THE LIVED EXPERIENCE OF RECURRENT MISCARRIAGE FOR WOMEN LIVING IN RURAL AND REMOTE NSW

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Background
There has been extensive international research on the experience of recurrent pregnancy loss, but this has been largely from urban centre (Wojnar, Swanson, & Adolfsson (2011). Women living in Far West New South Wales face unique challenges to accessing health and support services including long distances to specialists and poor infrastructure (Roberts & Algert, 2000).’

Aim
This research was conducted to understand what challenges women faced and supports they accessed when experiencing recurrent perinatal loss in these rural and remote communities.

Method
Semi-structured interviews were conducted with women who self-referred in response to flyers posted across the health district. There were three eligible participants.

Results
All three women expressed their challenges by describing the physical journey they took to access medical services and the variable interactions with health care providers. Each woman expressed this as their personal experience, believing that others may feel differently in a similar situation. They all relied on informal supports such as spouse, family, or friends and identified a need for formal support systems, but felt no need to access such systems themselves.

Conclusion
Health services should continue to review the care and services they provide to their patients. One recommendation from each participant was to provide more information to the general public about the incidence of miscarriages. Although there are limitations within this study, there are common themes that can inform service development and further research.

References