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### Conceptualization of African primal health care within mental health care

**Neo Nare**

North West University, South Africa

It's believed by western education system that the first contact should be with the nurse in Primary Health Care. However, it's not the case. Therefore, the researcher attempts to correct this misconception by conceptualizing the correct beginning of health seeking behavior in an indigenous African community, namely African Primal Health Care (APHC). 'Primal' was coined during a colloquium by Dr Mbulawa and Seboka team members; however no formal conceptualization took place, only operational definition.

**Aim:** Formulate APHC within a mental health care context.

**Objectives:** Explore philosophical grounding of APHC; Describe epistemology of APHC; Analyse and crystallise the exploration to establish understanding within mental health; and Conceptualise APHC within mental health care to enhance co-existence.

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

**Results:** APHC is a health care system that existed in Africa prior to the introduction of western health care system. It's based on the African belief system and practices. The practices come from the community, for the community and be authenticated by the community. APHC uses a holistic approach and the family & community are involved in the healing process.

### Biography

Neo Nare, is a North West provincial mental health assistant director. Her interest and career path is in psychiatric and mental health nursing as well as community health nursing with specific focus on indigenous knowledge systems. Expertise within psychiatric nursing and mental health are both clinical and academic as she has practices as a nurse and also worked in the university as a nurse educator. Currently registered as a PhD candidate with North West University. Novice researcher with 4 journal publications.

neo.nare@gmail.com

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