

## **No Woman No Cry questionnaire**

### **Compare the maternal health care profiled in each of the four countries.**

In Africa, their clinic only has 1 nurse, 1 midwife and occasionally have a doctor. They don't have enough beds for all the patients, and they don't have the right equipment to help give birth to all pregnant women. This leads to women having to stay at the clinic on longer periods with no guarantee on receiving any care. Their clinics also don't have enough staff, and they are overworked. When pregnant women are told to go to the hospital, they usually have no money and transportation which can be an obstacle that they face especially if they have complications or when they are about to give birth.

In comparison, USA has a lot of providers and services towards pregnant women. They have the services they need when they have complications and plenty of places to get checked when they have problems. However, most women have no insurance and when they do want a check-up, there is a lot of payments which some women may not be able to afford with or without insurance. When they also go to the ER, there are a lot of judgment with the workers toward the pregnant women. They are judged on why they came to the ER and whether they took care of the baby properly or not.

In Bangladesh, pregnant women usually deal with their pregnancy on their own at home, even having help with birth attendants that have no experience. They usually don't go to the hospitals because of embarrassment of people seeing them pregnant. Pregnancy in Bangladesh is heavily influenced by religion and their culture which they believe that a woman should give birth in their home. When they do go to the hospital, the doctor usually takes control which leads to mother's having the whole birth experience taken away from them and causes them to have decreased confidence.

In Guatemala, most of the pregnant women die of preventable causes. Reproductive health is rarely talked about in there and so pregnant women needs more education regarding that, and with family planning methods. They have a different understanding when it comes to family planning. They have strict laws regarding abortion and pregnant women usually have abortions due to complications that are preventable. There is a stigma with abortions in women, and they don't get it checked until it gets serious. In Guatemala, maternity is considered as an obligation.

**What were your thoughts about the care for the poor in the United States?**

I think that it is not fair that pregnant women must pay a lot of money just to check for their well-being, as well as their baby. A lot of the complications that women experience is something that could have been resolved but because of how expensive it is, they often prevent themselves from going if they think that whatever pain or problem they have will just resolve itself. I also think that healthcare workers should emphasize on not judging patients that seek for their care regardless of the situation. They should be respectful and just focus on giving the care that their patient's deserve.

**What do you think that we could do as a country to decrease the maternal mortality rate?**

I think we should provide free healthcare towards pregnant women and their family. We should also provide free education on what they need, what are some complications that might happen and what to do if it does happen, educate them on what vitamins they need to take for their well-being and for the baby, and really just educate them on the whole pregnancy journey. We can also provide some videos that healthcare workers can watch yearly about what some women go through and how their perception can affect on a woman's visit.