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LIVED EXPERIENCES OF HOME BASED PALLIATIVE CAREGIVERS IN NDOLA, ZAMBIA

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Palliative care in Zambia began around 1990, because of rising numbers of chronic illnesses from HIV and Non-communicable diseases. Hence, streamlining care from institutional to home-based palliative Caregiving. The main objective of this study was to investigate lived experiences of Caregivers in Ndola regarding resource support services; personal psychological; opportunity gaining; and challenging experiences. This is because Home Based Palliative Care services remain inevitable under community Caregivers. This was a qualitative, phenomenological study design; with in-depth interviews on twelve purposively sampled respondents, conveniently picked from health facilities representing different catchment areas. Data was analyzed manually, creating patterns of themes under thematic analysis. Findings of negative experiences revealed: lack of team work, limited resource supplies such as inadequate Home Based Palliative Care kits comprising medical and surgical logistics; lack of Food supplements to boost nutrition and many more limitations. Caregivers' duties too were associated with: work over- load, long working hours and cost burdens. In addition to career development was lack of the following: training, refresher courses, technical support supervision and standard guidelines. Whilst Positive experiences reported were: Hope for employment; feeling respected and highly regarded in their community bringing dignity, sense of self-worth, self-esteem; and self-actualization associated to impacting decisions made on people's health. This study therefore contributes to growth of research on determinants of health, a basis for further research by students, academicians; researchers to bridge knowledge gaps and provide evidence to inform policy in integrating caregivers' issues in a wider health care system and address health inequalities.