

INTRODUCTION TO RESEARCH

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INTRODUCTION AND METHODOLOGY

The aim of this assignment is to explore the risk factors of Black women's maternal health. It is important to understand the risk factors which give the ability to avoid complication in solid near future.

The main objective of this research is to determine the risk factors that black women come across within their maternal health.

According to World Health organization, the maternal health concept refers to life stage of a person, in this case female reproducer. The concept revolves itself around pregnancy, our childbirth and during the postpartum stage. Before the pregnancy it's known that lifestyle choices can affect the ability of having child, which can develop on the child chronic diseases later in life it is important to remind that pregnancy should be a stage where the mother gets herself screened and the baby to identify any health problems and health conditions. Most of the maternal death can be avoided by good care provider withing the health and social care sector, as well as service provided by a skilled health professional. Unfortunately, it has come forwarded that black woman within the maternal health are the one who experience degrading poor maternal outcomes with the capability to increased rates leading to death. According to World Health Organisation "Every pregnancy and birth is unique. Addressing inequalities that affect health outcomes, especially sexual and reproductive health and rights and gender, is fundamental to ensuring all women have access to respectful and high-quality maternity care."

Also, these research determinates the structural determinants of the inequalities of causes of racism in regards of maternal health.

For this research the methodology used was primary research, which means a gathering of data which is base directly from targeted public this coming from the found researches. Data collected was in between 1,753 woman survey. For t For this research was ensured with literature review in which the following key words were used for optimised research, for better findings were: Black women; maternal health; health; pregnancy' risk factors; risks; United Kingdom; minorities; minorities background. The chosen language for this research was English language within the inclusion criteria for this research was the search based on academic articles from PubMed, Google Scholar, Science direct. It was also defined that years old for the research would be up until 10 years, for exclusion criteria matters, group survey people from black, African and Caribbean background and race, according to research topic for best outcome for findings would need to exclude other countries and focused only in United Kingdom, excluding also any public that is not considered being part of the minority background, excluding also any other none European countries. As the

research focuses into Black/African/Caribbean woman, it felt important to extol the risk factors of woman from that background minority.

DISCUSSION OF THE FINDINGS

For literature review there were three picked articles related to the topic picked first article written by Nair M, Kurinczuk JJ, Knight M (2014) *Ethnic Variations in Severe Maternal Morbidity in the UK*, which is a case control study that relates the studies of how high maternal morbidity affects among black women. The study was realised in the United Kingdom withing obstetric surveillance system. The study shows the increased severity maternal morbidity within ethnic minority, which could not be fully explained by the recognise risk factors for high risks of maternal morbidity. The aim of this case study was to quantify the risks of maternal health in the United Kingdom which also helped to understand and investigate the main reasons the disparities for medical conditions, pregnancy complications and how healthcare services were being provided. The risk factors presented withing the case study was that women have reported at least one of the following conditions that caused complications to their pregnancy, which are: Stroke in pregnancy; eclampsia, acute fatty liver, amniotic fluid embolism and placenta accreta others. It was clear that at least 5 of the conditions, 50% high risk was among the minority background compared to the Caucasian background group. "Analysis of maternal mortality in the UK (2003–2008) showed that the likelihood of dying following an episode of severe morbidity was higher among black Caribbean and African women compared with white European women " according to Acosta CD, Bhattacharya S, Tuffnell D, Kurinczuk JJ, Knight M (2012) Maternal sepsis. The findings research demonstrated that Black African and Black Caribbean are 2 times higher to be having a near miss condition.

There's also high likelihood of dying among woman who come from African and Caribbean background which relates to maternal mortality.

For the second research study is titled by Marian Knight, Kathryn Bunch, Nicola Vousden, Anita Banerjee, Philippa Cox, Jennifer J. Kurinczuk, 3 February 2020 "*A national cohort study and confidential enquiry to investigate ethnic disparities in maternal mortality*",.. the case study shows the after analysis of maternal death ongoing birth and neonatal from black and black British ethnic groups who live in the private locations of the country in this case United Kingdom. research found out the first ever written and documented maternal mortality was in the early 2000s in the United Kingdom it was clear to understand the description after the woman who died in the UK during the end of pregnancy comparing the quality of care received from different ethnic groups, also this project aim was to identify any structural all cultural discrimination affecting the care received throughout. the methodology used for this research was a simple size off 1894 woman aged 35 years old and over within

a survey. The data used for this research was from national surveillance data which helps to identify 1894 woman who died during their pregnancy or at least a year after in the years between 2009 and 2018 in the United Kingdom. The risk factors and causes of death in this research were described it was clear the care of the stratified random sample of 54 women who died during their pregnancy or at least a year after two between the years 2009 in 2018 we're a group of black women the that were re-examined to specify any structural or discrimination in which could be identified. Within the findings it was described that there were multiple areas of buyers which identified the care that woman received was consistent with lack add it on with micro aggressions within the clinical social and cultural complexity, this also stating that it was more noticeable amongst women from black backgrounds in black ethnic groups who died.

For the last research the title given was C. Rachel, 4 March 2022 "*Factors contributing to maternal health inequalities for women who are not white British in the UK*", which the aim of the study explores the factors that contribute to maternal health inequalities for women who are not white nor British, this again reflecting back to women who come from black African households and black Caribbean. Within this research she was clear to identify that the non-British ethnicity have higher maternal health mortality risks for reasons that which were not fully understood, and it was clear to understand that there are concerns about the stereotypes racism discrimination and dissatisfaction in the healthcare sector. This research also disclosed that they aim is to examine what type of factors that contribute to ethnicity disparity in maternity care.

Methodology used in this research were four qualitative studies. Also, it was used systematic literature review. Within the summary of the main findings outcome were the structural racism coming from the healthcare sector which also contributed to stereotypes that contributed to health inequalities. Also, the type of methodology used for this research was qualitative data.

Within the results for the outcome of the three research, the outcome results of the research based on 3 academic resources presented, shows the understanding of how black women maternal health is not taken seriously which causes many high rate of discovery of mortal health conditions and mortality in black woman more compared to Caucasian race. Also, the academic research does emphasises the need of policies for the minority ethnic groups.

The studies demonstrate that are 3 main risk factors that cause high complications in black women's maternal health which are: Inequality health care delivered in Health and social care services and healthcare sectors, Structural racism in healthcare sector and also when

delivering to patients that come from minorities background, medical complications (severe morbidity), In United Kingdom it is proven that the main factor risk within black women maternal health would be the use of inadequate access to healthcare services due to undiagnosed medical health conditions that could potentially affect their health and the Child's health, that could also affect the same child in near future due to no precautions taken.

CONCLUSION AND RECCOMENDATIONS

For conclusion in recommendations, based on the exploration within the resources, it can be comprehended that minority group from Black background, do suffer more in regards of maternal health which is not appropriately delivered due also to structural racism. Fortunately there is some actions have been taken which could be served as examples by which also needs some improvement in the way they are addressed to the minority people that come from the background by the following: campaigns to raise awareness in regards of black woman maternal health have been founded in the United Kingdom with the following name: FIVEXMORE, is an organisation the committed themselves to change black women maternal health outcomes in the United Kingdom this organisation was founded in 2019 by two black mothers who decided to come up together for the improvement of maternal mortality rates and healthcare outcomes for black woman in United Kingdom. FIVEXMORE Dedicate themselves to support order mothers and focuses on the empowerment of black women and birthing people to make sure that they make informed choices throughout their pregnancies and postpartum.

In terms of policies in 2021 there has been raised a bill which still awaits consideration of the senate, which is called Black Maternal Health Momnibus Act of 2021. the bill is being raised in the United States in order to make critical investments on the social determinants of health could potentially influence maternal health outcomes this includes housing, transport and nutrition. the aim of this act is also to support mums with maternal mental health conditions and substance misuse and alcoholism This includes supports for maternal healthcare for incarcerated mothers. This legislation aim is also to promote a unique study on maternal health risks that mothers face during the pregnancy and prospective within creating a maternity care coordination programme.

Its also known the existence of black maternal health week that helps to support pregnant people to reduce factors that contribute for complications in pregnancy and death. There is a few recommendations for health care providers pregnant woman and hospitals and the healthcare system. Recommendations for pregnant woman would be to seek care in case of

experiencing any maternal warning signs such as bleeding or discharge severe headache and more, these symptoms could indicate complications also is valid to document pregnancy history Within any appointments regarding to your health and your babies health up until one year after the birth, would be also useful 2 maintain the use of healthcare social support systems during pregnancy and after pregnancy. For healthcare providers it is useful and crucial to ask questions to understand better their patient's perspective and factors that could be affecting their lives. Healthcare providers should be able to provide healthcare services in a respectful care, address any type of concerns regarding to their patient and make sure it is understood between the patient and the healthcare provider the warning signs for the seeking of medical attention. Health care centres can improve the type of delivery and the quality of delivery during prenatal and Postpartum care, the ability to give training to care providers and to make sure they are able to search for the history of the patient when it comes to complications of the pregnant woman, ability to have good standard coordination and good response to emergencies, the ability to identify unconscious bias in healthcare sector, also supports causes behind every maternal death. Communities related to how care sector can also help to identify and address social factors that influences maternal health such as substance misuse, violence, racial and economic inequality.

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