

Appendix 2

Question Guides for Qualitative Methods Used in the Study

A. Guidelines for Interview with Nursing Tutor

Date and time of interview :

Name of the tutor :

Training experience of the tutor :

1. Who frames the syllabus of the training course for the government health functionaries?
2. How many years' training is given to the ANMs? What type of training is given?
3. What is the curriculum of the course?
4. Are nutrition related topics/health services included in the curriculum? What are they?

B. Interview Schedule for Health Service Providers (ANMs, LHV and LMOs)

Name of the Health Post:

Date:

Name of the ANM /LHV/LMO:

Educational Qualification:

Experience of the functionary:

List of Questions

1. What are the common health problems of pregnant women?
2. What do you feel are the reasons for the problems?

| Problem during pregnancy | Reason | Common treatment preferred by pregnant women |
|--------------------------|--------|--|
|--------------------------|--------|--|
3. What is the prevalence of pregnancy anemia in your area?
4. How do you detect anemic pregnant woman?
5. What are the ill effects of pregnancy anemia?
 - (a) Ill effects on the pregnant mother
 - (b) Ill effects on the fetus / infant
6. What are the symptoms and causes of pregnancy anemia?

| Symptoms | Reasons / Causes |
|----------|------------------|
|----------|------------------|
7. What is the common home remedy for pregnancy anemia?
 - (a) What advice do you give to a pregnant woman regarding prevention of anemia?
 - (b) What teaching aids do you use while imparting the information?
 - (c) Can you make them understand easily?
 - (d) What problems do you face while imparting the information?
 - (e) What problems do you face while imparting the information?
 - (f) What do you do to overcome the problems?
8. What is the objective of the Government Iron Folic Supplementation Program?
 - (a) Who else distributes iron folic acid tablets in your area?
 - (b) What are the other sources of getting iron folic acid tablets? How do you co-ordinate with these sources?

9. What is your role in the iron folic acid tablets distribution program?
 - (a) Getting the tablets
 - (b) Distribution of tablets
 - (c) Maintenance of iron distribution record
 - (d) Any other
10. Have you faced any problems in above mentioned job? If yes, what are they?
 - (a) Which places do you distribute IFA tablets from? MCH / Home / both places/Any other?
 - (b) Which method do you prefer to distribute IFA? Why?
11. According to you, what are the reasons for non-compliance as far as IFA is concerned?
12. Which records do you maintain for IFA distribution?
 - (b) Do you feel that any changes are required to maintain IFA distribution records?
13. Do you follow up with the pregnant women to check whether they are taking IFA tablets?
14. What advice do you give to the pregnant women while distributing IFA tablets to them?
15. (a) Do you feel that the tablets distributed by you are taken by the pregnant women? If yes, why?
 - (b) If no, why?
16. What are the common reasons for non-compliance of IFA tablets in pregnant women?
17. According to you what preventive measures or home-remedy they do to prevent anemia in pregnant women?
18. What are your suggestions to improve the current IFA distribution system?
19. What are your suggestions to improve the current anemia control program?

C. Matrix Ranking/Scoring Exercise

Give scores to the antenatal care services according to their

- regular availability of various ANC services
- utilization of these services by the women beneficiaries
- benefits of these services on the women beneficiaries.

D. Question Guide for Interview with Local Medical Practitioners (LMPs)

Date : _____ Area : _____
 Name of LMP : _____ Qualification : _____ Experience (years) : _____

1. How many pregnant women do you see everyday?
2. What are their common health problems?
3. How common is anemia in pregnant women in this area?
4. About what percent of these women are anemic?
5. How do you diagnose anemia in pregnant women?
6. Which method do you use for confirming anemia in these women? Why?
7. What are the local terms used by these women for anemia?
8. Which are the most commonly reported symptoms of anemia?
9. According to you, what do women believe are the causes of anemia?
10. What treatment do they take (at home or outside) for anemia?
11. Do you advise any dietary modifications for anemic pregnant women?
- 12.a Do you prescribe iron tablets to these women? Yes / No

- 12.b How many? What are the brand names of these tablets?
- 12.c How much iron do these tablets contain?
- 12.d When do you ask them to start taking these tablets (from which month of pregnancy)?
- 13.a Are there any problem with compliance (consumption of iron tablets)?
- 13.b Do you do any follow up to see whether they are consuming the full course of tablets?
- 14. Have they reported of any benefits? What are they?
- 15. Have they reported of any side effect? What are they?
- 16. Where do these women go for delivery?
- 17.a Who conducts the home deliveries? 17.b Are they trained? 17.c Any problems?

E. Interview Schedule for Traditional Birth Attendants

Date : Name of the Respondent :
 Qualification : Experience (years): Area of Work :

- 1. How many deliveries do you conduct every month?
- 2. What are the common health problems during pregnancy?
- 3. Do these women feel tired/fatigued?
- 4. Do they suffer from 'anemia'? (Probe with local terms for anemia/show picture)
- 5. What are the causes of anemia?
- 6. What are the symptoms of anemia?
- 7. What are the consequences of anemia?
- 8. What treatment could be taken to correct anemia?
- 9. From where can you get this treatment?
- 10. If you are anemic, what will you do? Why?
- 11. Have you heard about iron tablets?
- 12. From where can you obtain these tablets?
- 13. How many tablets should one consume during pregnancy? Why?
- 14. For how long should a pregnant woman continue taking these tablets?
- 15. How can these tablets help a pregnant woman?
- 16. Do you think diet is important during pregnancy?
- 17. Which foods help to make the blood red and healthy?
- 18. Which foods should be consumed more during pregnancy?

F. Food Frequency Proforma : Frequency of Consumption of Iron and Vitamin C Rich Foods

| Items | 5-7 times a week | 2-3+ times a week | Once a week | Fortnightly | Monthly | Rarely |
|-----------------------|------------------------|-------------------------|----------------|-------------|---------|--------|
| <i>Bajra</i> | | | | | | |
| Bengal gram (roasted) | | | | | | |
| Cow pea | | | | | | |
| Lentil | | | | | | |
| Peas (dry) | | | | | | |
| Moth beans | | | | | | |
| Colocasia leaves | | | | | | |
| Fenugreek leaves | | | | | | |
| Mint leaves | | | | | | |
| <i>Shepu</i> | | | | | | |
| Tomato (ripe) | | | | | | |
| Tomato (green) | | | | | | |
| <i>Amla</i> | | | | | | |
| Orange | | | | | | |
| Guava | | | | | | |
| Lemon | | | | | | |
| Jaggery | | | | | | |
| Meat | | | | | | |
| Fish | | | | | | |
| Eggs | | | | | | |

G. Free Listing of Foods which Increase the Strength of Blood (Iron and Vitamin C rich foods)

Purpose:

- To determine the foods which increase the strength of blood according to pregnant women
- To obtain local names of these foods
- To ascertain whether women consume these foods

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1. What are the foods which increase the strength of your blood/make your blood red and healthy?
 2. Probing question - Could you name some other foods which make your blood healthy?
 3. How are these foods useful?
 4. Do you consume all these foods during pregnancy? If not, why?

| | |
|----------------------------------|----------------------------------|
| Iron and Vitamin C rich foods | Other Benefits of these foods |
|----------------------------------|----------------------------------|

H. Question Guide for Seasonality Diagramming

1. Which are the different seasons in a year ?
2. Which vegetables and fruits are available in a particular season ?
Summer, Monsoon and Winter (Focus on Vitamin C and Iron rich foods)
3. Which food items are consumed most during pregnancy ?
4. Which food items are not consumed during pregnancy or does somebody ask you not to consume them ?
5. Which foods items from the Free List are cheaper ? In which season ?
Which foods items from the Free List are expensive ? In which season ?

I. Guidelines for Focus Group Discussion with Pregnant Women

Area:

Date:

Moderator:

Recorder:

Information About the Participants

| Name | Age | No. of Pregnancies | No. of Live births |
|------|-----|--------------------|--------------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |

Themes On Which Questions Were Formed

- Common health problems during pregnancy and treatment taken to overcome these problems
- Definition of anemia
- Causes of anemia
- Consequences of anemia
- Symptoms of anemia
- Treatment of anemia
- Sources of iron tablets
- Advice regarding iron tablet consumption
- Benefits of iron supplementation

J. Interview Schedule for Pregnant Women

Date :

Respondent's Name :

1. Do you think that a pregnant woman should register herself at an ANC center?
Yes / No
2. Have you registered in an ANC center? (Name of the center)
3. If No, why?
4. If Yes, in which month?
5. How many months are you pregnant right now?
6. How many times have you visited the center till now?
7. Does any one of your family members accompany you to the clinic? Yes / No
8. If Yes, who?
9. Are you aware of the services provided at the center for pregnant women?
- 10.a Which of these services do you find useful? Why?
- 10.b Which of them are not useful? Why?
10. Which were the services availed by you in your last ANC visit?
11. Do you think that pregnant women need regular weight monitoring? Why?
12. Do you think that ANC visits are useful for pregnant women (especially for those in the 3rd trimester)? Why?
13. Why should pregnant women regularly consume iron tablets?
14. Why should pregnant women receive 2 T T shots?
15. Should the pregnant women receive information regarding their diet and nutrition?
Why?
16. Are these services available at your ANC center?
17. From where do you get iron tablets?
18. Do you consume them every day?
19. Does any one remind you to take these tablets?
20. What are the advantages of consuming iron tablets to you?
21. If you do not take iron tablets, why?
22. Do you give importance to your diet?
23. Do you do the same amount of housework which you used to do previously? Has it increased/decreased?
24. Where have you registered for delivery?
25. Do you have any suggestions regarding the ANC services given at the health center?

K. Interview Schedule for Family Members (mother-in-law/husband) of Pregnant Women

Date :

Respondent's Name and relation with pregnant woman :

1. Do you think that a pregnant woman should register herself in an ANC center?
Yes / No
2. Has your daughter-in-law/wife registered in an ANC center (name)?
3. If No, why?
4. If Yes, in which month?
5. How many months is she pregnant right now?
6. How many times has she visited the center till now?
7. Does any family member accompany her to the clinic?
Yes / No
8. If Yes, who?
9. Are you aware of any services provided at the health center for pregnant women?
- 10.a Which of these services do you find useful? Why?
- 10.b Which of them are not useful? Why?
11. Which were the services availed by the pregnant woman in her last visit?
12. Do you think that pregnant women need regular weight monitoring? Why?
13. Do you think that ANC visits are useful for pregnant women (especially for those in the 3rd trimester)? Why?
14. Why should pregnant women regularly consume iron tablets?
15. Why should pregnant women receive 2 TT shots?
16. Should the pregnant women receive information regarding their diet and nutrition?
Why?
17. Are these services available at your ANC center (Name)?
18. From where does the pregnant women get iron tablets?
19. Does she consume them daily?
Yes / No
20. Do you remind her to take these tablets?
Yes / No
21. What are the advantages of taking iron tablets during pregnancy to her?
22. If she does not take iron tablets, why?
23. Does she give importance to her diet?
24. Does she do the same amount of house work which she used to do previously?
Has it increased or decreased?
25. Where has she registered for delivery?
26. Do you have any suggestions regarding the ANC services given at the health center?

L. Questionnaire for Exit Interviews

1. Name :
2. Address : Education :
3. Pregnant/Lactating
4. ____ months pregnant/ ____ month old child
5. Visited antenatal clinic at the Health Post for check-up during pregnancy : Yes / No
- 5.a If No, place visited for antenatal check-up
 - Private hospital - Name of the hospital
 - Government Hospital
- 5.b Was aware of the antenatal check-up at the health post : Yes / No
- 5.c Come to the Health Post only for Tetanus Toxoid vaccination: Yes / No
6. Number of antenatal visits to the health post :
7. Purpose of visit : Antenatal Checkup/ TT immunization/Both
8. Received iron tablets during visit to health post (for pregnant/lactating) :Yes / No
9. If yes, number of tablets/number of packets received during each visit (only pregnant) :
:
10. Total number of tablets received (only pregnant) :
11. Total number of tablets consumed (only pregnant) :
All tablets consumed : Yes/No
If no, reason for irregularity :
12. No. of tablets taken every day : One / Two
13. Time of tablet consumption : After meals - at noon / in the evening
- 14.a Advice/Instructions received :
- 14.b Given by : Doctor Nurse
15. Benefits of consuming iron tablets :
16. Benefits experienced by women : Yes / No If Yes, benefits. If No, reason given
17. Side effects, if any.