

Access to adequate maternal care in Eastern Europe

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Access to adequate maternal care in Eastern Europe

Elina Miteniece

1. The urbanisation of maternal care provision results in disparities in access to adequate maternal care within and between Eastern-European countries. – *This thesis*
2. Informalities are a response to the presence of barriers to access to adequate maternal care. – *This thesis*
3. Out-of-pocket payments are burdensome in some Eastern European countries and limit access to adequate maternal care. – *This thesis*
4. Securing maternal care by a provider with adequate attitude, knowledge and skills can be challenging in Eastern European countries. – *This thesis*
5. The low rates of antenatal and postnatal care visits and the high rates of C-sections raise questions about the adequacy of maternal care provision in Eastern European countries. – *This thesis*
6. "If you want to know how strong a countries health system is, look at the well-being of its mothers." – *Hillary Clinton*
7. "Mothers need just as much attention as new-borns, because they too have just been born." – *Unknown*
8. Health system reforms in Eastern Europe during the past 30 years have achieved less than expected and the systems still fail to meet expectations.
9. There should be more equality in access, affordability and quality of health care within the EU.
10. The way you are treated and that you are able to trust the care system and its providers are incredibly important for a positive birthing experience.