Interviewer: How do you offer healthy eating advice to pregnant women?

Response: to say, because I'm mainly hospital based, I would generally say pregnant women when they come in if they've got problems and obviously, it would be something that would be discuss IE how what they have access to what the generally their, their diets sort of are around and And sometimes I mean I've even asked if it's been SOMETIMES IT'S BEEN FOUND ON LIKE IF THEY are underweight Or if they're overweight and it can be . It can just be like a general discussion about what they're eating and it's like a gentle guidance on what what's the ideal. Things that they should be eating during their pregnancy.

Interviewer: So is it usually during booking

Response: I mean I don't usually see women during the bookings ermmmm I predominantly hospital based So I usually see women after that period and but I have seen but I have seen women in their booking and obviously we go by what guide, we are what we are guided by

Interviewer: So this is the first time I'm hearing about the hospital based because usually the Midwives that I interview say they see the women just at booking so could you kindly like take me through so Is it the women that have had BMI over 30 or 35 that are referred to the hospital or something.

Response: I mean I'm i mean i'm a i'm not a community midwife. Okay, and so I i predominately work on labour ward and so That's why I'm saying I don't usually see women at booking and I would see them if they've come in for a problem.

Interviewer: So you talk about healthy eating during that time as well.

Response: Yes.

Interviewer: ermmm have you ever offered Healthy Eating advice to pregnant Africans?

Response: Yes.

Interviewer: Okay, what approach does the advice take. Is it spoken, is it leaflets.

Response: I mean, because we have a we're now we're now using a simple app called the bagionete and they have access to leaflets on bagionete, but I have given Verbal advice I've even off the kind of guided them to look on to the internet about what's available to African women and because I know that African diets are different to what like a conventional white British diet would be, and I know some African women. They can have problems with accessing normal what their normal diet is to what our normal diet is and I know some women have struggled So I have kind of said to them, If you go off and look on look on the internet you can find other sources of information that may be of benefit to yourselves, rather than just what the midwives in this area would have said would be a bit of benefit to you.

Interviewer: So in other words, you don't offer the same kind of advice to everyone.

Response: No, I very much tailor it

Interviewer: That's beautiful. So have you seen the world guide and pregnancy healthy eating guidelines.

Response: Yes, I have.

Interviewer: Do you Consider those guidelines appropriate to all cultures.

Response: no, It doesn't take into consideration, different cultural needs and different It doesn't take into different dietary Needs

Interviewer: Okay. So, What when you give this advice. What was your perception of the women's understanding of the healthy eating advice that you offered African women.

Response: I mean, When I've when I've spoken to African women it's been very much a case. They see like white British diets very different to their own diet. I mean, I looked after a black couple A few weeks ago and and a mom had a C section and her partner brought in, I think it was jerk chicken after she'd had a major C section. No, no, no, no, don't eat it. Please don't eat it. I said, because that will upset her stomach massively I said, and it's not good for her. I said at the moment she needs very plain, very simple, foods and the parents were like what do you mean by that and i said, she's just had major surgery service to her abdominal area so yes she may be used to eating it. I said, but at the moment. Her stomach will not tolerate it.

Interviewer: And did they seem like they understood what you were saying.

Response: Yes. I mean, I mean her partner was saying . Oh, I didn't realize And then he was saying, oh, can I get can I give her a kebab and I was like, No, no, no, no, no. It needs to be bland just simple like plain rice, plain chicken toast.

Interviewer: Yeah, I understand what you mean. So some, some of the things that have come up as a result of the interview so far. Some women have said that even though African women would nod and say Yes, yes, yes, but they usually don't do what midwives ask them to do, do you, what do you think about that.

Response: I again i do i do believe this, I think, ermmm African women will will agree with what midwives are saying But I think they're thinking, okay, they may be midwives don't understand midwives don't understand our background our dietary requirements. What we're expected to eat. We'll just agree to it will just agree with what they're saying. But actually, no, we just do our own thing.

Interviewer: were there African women that specifically asked for specific dietary advice.

Response: No, they were kind of just asking, Is it okay if I can eat this during my pregnancy. Is it okay if I can eat fish during my pregnancy and when we've kind of said it's okay. But we wouldn't recommend it. They're like, and then they just go and do it anyway.

Interviewer: Okay, so, um, Do you think the language is a barrier when talking to African women.

Response: It can be I mean, It can, it can be a barrier, because obviously African women in this country, especially with like the English language because obviously what us as speaking, the British English language with what the African language there is a basic difference in dialect and what African women can understand what we're saying can mean something totally different to what they are, what they understand it to mean

Interviewer: How do you handle that.

Response: I mean, I will always take my time and explain things that relate to women and get them to understand what I'm talking about before. I will go on before I go on to something else. And I will always make ask women if they've got any worries or concerns and and always let them give them a chance to be happy to talk through if they have any problems or if they're not understanding what I'm saying.

Interviewer: Midwives have also talked about Time. So they've said that they usually don't have time to really talk through things , what do you think

Response: I mean, time is a problem with with everything, especially with midwifery we never got enough time to do anything. We don't have enough time to spend with our women. we are always we're always being pressured to do more and But I think it's important that we spend time to talk to these women so that we can fully understand exactly what they want, where we're going wrong.

Interviewer: So, so those times that you've referred women to see the internet. Have you actually probably found a site that was suitable to get all of this information from. I mean, the African women.

Response: I mean I have generally referred, I have referred them to like NHS websites. I've referred them to healthy eating websites and I mean, I can't, I can't specifically remember which ones I have referred them to and but I have always said to them, If you have any problems, then obviously always come back to the midwifery team or if you're having problems then come back, come back to me and I can refer you on like the dietitians who obviously have a better understanding

Interviewer: Before they are referred to the dietitians, they would have to have a certain BMI right

Response: Yes.

Interviewer: What do you think are the barriers to offering healthy eating advice.

Response: I think is fear fear ermmmm because Some women are frightened of saying I've got a problem. And they kind of like, I don't want to say that I've got a problem with healthy eating. And they don't they don't want to be seen as being troublesome. And again time as well.

Interviewer: What do you think should be put in place so that it could facilitate that could make offering healthy eating advice Easier.

Response: I think personally Healthy Eating should be I think it should be one of the big like part and parcel of you go see a midwife, and it's yes we'll make we make healthy eating part of like the Almost like the vaccinating part of pregnancy, where they do like your flu, jab, and all of the other jabs you get during your pregnancy because not only is the healthy eating for the women, but it's also providing nutrition for the babies. If that makes sense, yes.

Interviewer: So like Something like probably making it a part of almost every antenatal visits.

Response: Yeah.

Interviewer: Some people have also said that The African women have a majority of them are laid back in their approach in pregnancy, what do you think

Response: I mean, I don't I do find some of the African women do they generally have a much more worry free approach. To their pregnancies i mean it's it's but I mean I've met plenty of English or should i say white British women that get very Anxious about their pregnancies. Where is the black, the black African ladies, they are. Yeah, not, not a problem. They generally take they generally take their prop. They, they don't take any other problems That seriously unless they are really serious.

Interviewer: some people talked about recent immigrants And their approach to, you know, to they talked about them not questioning things when they're being offered advice or anything. Is that your experience.

Response: I mean, I've not I've not really had very much experience with ermmmm Immigrants. I mean, there have been some women that I've worked with a few years ago, that were trafficked and they did seem they almost seemed afraid of people, um it was a case of that they, they just did as they were told They kind of didn't question what was going on. They literally just kind of toed the line they they If we told them to do something. They just did it. Which is kind of worrying.

Interviewer: have you heard about old wives

Response: I've heard lots of old wives tales in pregnancy.

Interviewer: Do African women talk to you about old wives tales, they are called african myths, so do they talk to you about things like that.

Response: umm I've not had have not really heard any From African women is mainly the white British ladies that I've heard lots of old wives tales from.

Interviewer: And other things like There is the matriarchy kind of Influence on African women. Do you notice that at all.

Response: That definitely

Interviewer: Could you. Could you explain a little bit

Response: um I mean, I've the case that the woman that I had recently her mom was constantly on the phone, wanting to know how she was what the baby was doing, baby was feeding. Why wasn't she wasn't she feeding the baby this way, why was she doing something a certain way. And I have seen that the mothers, definitely do have a big influence over what's going on.

Interviewer: Do you have any other thing to say?

Response: I personally try and treat everybody exactly as exactly the same as everybody else. Regardless color race, disability, everything mean I try not to take I try to treat everybody equally. if an African woman come to me and say, Kelly. I don't know how to overcome this problem. I will try my absolute best to point them in the right direction.