

Documents for focus groups Translated from French to English (UK) with www.DeepL.com/Translator (free version) and reviewed for mistakes

1) Introductory speech to the focus group:

Ladies, thank you for taking part in this group interview to share your ideas, your representations and your experience of the epidural.

I am ... (presentation of the speaker) and my colleagues are ... (presentation of the co-facilitators and the interpreter).

This interview is being conducted with the aim of making a film to explain the position required for an epidural to patients who do not understand French. More than a simple translation, we seek to take into account the cultural representations specific to each community.

You are here as experts to express the need for information that you would like to receive in order to carry out this procedure.

This interview is completely anonymous, and what you say is confidential and your words will not be shared beyond this group and the research team. The results of this work can be shared with you and you may view the future film if you wish.

This interview is conducted with an interpreter, everything you say will be translated. When you speak, it is necessary to give her time to translate. We will make sure each of you has time to express herself. This exchange will last about 1h30. We will record the session and take notes so that we can analyze what is being said as accurately as possible during this project.

We will now do a short round to let each woman in the group introduce themselves (first name, age, country of origin, whether or not they have already given birth, with or without an epidural).

Documents for focus groups Translated from French to English (UK) with www.DeepL.com/Translator (free version) and reviewed for mistakes

2) Conducting the focus groups (FG)

FG preparation :

- Check the audio and video equipment
- Prepare nametags
- Prepare a table plan
- Provide water and glasses
- Provide a sign to indicate the FG room to participants
- Provide a sign for the door: "Do not disturb"

Introduction:

- Free placement of speakers
- Welcome and thank you
- Introductory speech (presentation of moderators and interpreter, topic of the discussion, reasons and principles of participation, anonymity, access to the results of the study, basics of good communication with interpreter)
- Launch an ice-breaker round

Focus group discussion:

- Using the semi-structured questionnaire (see interview guide)

Conclusion:

- Inform the group that the themes are exhausted
- Make sure there are no outstanding questions or ideas
- Review the 6-8 key ideas from the FG
- Congratulate on the relevance of the contributions
- Acknowledgements

Immediate debriefing of moderators:

- Report back on key points
- Check the quality of the recordings

Documents for focus groups Translated from French to English (UK) with www.DeepL.com/Translator (free version) and reviewed for mistakes

3) Interview guide :

a) Knowledge, questions and need for information :

Have you ever given birth?

What do you know about epidurals?

Follow-up questions: *What have you heard? What do you know? What have you been told about the epidural? What do they say about the epidural in your country?*

Check that everyone knows what an epidural is. Define the epidural as follows: "It is an anaesthetic/injection that is given in the lower back at the level of the spine and which helps to reduce pain during childbirth."

If you were offered an epidural at the time of delivery, what information would you want to receive? Follow-up question: *What would you need to make a decision?*

What are your fears about this procedure?

Follow-up questions: *Do you have any concerns about this procedure? about the consequences of this procedure? about the labour? about the baby?*

b) Expectations and sensations during the epidural:

What do you know about what it feels like to have an epidural?

Follow-up question: *What do you imagine it to feel like?*

What do you imagine one can expect from an epidural?

Follow-up question: *What effects? What kind of sensations after the epidural in place?*

c) Performing the procedure:

Do you know how an epidural is done?

Do you know what position you should be in for an epidural?

Showing of the film and explanation of the sensations during the procedure: cold of the disinfection, local anaesthetic prick, Tuohy needle pressure in the back, possible paresthesias, maintaining immobility during the procedure despite potentially painful contractions.

In the film, you could see the position necessary for the epidural. What do you call this position?

Follow-up question: *What word in your language describes this position? How would you tell someone to get into this position?*

It is very important that the woman does not move during the epidural. The pain and contractions of childbirth can make this difficult. What would be the right words to make women understand this?

Documents for focus groups Translated from French to English (UK) with www.DeepL.com/Translator (free version) and reviewed for mistakes

Follow-up question: *How do you say that you should not move? What words would you need?*

d) Indications for the film:

We want to make a film to explain to women how the epidural works. What would be shocking in such a film?

How should nudity be shown? Is it better to show real people or to make a cartoon?

We treat people from all over the world. How can we show this diversity of patients visually?

Follow-up question: *What skin colour would you like to see the woman in labour in the film/cartoon? What should she look like? What hair colour? Should she have a particular hairstyle? How would you feel if the woman did not look like you?*

In the film, does the woman have to be accompanied by someone close to her? And if so, who?

How important to you is the colour or gender of the doctors and nurses in the film? What would be your preference (male/female, skin colour)?