

## International Conference on COMMUNITY NURSING AND PUBLIC HEALTH November 19-21, 2018 Cape Town, South Africa

### Psychosocial support by community health workers of children living in homes with chronically ill family members

Deila Engle  
South Africa

**Background:** Increasing health care costs and overburdened health services created a need for chronically ill persons to be supported and cared for at home by the family and community care workers. The emotional needs of children in late middle childhood (9-13 years) living in homes with chronically ill family members, needed exploration to identify the problem and explore methods to address it through a cooperative enquiry process. Research was conducted in a suburb in the Western Cape Metropole.

**Objectives:** Utilize Participatory Action Research (PAR). Develop and refine a psychosocial support programme for children in late middle childhood living in homes with chronically ill family members. Involve community members, CHWS and other stakeholders with problem identification. On-going literature study on foundation theories to develop a conceptual foundation; explore the levels of experience and training of community health workers in home based care and psychosocial support; identify households with chronically ill family members and children in late middle childhood to determine their resources, needs and challenges; Mapping and drawing exercises with children (9-13 years) from selected households; A retrospective timeline workshop with adolescents (15-18 years) from selected households; Develop a psychosocial support programme in consultation with the stakeholders and co-researchers; Train community health workers in basic psychosocial support techniques and basic counselling; On-going reflection and support with co-researchers; Finalise a psychosocial support programme.

**Methodology:** Stakeholder meetings, semi-structured interviews, body mapping and drawing exercises and retrospective timeline exercises and feedback meetings. Thematic data analysis through triangulation, crystallization, discussions and reflection with stakeholders.

**Results/outcome:** Co-learning for all participants and awareness of the emotional needs of children. Need to empower CHWS through a psycho social programme to support children between the ages of 9-13years.

**Conclusion:** A psychosocial programme was developed for community health workers with activity bag and workbook.

Notes: