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Childbirth education in Jordan: Content, feasibility and challenges of implementing a childbirth education program in Jordan

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No organized childbirth education (CE) programs are available in the public sectors in Jordan. Many studies from Jordan recommended that pregnant women be educated about their health needs during pregnancy and childbirth. Four focus groups with pregnant women, midwives and physicians were used to examine the perceptions of pregnant women, midwives and physicians regarding the content, feasibility, and challenges of implementing a CE program in Jordan. Findings showed that women were not sure of what they wanted to learn, the midwives and physicians reported modifications for the three CE programs to build a program suitable for women in Jordan. Midwives and physicians thought that CE should be included in the free antenatal care. Midwives and physicians wanted to include warning signs, physical exercises, psychological changes, nutrition, breast feeding, newborn health, sexually transmitted diseases, pain management, postpartum physiology and care, family planning, and planning of pregnancy to the content of the new CE program. Participants reported the need to include husbands in the CE, and considered as a potential challenge to implementing the CE program with cost, staff, clients' responses, and governmental policies. All participants reported support for the new CE program. Midwives and physicians suggested implementing the new program within the facilities of the ministry of health to decrease the cost and the need for staffing. They suggested that the program will be supported from many international sponsors that affiliate with the ministry of health. The potential benefits of CE will help to gain support from the Ministry of Health decision makers and the community in Jordan.