

# **Self-care symptom management strategies among women living with HIV/AIDS in an urban area in Ethekwini district**

Presentation  
by  
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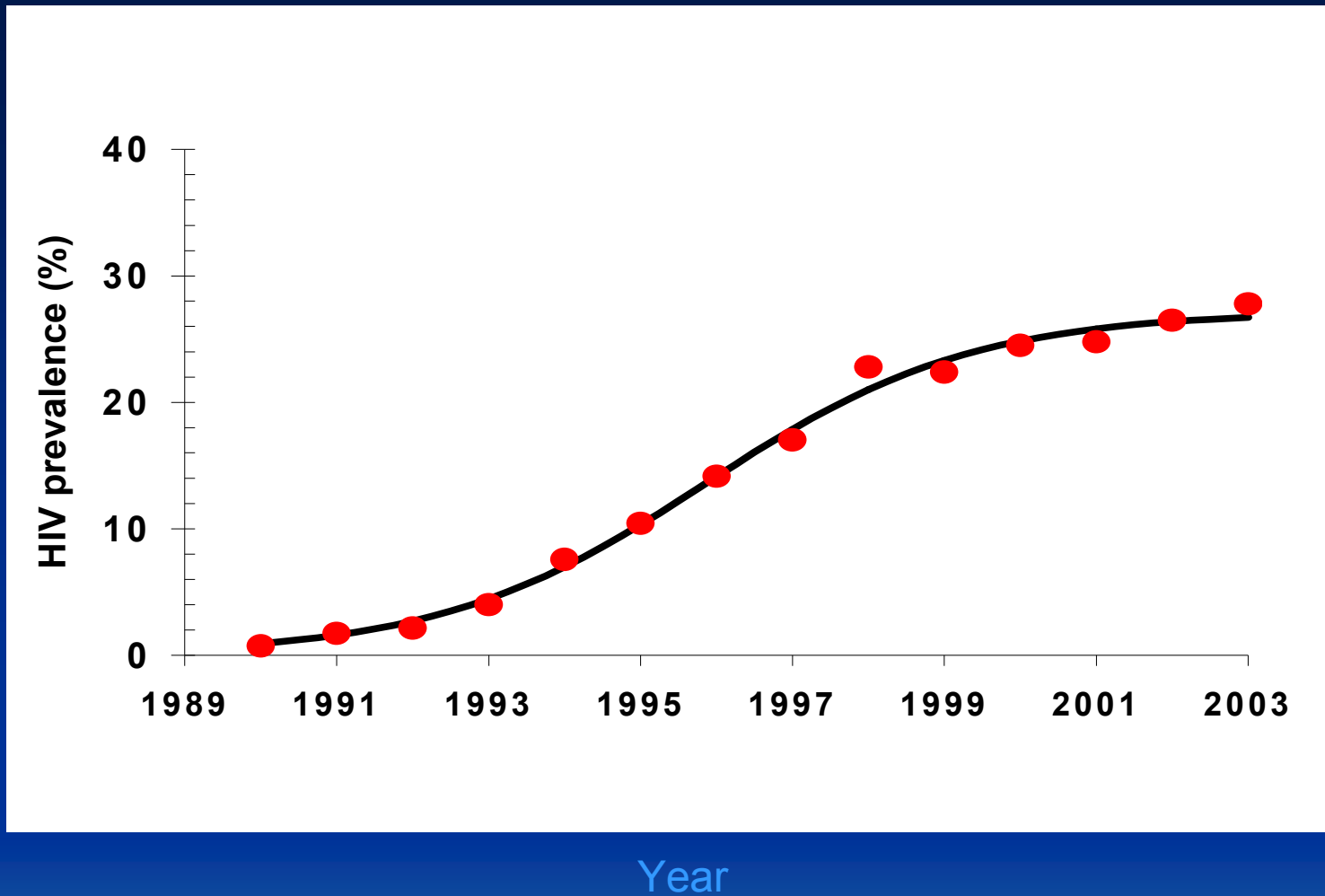
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# Research Question

- What are the self-care strategies performed by women living with HIV/AIDS to manage their symptoms?





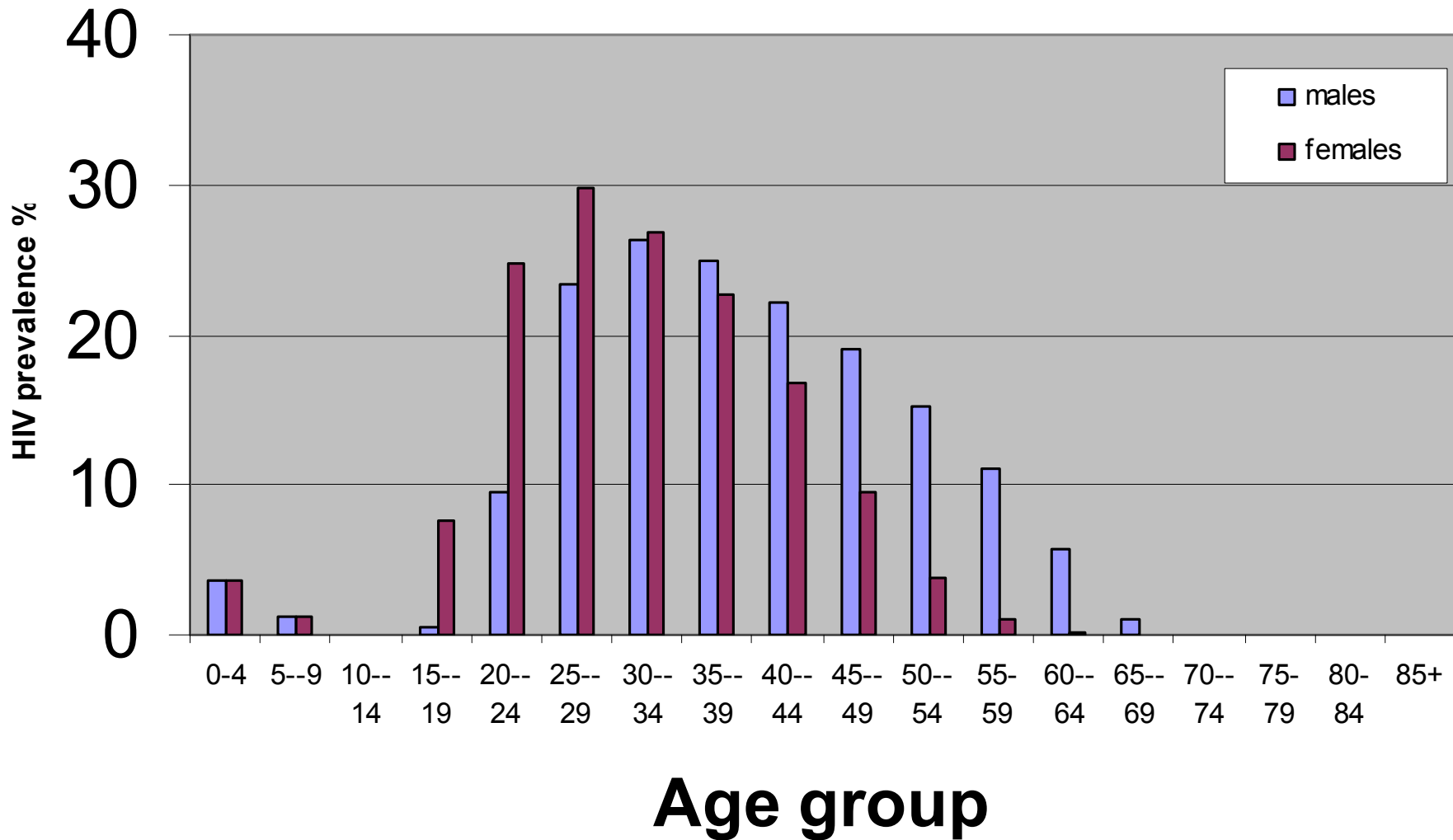
**Prevalence of HIV among antenatal care attendees in South Africa, 1990- 2003**

Age group (Years)	HIV prev (CI 95%) 2002	HIV prev (CI 95%) 2003	HIV prev (CI 95%) 2004
< 20	14.8 (13.4 – 16.1)	15.8 (14.3 – 17.2)	16.1 (14.7 – 17.5)
20 – 24	29.1 (27.5 – 30.6)	30.3 (28.8 – 31.8)	30.8 (29.3 – 32.3)
25 – 29	34.5 (32.6 – 36.4)	35.4 (33.6 – 37.2)	38.5 (36.8 – 40.3)
30 – 34	29.5 (27.4 – 31.6)	30.9 (28.9 – 32.9)	34.4 (32.2 – 36.6)
35 – 39	19.8 (17.5 – 22.0)	23.4 (20.9 – 25.9)	24.5 (21.9 – 27.2)
40+	17.2 (13.5 – 20.9)	15.8 (12.3 – 19.3)	17.5 (14.0 – 21.0)

N.B. The true value is estimated to fall within the two confidence limits, thus the Confidence Interval (CI) is important to refer to when interpreting data

**HIV prevalence by age group among antenatal clinic attendees,  
South Africa: 2002 – 2004**

# HIV prevalence by sex and gender 2004



• Source: Darrington RE, Bradshaw D, Johnson L, Bundlender D. The Demographic Impact of HIV/AIDS in South Africa. National indicators for 2004. Cape Town: Center for Actuarial Research, South African Medical Research Council and Actuarial Society of South Africa. 2004

# Literature review

- Management of HIV is crucial for better quality of life
- Day-to-day management lies mainly with the patients
- Women's personal care is often not seen as a priority

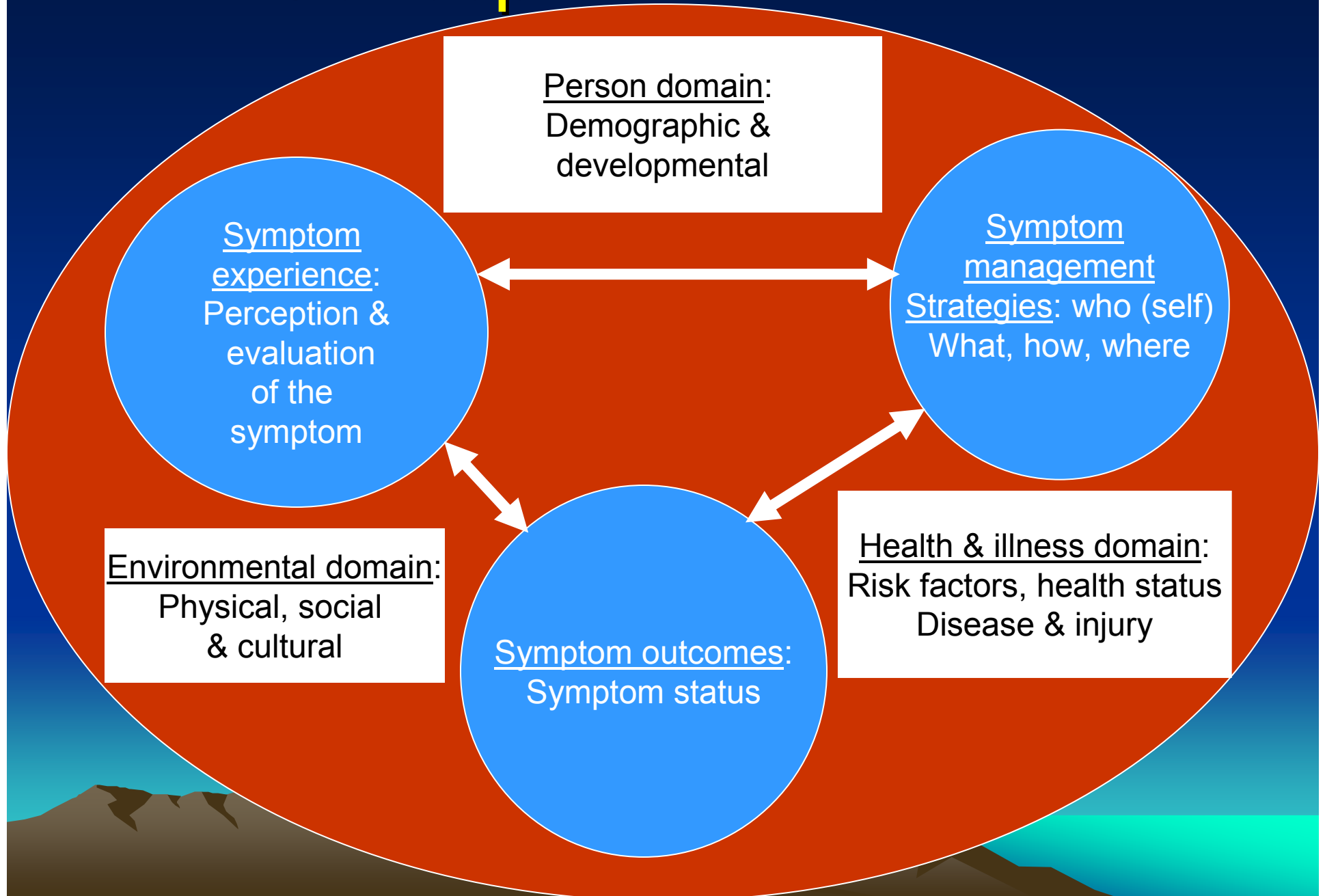


# Literature review

- Common symptoms: nausea, vomiting, fear and anxiety, fatigue, weight loss
- 8 Types of self-care symptom management strategies: medication, self-comforting, complementary treatment, daily thoughts/ activities, diet change, help seeking, exercise and spiritual care (Chou et al 2004:336)



# Conceptual framework





# Methodology

- Exploratory descriptive design
- Qualitative approach
- Setting:
  - KwaZulu Natal: Ethekwini district
  - Umlazi: clinic associated to Prince Mshiyeni Memorial Hospital



# Population

- Women living with HIV/AIDS
- 18 years or more
- Attending the clinic in the urban area of Ethekewini district
- Symptomatic



# Sampling

- Purposive sampling
- Screening symptomatic participants: SSC-HIV-rev instrument to be used
- Minimum of 4 symptoms recorded on the instrument
- Sample size determined on basis of information needed, starting from 10 participants



# Instrument

- Demographic questionnaire: describe the sample – covers the nursing domains
- Symptom management strategy interview schedule (adapted from Bunch, 2004:169) - covers the three dimensions of the framework



# Data collection

- Semi-structured interviews in Zulu
- Trained fieldworker to collect data
- Tape recording, transcription, translation and checking



# Academic rigor

- Quality of data and findings
- Trustworthiness
  - Credibility
  - Dependability
  - Transferability
  - Confirmability
- Pilot study



# Data analysis

- Concurrently with data collection
- Qualitative content analysis: Deductive category application
- 8 types of self-care strategies documented by Chou et al (2004:336)



# Ethical considerations

- Ethical clearance from the UKZN
- Permission from the relevant authorities
- Information document for the participants
- Written informed consent
- Information sheet on Nutrition: compiled South Africa Sugar association (SASA)





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NGIWA BONGA!