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Exploring two attributes (ubuntu and holism) of African primal health care to facilitate healing on patients suffering from kidney disease

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It's common practice in Africa for patients including those diagnosed or undiagnosed with Kidney diseases to first contact Primal Health Care prior to using the western health care systems such as primary health care and nephrology department. It is also believe by most Western trained practitioners that Primal Health care is harmful to patients with Kidney diseases, however, it's not the case and therefore, the researcher attempts to correct this misconception by exploring two attributes (Ubuntu and Holism) of African primal health care (APHC) to facilitate healing on patients suffering from Kidney disease. 'Primal' was coined during a colloquium by Dr Mbulawa and Seboka team members; however no formal conceptualization took place, only operational definition.

Aim: Exploring two attributes (Ubuntu and Holism) of African primal health care to facilitate healing on patients suffering from Kidney disease.

Objectives: Explore philosophical grounding of APHC in Patients with kidney diseases; Describe epistemology of APHC with kidney diseases;

Method: Narrative synthesis, concept analysis (qualitative design). Lekgotla was used as a method of data collection

Results: APHC uses a holistic approach and the family & community are involved in the healing process of patients diagnosed with kidney disease. The praxis involved during the healing process including medicinal plants are anchored in the concept of holism and Ubuntu and therefore does not only focus on the patient diagnosed with kidney disease but also the cosmos. The practices come from the community, for the community and be authenticated by the community.

Biography

Neo Nare is an Assistant Director mental health in the North West Department of Health. Her interest and career path are in psychiatry and mental health as well as indigenous health systems. Expertise of mental health is both clinical and academic (as a clinician and nurse educator) and her research is focused on indigenous health systems. She holds a master's degree in Nursing and currently a registered PhD candidate with 4 journal publications.

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