

# Where Do Women Go for Information During Pregnancy Amidst the COVID-19 Pandemic?

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## Problem Statement

During the Covid-19 pandemic many women experienced problems accessing care and information during pregnancy and postpartum. Women expressed frustration because they planned to attend their health care provider appointments and birthing classes in-person. Women were unable to have in-person interactions with their support system.

## Conclusion

Women sought providers with similar values and wanted information about the postpartum period, self-care for physical health and for mental and emotional health in the perinatal period.

## Findings

- Women sought information from credible and reliable sources specific to their needs and individual experience.
- Women described using the health information technology they used such as apps, websites, and online communities.
- Women joined Facebook groups, listened to podcasts, and watched vlogs to connect with women going through similar experiences.
- Women read academic research from reliable organizations as they viewed them more reliable compared to searching for information online.
- Women sought out doulas as an important source of information and support.
- Women valued providers they perceived as available to them outside of scheduled appointments with questions and concerns.
- Women noted the financial aspect of pregnancy and birthing is overwhelming.

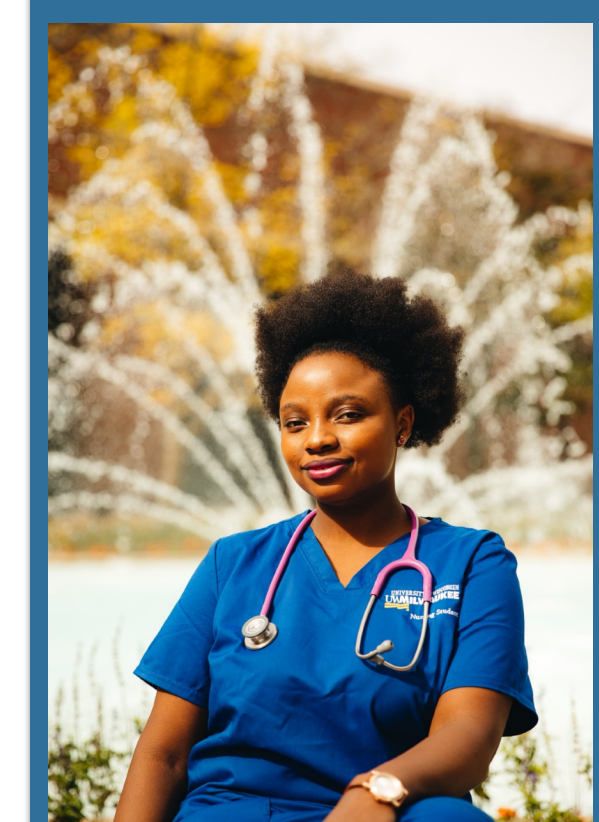
## Recommendations

### Practice:

- Schedule regular touch points with all patients even if virtual services
- Ask women about unmet needs
- Consider innovation and creativity for other ways to provide services
- Think about which practitioners most effectively provide particular services
- Identify additional difficulties faced such as financial insecurity, domestic violence and mental health issues due to the pandemic

### Research:

- Compare costs and maternal-infant outcomes between usual and virtual care
- Identify strategies for vetting publicly accessible materials for new families



**For More Information**

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## Results



Different color represent statements from different women

## Background

- The pandemic has caused anxiety & stress for pregnant women which is associated with adverse pregnancy outcomes (Naurin et, 2021)
- Due to social restriction and isolation women lost support as clinics ban their partners from joining during visits and were isolated from friends and families (Naurin et, 2021)

## Purpose of the Study

The purpose of the qualitative study was to examine women's sources of information while navigating the COVID-19 pandemic.

## Methods & Sample

- Qualitative study
- 26 participants
- Average age: 31.5
- Majority were Caucasian, started prenatal care in their 1<sup>st</sup> trimester, and 73% of participants had  $\geq 1$  previous pregnancy
- Researchers generated thematic analysis using Braun and Clarke's method.