

CAN NURSES AFFORD TO MEET THE HEALTH NEEDS OF COMMUNITY MEMBERS WITHOUT UNDERSTANDING INDIGENOUS KNOWLEDGE SYSTEMS: HEALTH FOR ALL IN SOUTH AFRICA?

INAUGURAL LECTURE

PROF PR RISENGA



Define tomorrow.

UNISA



GREETINGS

- I want to take this time to thank the Almighty God for the wisdom and protection
- My parents who have departed, my children and their spouses, sisters and brothers for the support throughout my entire life
- My Pastors and fellow Christians
- My colleagues and friends
- Supervisors
- Prof M Mulaudzi my respondent
- Community members

INTRODUCTION

The focus of the lecture is on

- health according to WHO and Indigenous knowledge system,
- health for all,
- role of nurses in achieving health for all and
- lastly IKS integration in patient care

HEALTH BY WHO

- Health, according to the World Health Organization, is "a state of complete **physical, mental and social well-being** and not merely the absence of disease and infirmity".
- The definition focuses on one's health as an individual.

TYPES OF HEALTH

- Mental and physical health are probably the two most frequently discussed types of health.
- Spiritual, emotional, social and financial health also contribute to overall health.
- Those with good spiritual health may feel a sense of calm and purpose that fuels good mental health.

WHAT IS HEALTH ACCORDING TO AFRICAN CONTEXT

- According to the traditional African context, health is not just about the proper functioning of bodily organs.
- Good health for the African consists of **mental, physical, spiritual, and emotional stability** [of oneself, family members, and community; this integrated view of health is based on the African unitary view of reality.
- **This definition reflects the importance of UBUNTU**

UBUNTU

- According to this definition ubuntu appears to be one of the crucial parts. Which simply means **"I am, because you are"**.
- In fact, the word ubuntu is just part of the Zulu phrase "Umntu ngumuntu ngabantu", and in Xitsonga its "munhu I munhu hi vanwana vanhu" which literally means that a person is a person through other people, thus one's health is affected by the state of health of the other people in the community where they reside.

HEALTH DISPARITIES

- The two institutions have different definitions and perspectives on health.
- There are certain sections that are comparable.
- However, the discrepancy is significant because it affects how health workers and Africans see health.
- Differences in these concepts may have an impact on how people view health.
- Which can have an impact on how people react if their health is jeopardized.

HEALTH DISPARITIES

- Health workers, including nurses, have a specific responsibility to restore health if it is harmed.
- Nurses are also responsible for ensuring that the health of clients, patients, and community members is attained and maintained.
- Which basically means that nurses and community members must be able to listen to one another in order for community members' health needs to be met and sustained.
- This will aid in achieving WHO's goal of "health for all."

HEALTH FOR ALL

- In order to ensure promotion of health and prevention of the diseases for people WHO came with concept called “health for all” since 1970.
- [World Health Organization](#) (WHO) uses **Health For All** as a goal to envisions securing the health and wellbeing of people around the world.
- It is the basis for the World Health Organization's [primary health care](#) strategy to [promote health](#), human dignity, and enhanced quality of life.

HEALTH FOR ALL CONT.

- Health For All entails the elimination of health-related barriers such as starvation, ignorance, dirty drinking water, and unsanitary housing, as well as the resolution of strictly medical issues such as a lack of doctors, hospital beds, drugs, and immunizations.

HEALTH FOR ALL

- Examining the conditions for obtaining universal health in South Africa
- Do we, as nurses and as a country, have the required resources to achieve health for all?
- Where the bulk of the community members are poor and have little access to clean water, many children suffer from malnutrition.
- Is it possible for nurses to overcome these obstacles in order to secure everyone's health?

HEALTH FOR ALL AND PHC

- Continued development in medical treatment and public health is essential for Health For All.
- Primary health care, in which basic medical assistance is available in every hamlet and is supplemented by referral services to more specialized treatment, must be available to all.
- Vaccination, too, must attain universal coverage.
- There is an indigenous knowledge system anchored in culture in such communities/villages, which also plays a critical role in the attainment of health for community members.

ARE HEALTH SERVICES ACCESSIBLE TO SOUTH AFRICANS

- The government's acceptance of Health For All signifies a commitment to promote the advancement of all people on a broad front of development, as well as a determination to inspire individual residents to improve their quality of life.
- The speed at which development is made will be determined by political will.
- The World Health Assembly thought that if everyone worked hard enough, Health For All could be achieved by the year 2000.

HEALTH FOR ALL TARGET DATE

- **THE GOAL WAS SUPPOSED TO BE ACHIEVED BY THE YEAR 2000, PER THE WORLD HEALTH ASSEMBLY, BUT 22 YEARS LATER, THE PROBLEM STILL EXISTS.**
- **PHC was given the task of achieving the target with the help of health staff, particularly nurses.**
- **However, if the IKS is taken into account, the goal can be readily and fairly attained.**

TRADITIONAL INDIGENOUS KNOWLEDGE

- Traditional Indigenous knowledge is a collection of knowledges, beliefs, and traditions aimed at preserving, communicating, and contextualizing Indigenous cultural and landscape links over time.
- Although "knowledge" is defined as factual information, "belief" is defined as religious notions, and "tradition" is defined as practice, these terms are sometimes used interchangeably to characterize Indigenous epistemologies.
- Through social contacts, oral traditions, ritual practices, and other activities, indigenous knowledge is passed down formally and informally among kin groupings and communities.

SOUTH AFRICAN IKS SURVEY

- **"Local is lekker: Indigenous knowledge should be supported," say MOOS, STRUWIG, and ROBERTS.**
- **Indigenous knowledge systems (IKS) can contribute significantly to socioeconomic growth and long-term development, and they should be promoted and supported.**
- **But how much do people know about IKS, and should measures be put in place to raise awareness in South Africa?**

IKS AND WHO

- Traditional remedies are used by a great majority of Africans for health, social, cultural, and economic reasons, according to the World Health Organization.
- Traditional medicine is used by up to 80% of the people in Africa for primary healthcare.
- What a disparity, barely 20% of the population uses nurses for primary healthcare.
- Traditional medicine has an essential part in the therapy of some disorders in South Africa, according to studies.

Who supports IKS in South Africa?

- An index of supportive statements was established to better understand IKS support.
- Males and females have equal support for IKS, according to the study, but the issue is polarized by race.

Who supports IKS in South Africa?

- White South Africans are the least supportive of IKS, while black South Africans are the most supporting.
- Rural and informal urban residents are more likely to support IKS.
- Provinces that are most supportive of IKS include the Eastern Cape, Mpumalanga, Limpopo, and KwaZulu-Natal, while the Free State and Western Cape are the least supportive.
- Regardless of the IKS and western health care facilities available, the country's health is affected by a variety of ailments.

What is affecting health of people in South Africa?

- **The quadruple burden of sickness has taken a toll on South Africa's health.**
- Statistics South Africa indicates the main causes of death is as follows
- tuberculosis (8.8% of total deaths),
- influenza and pneumonia (5.2%),
- HIV (5.1%),
- cerebrovascular diseases (4.9%),
- diabetes mellitus (4.8%),
- and hypertensive diseases (3.7%).

CAUSES OF ILLNESS ACCORDING TO IKS

- Traditional Africans believe in no such things as chance, bad luck, or fate.
- They think that every illness has a purpose and a specific reason, and that the cause must be identified and addressed in order to combat the ailment.
- Traditional Africans are preoccupied with the questions 'Why?' and 'Who?' in order to comprehend disease.

CAUSES OF ILLNESS ACCORDING TO IKS

- Many authors have portrayed civilizations where illness is thought to be caused by supernatural powers such as witchcraft, sorcery, taboo-breaking, and disease-causing spirits.
- As a result, traditional healers should be sought for treatment, as they will be able to establish the cause of the ailment and the individual responsible.
- Is this information contributing to the quadruple burden of disease in South Africa?
- Nurses must be aware of this knowledge in order to provide appropriate health education.

CAUSES OF ILLNESS ACCORDING TO WESTERN MEDICINE

- **Bacteria are capable of causing infectious diseases. Infections like tuberculosis are caused by these single-celled organisms.**
- **Viruses. Cause a wide range of illnesses, from the common cold to AIDS.**
- **Parasites and fungi causes other several infections**
- **As a result, several of the disorders defined as having a quadriple burden of disease emerge.**

CAUSES OF ILLNESS ACCORDING TO WESTERN MEDICINE

- How do members of the community interpret the data?
- Various research were undertaken to better understand some of the conditions and IKS.
- The first research looked at hypertension and IKS.

IKS AND HYPERTENSION

- A study was carried out on the management of hypertension according to IKS.
- This was a watershed moment in our understanding of how to address health concerns from a cultural standpoint.
- The study was titled : Cultural beliefs, values and attitudes of Shangaans in relation to hypertension.

IKS AND HYPERTENSION

- Hypertension is one of the diseases with the highest burden in South Africa.
- It was critical to learn how individuals on the ground deal with the situation in order to make an impact on the numbers.
- Their perspective on western medicine was likewise critical.

IKS AND HYPERTENSION CONT

- According to the study's findings, Shangaans think that all symptoms have cultural significance.
- They understand and react to symptoms in ways that are consistent with their cultural standards as they occur.

IKS AND HYPERTENSION CONT

- The study findings revealed that hypertension is known as N'ombe and Ngatileyikulu which means high blood
- Signs and symptoms were also spelled out
- Herbal medicine is used for treatment of the condition based on the signs and symptoms presented on admission to the traditional healer as follows:

IKS AND TREATMENT OF HYPERTENSION

- **Liquid herbal remedies - Is used to treat hypertension patients' fatigue and excessive sweating.**
- **Dry herbal medicine roots - for headaches**
- **Burned molds and herbal medicine - to loosen blood that is thought to be thick and elevated due to hypertension.**
- **Steam inhalation - for blood washing and dizziness**
- **Grinded herbal medication with fat - for rubbing afflicted areas during a stroke**

IKS AND TREATMENT OF HYPERTENSION

- Herbs are important in the treatment of hypertension, but only for a limited time, not for life as in chronic illnesses.
- Which distinguishes the various approaches to the treatment and management of the same ailment.
- Participants criticized Western medicine for the long-term usage of hypertension medication.
- Hypertension, according to Western medicine, is a chronic ailment that requires lifelong therapy, as opposed to a cultural perspective in which medication is given for a set period of time.

NURSING AND IKS

- The nursing profession should avoid categorizing herbal medicine and instead devote time to learning about the practice of Traditional Healers so that it can be viewed in a cultural perspective.
- On transcultural nursing, Leininger's sunrise model was used.
- The purpose of Transcultural Nursing is to create a scientific and humanistic body of knowledge that will allow nurses to provide both culture-specific and culture-universal nursing care.

Transcultural nursing

- Because the nurse is ultimately the one who implements care and is by the patient's side for the majority of the time receiving care, Leininger's theory helps to better define the expectations of the nurse-patient relationship.
- Leininger's goal is for nurses to immerse themselves in culture education and to provide treatment that is similar to what the patient considers appropriate based on his or her cultural expectations.
- This is part of a nurse's plan of care that uses the nursing process.

Transcultural nursing

- The nurse creates interventions that are culturally appropriate for the patient's requirements and assesses their effectiveness, determining whether the patient's cultural demands have been met completely.
- The Transcultural Theory of Nursing has improved views among caregivers who were previously unaware of patient diversity. This could mean the difference between a patient's recovery and deterioration.
- There are three different types of nursing care decisions that can be made.

Three modes of nursing care decisions and actions according to transcultural nursing theory

Cultural care preservation or Maintenance

- It encompasses professional acts and decisions that assist, support, facilitate, or enable people of a particular culture to retain and/or preserve appropriate care values so that they can maintain their health, recover from disease, or face handicaps and/or death.

Cultural care preservation or Maintenance

- This could be beneficial in the treatment of hypertension and other diseases.
- Patients who come to the ward or clinic with a goat skin on their wrist may be allowed to keep it, which is an excellent example of cultural preservation in order to support the patient's emotional wellness.
- It is not necessary to advise the patient to leave unless the patient is scheduled for surgery; however, a full explanation should be given and a consensus obtained.

Cultural care accommodation or Negotiation

- Cultural care accommodation, also known as negotiation,
- It encompasses those supportive, facilitative, or enabling creative professional activities and decisions that enable people of a specific culture in adapting to or negotiating with others for a favorable or gratifying health outcome with professional care providers.

Cultural care accommodation or Negotiation

- Chronic illnesses requiring lifelong care, such as hypertension, HIV, and diabetes mellitus, might be bargained.
- Patients do not have a condition that culturally requires lifelong medicine; therefore the specific treatment is employed, and patients are healed, but medically, these disorders result in high rates of morbidity and mortality.
- Negotiation could aid in the decrease of sickness and mortality rates in South Africa, as indicated in the quadruple burden of diseases.

Culture care repatterning or Restructuring

- Professional actions and decisions that assist, support, facilitate, or enable clients to reorder, change, or greatly modify their lifeways for new, different, and beneficial health care patterns while respecting the clients' cultural values and beliefs and still providing a beneficial or healthier lifeway than before the changes were established with the clients are referred to as culture care repatterning or restructuring.

Culture care repatterning or Restructuring

- Ku Lumeka, a culturally accepted treatment for hypertension, involves cutting the skin with razor blades to allow the blood out.
- Negotiations can be entered into to gain a better understanding of the processes and to check on the amount of razor used by each patient.
- Discussions about the use of single razor blades can be had, as well as the risks of HIV transmission and other communicable diseases.

WHAT IS THE ROLE OF COMMUNITY HEALTH NURSING?

- In a community environment, community health nursing integrates primary healthcare with nursing practice.
- Community health (CH) nurses serve communities or populations by providing health services, preventive care, intervention, and health education.
- This occurs on a platform where IKS is being conducted.

What Do Community Health Nurses Do?

- Unlike a nurse who works one-on-one with patients, community health nurses concentrate on entire communities.
- In a community context, CH nurses can have a variety of functions.
- They may offer any or all of the following:
 - IKS and health education
 - IKS and community advocacy
 - IKS and ensuring a safe and healthy environment.
 - Prevention of child abuse and neglect, as well as IKS.
 - IKS and policy reform
 - IKS and community development

Role of nurses

- What they do is determined by the communities they serve; lower-income, school-aged, and culturally diverse populations all have unique requirements.
- Is it an issue that we are not relevant to the needs of communities?
- During the Covid 19 era, the value and usefulness of traditional medicines were recognized, as the majority of people relied on medicinal plants to treat infections.

HEALTH FOR ALL AND IKS

- In order to realize health for all and meet the health requirements of our own people, South African nurses must be able to communicate their cultural knowledge and experiences, as they come from the same communities.
- Being a nurse should not westernize a nurse, but rather help them integrate their health experiences gained via indigenous knowledge and western information gained through education and learning experiences.

HEALTH FOR ALL AND IKS

- By studying and identifying the wide range of factors that determine how well and long people live, nurses are well positioned to play a vital role in treating the underlying causes of poor health.
- Nurses should assist in the development of solutions that are tailored to the needs of individuals and communities.
- Facilitate collaboration among members of interdisciplinary teams.
- This should include the following: Humility, awareness, and respect

AWARENESS, RESPECT AND HUMILITY

- The first step in developing cultural sensitivity and competency is to become aware.
- The community health nurse must be mindful of and reflective of his or her own cultural perspectives.
- Cultural awareness and the ability to properly care for cultures other than one's own begins with attentive, respectful listening and careful observation of cues.

AWARENESS, RESPECT AND HUMILITY

- To promote healthy behaviors across communities and build public health policy based on the underlying social determinants of health, it is necessary to understand culture and the environment.

Trust

- Every human relationship is built on the foundation of trust.
- The community health nurse must be aware that provider actions and clinical decisions, in combination with health system variables (such as language challenges, lack of availability and access to treatments, and payer-imposed gaps in care), frequently have a negative history.
- As the community health nurse collaborates with families and communities, such system obstacles provide challenges that must be solved.
- Cultural competency is a link between the family, the community, the providers, and the systems.

HUMILITY

- We must be modest in admitting what we don't know about serving various communities as community health nurses and commit to lifelong learning.
- Obtaining assistance from a trusted cultural liaison or guide can help the CHN have a better understanding of the cultures of the many people we serve.
- Diverse cultural encounters or immersion experiences can help a nurse gain confidence and competence.

HUMILITY

- Community health nurses must actually listen to, honor, and respect our clients' needs, preferences, wants, and hopes, as well as the needs, preferences, desires, and hopes of their families and communities.

HUMILITY

- The challenges of providing and promoting culturally appropriate care should not intimidate community health nurses.
- It must be realized that moving forward in uncertain situations sometimes necessitates understanding of one's own personal prejudices.
- The community health nurse should be willing to take risks and engage in discussions at all levels of organizations and government in order to make healthcare systems more courteous and capable of serving diverse populations.

Recognizing the Multiple Social Determinants of Health

- More than just responding to symptoms of sickness or identifying dangers is required to improve the health of families and communities.
- It necessitates that community health nurses concentrate on the social determinants of health, which include disease, maladaptation, injury, early mortality, and disability.

- Cultural knowledge is anchored in indigenous knowledge systems, and it is essential for nurses to understand how to interact with patients.
- To begin with, it aids nurses in understanding how the patient's culture and religious system provide resources for their experiences with disease, suffering, and death.
- It aids nurses in comprehending and respecting the variation that can be found in a nurse's patient load.

- It also helps strengthen a nurse's commitment to nursing based on nurse-patient relationships and emphasizing the whole person rather than viewing the patient as simply a set of symptoms or illness.
- Finally, using cultural knowledge to treat a patient also helps a nurse be open-minded to treatments that can be considered non-traditional, such as spiritually based therapies like meditation and anointing.

- Nowadays, nurses must be sensitive to their patients' cultural backgrounds when creating a nursing plan.
- This is especially important since so many people's culture is so integral in who they are as individuals, and it is that culture that can greatly affect their health and their reactions to treatments and care.
- With these, awareness of the differences allows the nurse to design culture-specific nursing interventions.

The other crucial role played by the nurse is patient advocacy.

- The nurse's main priority is the patient.
- The nurse's responsibility is to advocate for the patient's best interests while also maintaining the patient's dignity during treatment and care, including IKS.
- This could entail collaborating with other health professionals to make recommendations for patients' treatment plans.
- For a patient to recover, these decisions should be tailored to promote health and prevent illnesses.

CONCLUSION

- Close collaboration between health professionals and communities is essential for making an impact and understanding the concept of health together.
- This will aid in the fight against these diseases by combining western and indigenous knowledge that is acceptable to both populations.
- Listening to and learning from Indigenous knowledge is one crucial step forward in transforming the healthcare system for the patients we serve.



- **THANK YOU**

- **INKOMU**