

Design Research Plan

Refined HMW: How might we provide equitable access - for first time mothers during the first trimester of their pregnancy, experiencing feelings of isolation - to healthcare related resources?

Interest in Topic: Empathize with pregnant women who are susceptible to discrimination/mistreatment in a time when it is critical to be treated equitably, and understand their pregnancy related needs.

Our Main Research Objectives

- Understanding the main pain points of a pregnant women from a low socioeconomic background
- Learning about the daily struggles of a pregnant women – Both Logistics and Emotional struggles
- Understanding better about their medical treatment
- Understanding what some of the lifestyle changes a woman has when they are pregnant
- Learning about a pregnant women’s mental health state
- How much does a pandemic situation affect a pregnant woman
- Understanding how they are treated by the doctors and other medical professionals since they are from a low socioeconomic background
- What are their hopes/dreams for post pregnancy – what is the uncontrollable factor right now that you want to change after or during this pregnancy

Research Focus Area

1. **Pregnant Woman**
 - Daily struggles of a pregnant woman
 - Discrimination faced during medical treatment and visits - Inclusivity
 - Challenges and struggles during the pandemic
 - Mental and physical wellness of a pregnant woman
 - Access to healthcare information
 - Fear and paranoia of infecting themselves and the baby
 - How willing they are to meeting a healthcare provider.
2. **Healthcare Providers (Nurses who are working in the gynecology field)**
 - Medical care and general procedures for a pregnant woman
 - HCP Working in both public hospital's vs independent practitioners.
 - Daily routine in a hospital or healthcare facility
 - Are any specialized preferences given to Pregnant women
 - How Insurance and financial institutions provide for pregnant women when in a hospital setting
 - Which point/trimester in pregnancy are women most afraid?
 - How afraid are you around Pregnant women?

- How do you change shifts?
- Have you seen any discrimination towards gay couples or transgender individuals who are/trying to get pregnant?
- Socio-economic standard of the nurse itself
- The position of the Nurse in the facility (years of experience)

Questions

Pregnant woman

- Scenario based question
- The daily routine of a pregnant woman
- How often do they visit the doctor or hospital
- Do they have someone to help and support them
- How do they manage their finances
- What are some of their daily or biggest struggles
- Biggest fears and paranoias
- Effect of pandemic on them and treatment

Healthcare officials

- Daily routine at the hospital
- Number and race/ethnicity of patients
- Scenario based question

Participant Recruitment Criteria

1. Pregnant woman (x2)
 - Pregnant woman – aged between 19 – 42 (adjustable range per participant)
 - People from a low socioeconomic background (yearly income)
 - Race/ethnicity - Do you identify as _____?
 - If they have a caretaker or not
 - If they are a first-time mother or have had kids.
2. Healthcare provider, a nurse preferably (x2)
 - Healthcare officials like nurses who work with a gynecologist or prenatal care
 - Healthcare officials who work in areas where there is a mix of middle class and low socioeconomic status individuals
 - Is the nurse of any ethnicity/US resident?
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Participant profile 1

- Woman
- Age between 19 – 28
- Ethnicity – Hispanic
- Married
- First child on the way
- Yearly income - ?

Participant profile 2

- Woman
- Age between 30 – 42
- Ethnicity – African American
- Single or Divorcee
- Not necessarily the first child
- Yearly income -?

Participant profile 3

- Male nurse
- American
- Years of experience – 2 to 5 years
- Works in a public hospital

Participant profile 4

- Female nurse
- Someone from a minority group
- Years of experience – 10 years or more
- Works with an independent practitioner, a gynecologist preferably

Timeline

Interview Dates: 10/10/2022 - 10/23/2022

Scheduled interviews: 4 interviews – 2 pregnant women and 2 nurses who works in prenatal care