Challenges experienced by caregivers of family members with a mental illness in a rural community in Limpopo province, South Africa

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## Faculty Disclosure

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<tr>
<th>Faculty Name:</th>
<th>Faculty of Health Sciences, Student</th>
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<td>Conflicts of Interest:</td>
<td>None</td>
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Goals and Objectives

Session goal:

- To present the findings of a research study that explored and described the challenges caregivers experience in caring for a mentally ill family member in a selected rural community in Limpopo, South Africa
Session objectives:

- The learner will be able to use the information provided in the presentation to address caregiver burden in own work context.
- The learner will be able to assess own practices regarding the management of challenges caregivers experience in caring for a mentally ill family member.
Introduction

- Emphasis shifted from institutional care to community care (Gonzales, Polansky, Lippa, Walker & Feng, 2011)
- Families become “institution of choice” (Papastavrou, Charalambous, Tsangari, & Karayiannis 2010)
- Provide care, no reduction in other demands (Blum & Sherman, 2010)
Problem statement

- Process of deinstitutionalisation
- Family members primary caregivers
- Caregivers overburdened by their caregiving role
- Little is known about the challenges of caregivers in the selected community
Research question and aim

- What are the challenges caregivers’ experience in caring for family members with mental illness in a selected rural community in Limpopo?
- To explore and describe the challenges caregivers experience in caring for a family member with a mental illness in a selected rural community in Limpopo.
Research methodology

Design
- Descriptive, qualitative

Research setting
- Rural community in Limpopo, South Africa

Population
- Caregivers caring for family members who are mentally ill
Selection of participants
- Purposive sampling
- 13 caregivers selected

Data collection
- Semi-structured interviews
- Field notes
Trustworthiness

- Lincoln and Guba’s framework (Polit & Beck, 2012)

Ethical considerations

- Respect for persons
- Beneficence
- Justice
Data analysis

- Tesch’s method of open coding (Creswell, 2014)

Findings of the analysis

- Inside look into the world of the caregivers
- Theme 1 - Effect on family as a unit
- Theme 2 - Experiences of caregivers
- Theme 3 - Resources in the community
Theme 2 - Experiences of caregivers

- Time consuming
  
  “I am unable to go anywhere…”

  “Spending more time providing care may be at the expense of more pleasurable activities for the carer.” (Loi et al., 2015).
Only carer

“… I am overworked, unable to attend community matters as I can’t leave them alone”

Emotional reaction

“We were heartbroken. We were wondering how we were going to live with him …”

Families find it difficult and painful to live with a mentally ill family member (Monyaluoe, Mvandaba, du Plessis & Koen, 2014).
Effects on health

“… suffering from high blood pressure as a result of his behaviour”

Mothers of adults with chronic mental illness higher rates of high blood pressure and other physical problems (Magna, Greenberg & Seltzer, 2004).
Lack of knowledge

“I do not know whether he takes his medication or not, I do not have any information or knowledge about his treatment”

Caregiver survival depends on the knowledge about mental illness (Uys & Middleton, 2010).
Main findings

- Caregivers are over-burdened
- Socially isolated
- Experience financial strain
- Feelings of hopelessness
- Increased emotional strain
- Lack of professional & social support
- Lack of community resources
Recommendations

The psychiatric nurse practitioner should:

- Recognise that the caregiver burden is multidimensional
- Identify strengths of the family
- Provide health education
- Assist caregivers and other family members to adjust their roles and functions within the family
- Follow up on the families by doing home visits
- Institute awareness campaigns in the community
- Assist families to start a support group
- Refer caregivers in need of financial support
- Involve other stakeholders such as agriculture services
Nursing education

- Formal education of psychiatric nurse practitioners

Nursing research

- A better understanding of the potential protective role of social support in relieving caregiver burden
Limitations

- Limited to the particular rural community
List of references

- Adeosun, II. (2013). Correlates of caregiver burden among family members of patients with Schizophrenia in Lagos, Nigeria, Schizophrenia Research and Treatment, Article ID 353809, 7 pages, http://dx.doi.org/10.1155/2013/353809


Thank you