Instrument ID: FG_1
Sustainable Access for Waiting Mothers in Zambia
Focus Group Discussion Guide

Target Audiences:
1) Recently Delivered/Pregnant Women
2) Men with a child under 2 years
3) TBAs/SMAGs
4) Mothers-in-law

Instructions for the Interviewer

Step 1: Informed Consent: Ask each participant for a few minutes of their time. Introduce yourself and the study. Begin the informed consent as per the training. If consent is granted, leave the informed consent sheet with each participant.

Was verbal informed consent obtained for each participant before the start of the FGD?

YES  ________ (proceed with FGD)

NO  ________ (STOP! Thank the participants for their time but ask any who did not agree to leave. Then proceed with the FGD)

Interviewer: Read the following statement. Please repeat the statement translated into the local language based on primary languages used by the group.

“Thank you for agreeing to participate in this interview. My name is ______. I will be asking you the questions. My partner ______ will be taking notes on the things you have to say.

We want to understand your views on pregnancy and delivery in your community. To make these mothers’ shelters sustainable, it might be necessary for mothers or other community members to pay something to stay at the shelter to keep them functioning. Please feel free to tell us whatever you are comfortable sharing. You should also remember that you do not have to share anything that you are not comfortable sharing. We will not write down your name. There are no right or wrong answers, so please be honest and tell us what is true for you and your community. Are you ready to begin?”

Step 2: Please complete the basic demographic table for each participant as they sign in. This form will have an ID number for each participant. Make sure that the note taker has the correct ID numbers recorded on his/her notes prior to beginning and that participants have their correct “Letter Label” hanging around their neck.

Step 3: Proceed to the FGD and mapping exercises. Start by reiterating the importance of confidentiality within the group. As you ask the questions, please probe to obtain as many problems as possible for each question. .

Facilitator ID  __________
Note-taker ID: __________________

1. FGD Date (DD/MM/YYYY)  ________________

2. Catchment Area #: ________________

3. Time Start  _______ Time Finish  _______

Supervisor initials  __________


**INSTRUMENT - FG.1:**
Focus Group Guide

**GROUP ID**

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**Demographics: Pregnant/Recently Delivered Women**

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<tr>
<th>ID</th>
<th>Age</th>
<th>Gender</th>
<th>Marital status: 1) Married 2) Widowed, separated, divorced 3) Single, never married</th>
<th>How many children do you have?</th>
<th># children in household</th>
<th># adults in household</th>
<th>It is very worthwhile for someone like me (my wife/my daughter) to stay in a mothers’ shelter during the last weeks of a pregnancy*</th>
<th>For this pregnancy or the most recent, where did/will you deliver? 1) In a home 2) Health facility 3) Hospital 4) Other (specify)</th>
<th>About how many KM do you live from the nearest health facility?</th>
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*1=Strongly agree, 2 = Agree ,3 = Neither agree nor disagree, 4=Disagree, 5=Strongly disagree*
Theme 1. Delivery practices and location

1.1 Tell me about the customs and traditions in your community for caring for women who are pregnant, giving birth, and the few days after delivery.

1.2 Where do most pregnant women in your community deliver their babies?

1.3 In your opinion, why do pregnant women who deliver at home do so instead of using a health facility?
   Probe for issues related to:
   - Access (distance, transport, cost)
   - Permission or support from family members
   - Household responsibilities
   - Perceptions of health facility and quality of care
   - Perception of pregnant woman's health risk
   - Myths or misconceptions about home or facility delivery

1.4 In your opinion, why do pregnant women who deliver at a facility decide to do so?
   Probe for issues related to:
   - Access (distance, transport, cost)
   - Permission or support from family members
   - Household responsibilities
   - Perceptions of health facility and quality of care
   - Perception of pregnant woman's health risk
   - Myths or misconceptions about home or facility delivery

1.5 In your opinion, where is the best place for pregnant women in your community to give birth? Why?
   - What are the advantages of delivering at this place (identified location)?
   - What are the disadvantages of delivering at this place (identified location)?

Theme 2: Awareness/perceived need/opinions/current usage of Mothers’ Shelters

2.1 In your opinion, how could pregnant women in your community benefit from using a mother’s shelter? Who would use the shelter most? Please explain.
   - Probe for:
     o Need based on health reasons
     o Need based on geography (distance, accessibility in rainy season)
     o Need based on socioeconomic factors
     o Need based on gravida
     o Previous experience with birth in the facility

2.2 In your opinion, what are the reasons pregnant women might use or not use a mother’s shelter? (PROBE FOR: social, cultural, economic structural factors. Your questions should explore the following types of reasons:

   Probe for:
   - Social/cultural reasons
   - Financial implications
• Perceptions of health and personal safety
• Permission/support from family
• Encouragement or discouragement from peers

Theme 3. Mothers’ shelters support, acceptability/services/staff/structure

3.1 What kind of supports would pregnant women need to obtain before using the mother’s shelter?

Probe for:
• Whose support/permission would be needed
• Help with childcare/housekeeping during the absence
• Help with transport
• Help with costs
• Person to accompany

3.2 Which persons should be allowed to stay with pregnant women in the mothers’ shelter?

Probe for:
• Children, including number and age
• Other family members
• Traditional birth attendants
• Other support persons

3.3 What would be the essential things (elements) that would make a mothers’ shelter good for pregnant women and their families?

Probe for:
• Aspects of the structure
• Amenities, furnishings, supplies
• Issues related to food/cooking
• Types of staff on hand to assist women
• Other factors

3.4 Why might a pregnant woman in your community who is high-risk choose not to stay in the mother’s shelter before delivery?

• What things make it hard for a woman to use the mother’s shelter?

Theme 4: Management/functioning/maintenance of existing mother’s shelter what’s happening currently?

4.1 Describe how the mother’s shelter in your community works.

Probe for:
• Who built it? Who owns it now?
• Who is in charge on a day to day basis? (clinic staff, Health committee, other?) What tasks do they do to run the shelter? If a committee: How does it work? (How often do they meet? Where?)
• Is anyone compensated for running it? (In what way? How much are they compensated?)

4.2 What types of activities this (person/group) does?

• Can you tell me how you think the management of the shelter is working?
• How could the mother’s shelters be better managed?
4.3 How do women, families, and community members contribute to maintenance/upkeep of mother's shelter?
   - Can you describe some of the activities?
4.4 Who provides the resources (e.g. food, money, etc.) to keep the mother's shelter open?
   - What resources does the community contribute to the running or operation of the mother's shelter in your area?
4.5 What has been the greatest challenge associated with keeping a mother's shelter open?
   - What can be done to overcome these challenges?

**Theme 5: Ideas for the Future of Mother's Shelters**

5.1 What would you do to improve the support in your community for mother's shelters?
   - Community: “What can the community do to support the mother's shelters?”
   - Coordination: “How could health facilities better work with mother's shelters?”

**Theme 7: Needs Assessment**

The following are questions and probes for the RA to use to generate discussion with the women.

1. In general, tell me about the experience of a pregnant woman in your community. Are experiences different based on age, class, or other factors? If so, how?
   **Probe for:**
   - Physical health or healthcare
   - Nutrition
   - Education or vocational services
   - Economic wellbeing

2. Tell me about the people or places from where a woman gets support during her pregnancy.
   **Probe for:**
   - Physical health or healthcare
   - Nutrition
   - Education or vocational services
   - Economic wellbeing

3. We'd like to ask you businesses that would be useful in your community but that might not be currently available. What are ideas for businesses that would help the community? (After a list is made, please order them in a priority list with numbers – 1 being most important...).
   **Probe for:**
   - Existing businesses that could be expanded upon
   - Ideas for new businesses or services
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Malailile kuli sikubuzya


Sena bazunina kutole lubazu kwiinda mukwambaula?

iliyi __________ (zumanana amubandi)

Peepe __________ (amubalumbe basikutola lubazu kuciindi cabo pesi mutazumanani amubandi)

Sikubuzya: Bala kaambo katobela. Twakomba amwiindiluke kaambo mumulaka ngoba mvwa ba mukabunga.

“Twalumba kuti mwakazumina kutola lubazu mumumbandi ooyu. Izina lyangu ndime ______. Ndilamubuzya mibuzyo. Mweenzuma ______ unolemba zyomunoowaamba.

Mwakasalwa abantu bamucilawo cenu kuti ndinwe nomuli aluzyibo na lwiyo lunji amakani ajatikizya kumita na mada a mbokuyandika kuzyala. Na kutumbuka kabotu. Tuyanda kuti tuzyibe twaambo tomujisi amakani a mada a kutumbuka mucilawo cenu a bulangizi kumanganda a bamamama a mbotweelende kuzyikwabila kutolelela kuti na zyayandika.

Amlwi mweleede kuziba kuti tamweleede kwaamba zintu zomotalimvwi kwanguluka kwaamba. Tatukalembi izina lyenu. Kunyina bwinguzi butali kabotu na bulikabotu, twakomba amusyomeke kutwambila camansimpe lwenu akuli basimukobonyoko, sena mwallambila tutalike?”

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1. FGD Date (DD/MM/YYYY) ________________

2. Catchment Area #: ________________

3. Time Start _______ Time Finish ____________

Supervisor initials ______________
### Demographics: Pregnant/Recently Delivered Women

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<th>mwalumi/ mukaintu</th>
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Theme 1. Delivery practices and location

1.1 Mudaambile kujatikizya mbomucita a tunsiya- nsiya mucookko cenu kujatikizya bamakaintu balaamada, bamakaintu batumbuka alimwi kwainda mazyoonto bamana kutumbuka.

1.2 Kubusena kuli bunji bwabamakaintu balaamada mucookko cenu nkobatumbukila?

1.3 Mukuyeeya kwenu, nkaambo nzi bamakaintu balaamada batumbukila ku nganda ncobacitila boobo kwiinda kwinka kuka bbadela/cibbadela?

**Buzisisya kuzintu zijatikizya:**
- Kukziba (misizo, zyendelo, muubo)
- Kuzumizigwa na lugwasyo kuzwa kulibamukwasyi.
- Kulanganya milimo ya mung’anda.
- Mbuli mbobayeeyela kobasilikisla abubotu bwaku bambwa
- Mboba yeeyela buyumu-yumu bunga bwajanika ku mukaintu ulada
- Tunsiya-nsiya azyambwa zitayelende zyakutumbukila kung’anda na kucibbadela

1.4 Mukuyeeya kwenu, nkaambo nzi bamakaimu balaamada batumbukila kili ba sinceba ncobacitila boobo?

**Kapati kumakani ajatikizya:**
- Kukziba (misizo, zyendelo, muubo)
- Kuzumizigwa na lugwasyo kuzwa kulibamukwasyi.
- Kulanganya milimo ya mung’anda.
- Mbuli mbobayeeyela kobasilikisla abubotu bwaku bambwa
- Mboba yeeyela buyumu-yumu bunga bwajanika ku mukaintu ulada
- Tunsiya-nsiya azyambwa zitayelende zyakutumbukila kung’anda na kucibbadela

1.5 Mukuyeeya kwenu, kubusena kuli kubotu kwa bamakaintu balaamada mucookko cenu nkobeelende kutumbukila? Nkaambo nzi?
- Mbubotu nzi bujanika kutumbukila kubusena oobu (bwaambwa wawa)?
- Mbubi nzi bujanika kuli bamakaintu kutumbukila kubusena oobu (bwaambwa wawa)?

Theme 2: Awareness/perceived need/opinions/current usage of Mothers’ Shelters


**Buzisisya:**
- Zintu ziyandika zijatikizya nseba
- Zintu ziyandika zijatikizya busena
- Zintu ziyandika zijatikizya buvubi.
- Zintu ziyandika kujatikizya nombo lokufunde ngomwajisi.
- Luzibo luliko kale kutumbukila kubusena.

2.2 Mukuyeeya kwenu, Twaaambo nzi basimada ncobakozya kwiibelesya na kutubelesya nganda yabamatumbu?:

**Buzisisya:**
- Bube/zilegwa
- Kubula mali/nakudula
- Mbobayeeyela bube bwangansewa abukwabilizi.
Theme 3. Nganda ya bamamama mboyigwasya kwizumina, milimo babelesi, abubambe.

3.1 Kugwasilizya kuli buti bamakaintu baldamada nkobayanda kujana kabatana kubelesia nganda yabamatumbu?

Buzisyisya:
- Nguni sikugwasya na kuzumizigwa kuyooyandika
- Ugwasya kulananya bana naa kubamba nganda ciindi nobatako
- Ugwasya cakwendela
- Ugwasya ca kubbadela
- Muntu uti musindikile

3.2 Mbabali bantu bazumizigwa kuyokkala abasimada kunganda yabamakaintu?

Buzisyisya:
- Bana, kubikkilizya mwelwe alimwi a myaka yabo
- Bamiwibantu bamukwasyi
- Basiku tumbusya bumu minzi
- Bambi bantu basikugwasilizya

3.3 Zintu nzi zikozya kugwasilizya kumakamba nganda ya bamakaintu kuti ibote kuli basimada alimwi a mikwasyi yabo?

Buzisyisya:
- Bube bwanganda mboiyakidwe
- Zintu zyakubelesia, zyuno, zimwi zyaku belesya lyoonse.
- Zintu zijatikizya zyakulya akujika na kwakujikika
- Bantu bali buti bajanika baku gwasyilizya bamakaintu.
- Zimwi zintu

3.4 Ino nkaambo nziikuti mukaintu ulaada mucooko cenu ujisi buyumuyumu pati ncasala kutakkala ku nganda yaba makaintu katana tumbuka?
- Zintu nzi zipa buyumu-yumu mumukaintu kuti abelesye nganda yaba makaintu?
- Zintu nzi zyuba-uba mumukaintu zipa kutil abelesye nganda yaba makaintu?

Theme 4: Management/functioning/maintenance of existing mother’s shelter what’s happening currently?

4.1 Nguni ulanganya bwendeleyi bwa buzuba-abuzuba bwa nganda yabamatumbu mucooko cenu?

4.2 Milimo nzi (muntu na tubunga) njobabeleka?
- Kondambila mboyeeya kuti mbobabeleka?

4.3 Mbubuti bamakaintu, mikwasyi, alimwi abantu bamucooko mbobagwasilizya kumakamba na kusalazya nganda yabamatumbu?
Kopandulula imwi milimo icitika?

4.4 Nguni ub apa zyakubeleysa (mbulukakulya, mali, azimwi) kute gwa nganda y abamatumbu kaiyjulidwe?
   - Zintu nzi bantu bamucooko zyobapa kukubeleka na kubeleysa nganda y abamatumbu kubusena bwenu?

4.5 Cintu nzi cipati cikatazya kubamba nganda y abamatumbu kuti kaiyjulidwe?
   - Cinzi cikozya kucitwa kute gwa tuzunde penzi na mapenzi aaya?

Theme 5: Ideas for the Future of Mother’s Shelters

5.1 Cinzi ncomunga mwacita kusumbula lugwasyo mucooko cenu kunganda y abamatumbu?
   - Cooko: “Cinzi bamucooko cobakozya kucita kugwasilizya nganda y abamatumbu?”
   - Bendelezyi: “M bubuti mboinga nganda y abamatumbu yaendelezegwa?
   - Kubelel eka antomwe: “M bubuti m bobanga bacibbadela babeleka kabotu aba nganda y abamatumbu.”

Theme 7: Needs Assessment

1. Mucimo nzi bamakaintu balaamada mucooko cenu mbobabede muzibela eezyi: Sena kuli kwindana kuliko ku myaka, bube, na zimwi zintu? Na mboobo, mbubuti?
   - Bube bwamubili na kubamba mubili
   - Bulotwe
   - Lwiiyo na milimo njobabeleka
   - Buhubi mbobabede

2. Nkukuli basimada mucooko cenu nkobakozya kuunka kuti na bayanda lugwasyo? Sena kuli kugwasilizya kuliko mumasena aaya:
   - Bube bwamubili na inseba
   - Bulotwe
   - Lwiiyo na milimo njobabeleka
   - Buhubi mbobabede

3. Tuyanda kumubuzya makwebo akozya kumugwasya kucooko cenu ayo atako cino ciindi.
   - Mizeezeo nzi yamakwebo na milimo eyo ikozya kugwasya kucooko?
     - Buzisisya: Cobabele lya kuji k, pobajaila mafo ni, azimwi kute gwa bayee.ey.
   - Sena muliji si makwebo na milimo yalo iliko kale jomuyanda kuti yiyumizigwe?