



The Lived Childbirth Experience of Korean First-time Mothers in the U.S.

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Introduction

-The trend of recent global migration has highlighted the importance of cultural awareness among HCPs.

-Acknowledging cultural difference and its impacts on immigrant women's out-of-culture childbirth experience is particularly crucial in obstetrical care settings.

-Childbirth can be often uniquely valued & ritualized within each culture

-When women experience out-of-culture childbirth in foreign country with different health care system, it may bring multiple challenges & meaningful aspects to them.

- Despite the increasing numbers of Korean immigrant women of childbearing age making of perinatal health care, little is known of their childbirth in the U.S.

Methods

-Design: Hermeneutic phenomenological study

-Data collection using semi-structured interview with each participants

-Participants: Seven Korean first-time mothers who gave birth in the U.S. within last 6 months recruited from the state of Minnesota

-The interview data were analyzed to identify emerging themes, which were centered on both positive and negative perceptions of the experience.

Purpose

The purpose of this study is to explore the lived experience of Korean first-time immigrant mothers giving birth in the United States from their own perspectives.

Results

Positive perception:

- *Friendly health care providers*
- *Husband's active involvement,*
- *Strengthened bonding with husband*
- *Freedom from traditional rituals & taboos*
- *Giving the baby a U.S. citizenship*

Negative Perception:

- *Difficulty in making medical decisions*
- *Health literacy*
- *Different health system*
- *Different postpartum food culture*
- *Lack of support system*

Conclusions

-The findings of this study may help HCPs in obstetrical settings better understand the meaningful aspects of childbirth experienced by Korean immigrant first-time mothers while they gave birth and received perinatal care in the U.S. sociocultural context.

-Immigrants' childbirth experience in a foreign country has multidimensional aspects that suggest further research on their perinatal health needs evolving from a different health culture, culturally embedded health practices, & lack of support system.

