothing I can say about it.

M: who else? A topic you think will benefit you if added or something you feel have been left out. Nothing to say?

Rs: Yes please.

M: Okay then I will ask that how do you think we can improve the group studies to make it better. We would want to make it better than it is now so what are some ways you think we can improve upon the studies, so what do you think we can add to make it better?

R8: We don't have anything to add but if you the madams see what you can teach to benefit us we can learn and so you can teach us.

M : Then let me make it clear that this one is not just about the learning alone but also about the care you are given and the attendance even in group and everything about the group studies how do you think it can be improved?

R5: I think with all we have studied, if we focus on it and study well, the meeting can be improved

M: With the way you are attended to, don't you think there is anything that can be added?

R7: I think with what we have learnt if we can teach our friends and siblings it could improve the study so if they also come here there will be no difficulty for them.

M : Okay, who else? With the care you are given, what do you think can be added to make you people like the group study or be happy about it. Nothing more?

Rs: Yes please

M : So with the books you have been given for the studies, how has it benefitted you? As for this everyone will talk, I hope everyone has the book. If it has not been of any benefit fo you too you can let me know

R7: The book has been very beneficial because even after group meeting and you don't understand anything, when you read through from the book you get a better understanding so once anything pops up you can see yourself that you have studied it and will then take the needed action.

R6: I go through the book when am home to revise so if anything I see it in it.

R1: It has been very beneficial because when I dont understand somethings and I get home to look at it in the book I understand them better.

R2: It has been beneficial to me too, there are some signs you might have not seen before because you have not been pregnant before so when you see them and look it up in the book you get to know if they are danger signs or not

R3 : I learnt about how to deliver, when you see any water discharge you have to hurry to the hospital

R8: I have delivered before but the book has taught me alot like preparation towards birth, even those I forget, once I pick the book I remember and add up and then prepare so I know a lot from the book

R4: The book has made me learn alot like knowing the difference between danger signs and normal pregnancy signs and when to rush

R5: The book has made me learn about how to breastfeed my child the right way

M: You have all done well and I can see the book has been beneficial to all of you right?

Rs: Yes please

M: So do you have an idea, suggestion or comment in general about the group studies.

R6: Am happy about how we are in the group because we are all free to talk to each other.

R7: Am very happy because am sure not all hospitals have this group but I have had the opportunity to be part of a group and they have taught us a lot which will benefit us so am praying the group continues for some others to get the chance and even us to also get another chance to be part again.

M : Who else have anything to say about the group study?

R1: As for the meeting I dont think it should be stopped because it's good and it has given some of us the hope and also when we ask of the things we don't understand they explain to us so the study must continue.

R7: What I can say again is that we plead with the midwives and nurses that with how they have gotten the love and patience to teach us, in case we come back to deliver and they are not even those here, they should talk to their people to have patience in teaching us.

M : Okay who else, nothing else?

Rs: Yes please

M: Okay then, thank you all very much and we will bring our discussion to an end, this was the reason for this meeting, thank you all for the responses, suggestions and all. We will see to it and do as expected to improve. Thank you.

Rs: Thank you too.

Stop Time: 11:18am

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