

# CRE HiPP BITE

## Brokering Innovation Through Evidence

A bite-sized summary of a piece of research in pregnancy health, presented by Early Career Researcher Rebecca Madill



*"Basically in our culture and our countries when we are pregnant, we are told of all the things we can't do. But in Australia I learnt that I could do a lot of things during my pregnancy."*

### Consumer and Community Involvement (CCI) with women from culturally and linguistically diverse (CALD) backgrounds: Optimising equity, access and engagement in antenatal care for healthy lifestyles

#### BACKGROUND

- Consumer and community involvement (CCI) in research contributes to ensuring more relevant, meaningful and useful outcomes.
- Women from CALD populations are at risk of adverse complications during pregnancy, such as excess gestational weight gain and gestational diabetes mellitus.
- The health system may not be responsive to the particular needs of CALD women during pregnancy, creating barriers such as lack of receptivity, acceptability and trust of health information and antenatal care provision.
- In order to better inform support pathways for CALD women during pregnancy, understanding experiences of antenatal care from a CCI perspective is vital.

18 women from CALD backgrounds were invited to form a CCI group and participate in 1 of 2 focus groups, to gain insights into experiences of antenatal care and health provider interactions.

## FINDINGS

- Four inter-related themes that influence CALD women's experiences of antenatal care were revealed:
  1. **Individual:** Formative experiences and prior pregnancy care.
  2. **Culture:** Beliefs and practices.
  3. **Social support:** Influence of family and friends.
  4. **Healthcare System:** Quality time spent and rapport with health care providers.
- The current system places the onus on CALD women to mediate cultural differences with health information received, to optimise their individual experiences.
- Overall, positive health care provider relationships are highly valued, with a strong preference for health care providers from a similar cultural background to assist cultural mediation, trust building and receptivity.

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## RECOMMENDATIONS FOR PRACTICE

A pluralistic approach that is inclusive of cultural beliefs and practices are valued by women during pregnancy, and contribute to positive healthcare experiences. Tailoring evidence-based information to the cultural preferences, practices and beliefs of CALD women will assist in ensuring equity, sensitivity, engagement and trust in the healthcare system.

### What is CRE HiPP

The Centre of Research Excellence in Health in Preconception and Pregnancy (CRE HiPP) is an innovative, passionate, multi-disciplinary team of researchers, clinicians, students and consumers.

We aim to refine and implement health promotion, lifestyle improvement and obesity prevention, strategically targeting women preconception and during pregnancy, to improve the health of women and the next generation.

Find out more about CRE HiPP at our website: [hipp.org.au](http://hipp.org.au).

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