

**PSYCHOSOCIAL BURDEN AND ITS DETERMINANTS AMONG
CAREGIVERS OF CHILDREN WITH COLOSTOMY AT KENYATTA
NATIONAL HOSPITAL, NAIROBI CITY COUNTY KENYA**

BY

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DECLARATION

I declare that this thesis is authentic and has not been submitted to another educational institution for any degree award

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ABSTRACT

Colostomy in children is a lifesaving surgical practice performed for various reasons mainly Anorectal malformation (ARM). The main purpose is to provide a new path for intestinal content elimination. Daily care requirements and disease process predisposes caregivers of children with colostomy to physical, psychological, social and emotional distress. This analytical cross-sectional study, aimed at determining the degree of psychosocial burden among caregivers of children with colostomy at Kenyatta National Hospital (KNH). Census method was applied to pick 60 caregivers. A structured questionnaire was applied to collect primary information. Degree of caregiver burden was assessed utilizing the Zarit Burden Interview scale (ZBI). SPSS version 25.0 was used in analysis, chi-square test of association was applied to determine the relationship between the study variables. All the significant findings of the associations defined by p value (<0.05) were further subjected to multivariate logistic regression analysis. The information was then represented as descriptive and inferential data. Ethical approval was granted by Kenyatta University and KNH Research and Ethics committee. Research permit was also granted by the National Commission for Science, Technology and Innovation (NACOSTI). Majority 59(98.3%) of the participants were females aged above 25 years with majority 40 (66.7%) coming from households of more than 4 members and 38 (63.3%) of the households having at least one child aged below 5 years. Majority 57(95%) reported being burdened while providing colostomy care with 30 (52.7%) of the participants having experienced moderate to severe level of psychosocial burden scored using ZBI. Utilizing the binary logistic regression model, monthly household income (OR 0.06 (95% CI: 0.004 – 0.94) and caregiver support systems (OR 0.01, 95% CI: 0.02 – 0.025) were significant predictors of the level of psychosocial burden among the participants. Further, there was no statistically significant association between knowledge on colostomy care $\chi^2 (1, n=60) = 0.6056, P= 0.436$ and the level of psychosocial burden. There was clear evidence of moderate to severe levels of psychosocial burden among the participants with financial strain domain being extremely affected whereas the social and family life domains were least affected. Health care providers need to consider planning for workshops within the framework of Family centered care in order to provide an opportunity to address caregiver informational needs as well as the needs of children with colostomy particularly on the importance having a health insurance cover. Additionally, there is need to familiarize the caregivers on the existing psychosocial intervention programs to help mitigate the risk of adverse effects related to caregiver psychosocial burden.