

Can Understanding Resilience Among Nigerian Midwives Enhance Compassionate Care? Preliminary Report from a Grounded Theory Study

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Introduction

- ✓ A plethora of evidence suggests depression, burnout, and stress are prevalent amongst nurses and midwives globally.
- ✓ Midwives are exposed to higher levels of stress and trauma due to nature of their work

Introduction



- ✓ Shortage of midwifery workforce global issue including Nigeria.
- ✓ Ranked 7TH out of 57 Countries in WHO region with shortage of midwifery workforce.
- ✓ Highest maternal mortality ratio 917 per 100,000 livebirths
- ✓ Many Tertiary hospital are busy unit in Nigeria.

Introduction



- ✓ Stress among midwives may result to disrespectful midwifery care (DRMC) as described by many studies
- ✓ Prevalence of DRMC may decrease access to skilled birth attendants and facility based birth by mothers.
- ✓ Respectful midwifery care is a fundamental right to every women.

Experiencing Adversity?



Key to Survival.....



STUDY OBJECTIVES

- ✓ Explore how the phenomenon and characteristics of workplace adversity are experienced by the midwives
- ✓ To develop a theory of midwives' resilience

Research Methodology and Methods.

Research Design

- Qualitative research design
- Constructivist-Grounded theory methodology

Area of study

- Tertiary hospitals
- Methods-
- Interviews(34)
- Field Notes

Population of study : 109 midwives

- Sampling: Purposive Sampling
- Ethical approval was sought
- Nvivo 11 for organizing data

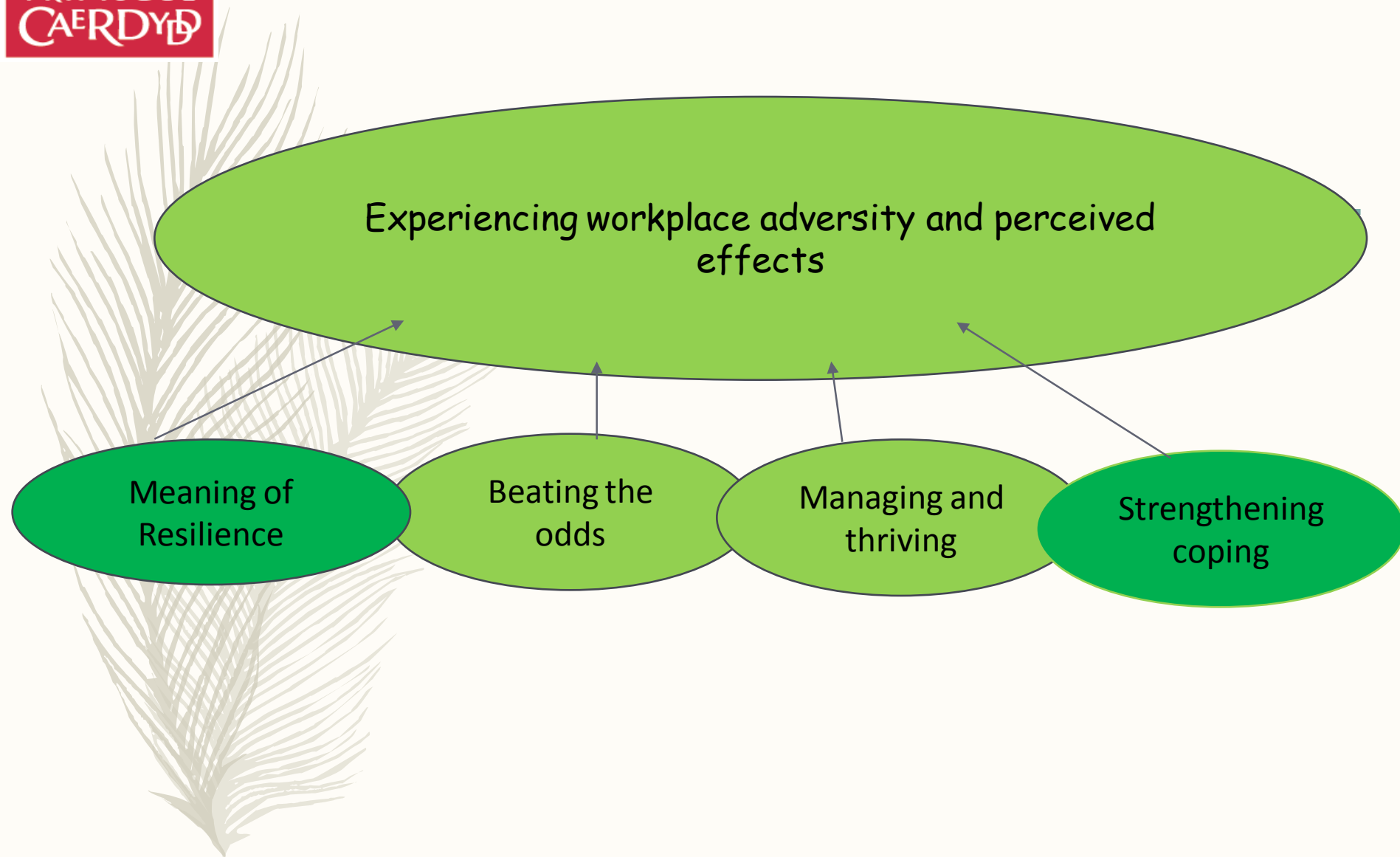
Theoretical sampling

-
- Snowballing
- Long years of experience

Why Grounded Theory Approach?

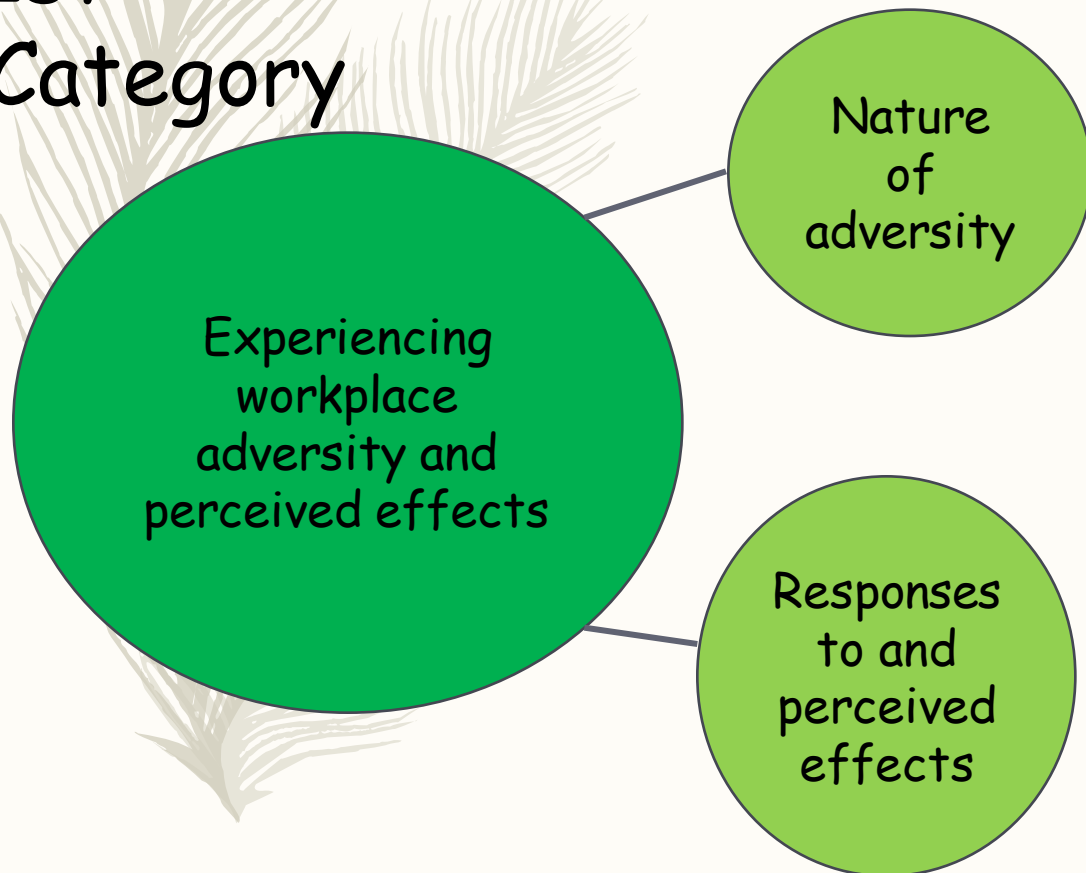
- ✓ A method of qualitative enquiry
- ✓ Used where little or nothing is known about the phenomenon under study.
- ✓ It is both a method of data collection and analysis.
- ✓ The end product of using a grounded theory approach is a theory grounded in the data generated from the participants.
- ✓ Nothing is known about adversity and resilience specifically among midwives in Nigeria.

Tentative analysis/Results



Tentative analysis/Results

1st Category



1. Working in difficult workplace.
2. Having poor collegial relationship.
3. Having difficult midwife - patient relationship.
4. Grappling with difficult emotions.

✓ **Losing it/Overreacting.**

- ✓ Developing physical challenges
- ✓ Delivering poor quality of care
- ✓ Being out of balance.

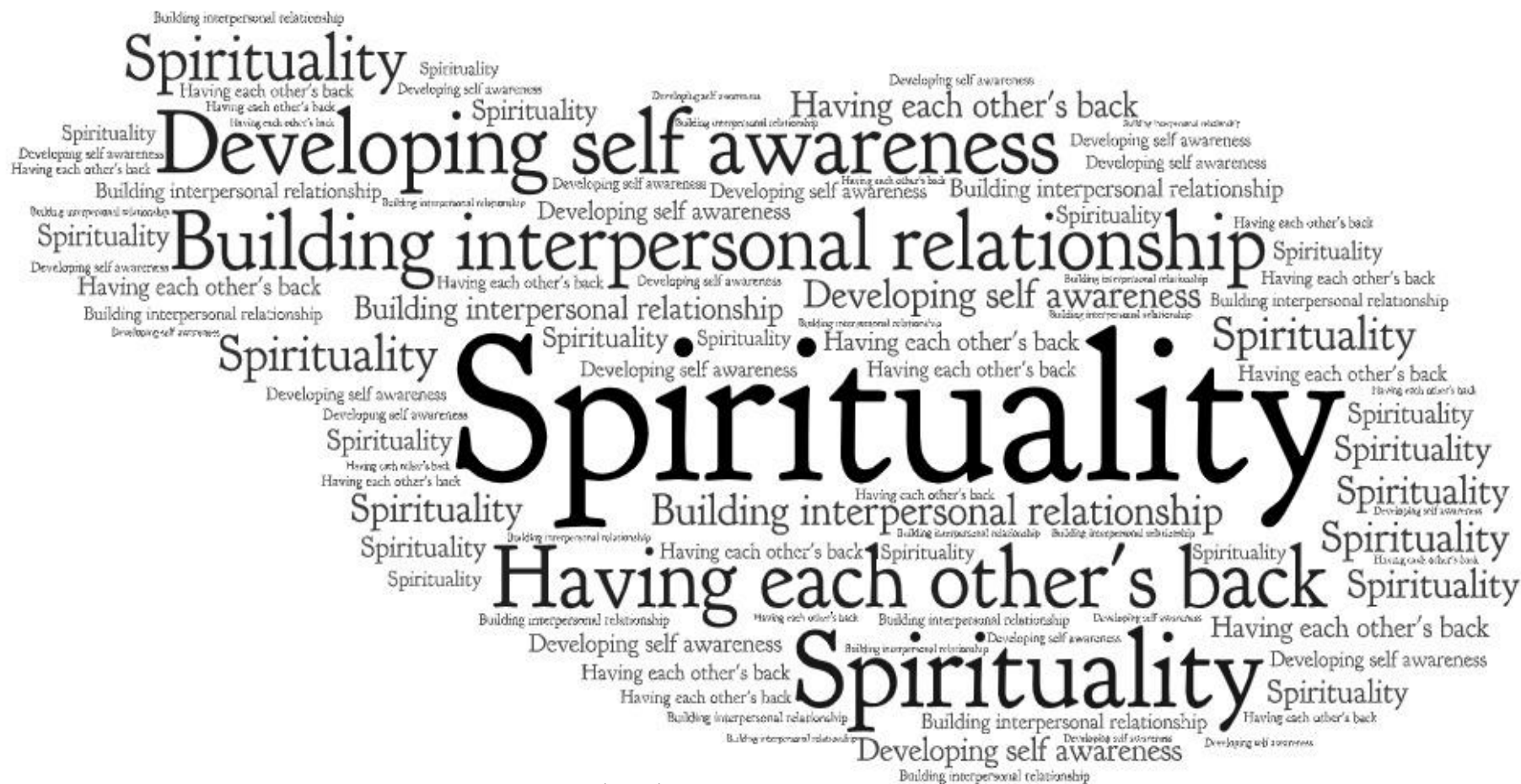
Focus Code 1:Losing it/Overreacting

- *Because of the attitude of the patients, because of the uncooperative attitude of some of them, you may see a patient is pushing, the baby is coming out, the patient is trying to close her legs that kind of a thing, that baby might be affected, so you have to at least slap the laps so that the patient will open her... after shouting, shouting the patient may refuse to open the legs, you may have to pull it yourself (Aisha, Interview, Hospital B)*

Focus Code 1: Losing it/Overreacting

- *So you really have to be very strict in second stage of labour, to make sure that you don't end up with what you didn't bargain for [loss of life]. You do a lot of talking at that stage, then at the end you have to be very strict, you seek for assistance, people can help you.*
- *But when you are conducting delivery, you have to be strict, very strict at that stage, you raise your voice, you look for people to assist, you hold her, you tell her what you want to achieve at the end of the day. 'Don't panic', you tell her, 'if you don't push, if you don't do this, this is what you are going to receive', [loss of the baby] and most women once you tell them like that then you see them they co-operate. (Jummai, Interview, Hospital A)*

AERDYB



Spirituality

I will say is a work that I know I must work, and I know this work [providing care to all mothers as a midwife] is only God that will reward me I do it with all my heart and mind and support the women very well. I don't get tired and I know that when I get home. I pray for God for support and God have been helping me to cope with stress.(Joan, interview Hospital B)

Building interpersonal relationship

- ✓ *Sometimes you can have a patient relative wanting to hit you as a care giver so you have to be patient, make them understand because by the time they bring in their patient, both the patient and the relative are always anxious, so you have to take your time tell them what to expect and calm them, try to a kind of win their confidence so that they will believe that since they are with their relatives, you are capable of giving... or caring for the patient till she delivers. So you have to be very, very political and patient in dealing with them. (Hajara, Interview, Hospital B)*

Developing self awareness

- ✓ *But the truth is I know myself [...] I used to be highly temperamental, and I told myself look, this is one of your attitude and is not good for you as a health worker. If you want to achieve something, you have to work for it, you have to give your clients confidence. [...] I have worked for over 15 years in the labour ward, I now found out women need somebody they can confide in [...] I said to myself Mariya! you have to work on your temper, so when you get irritated easily they can't confide in you and you will not get result.*
- ✓ *And sometimes when I feel I want get angry, I used to take deep breath and continue with my work. so even with clients too, when you feel you want to get angry, you tell them no, this is what you are supposed to do,. By so doing you find yourself easing the pain and letting it go. So gradually before you know it you find yourself coping. You find yourself working on your attitude.*
(Mariya, Interview, Hospital B)

Having each other's back

- I will like to say my colleagues are the really nice people. We are really supportive to one another. Once they see or feel you are getting stressed up with a patient they come up to you and support you immediately. Its is a team work and one thing we don't know is that patient are watching us and see the kind of relationship we have with our colleagues which can even influence their trust or confidence on us and even that particular hospital . The way you give support to patient together with your colleagues (collegiality) may make the patient happy and will want to come back to that hospital again for delivery (Childbirth).(Fatima Interview, Hospital B)*

CONCLUSION

- ✓ This is the first study examining workplace adversity and its perceived effects in relation to respectful care and resilience among Nigerian midwives.
- ✓ Findings may improve provision of compassionate care by supporting midwives' understanding of resilient responses to adversity, thereby increasing access to intrapartum services in Nigeria.
- ✓ Increased access to intrapartum services may likely improve the maternal mortality rate which is unacceptably high.

THANK YOU !!

**RESPECTFUL
MATERNITY CARE:
THE UNIVERSAL
RIGHTS** OF
CHILDBEARING
WOMEN

