



University of Venda

**NUTRITION KNOWLEDGE AND CARE PRACTICES OF HOME-
BASED CAREGIVERS IN MAKHADO AND THULAMELA
MUNICIPALITIES OF VHEMBE DISTRICT IN LIMPOPO PROVINCE,
SOUTH AFRICA**

BY

TIRHANI ASNATH MASIA (11522011)

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**SUPERVISOR: Prof. XG MBHENYANE
STELLENBOSCH UNIVERSITY
DIVISION OF HUMAN NUTRITION**

**CO-SUPERVISORS: Dr. LF MUSHAPHI & Mr. NS MABAPA
UNIVERSITY OF VENDA
SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF NUTRITION**

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ABSTRACT

Background: Home-based care (HBC) is any form of care given to clients in their homes. One of the components of home-based care is to promote and maintain good health, hygiene and nutrition. Nutrition is a major lifestyle factor in health promotion and is important in the prevention and management of chronic diseases. This study was conducted to assess nutrition knowledge and care practices of home-based caregivers in Vhembe District.

Method: Descriptive and exploratory study designs were used with both quantitative and qualitative methods. A total of 128 home-based caregivers were conveniently selected and interviewed from HBC agencies of Makhado and Thulamela Municipalities of Vhembe District. A questionnaire, interview guide and observational checklist were used to collect data. Ninety-two home-based caregivers participated in the focus group discussions. Observations during home visits were made to 28 home-based caregivers. Quantitative data were analysed using SPSS computer software and qualitative data using thematic analysis. Likert scale was developed to assess the level of nutrition knowledge of home-based caregivers and was categorised into limited, satisfactory and adequate knowledge. The significant difference of the socio-demographic variables and level of nutrition knowledge was determined by using Chi-square test.

Results: Almost all study participants (99.2%) were females and 84.3% were aged 30 to 50 years. Over two third (68.7%) of home-based caregivers had secondary education and 18% had tertiary education. More than half (64.1%) had six to ten years of HBC working experience. The results showed that 0.8% of the home-based caregivers had adequate nutrition knowledge while 45.3% had satisfactory nutrition knowledge and 53.9% had limited nutrition knowledge. The findings showed that home-based caregivers were able to translate their nutrition knowledge to their clients. However, they did not share most of the nutrition information they said they knew with their clients. The study showed that nutrition knowledge of home-based caregivers was not influenced by any of the five socio-demographic variables selected.

Conclusion: The findings revealed that the majority of home-based caregivers did not have adequate nutrition knowledge. However, they were able to share with their clients some of the nutrition information based on their knowledge.