

Interventions to prevent stillbirth among pregnant women from culturally and linguistically diverse backgrounds living in high-income countries: a systematic review

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INTRODUCTION

- People from **culturally and linguistically diverse** (CALD) backgrounds experience significant **disparities** in **pregnancy outcomes** compared to the general population
- Although numerous interventions exist to improve outcomes during pregnancy, the number and efficacy of interventions to support CALD women have not been systematically reviewed

AIMS

1. To identify **programs or interventions** for pregnant women from CALD backgrounds to **prevent stillbirth**
2. To explore how these interventions have been **tailored**, and examine the **impact** and **effectiveness** of these programs

METHODS

- Searched MEDLINE, CINAHL, Embase, and Scopus
- Included studies that report on the development and/or evaluation of a **program or intervention** to prevent stillbirth for **pregnant women** from **CALD** backgrounds living in high-income countries
- Summarised the descriptive information using texts and tables and synthesized data qualitatively by type of intervention
- Outcomes: Stillbirth, perinatal mortality, fetal death

RESULTS

Included: 5 RCTs, 2 mixed-methods studies, 1 Interrupted time-series study, 1 descriptive study

Interventions were targeted at women or both women and healthcare workers



1. Pre-pregnancy health intervention	2. Special antenatal education program	3. A mobile van clinic	4. Integrated education and counselling intervention
<ul style="list-style-type: none">• A home visit by a midwife to identify health, social or lifestyle problems, and discuss next pregnancy• Target group: Migrant and refugee women• Impact: No difference in stillbirth	<ul style="list-style-type: none">• Women received 12 weekly lectures about pregnancy, fertility, childbirth and rearing a child• Target group: Pakistani and Indian women in UK• Impact: No difference in stillbirth	<ul style="list-style-type: none">• Women received 12 weekly lectures about pregnancy, fertility, childbirth and rearing a child• Target group: Black and Hispanic women• Impact: ↓ perinatal mortality	<ul style="list-style-type: none">• Counselling sessions to address behavioural and psychological risk on pregnancy outcomes• Target group: African-American women• Impact: No difference in stillbirth

DISCUSSION & CONCLUSION

- There is a **lack of evidence** of effective interventions for preventing stillbirth for pregnant women from CALD background
- There is a need to continue to **invest** in culturally competent, sensitive and safe intervention design and delivery