

Equity in antenatal education: breaking language barriers

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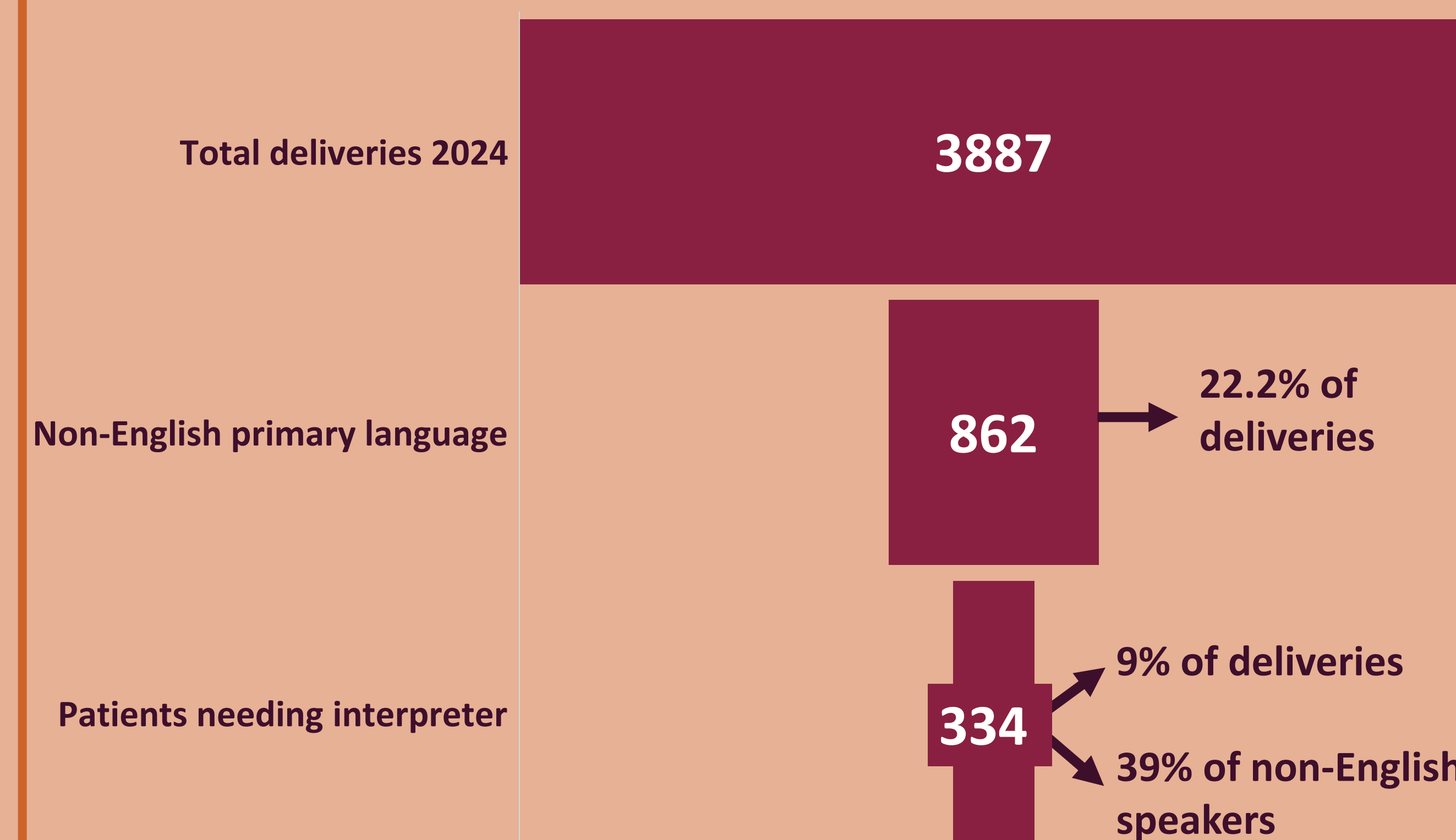
Background

- Disparities in maternal outcomes exist, particularly among women from ethnic minorities, as highlighted in successive MBBRACE-UK reports.¹
- Language barriers are a significant contributor to these inequalities, limiting access to antenatal information and informed decision making.
- This multidisciplinary project aimed to:
 - Identify language needs in the maternal population.
 - Deliver accessible, multilingual antenatal education.

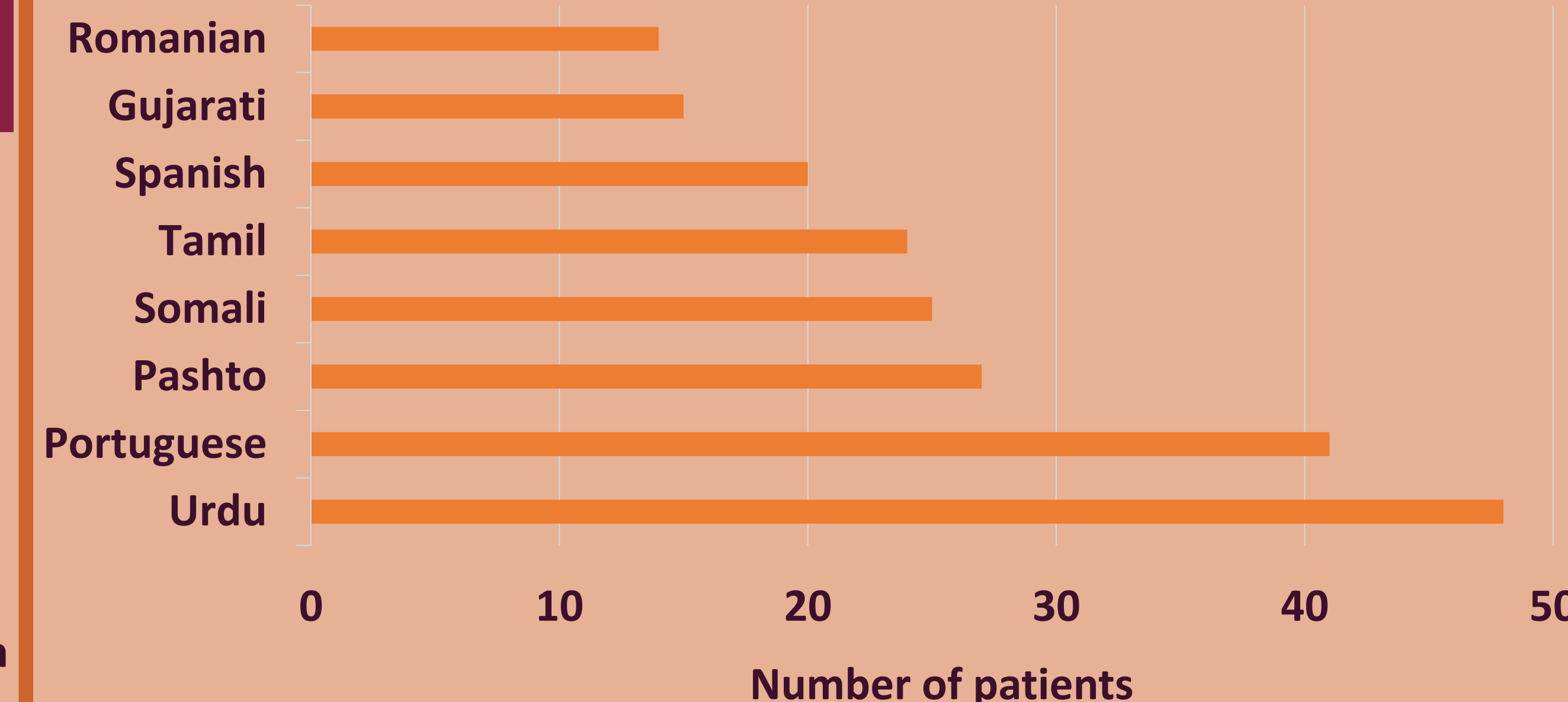
Methods

- Audit of 2024 data to identify patients requiring interpreters and determine the most common non-English languages.
- Using the format of our monthly antenatal education sessions in English, we developed a pilot delivered in Urdu by a bilingual anaesthetist.
- Promotion via community and hospital midwives, social media, and targeted SMS invitations in the relevant language.
- Expansion to additional sessions in Tamil and Brazilian Portuguese, supported by funding from Language Line Solutions' social value fund.

Language and interpreter needs 2024



Top languages spoken by patients needing interpreters



Results

- Urdu session (December 2025): 3 attendees, 33% of eligible participants.
- Tamil session (February 2026): 2 attendees, 40% of eligible participants.
- Portuguese (March 2026): 3 attendees, 17% of eligible participants.
- Participant feedback:**
 - 100% of attendees reported improved knowledge and confidence regarding analgesia options.
 - 100% would recommend the session to other non-English speaking women.
 - 100% attended from the SMS invite.

Discussion

- Non-English speaking women remain a prevalent and vulnerable group, with limited access to antenatal counselling in their preferred language.
- Sessions provided evidence-based information in a supportive environment and helped address misconceptions regarding epidural analgesia.
- Targeted, language specific education was feasible to deliver and well received by participants.
- Even small scale interventions can improve knowledge, confidence and inclusivity in maternity care.

ASK THE ANAESTHETIST Interactive Q & A

Join us for an online session with a midwife and anaesthetist to discuss the various pain relief options available during labour, including epidurals

When?

Thursday 11th December
8pm

Where?

Online on Microsoft teams

How to join?

Take a photo of the QR code on this poster to join the online meeting

Ask us questions!

The session will be held in English and Urdu

اینسٹھیٹسٹ سے پوچھیں تفاعلی سوالات و جوابات

آن لائن نشست کی دعوت جس میں دایہ اور اینسٹھیٹسٹ زچگی کے دوران درد میں آرام کے مختلف طریقوں بشمول اپنی ٹورل پر گفتگو کریں گے

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وقت: رات 8 بجے

مقام: آن لائن (مائیکروسافٹ ٹیمز کے ذریعے)

کیسے شامل ہوں؟
شمولیت کے لیے کیو آر کوڈ اسکن کریں۔

ہم سے سوال پوچھیں

یہ نشست انگریزی اور اردو میں منعقد ہوگی

PERGUNTE AO ANESTESISTA Perguntas e respostas interativas

Junte-se a nós numa sessão online com uma parteira e um anestesista para discutir as várias opções de alívio da dor disponíveis durante o trabalho de parto, incluindo a epidural.

Quando?

Terça-feira, 31 de março de 2026
20h00

Onde?

Online na Microsoft Teams

Como aderir?

Tire uma foto do código QR neste poster para participar da reunião online.

Faça-nos perguntas!

A sessão será realizada em inglês e português.

¹ Felker, A. et al. (eds) (2025) *Saving lives, improving mothers' care: lessons learned to inform maternity care from the UK and Ireland confidential enquiries into maternal deaths and morbidity 2021-23*. Available at: <https://www.npeu.ox.ac.uk/assets/downloads/mbbrace-uk/reports/maternal-report-2025/MBRACE-UK%20Maternal%20Report%202025%20-%20Main%20ONLINE%20v1.0.pdf> (Accessed: 12 January 2026).