

# 2<sup>nd</sup> International Conference on Nursing & Healthcare

November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

## Impact of caregiving on voluntary home-based caregivers in Mutale municipality of Limpopo province, South Africa

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The establishment of home-based care programs in developing countries has resulted in a shift of burden from hospitals to the community where palliative care is provided by voluntary home-based caregivers. The study investigated the impact of caregiving on voluntary home-based caregivers within Mutale municipality of Limpopo province in South Africa. A quantitative cross-sectional descriptive survey design was adopted. A total of 77 randomly selected voluntary home-based caregivers from all 26 home-based care organizations in Mutale municipality were included in the study. Self-administered questionnaires were used to collect data from a total of 77 randomly selected home-based caregivers. Data were analyzed using descriptive statistics. Out of 77 participants, 73 (94.8%) were females and only 4 (5.2%) were males. The study found that 41 (53.2%) of the participants were always worried about their future because they were not registered as workers. Whilst 50 (64.9%) participants indicated that they sometimes felt depressed as a result of caregiving, only 6 (7.8%) reported that they always felt depressed resulting from caregiving. Whilst 50 (64.9%) participants indicated that they sometimes felt depressed as a result of caregiving, only 6 (7.8%) reported that they always felt depressed as a result of caregiving. The study further revealed that 30 (39%) of participants were always worried about getting infection from their clients as well as their safety when visiting clients. Even though home-based caregivers volunteered to participate in home-based caregiving activities, home-based caregiving was found to be demanding and stressful. Voluntary home-based caregivers therefore need support from policy makers, non-governmental organizations and the community stakeholders.

### Biography

N S Mashau did Masters in Nursing. She has currently submitted her PhD thesis for examination. She is a Lecturer in the Department of Public Health, University of Venda. She has published articles in peer reviewed journals. Area of specialty is community health and health promotion.

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