

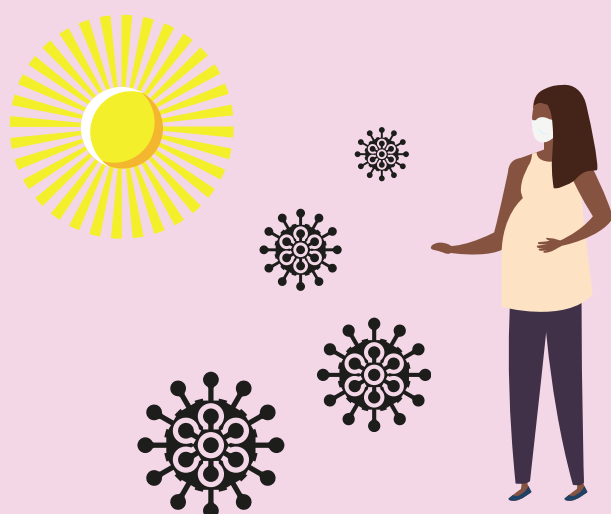
Focused pregnancy and postnatal information for...

BLACK, ASIAN AND MIXED ETHNICITY WOMEN

Pregnancy in the UK is generally safe, however Black, Asian or Mixed Ethnicity women have higher maternal death rates compared to White women - Ethnicity is not the cause of adverse outcomes in pregnancy and birth – it is a complex concept which is linked to systemic racial bias.

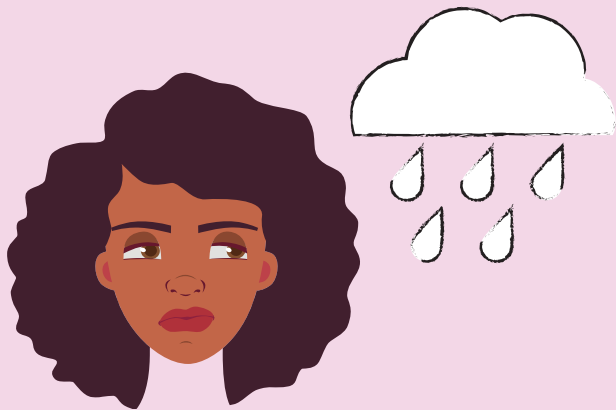
Black women have greater chance of developing conditions such as Pre- eclampsia, Hypertension, Gestational Diabetes, Preterm birth, Fibroids and Mental Health issues. However, “When Black, Asian or Mixed Ethnicity women are seen as “high risk” solely due to their natural body type, or treated differently and without kindness, risks and complications can be introduced by biases, interventions and healthcare providers’ actions. Racism can go on undetected and unchallenged in the disguise of perceived body deficiency.” (AIMS, 2019)

SFH Maternity staff aim to give respectful and individualised care - **please contact your midwife quickly or call 111 if you have any concerns about you or your baby, including these symptoms:**



Covid-19 +Vitamin D

Covid symptoms include high temperature, a new, continuous cough or a loss or change to your sense of smell or taste - Dr Christine Ekechi from RCOG recommends, “Social distance, wash hands, face mask.... If you feel unwell go to hospital early, Vitamin D supplements, rest and exercise and sleep to maintain immune system, if hypertension keep BP under control”. Women of ALL ethnicities, with risk factors such as hypertension, diabetes, aged over 35, or raised BMI may also be at higher risk of complications of COVID-19.



Mental Health

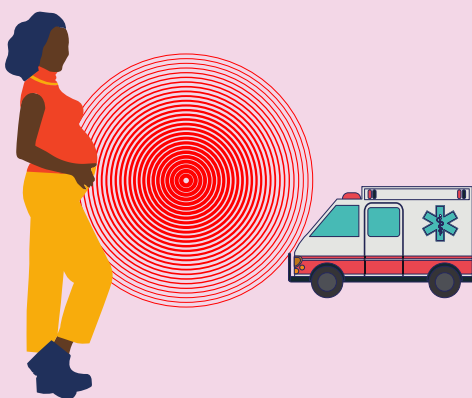
Black women experience physical “weathering,” meaning their bodies age faster due to exposure to chronic stress linked to socioeconomic disadvantage and discrimination (NPWF, 2018)

Postnatal depression or anxiety in Black, Asian or Mixed Ethnicity mothers is 13% higher than in white mothers (Watson, 2019)...if you feel low or hyper-vigilant in pregnancy, or postnatally please talk to your Midwife.



Pre-eclampsia

From 20 weeks of pregnancy up to the end of the postnatal period signs include severe headache, blurred vision or seeing ‘flashing lights’, severe heartburn below the ribs, nausea or vomiting, excessive weight gain caused by fluid retention, feeling very unwell, sudden increase in oedema – swelling of the feet, ankles, face and hands.



Thrombosis

Pain, swelling and tenderness in one leg, usually at the back of your lower leg (calf), a heavy ache or warm or red skin in the affected area. Call 999 if you experience sudden difficulty breathing, pain or tightness in your chest or upper back, or are coughing blood.



Gestational diabetes

You may experience increased thirst, needing to pass urine more often than usual, a dry mouth, tiredness - you may also be offered a test due to your ethnic background, BMI or if sugar is found in your urine sample.

This leaflet aims to inform not alarm - please speak to your Midwife quickly if you are worried, or call King’s Mill Hospital on 01623 655722 with any urgent concerns about yourself, or your baby.

(Produced in September, 2020 for SFH Maternity)

NHS

Sherwood Forest Hospitals
NHS Foundation Trust