

0:0:0.0 --> 0:0:1.630

Moderator

CJS is this everyone?

0:0:4.680 --> 0:0:10.140

CJS

I've just reached out to the the third person, but I think we can.

0:0:10.980 --> 0:0:13.810

CJS

Proceed. I haven't had any feedback yet.

0:0:14.300 --> 0:0:22.120

Moderator

OK, let me see. Good afternoon everyone. My name is M. Can everybody hear me?

0:0:23.740 --> 0:0:24.210

A

Yes.

0:0:25.90 --> 0:0:25.940

NH

Yes, we can.

0:0:26.970 --> 0:0:32.670

Moderator

Welcome. I'm. I'm assisting CJS. I'll just be doing the moderation.

0:0:34.250 --> 0:0:44.940

Moderator

As you probably know, she's doing her PhD in nursing and she's developing accreditation criteria for midwife-led birth centers in South Africa.

0:0:45.610 --> 0:0:55.800

Moderator

And the reason we speaking to you is just because you birthed at birth centers with midwives and we just wanna ask a few questions, have a discussion on your experiences.

0:0:56.550 --> 0:1:0.120

Moderator

And I'm just gonna turn on my camera so you can just see me there.

0:1:1.310 --> 0:1:3.590

Moderator

Yeah, there's no right or wrong answers.

0:1:4.930 --> 0:1:23.830

Moderator

Nothing you said to will be connected to your name. It will be anonymous. So your midwife or the place you birth will not know anything about what you said. So please feel free to be open and honest, whether it's positive or negative experiences, it doesn't matter. We just want to hear how you experience it.

0:1:25.150 --> 0:1:33.350

Moderator

Just to break the ice a little, let's introduce ourselves. Just tell us a little bit about yourselves before we start with the research discussion.

0:1:37.990 --> 0:1:39.610

A

OK. Shall I start?

0:1:39.890 --> 0:1:41.20

Moderator

Yeah, sure.

0:1:41.810 --> 0:1:52.380

A

OK, my name is A and I'm a mom of three little girls and my youngest is 7 weeks old. So.

0:1:52.790 --> 0:1:53.900

Moderator

Oh wow.

0:1:53.550 --> 0:1:53.910

A

And.

0:1:55.300 --> 0:1:56.950

Moderator

So very small still.

0:1:58.600 --> 0:1:59.740

A

Yeah, I had to.

0:2:0.970 --> 0:2:3.880

A

Do a lot of planning to get on to this meeting

0:2:3.670 --> 0:2:8.890

Moderator

I I can only imagine welcome A. Thank you so much for joining us.

0:2:10.320 --> 0:2:10.470

A

Thank you.

0:2:12.480 --> 0:2:13.510

Moderator

NH.

0:2:25.340 --> 0:2:26.370

Moderator

Oh wow.

0:2:14.360 --> 0:2:31.270

NH

OK. I'll go. Hi, everyone. I wish I'm literally 14 days, 15 days away from giving birth to my son. So I'm literally still in my pajamas because life was so rough last night.

0:2:32.100 --> 0:2:33.60

Moderator

Ohh wow.

0:2:31.750 --> 0:2:40.130

NH

Umm but yeah, yeah I it's my first baby. So I'm figuring out with my partner as we go.

0:2:41.210 --> 0:2:41.890

Moderator

Mm-hmm.

0:2:41.650 --> 0:2:56.200

NH

And he's been super supportive and he literally just got back to work today because his paternity leave was 14 days. So yeah, it's me and the little bub for a little while until I get some help. So that's me.

0:2:55.60 --> 0:3:2.920

Moderator

Ohh well ohh thank you. Thanks for joining us. And then who SE my pronouncing that right?

0:3:27.650 --> 0:3:28.710

Moderator

Can you hear us?

0:3:47.140 --> 0:3:57.410

Moderator

I'm not sure if SE can hear us if you if you've got disconnected, maybe just a try to reconnect. I don't know if you can see CJS if she's in.

0:4:5.370 --> 0:4:8.550

CJS

Right. I'll. I'll just do a WhatsApp chat with her quickly.

0:4:8.790 --> 0:4:13.10

Moderator

OK. Well, thank you ladies for joining us.

0:4:15.100 --> 0:4:26.960

Moderator

It I is everybody comfortable? Do you want to get a glass of water or anything? Please just get something if you need anything. Otherwise I'll probably start in the next two minutes or so.

0:4:29.640 --> 0:4:30.80

A

OK.

0:4:30.740 --> 0:4:33.250

NH

Thank you. I think I'm comfortable for now.

0:4:33.950 --> 0:4:34.470

A

Me.

0:4:33.970 --> 0:4:34.770

Moderator

OK.

0:4:35.260 --> 0:4:35.800

A

Thank you.

0:4:36.500 --> 0:4:37.190

Moderator

Occurred.

0:4:39.430 --> 0:4:48.320

Moderator

So what? The first question I'm gonna ask is what was and was it a NH that said you haven't birthed yet?

0:4:51.590 --> 0:4:52.700

Moderator

You just the.

0:4:49.450 --> 0:4:54.400

NH

Ohh no I just birthed so sorry my English isn't number one.

0:4:53.980 --> 0:4:56.740

Moderator

No, no, no, I I.

0:4:56.260 --> 0:4:58.90

NH

14 days ago I gave birth.

0:4:58.110 --> 0:5:5.730

Moderator

OK, now I got that. Sorry. I was just so it was A. Saying she's she's you waiting for the baby to come still.

0:5:7.120 --> 0:5:9.710

A

No I gave birth seven weeks ago.

0:5:9.820 --> 0:5:13.30

Moderator

Uh, you also. OK, so both of you gave birth already.

0:5:13.430 --> 0:5:13.870

NH

Yeah.

0:5:13.610 --> 0:5:13.890

A

Yeah.

0:5:14.270 --> 0:5:21.660

Moderator

OK, So what was it that was important to you about the care you received at the birth center?

0:5:24.220 --> 0:5:25.310

Moderator

In general.

0:5:27.20 --> 0:5:29.390

NH

Umm, I think I'll go first this time.

0:5:29.800 --> 0:5:30.690

Moderator

OK.

0:5:41.350 --> 0:5:41.850

Moderator

Mm-hmm.

0:5:30.850 --> 0:5:46.490

NH

I think for me, **what was important was just getting that one-on-one care.** I think when you go to public institutions or even private institutions like hospitals, what my experience has been because my mother is a nurse in the ICU.

0:5:46.560 --> 0:5:46.880

NH

2.

0:5:47.940 --> 0:6:4.680

NH

I I noticed that as much as you get specialized care in the sense that you are treated for whatever it is that you're going into hospital for, it isn't personal. **So you don't develop a relationship with your caregiver.**

0:6:5.310 --> 0:6:6.240

Moderator

OK.

0:6:5.870 --> 0:6:19.790

NH

**A personal relationship. When I say personally, I don't mean too deep, but in the sense that they know who you are, they know your your history.** They know your partner. **You can kind of send the messages at anytime of the day and they'll respond.**

0:6:20.410 --> 0:6:21.290

Moderator

OK.

0:6:32.780 --> 0:6:33.540

Moderator

OK.

0:6:21.750 --> 0:6:43.40

NH

I felt that at a birth center with a midwife, I would get that specialized care that you you're not going to find that a hospital. And for me it was very important to be able to just communicate with my midwife at any point and then have that experience go into my my labour room as well.

0:6:48.350 --> 0:6:49.230

NH

Correct.

0:6:51.990 --> 0:6:52.550

NH

So.

0:6:43.610 --> 0:6:53.790

Moderator

OK, so I'm hearing you say you wanted that one-on-one experience and someone that you can contact whenever you needed to. So it's more personalized.

0:6:54.290 --> 0:6:55.810

NH

Yes, correct. Yeah.

0:6:56.330 --> 0:6:59.500

Moderator

And A, what was it that was important to you?

0:7:1.10 --> 0:7:20.580

A

OK for me then it was also that personal interaction. And also I wanted it to be an experience. I didn't want it to just be where I'm going and I'm having my baby and that is it. I wanted it to be a wonderful experience where I feel like.

0:7:21.470 --> 0:7:25.410

A

Like, it's not just pushing out a baby, basically.

0:7:26.420 --> 0:7:27.20

A

And.

0:7:24.900 --> 0:7:28.280

Moderator

Umm, so it's more OK.

0:7:28.990 --> 0:7:42.930

A

And also I wanted the freedom to be able to do what my body is telling me to do at that time. Like I know my my, my sisters have given birth and my cousins and they've just all.

0:7:51.240 --> 0:7:51.730

Moderator

Mmm.

0:7:44.960 --> 0:7:56.780

A

Like for them it was just like you go to the hospital the doctor tells you what to do and you do it and that is it. Whereas with the midwife, I felt like they were. Listen to what you want and.

0:7:56.940 --> 0:7:57.720

Moderator

Uh.

0:7:57.790 --> 0:8:3.780

A

And you can listen to your body and what your body is telling you to do at what time.

0:8:4.880 --> 0:8:7.490

Moderator

So it's like you felt more in control there?

0:8:8.60 --> 0:8:15.30

A

Yes, and like, the freedom to believe that you need to do as your body directs you.

0:8:15.460 --> 0:8:22.930

Moderator

OK, I hear you. And and what do you feel was important when it comes to the equipment at the birth center?

0:8:25.110 --> 0:8:35.190

A

So for me, because I gave birth twice at a genesis with midwives about they had an.

0:8:39.420 --> 0:8:39.930

Moderator

Mm-hmm.

0:8:43.830 --> 0:8:44.660

Moderator

OK.

0:8:36.130 --> 0:8:46.230

A

ICU unit in case of emergency. So when I went to the birth centre this time I was a bit sceptical because I felt like in case of an emergency.

0:8:51.760 --> 0:8:52.520

Moderator

Umm.

0:8:48.530 --> 0:9:0.580

A

A. What is the in case you know? And then my midwife reassured me and we made our plans and our arrangements that in case of an emergency, what would we do and how would we?

0:9:2.320 --> 0:9:17.880

A

Plan out things and she she she knowing that she already had a plan like she has her backup doctors on call and all of that, so that at least gave me some comfort to know that.

0:9:18.740 --> 0:9:25.490

Moderator

OK. And and did you feel that they had all the equipment that they needed for whatever might have happened?

0:9:27.400 --> 0:9:34.230

A

Umm for a general natural uncomplicated birth, yes, I think they had everything that was necessary.

0:9:35.50 --> 0:9:35.890

Moderator

OK.

0:9:35.380 --> 0:9:36.610

A

And yes.

0:9:38.690 --> 0:9:44.810

Moderator

And and to you, NH? What was important to you about the equipment they had at the birth centre?

0:10:0.610 --> 0:10:1.350

Moderator

Mm-hmm.

0:9:46.660 --> 0:10:5.890

NH

No, that's a very interesting question because I was just trying not to have the hospital experience. So anything that looked, smelled sounded like a hospital. I didn't want it, so I wasn't very, which is very odd, but I wasn't very.

0:10:9.20 --> 0:10:9.630

Moderator

Mm-hmm.

0:10:10.700 --> 0:10:11.500

Moderator

OK.



0:10:20.210 --> 0:10:20.840

Moderator

Mm-hmm.

0:10:24.250 --> 0:10:25.260

Moderator

OK.

0:10:27.190 --> 0:10:28.530

NH

Cognizant of the equipment and I think it's also because I was like 7 centimetres dilated at the time. So all I wanted was for me to birth healthily and normally. So I, to be honest, like I can't really. I can't give you a clear answer there because I I wasn't really paying attention to that. Yeah.

0:10:31.960 --> 0:10:33.390

NH

Yeah, true.

0:10:26.910 --> 0:10:35.550

Moderator

Yes, you were actually almost not wanting too much hospitalized equipment and that sort of feel. I see what you're saying.

0:10:34.800 --> 0:10:35.830

NH

Exactly.

0:10:36.730 --> 0:10:59.20

Moderator

And A, you mentioned that, uh, the midwife puts you at ease that if something went wrong, she had backup doctors. Do you think she would have had to refer you there for if any other equipment was necessary? And do you think it everything would have, you know, flowed easily if that was the case, if there was a need for that?

0:11:00.630 --> 0:11:10.260

A

Yes, I do think so because uh, she had when we spoke about. So she made sure that I go and see her backup doctor 1st and.

0:11:10.440 --> 0:11:35.930

A

At at the hospital where he practices, and then she showed me the route and the distance in if in case of an emergency, how we would get there and the options where the like. If the how she would call an ambulance if necessary. Otherwise we would drive the if necessary. So I.

0:11:35.440 --> 0:11:36.460

Moderator

OK.

0:11:36.630 --> 0:11:39.210

A

Case of an emergency. Yeah, she.

0:11:39.930 --> 0:11:40.300

A

It was.

0:11:39.990 --> 0:11:40.950

Moderator

OK.

0:11:42.900 --> 0:11:49.730

Moderator

And and what was important to you? Uh, both of you. When it comes to the staff at the birth center.

0:11:54.450 --> 0:12:2.500

A

And for me, I think just someone warm and caring and who's willing to listen to you.

0:12:3.370 --> 0:12:3.800

A

And.

0:12:3.70 --> 0:12:3.940

Moderator

Umm.

0:12:3.880 --> 0:12:9.320

A

Yeah. To put you at ease because obviously you are not in a good state at that time.

0:12:9.80 --> 0:12:10.0

Moderator

Umm.

0:12:12.720 --> 0:12:18.470

Moderator

And, NH. What was important to you when it comes specifically to the staff at the birth center?

0:12:41.190 --> 0:12:42.50

Moderator

OK.

0:12:21.80 --> 0:12:51.490

NH

I'm obviously not trying to make this a anti hospital conversation, but for me what was very, very important was kind of like what A was saying just to have warmth surrounding me, my partner and my child as I was delivering. But also there is a there's a certain quality that I find with midwives and maybe it's experience or I'm not sure passion.

0:12:52.150 --> 0:12:52.950

Moderator

Mm-hmm.

0:12:51.830 --> 0:13:9.920

NH

But what I found was with my midwife and what differentiated her from other midwives that I had encountered was her specialized knowledge. But also she had a real passion for her job. And so that was what I was looking for.

0:13:11.120 --> 0:13:13.250

NH

And what I realized is that.

0:13:13.330 --> 0:13:21.220

NH

Umm. As cause also just background, she births like 4 kids per week or something crazy like that.

0:13:21.620 --> 0:13:22.240

Moderator

Umm.

0:13:22.360 --> 0:13:34.860

NH

And for me, what was important was for her to power through the fatigue almost in a way, and prioritize the the child that was being born in that moment.

0:13:36.0 --> 0:13:40.590

NH

And so I I I think maybe professionalism.

0:13:41.120 --> 0:13:41.880

Moderator

Umm.

0:13:41.910 --> 0:13:47.0

NH

Paired with warmth and and passion is what I was looking for.

0:13:47.240 --> 0:14:3.230

Moderator

OK, so I heard both of you saying that personal experience and just warmth and then also professionalism and experience and someone who's who's done this many times before and is experienced in what they doing.

0:14:5.150 --> 0:14:7.10

NH

Yes, yes, correct.

0:14:8.660 --> 0:14:11.490

Moderator

I'm just going to chick. SE are you there?

0:14:12.230 --> 0:14:13.460

SE

Yeah, I'm here. I'm here.

0:14:13.680 --> 0:14:17.30

Moderator

Hi sorry I let me just walk.

0:14:14.860 --> 0:14:19.650

SE

Hi. Sorry just now my connection was bad, but I've been listening.

0:14:22.780 --> 0:14:23.130

SE

Thanks.

0:14:18.510 --> 0:14:23.940

Moderator

No, no, no problem. Welcome to the group. My name is M.

0:14:24.700 --> 0:14:25.190

SE

Yeah.

0:14:25.540 --> 0:14:32.10

Moderator

If you just wanna quickly introduce yourself and and then I'll I'll fill you in on what you've missed.

0:14:33.170 --> 0:14:34.180

SE

Yeah. OK.

0:14:35.900 --> 0:14:43.750

SE

My name is SE, so I use the birthing Center for the first time about three weeks ago.

0:14:44.930 --> 0:14:47.190

SE

Other than that, I was always at a hospital.

0:14:54.670 --> 0:14:55.240

Moderator

Mm-hmm.

0:14:48.310 --> 0:14:56.360

SE

So yeah, I I would say that my experience at the birthing center was way better and this was my sixth child.

0:14:56.910 --> 0:14:57.640

Moderator

Wow.

0:14:57.960 --> 0:14:58.250

A

No.

0:14:59.820 --> 0:15:0.490

SE

Ohm.

0:14:58.380 --> 0:15:3.610

Moderator

Ohh thank thanks for joining us earlier and sorry I mispronounced your name there.

0:15:4.310 --> 0:15:5.170

SE

No, it's fine.

0:15:6.70 --> 0:15:8.160

Moderator

Yo, I was just Umm.

0:15:6.250 --> 0:15:9.810

SE

Yeah. So basically like my story I am.

0:15:10.780 --> 0:15:11.690

SE

The reason I.

0:15:14.630 --> 0:15:18.390

SE

Like my experience at the hospital and I always felt afraid to go in.

0:15:19.500 --> 0:15:25.560

SE

I would literally stand outside the hospital until I was maybe literally dying and then going.

0:15:25.870 --> 0:15:26.660

Moderator

Sure.

0:15:27.230 --> 0:15:30.990

SE

So because of the treatment that you get, you know.

0:15:32.70 --> 0:15:32.770

Moderator

So.

0:15:32.60 --> 0:15:32.990

SE

UM.

0:15:33.920 --> 0:15:35.550

SE

Provincial hospital.

0:15:33.570 --> 0:15:53.570

Moderator

You're. So what? I was just. I was just asking the other ladies what it is that makes makes them feel. Or what's important to them about the care they receive at at the birth center. If you. If you would like to just tell us briefly what's important to you about the care at the birth center?

0:15:55.540 --> 0:16:1.470

SE

Well, this time around, unfortunately, when I was four months, I lost my husband. When I was four months pregnant.

0:16:0.610 --> 0:16:2.500

Moderator

I'm so sorry to hear that.

0:16:2.410 --> 0:16:4.430

SE

So when I was.

0:16:4.880 --> 0:16:9.960

SE

It's after that, I said. There's no way I'm still gonna go get a bad treatment.

0:16:10.140 --> 0:16:11.200

Moderator

Umm.

0:16:11.110 --> 0:16:16.450

SE

I have to provincial hospital and go through that alone and wing.

0:16:38.590 --> 0:16:39.210

Moderator

Umm.

0:16:19.630 --> 0:16:46.520

SE

That no, I would prefer to go to a midwife for a birthing center. And to be honest with you, it was. Even though it was such an emotional time, it was such a beautiful experience because the team they actually like, you know, they become like your family, you know? So it's like it's it's I birthed with him and I was with people that really and truly cared for me. And that made a huge difference.

0:16:47.500 --> 0:16:48.600

Moderator

OK.

0:16:47.500 --> 0:16:56.380

SE

Umm, where as I thought if I went into another scenario I I don't think emotionally even I would have been able to handle it.

0:16:58.280 --> 0:16:58.630

SE

I see.

0:16:58.50 --> 0:17:15.490

Moderator

And the I think you also echoing what the other two said about them. You know just that support and that emotional connection and having a people that are there for you, what was important to you about the stuff and the equipment they have available?

0:17:34.500 --> 0:17:35.50

Moderator

Mm-hmm.

0:17:43.350 --> 0:17:44.140

Moderator

Umm.

0:17:17.320 --> 0:17:46.660

SE

Well this I was actually quite amazed because uh, when I was when I first went in, OK, it was just my midwife. But once you hit seven centimetres, I was so surprised because it was not only the midwife that there was the doula, there was the nurse on hand. The doctor if in case of an emergency, was also there, which I couldn't believe because I thought that they, they didn't know. There's gonna be a nurse as well as you know, the doctor. That's.

0:17:46.790 --> 0:17:57.580

SE

On call for emergency was all day, all present and if there was an emergency, your doctor was already there. The hospital was already available. Everything is in place.

0:17:58.180 --> 0:17:58.780

Moderator

Umm.

0:17:58.500 --> 0:18:0.590

SE

Uh, the midwife. Also she.

0:18:5.480 --> 0:18:6.220

Moderator

Mm-hmm.

0:18:1.300 --> 0:18:6.350

SE

She continuously, sends your results to the hospital and to the.

0:18:9.440 --> 0:18:21.410

SE

So at one stage they actually wanted to transfer me and you don't feel like as if it's a train smash because you can see this communication that's going around and they always communicating with you.

0:18:22.440 --> 0:18:25.350

SE

AM but eventually I pulled through at the birthing centre.

0:18:26.680 --> 0:18:33.730

Moderator

OK. So you felt that, you know, you were you, they had everything they needed to assist you.

0:18:34.930 --> 0:18:36.990

SE

Yeah, definitely. Definitely they did.

0:18:39.770 --> 0:18:40.510

Moderator

OK.

0:18:37.870 --> 0:18:40.590

SE

I don't feel afraid or anything there. When it came to that.

0:18:41.850 --> 0:18:52.830

Moderator

And you actually starting to answer my next question. I want to ask you what, if anything, made you feel safe and supported at the birth center?

0:18:54.920 --> 0:19:4.80

SE

I think you know, for me, having this experience in the hospital and at the birthing center, for me communication is very important.

0:19:4.490 --> 0:19:5.130

Moderator

Umm.

0:19:5.280 --> 0:19:17.750

SE

You go into usually the hospital and they don't even talk to you, and if there's something, so everybody's just looking at you and nobody is really saying anything. And when you ask also they just keep quiet. And I feel that that is so.

0:19:21.50 --> 0:19:26.140

SE

To also let us know is everything OK and you know all of that, I always felt.

0:19:26.220 --> 0:19:31.350

SE

And we just have to go in. We just have to keep quiet. We just have to accept what they say in the hospitals.

0:19:31.750 --> 0:19:32.560

Moderator

Umm.

0:19:32.550 --> 0:19:38.610

SE

And through it, you know where as it was so nice just to have some communication, some care.



0:19:41.200 --> 0:19:44.860

Moderator

So you felt you were informed of of what was going on.

0:19:56.310 --> 0:19:56.910

Moderator

Mm-hmm.

0:20:0.520 --> 0:20:1.350

Moderator

Umm.

0:19:45.900 --> 0:20:1.370

SE

Yeah, definitely. Like for me, even some of the things that they used to do while you giving birth and put you on the monitors and test the same test that I didn't even know what it was before. But yeah, at the same time, they will explain everything, why they're doing it, why they're putting that, what's happening.

0:20:2.730 --> 0:20:7.240

SE

Or why they think they need to transfer you. You know what I'm saying? It makes.

0:20:6.140 --> 0:20:7.910

Moderator

Yes, I hear you.

0:20:9.390 --> 0:20:17.790

SE

And makes you feel safe as well because people are informing you and you know, OK, I can be calm. I can. I know they got this. Yeah.

0:20:18.690 --> 0:20:25.740

Moderator

OK. So yeah, you know what's going on then you're not left in the dark. A. I think you wanted to add something.

0:20:28.70 --> 0:20:43.670

A

Yes, they could just be professionalism just makes you feel so comfortable and also the fact that they are listening to you, if you I am you know if there's something wrong or you feel in a certain way you know that you are heard.

0:20:45.180 --> 0:20:51.170

Moderator

So it's not just them communicating to you, but they're also open to hear what you have to say to them.

0:20:51.720 --> 0:20:52.860

A

Exactly, yes.

0:20:54.540 --> 0:20:55.420

Moderator

NH.

0:21:0.840 --> 0:21:2.710

Moderator

Sure, sure.

0:21:5.280 --> 0:21:6.610

Moderator

Umm.

0:20:57.550 --> 0:21:28.20

NH

Umm is it enough to say that I agree with A and SE this point because they literally just took the words out of my mouth? It's yeah, I had a similar experience and I agree with what they, but they've both said I think just their professionalism, their reassurance, their expertise, the fact that the first appointment that I had with my midwife, she broke down the 40 weeks ahead. Well, not 40. I think it was more like 30.

0:21:28.100 --> 0:21:28.850

NH

Weeks ahead.

0:21:29.230 --> 0:21:29.790

Moderator

Umm.

0:21:30.70 --> 0:21:40.480

NH

All in a A1 page I was not 2 pager and she said this is what needs to happen now. This is what needs to happen then and this is how you need to be looking after yourself until delivery and then.

0:21:41.120 --> 0:21:48.40

NH

Umm, I'll inform you later as to what else needs to happen on your side, but I just felt very reassured.

0:21:48.830 --> 0:21:56.290

NH

About choosing the birth centre as well as going the natural unmedicated route.

0:21:57.480 --> 0:22:5.170

Moderator

So I hear you all saying you felt empowered by having the information that you needed and you were all heard and listened to.

0:22:6.530 --> 0:22:7.720

A

Definitely yes.

0:22:9.810 --> 0:22:12.340

Moderator

Is there anything that made you feel unsafe?

0:22:14.890 --> 0:22:15.440

SE

No.

0:22:25.910 --> 0:22:26.550

Moderator

Umm.

0:22:16.650 --> 0:22:30.720

A

No, I can't. I can't think of anything. I was about technical experts at now. Then what happens in case of an emergency or something when we worked out the plan and all of that, I was I felt fine.

0:22:32.40 --> 0:22:38.510

Moderator

What? What made you feel safe after you were sceptical? Like what gave you the confidence to go ahead?

0:22:45.380 --> 0:22:46.130

Moderator

Uh-huh.

0:22:52.240 --> 0:22:52.840

Moderator

Mm-hmm.

0:22:40.280 --> 0:22:53.570

A

Just knowing that in case of an emergency, we were we do have a plan ahead. No. Yeah. And that it doesn't have to involve a public hospital when I first.

0:22:55.270 --> 0:23:0.230

A

Going to the midwife, I was under the impression that you have to register at a public hospital.

0:23:0.790 --> 0:23:22.160

A

Umm for backup in case there's an emergency. And when I when I realized that you can actually register with a private doctor at the private hospital that really, like, gave me a comfort to know that if there is an emergency, I won't have to go to a public centre.

0:23:22.880 --> 0:23:24.490

Moderator

OK, I hear you.

0:23:25.860 --> 0:23:30.930

Moderator

Would you, would you ladies recommend a birth centre to your friends and family?

0:23:32.700 --> 0:23:33.930

SE

Unsure of what it said here, but in essence she said she would, yes.

0:23:35.140 --> 0:23:35.550

Moderator

And.

0:23:34.990 --> 0:23:35.980

A

Contest again.

0:23:37.430 --> 0:23:40.40

Moderator

And what is your main reason for saying that?

0:23:42.890 --> 0:23:50.540

SE

Umm, what? I think it's affordable. If you cannot afford complete private care or you're not on a medical aid and all of that.

0:23:50.940 --> 0:23:51.640

Moderator

Mm-hmm.

0:23:51.230 --> 0:24:2.480

SE

I find it very affordable. I am and I just think that giving birth can be a beautiful experience. Why must you go and put yourself in with yourself you like?

0:24:3.500 --> 0:24:4.810

SE

You know, scared and.

0:24:6.480 --> 0:24:10.880

SE

Under pressure and all of that in a public facility, I feel it's really unfair.

0:24:11.720 --> 0:24:12.470

Moderator

Umm.

0:24:12.120 --> 0:24:12.630

SE

So.

0:24:15.820 --> 0:24:16.170

SE

1.

0:24:17.530 --> 0:24:25.520

Moderator

Would you, would you say money is the main reason, or would you also recommend it to someone that can afford to birth wherever they wanted to?

0:24:25.160 --> 0:24:27.370

SE

No, it's a person can afford it.

0:24:28.810 --> 0:24:30.860

SE

Well, why not? I mean, it was.

0:24:31.800 --> 0:24:36.690

SE

It was a very, very beautiful experience. What the team and what the midwives and.

0:24:37.350 --> 0:24:38.630

SE

They're very supportive.

0:24:41.550 --> 0:24:41.790

Moderator

Yeah.

0:24:39.120 --> 0:24:43.210

SE

Umm, so whether you yeah, whether you can afford it or not.

0:24:46.620 --> 0:24:47.350

Moderator

OK.

0:24:44.120 --> 0:24:52.750

SE

Umm, I would always. I would advise it. Actually. My sister, my twin sister, have a twin sister. She is always with a midwife and I used to tell her. No, you're crazy.

0:24:54.50 --> 0:24:54.760

SE

You know.

0:24:55.920 --> 0:24:59.970

SE

Until you have the experience yourself and then you can encourage others to do it.

0:25:1.50 --> 0:25:6.560

Moderator

OK. And NH and and A, would you, would you recommend it and why?

0:25:9.110 --> 0:25:9.680

NH

I.

0:25:11.90 --> 0:25:12.150

NH

No, go ahead.

0:25:9.70 --> 0:25:12.330

A

Yes, I will get OK. Gonna go on against that.

0:25:40.240 --> 0:25:40.800

Moderator

Umm.

0:25:16.620 --> 0:25:41.310

A

OK, so UM it it the money factor is important. It definitely is much more affordable than private hospitals. But even if you can afford a private hospital, I've had so many close family members who've gone to private hospitals, and even though they have had like a decent experience, nothing bad. But there was nothing special about it either. It was just like.

0:25:42.190 --> 0:25:49.20

A

Giving birth, you know? So I feel like when you go to the centre, it can be a special experience.

0:25:50.10 --> 0:25:52.340

A

Uh, very personal and.

0:25:53.150 --> 0:25:55.870

A

UM, just like comforting.

0:25:57.750 --> 0:26:5.160

A

Which which which you won't get at a public hospital. I mean, at the private hospital even.

0:26:4.960 --> 0:26:6.40

Moderator

Umm.

0:26:6.710 --> 0:26:12.540

Moderator

So it's it's the experience that that made it special for you and that's your main reason for recommending.

0:26:13.510 --> 0:26:21.740

A

Yes, I think so. Like if you have a a good uncomplicated pregnancy, if you really can't have a good experience.

0:26:23.470 --> 0:26:28.180

Moderator

And NH, why would you recommend it? Or would not recommend it if you wouldn't?

0:26:42.10 --> 0:26:42.800

Moderator

Umm.

0:26:50.670 --> 0:26:51.570

Moderator

Umm.

0:26:29.610 --> 0:26:57.510

NH

Definitely recommended. The price is a good is A is a good starter in terms of comparison to a private facility like a hospital, but also like A was saying the experience was is a beautiful one. I gave birth in the tub with flowers floating on the top. You know I don't think that service is provided in either a public or private hospital.

0:26:58.110 --> 0:26:58.760

Moderator

Umm.

0:26:58.810 --> 0:27:2.880

NH

And so for me, the environment was very important to make sure that.

0:27:12.380 --> 0:27:13.150

Moderator

Umm.

0:27:21.320 --> 0:27:22.80

Moderator

Hmm.

0:27:4.0 --> 0:27:34.170

NH

You know, I'm not hearing strange things in the room next door. My midwife isn't split between me and another person, you know, just that experience was very important. And I think it's one that you can almost. I don't want to say, guarantee, but it's one that I think you can expect from a birthing centre, a beautiful experience, one that is catered to having you birth in a calm...

0:27:34.300 --> 0:27:45.930

NH

Relaxed. You know very peaceful. And by I I even remember candles being burnt. She offered me like an ice lolly me and my partner. At some point it was like.

0:27:44.400 --> 0:27:46.460

Moderator

Umm, no.

0:27:46.640 --> 0:27:54.340

NH

It was quite it was quite a beautiful experience for me. Not that I it's it's encouraging me to have another child anytime soon, but.

0:27:54.410 --> 0:27:57.620

NH

It's definitely something that I would recommend.

0:27:58.590 --> 0:28:7.860

Moderator

Thank you. It's it's there anything? UM, that you ladies would like to add or you know, just regarding the experience that you had?

0:28:18.350 --> 0:28:24.620

NH

I think it's for me something that was very noteworthy was.

0:28:26.340 --> 0:28:35.560

NH

When I was going through my antenatal/prenatal tests, you know, like all the blood work and the Gynae visits.

0:28:36.350 --> 0:28:36.920

Moderator

Umm.

0:28:36.220 --> 0:29:6.330

NH

There was something that stood out so drastically to me because for me I was I I was always looking for the that feeling of safety, that feeling of reassurance with every visit to a healthcare provider, whether it was my backup gynae or my midwife or her backup midwife, and what I realized is that my gynae, because she was working in a hospital, was extremely exhausted.

0:29:12.50 --> 0:29:13.290

Moderator

Umm.

0:29:22.710 --> 0:29:23.420

Moderator

Hmm.

0:29:35.820 --> 0:29:36.720

Moderator

Umm.

0:29:6.840 --> 0:29:36.970

NH

UM and just rushed through my process, like rushed through my consultation every single time. Not because she's a horrible person or anything, but number one, her shifts are very long. Not that my midwives aren't, but just the comparison. And so I really think that having a midwife who is specialized in giving birth to or birthing children birthing babies is very important. Not that the gynae is not.

0:29:45.280 --> 0:29:46.110

Moderator

Umm.



0:29:46.670 --> 0:29:52.800

NH

That affects the those that work within the the organization or within the facility.

0:29:53.990 --> 0:30:12.580

NH

And having a midwife who is at a birthing center, the mentality is completely different in my experience. So I think just that comparison, when should I give birth with a gynae versus a midwife? I think the midwife route is the more.

0:30:14.610 --> 0:30:18.670

NH

experience route to go down.

0:30:20.180 --> 0:30:20.810

Moderator

After.

0:30:20.70 --> 0:30:26.940

A

Yes. And and adding to environment like I felt at the birth centre it doesn't have that.

0:30:31.240 --> 0:30:31.700

Moderator

Umm.

0:30:27.660 --> 0:30:38.210

A

Umm, like hospital vibe. You feel like you go in another home. It's like a home away from home. It's so relaxed and comforting, whereas a hospital.

0:30:38.940 --> 0:30:42.970

A

it has those like, you know, those professional and.

0:30:43.220 --> 0:30:43.980

Moderator

Umm.

0:30:43.550 --> 0:30:48.330

A

cold feelings. So that's what makes a birth center so different also.

0:30:51.570 --> 0:30:53.800

Moderator

Anything you want to add SE?

0:30:55.740 --> 0:30:56.720

Moderator

So earlier, sorry.

0:31:0.60 --> 0:31:0.590

Moderator

Uh-huh.

0:30:56.470 --> 0:31:8.850

SE

I would you know, I would agree with the others as well. And just the fact that you can follow whatever your religious way is, whatever your feeling is, you know, all of that is so important.

0:31:9.720 --> 0:31:12.120

SE

Ohh yeah, and also it with me.

0:31:15.460 --> 0:31:21.70

SE

Is that around or your family? That's still there and you know nobody is getting?

0:31:21.920 --> 0:31:24.140

SE

Pushing them away, he will getting irritated.

0:31:23.600 --> 0:31:24.690

Moderator

Umm.

0:31:25.180 --> 0:31:28.430

SE

All of this makes such a huge difference L.

0:31:29.570 --> 0:31:54.880

Moderator

So I hear you all say you you felt safe and it's a warm environment, not the cold clinical hospital vibe where you might have felt like a number versus here. You got one-on-one attention and the midwife was constantly giving you all the information you needed. And if you had any concerns, they were actually listening and receptive to what you were voicing.

0:31:56.830 --> 0:31:57.180

SE

Umm.

0:31:56.680 --> 0:31:57.530

A

Yes, and the.

0:31:57.860 --> 0:31:58.960

NH

Correct. Yep.

0:32:0.810 --> 0:32:12.320

Moderator

Ladies, I'm just gonna ask a stall if if there's anything she wants to add because I think we've basically reached the end of the discussion because that is there anything you would like to just add or ask?

0:32:14.70 --> 0:32:30.140

CJS

No, I think I just want to say thank you very, very much as a as a, as someone who has also in private, midwife practice I you know, I also remember that that special you know, the special times surrounding birth and how incredibly rewarding it is.

0:32:40.730 --> 0:32:41.150

NH

Yeah.

0:32:42.500 --> 0:32:42.900

NH

Yes.

0:32:31.260 --> 0:32:47.590

CJS

You know, so thanks so much for sharing. I truly appreciate you giving your time, especially in the postpartum period. Like I spoke to one of you, the 4th trimester that is quite hectic. So thank you very much for sharing and for giving your time. I truly appreciate it.

0:32:48.510 --> 0:32:49.170

SE

Thank you.

0:32:50.650 --> 0:32:51.100

NH

OK.

0:32:50.520 --> 0:33:5.930

Moderator

Thank you, ladies. And I know you all have small ones at home and I'm sure you need to get back and you have a lot of work there. You know it only starts now, but thank you so much for your time and we really appreciate it.

0:33:7.40 --> 0:33:7.810

SE

For pleasure.

0:33:7.380 --> 0:33:9.120

A

Thank you chatting.

0:33:8.870 --> 0:33:9.460

SE

OK.

0:33:6.950 --> 0:33:9.560

NH

Thank you. Thank you for having us.

0:33:9.610 --> 0:33:10.970

CJS

Thank you so much.

0:33:11.640 --> 0:33:12.950

CJS

I have a lovely afternoon.

0:33:13.970 --> 0:33:14.380

SE

OK.

0:33:13.160 --> 0:33:14.500

NH

Thank you. You too.

0:33:15.690 --> 0:33:16.830

Moderator

Bye bye.

0:33:16.960 --> 0:33:17.530

NH

I.

0:33:20.550 --> 0:33:21.340

CJS

Bye bye.