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Well-being of family caregivers of people living with acquired immune deficiency syndrome [PLWA]

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Abstract

People living with Human Immuno-deficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS) [PLWHA] are cared for by family members or friends. Caregivers are now expected to provide more complex care in the home and many of them experience compromised physical, social, and mental health. To determine the physical health and mental status of family caregivers for PLWHA, the relationships among the variables were examined. This is a descriptive correlational design study, comprised of 66 female participants, with a mean age of 39.53 years.Most (66.7%) participants were unemployed. The participants scored 79.5% on knowledge of HIV and AIDS, that is, the participants obtained 36.6 points out of a possible 46 points, demonstrating some knowledge deficit. There were positive and significant relationships between stress related to caregiving and several variables: lack of food ($r = 0.280$, $p \leq 0.05$; lack of supplies, such as diapers ($r = 0.331$, $p = 0.01$); inability of care-recipient to eat ($r = 0.245$, $p \leq 0.05$); lack of support from the family or friends ($r = 0.353$, $p = 0.01$); and lack of knowledge and skills in meeting the physical needs of the care-recipient ($r = 0.276$, $p \leq 0.05$). The relationship between the age of the participant and related to caregiving was significant ($r = .325$, $p = 0.01$). Family caregivers should be trained and capacitated on effective stress releasing techniques; and National family caregivers' policies and programmers be developed and operationalized to guide care and support of caregivers.

Biography

Mona Hassan is in the final year of her doctoral studies in Nursing at the Case Western Reserve University. She is currently exploring the Patterns of Sexual Abuse among Young Children by working on two different studies; a qualitative study to explore child-victims experiences, and a qualitative study to identify the factors influencing child sexual abuse. Her background in pediatric nursing (2002), International Board Certified Lactation Consultant (IBCLC) (2006), and sexual abuse face to face advocate (2010). Mona looks forward to help health professionals and policy makers to better understand child sexual abuse, and provide the appropriate mechanisms for preventing these tragic maladies.

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