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Food insecurity among HIV sero-positive patients in rural Vhembe district of Limpopo Province, South Africa

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Background: Due to the uncertainties of job availabilities among rural communities, poverty stricken families find it hard to supply enough food to their family members. However, food insecurity has been defined by Weiser and Bangsberg (2006) as the limited or uncertain availability of nutritionally adequate, safe foods or the inability to acquire personally acceptable foods in socially acceptable ways. Tshililo (2006) also warned that immune system of a person with HIV and AIDS needs to be boosted with nutritious food.

Purpose: The purpose of this study was to explore food insecurity among HI sero-positive patients in rural Vhembe district of Limpopo Province.

Methods: A qualitative, exploratory, descriptive and contextual design was used. Probability, purposive sampling method was used to select family members who care for HI seropositive patients at home. In-depth interviews were conducted to 30 participants. Data were analyzed according to Tesch's open-coding method.

Results: This study revealed that due to financial constrains; family socio-economic status is affected. Therefore patient's conditions are deteriorated as well balanced diet cannot be maintained.

Biography

Tshililo A has completed her magister curationis degree at the age of 46 years from University of Venda. She is the lecturer at the University of Venda, Department of Nursing Sciences. She directs activities of the Department of Advanced Nursing Science. Since joining the department of Advanced Nursing Science in 2012, she has taught a variety of courses at undergraduate level. She has published 5 papers in accredited journals.

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