Fathers’ experiences of care when their partners suffer from peripartum cardiomyopathy

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Fathers’ voice:

The professionals could have made a difference

- To be informed/not informed
  “We did not get the explicit information in spite of asking... thoughts can go in all directions. They could have made it easier” (P5).

- To feel secure/insecure
  “A lot of people around provided security but no opportunity for the relationship. You want to be involved... but then you need someone to ask...” (P18).

- To feel visible/invisible
  “I needed a question about how I was doing. They are encouraging fathers’ presence, but at the same time exhibit avoidance treatment” (P2).

- Wish that it had been different
  “…If they would have had a better eye... maybe she shouldn’t have developed PPCM (P3, P20). // “I felt annoyance, sadness and the guilt of not being able to help her... If I’d the knowledge I would have argued with the doctors” (P4).

Implications

1. A sense of security and control is essential for fathers to handle their life situation during the transition of becoming a father, along with taking care of an ill partner with PPCM.
2. Maternity professionals can ease this process.

References