



**Epilepsy Resource Centre Zimbabwe**

Muzinda we tsvakurudzo, ruzivo nerubatsiro nezve pfari



# CAREGIVERS EXPERIENCES IN MANAGING CHILDREN WITH EPILEPSY IN WARD 8, CHITUNGWIZA

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# INTRODUCTION

- Many studies have been conducted on people with epilepsy investigating the challenges they face due to the condition but no particular attention had been given to their carers in Ward 8, Chitungwiza.
- Given the above the researcher sought to investigate the lived experiences of caregivers in Ward 8, Chitungwiza.

# DEFINITION OF KEY TERMS

- Caregivers - can be referred as family members, paid helper who regularly cater for a child or sick, elderly or disabled person. Schulz and Patterson (2004) state that caregiving is the process or act of rendering care services to other people, who as a result of illness or disorder, have a deficit in or have lost the independent capabilities of carrying out certain fundamental activity on their own.
- Epilepsy- it is a chronic non communicable disease of the brain that affects around 50 million people worldwide (WHO 2020, ILAE 2020). The condition affects everyone irregardless of age, race, culture, time and space(Beghi et al 2016) which makes it a more common chronic neurological disorder in children (Wirrel &Fine).
- Managing - taking control of something.

# NATURE OF CARE GIVEN TO CWE

- Adherence to medication
- Monitoring of seizures(perfoming first aid, watchfulness during the day or the night)
- Special diets
- Provision of basic care i.e. bathing etc

# CHALLENGES FACED BY CAREGIVERS IN MANAGING CHILDREN WITH EPILEPSY

- Shortage of medication and management of medication
- Seizure monitoring
- Financial constraints ( scans, type of diets given to children with epilepsy, buying medication)
- Stigma within societies, places they rent (Fandano, 2020)
- Unemployment due to the burden of care
- Lack of knowledge on what is epilepsy and how to manage it (Ndoeye et al 2005)
- Mental health problems as a result of stress, emotions overthinking ,fear and worry

# CHALLENGES CONTINUED

Lack of acceptance (woman mainly blamed for the predicament of their child)

Lack of their own personal time, due to the duty of caring.

# COPYING MECHANISMS ADOPTED BY CAREGIVERS OF CHILDREN WITH EPILEPSY

- Assistance through organisations such as ERCZ, Mufudzi wakanaka where they are getting assistance through support groups, counselling services and also education pertaining epilepsy.



# RECOMENDATION

- More education and awareness to caregivers of children with epilepsy and society on epilepsy and epilepsy management (CLAE, 2022)
- More support in terms of money for the assistance of their daily lives
- Trainings on how to handle seizures, record seizures and on the first aid to utilize when a child is having seizures ( Mugumbate, Riphagem & Gathara 2017)
- Compliance of medication and importance of adherence, low cost of medication so that they avoid drug default.
- Proper management on day to day livelihood, that is ,managing of the meals they give to their children, avoiding things which causes seizures and maintaining a lot of cautiousness in the environment that the child is in.





# CONCLUSION

- Given the above data, it can be noted that caring for a child with epilepsy is a hectic and demanding job for caregivers and this shows that there is need for the considerations of carers as they pass through a lot of emotional and psychological burden particularly those in Ward 8, Chitungwiza.
- The study is focusing on the life experiences of caregivers with children with epilepsy and from the research conducted, the above mentioned were the major concerns of the research.