

**FACTORS INFLUENCING HEALTH CARE SEEKING BEHAVIORS AMONG
CARETAKERS OF CHILDREN BELOW 5 YEARS IN BUGALA ISLAND,
KALANGALA DISTRICT**

A RESEARCH REPORT SUBMITTED TO

UGANDA NURSES AND MIDWIVES EXAMINATION BOARD

IN PARTIAL FULFILMENT OF THE REQUIREMENTS

FOR THE AWARD OF THE DIPLOMA IN NURSING

MUJURIZI ANTHONY

N16/U011/DNE/017

MAY, 2018

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ABSTRACT

Childhood illnesses present a major public health challenge for developing countries like Uganda which is aggravated by a suboptimal health seeking behaviour by the parents or guardians. Appropriate medical care seeking could prevent a significant number of child deaths and complications. The present study aimed at determining the factors influencing health care seeking behaviours among caretakers of children below 5 years at Bugala Island, Kalangala district.

A cross-sectional descriptive study design quantitative in nature was conducted in rural area of Bugala Island using simple random sampling, a total of 50 participants were recruited into the study.

Results indicated more than 60% had poor health seeking behaviours associated with increased number of children, Furthermore poor means of transport, high costs of transport and user charges as well as others being delayed in traditional healers. Level of education was found having high influence in early health care seeking behaviours. This study recommends that there be an intensive awareness campaigns through multimedia approach stressing on female literacy, improving on socio-economic status of people along with counselling on early health care seeking practices especially for under 5.

Also government should consider Bugala island and Kalangala district in general as special area with unique challenges and put health a health unit at a village level to avoid long distances to reduce mortality and morbidity of children under 5 years.

A study on attitudes of health workers in relation to early health care seeking behaviours need to be carried out

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AUTHORISATION PAGE

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Signature Date.....

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Signature Date.....

SR. KABANYORO ANNET

Dean school of nursing KIU-Western Compass

Signature Date.....

DEDICATION

This research project is dedicated to my Dad; Ndyomugyenye Wilber my Mum Kangyenyenka Kellen My Wife and my child Mujurizi Einstein and the entire family for their generous support during the course of study.

ACKNOWLEDGMENT

Firstly I thank God through His Holy Spirit and our Lord Jesus Christ who granted me ability to do this dissertation.

This work would not have materialized without the contribution of my supervisor Sr. Arizinywa Winfred for her kind guidance and support. I would like to also appreciate the time patience and commitment that were displayed by Mr. Gordon in reviewing and encouraging me in coming out with this work. I thank my parents, Uncle Capt. Damson Kivumba and his family, Aunt Nancy Mwebesa and family for their tremendous understanding and support accorded to me during the study.

I also wish to thank the entire staff of the school of Nursing at KIU-WC for their support during our time at the University and at different stages of developing this report.

DEFINITION OF TERMS

Health care: Is maintenance or improvement of health via prevention, diagnosis and treatment of diseases or illnesses, injury and other physical and mental impairments in human being by provision of primary, secondary and tertiary care as well as public health.

Healthcare seeking behaviour

Has been defined as any action taken by someone in order to find an appropriate remedy for themselves or for the person whom they take care of, when they have a health problem or illness.

Behaviour: The way in which one acts or conducts oneself especially towards others or a response to a particular situation or stimulus

Health: Is a state of complete physical, mental, social and spiritual wellbeing of a person and not merely the absence of the disease or infirmity

ABBREVIATIONS

DIB:	Difficulty In Breathing
HBM:	Health Belief Model
HSB:	Health Seeking Behavior
MCH:	Maternal Child and Health
MDGs:	Millennium Development Goals
MOH:	Ministry Of Health
PHC:	Primary Health Care
SDGs:	Sustainable Development Goals
UNICEF:	United Nations Children's Education Fund
UNMEB:	Uganda Nurses and Midwives Examination Board
WHO:	World Health Organization

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CHAPTER ONE: INTRODUCTION

1.0 Introduction

This chapter presents the introduction, problem statement, purpose of the study, specific objectives, research questions and justification of the study.

1.1 Back ground

Appropriate medical care seeking could prevent a significant number of child deaths and complications due to ill health (Uchudi, 2014). Health care seeking behavior has been defined as any action taken by someone in order to find an appropriate remedy for themselves or for the person whom they take care of, when they have a health problem or illness (Najnin, Beetal and Luby, 2011).

Children represent the most vulnerable age group in any community; therefore, the child mortality rate is widely used as a demographic measure and an important indicator of the level of welfare in countries (Grundy and Annear, 2010). About 7 million children worldwide under the age of 5 years died in 2011 (Johansson, *et al*, Newby and Young, 2012). More than half of these deaths were due to preventable conditions where accesses to simple and affordable interventions were possible (Amin, *et al*, 2014). Leading causes of death were pneumonia, preterm birth complications, diarrhoea, birth asphyxia, and malaria. Under-nutrition contributed to more than a third of these deaths (Hong, Dibley and Tuan, 2014).

Globally, mothers of children under 5 years face many factors which affect their health care seeking behaviours. However, this varies greatly between developed and developing countries as shown that in developed countries such as the USA, Germany and Japan, mothers do not encounter many factors while in developing countries such as Brazil and Mexico, there are

factors such as accessibility and affordability of health care services, reliance on cultural practices and beliefs among so many other factors (Hausmann-Muela, *et al* 2012).

In African countries such as Nigeria, Cameroon and South Africa, mothers of children under 5 years of age encounter many factors which affect their health seeking behaviour yet delays in care-seeking contributes to the large number of child deaths in developing countries (Feikin, Nguyen and Adazu, 2012). Factors such as pluralistic care-seeking practices, and the inability to recognize potentially life-threatening conditions, were found to be associated with the delay. This delay could affect child health significantly and can lead to complications that make the medical care less effective and, in some cases, useless (Fujino, Sasaki and Igarashi, 2015).

In East African countries including Kenya, Tanzania and Uganda, mothers of children under 5 years encounter many factors which affect their health seeking behaviours. These factors include over-reliance on traditional practices, beliefs and use of herbs, socio and economic factors such as poverty, long distance to service centres, lack of support from partners, accessibility and affordability of health care services among many others (Motlagh, *etal* 2012).

1.2 Problem Statement

Overall, although considerable progress has been made towards achieving Millennium Development Goal 4 since 1990, the global under-5-year mortality rate has dropped from 87 deaths per 1,000 live births in 1990 to 51 deaths per 1,000 live births in 2011, but the rate of this reduction was still insufficient to reach the target of a two-thirds ($2/3$) reduction as required by the Sustainable Development Goals (SDGs) (Abdulraheem and Parakoyi, 2016).

Child health and survival could be improved upon if mothers selected qualified medical care providers and in time rather than nonqualified ones (Assefa, *et al*, 2015). However, success in reducing childhood mortality needs more than the availability of adequate health services with well-trained health professionals. As families are the first people responsible for child care,

success requires a partnership between health workers and families with community support (Beiersmann *et al*, 2016).

However, reports from Bugala Island show that many mothers of children under 5 years have poor health care seeking behaviours and this poses a risk for the children as they may develop complications from their illnesses. The particular factors influencing health care seeking behaviors of caretakers of children below 5 years on Bugala Island, Kalangala District are not known as no such study has been carried out to identify these factors and it is upon this background that I picked interest to carry out this study so as influencing factors that negatively affect early seeking behaviours can be averted.

1.3 Purpose of the study

The purpose of the study was to identify the factors influencing health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District.

1.4 Specific objectives

- 1) To identify the socio factors influencing health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District.
- 2) To determine the economic factors influencing health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District.
- 3) To identify the cultural factors influencing health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District.

1.5 Research Questions

- 1) What are the socio factors that influence health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District?

- 2) What are the economic factors that influence health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District?
- 3) How do cultural factors influence health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District?

1.6 Justification of the study

This study served the purpose of identifying the factors influencing health care seeking behaviours of caretakers of children below 5 years. This greatly is to assist the administration of health facilities on Bugala Island, Kalangala District and other institutions to come up with more appropriate sensitization and health education of mothers on the importance and benefits of immediate health seeking for children's illnesses.

Similarly, it is of beneficial to the Ministry of Health and Health Planners and Policy makers by identifying the potential areas which still require policy improvements as well as the development of national policy on improvements on the coverage of child health services, especially in hard to reach areas such as Kalangala Islands.

On the other hand, the findings of this study will help in health education and health promotion in the community, by influencing guardians to develop health care seeking behaviours of children below 5 years.

Important to note, the findings of this study may be incorporated into the Nursing Curriculum, to enhance in the teaching on factors contributing to health seeking behaviours among care takers of children below 5 years in the community. The part of this study may be used by other researchers as part of literature review as well as recommendations from this study serving as basis for further research.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter presents the literature review cited by other scholars about the factors influencing health care seeking behaviours of caretakers of children below 5 years. The literature is presented according to the study objectives and it commences with the socio factors influencing health care seeking behaviours of caretakers of children below 5 years.

2.1 Socio factors influencing health care seeking behaviours of caretakers of children below 5 years

Johansson, *et al.*, (2012) document in their study about pneumonia and diarrhoea and tackling the deadliest diseases for the world's poorest children that a major socio factors influencing health care seeking behaviours of caretakers of children below 5 years is lack of autonomy for women. It was further revealed that in some countries, women were not allowed to move freely and access health care services.

Sakisaka and Jimba (2010) mention in their study about changing poor mothers' care-seeking behaviours in response to childhood illness in Granada, Nicaragua that some of the factors influencing health care seeking behaviours of caretakers of children below 5 years include low socio-demographic status or class. They further revealed that mothers of low socio class were up to 8 times less likely to seek for health care services than those of higher socio class.

Similar findings are presented by Grundy and Annear (2010) whose study about health-seeking behaviour among mothers in Cambodia revealed that there are many socio factors influencing

health care seeking behaviours of caretakers of children below 5 years. These include disease pattern and nature of the disease. This leads to some frequent diseases such as flu and cold being treated as not being very important and requiring immediate attention.

Motlagh, *et al.*, (2012) report in their study about the patterns of care seeking during episodes of childhood diarrhoea and its relation to preventive care patterns in Iran that some of the factors influencing health care seeking behaviours of caretakers of children below 5 years include lack of support by husbands/partners.

Page *et al.*, (2011) mention in a study about health care seeking behaviour for diarrhoea in children under 5 in rural Niger that there are many factors influencing health care seeking behaviours of caretakers of children below 5 years. Among these, the level of education of the mother plays a great role in these behaviours and it was further reported mothers with secondary school education were six times more likely to seek medical care than non-educated ones.

Assefa, *et al.*, (2015) reveal in their study about mothers' health care seeking behaviour for childhood illnesses in Derra District, Northshoa Zone, Oromia Regional State, Ethiopia that a major factor influencing health care seeking behaviours of caretakers of children below 5 years include the number of children. Further analysis showed that as the number of children increased, it led to a decrease in health seeking behaviour.

Fujino, Sasaki and Igarashi (2015) report in their study about improvement in mothers' immediate care-seeking behaviours for children's danger signs through a community-based

intervention in Lusaka, Zambia that some of the socio factors influencing health care seeking behaviours of caretakers of children below 5 years include marital status, children's characteristics such as gender, age, child birth order as well as type and characteristics of illness.

2.2 Economic factors influencing health care seeking behaviours of caretakers of children below 5 years

Ndugwaand Zulu (2011) document in their study about child morbidity and care-seeking in Nairobi slum settlements as well as the role of environmental and socio-economic factors that among the economic factors influencing health care seeking behaviours of caretakers of children below 5 years include mothers' occupation. It was revealed that unemployed mothers were highly less likely to seek for health care services than employed mothers.

Abdulraheem and Parakoyi (2016) report in their study about the factors affecting mothers' healthcare-seeking behaviour for childhood illnesses in a rural Nigerian setting that among the major factors influencing health care seeking behaviours of caretakers of children below 5 years is poverty. It was further established that impoverished mothers were less likely to access health care services.

Mbagaya, *et al.*, (2012) reveal in their study about mother's health seeking behaviour during child illness in a rural western Kenya community that there are many factors influencing health care seeking behaviours of caretakers of children below 5 years and these include physical and financial accessibility of health care facilities and services.

Similarly, Shaikhand Hatcher (2015) mention in their study about health seeking behaviour and health service utilization in Pakistan that among the various economic factors influencing

health care seeking behaviours of caretakers of children below 5 years include transportation difficulties such as unavailability of reliable and safe transport.

Uchudi (2014) reports in his study about covariates of child mortality in Malawi and whether the health seeking behaviour of the mother matters that there are many factors influencing health care seeking behaviours of caretakers of children below 5 years include lack of money for transport and for health care services.

Gao, Dang, Yan and Wang (2016) report in a study about care-seeking pattern for diarrhea among children under 36 months old in Rural Western China that various factors influencing health care seeking behaviors of caretakers of children below 5 years include service characteristics such as accessibility, acceptability as well as attitudes towards modern medicine, preference for traditional medications and herbs, quality of medical care, affordability of medical care costs and perceiving illnesses as severe was five times more likely to be associated with medical care seeking as compared to not severe.

2.3 Cultural factors influencing health care seeking behaviours of caretakers of children below 5 years

Amuyunzu-Nyamongo and Nyamongo(2014) report in their study about health seeking behaviour of mothers of under-five-year-old children in the slum communities of Nairobi, Kenya that some of the cultural factors influencing health care seeking behaviours of caretakers of children below 5 years include cultural beliefs and preference for local herbal preparations.

Ewing *et al.*, (2013) mention in a study about seasonal and geographic differences in treatment-seeking and household cost of febrile illness among children in Malawi that some of the cultural factors influencing health care seeking behaviours of caretakers of children below 5 years include cultural practices and beliefs which are very prevalent among rural communities.

Feikin, Nguyen and Adazu (2012) document in their study about the impact of distance of residence from a peripheral health facility on paediatric health utilization in rural western Kenya that preference for local herbs greatly influences health seeking behaviour among caretakers of children under 5 years. It was further revealed that many people think that herbs are always useful and are never harmful, hence no need to seek for or access formal health services.

Källander *et al.*, (2013) report in their study about delayed care seeking for fatal pneumonia in children aged under five years in Uganda that cultural factors influencing health care seeking behaviours of caretakers of children below 5 years include prevalent beliefs that some illnesses do not require medical treatment but healing from traditional healers.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This chapter presented the introduction, study design and rationale, study setting and rationale, study population, sample size determination, sampling procedure, inclusion criteria, definition of variables, research instruments, data collection procedure, data management, data analysis and presentation, ethical consideration, limitation of the study and dissemination of results.

3.2 Study Design and rationale

This was a descriptive cross sectional study employing quantitative approach.

The above method was selected because it allowed easy data collection at single point in time and thus time saving and cheap to obtain the data relevant to the specific objectives.

3.3 Study setting and rationale

The study was conducted on Bugala Island which is located in Kalangala District. Kalangala district is bordered by waters of Lake Victoria, Mpigi district and Wakiso district to the north, Mukono district to the northeast and east, the Republic of Tanzania to the south, Rakai district to the south west, Masaka District to the west and Kalungu district to the northwest. The district headquarters at Kalangala are located approximately 60 Kilometers (37 miles) across water, south west of Entebbe in Wakiso district. Bugala Island has an estimated population of 12500 people and it is inhabited by Ugandans of various tribal backgrounds. The three major economic activities carried out on the island include fishing, tourism and agriculture. The study area was selected because the researcher had noted poor health care seeking behaviour of caretakers of children below 5 years resulting to high mortality and morbidities.

3.4 Study Population

The study included male and female caretakers of children under 5 years residing on Bugala Island, Kalangala District.

3.4.1 Sample Size

The sample size was the number of observations in a sample. The sample size was calculated and determined using the formula below

$$n = \frac{N}{1+N(e)^2} \quad (\text{LoBiondo and Heber, 1998}).$$

Where n=Sample size, N=Population (target) is 50 male and female. e=Standard error or of margin –e is 5%.expected frequency. The confidence interval taken as 95% (LoBiondo and Heber, 2014).

$$\begin{aligned} n &= \frac{2250}{1 + 2250(0.05)^2} \\ &= \frac{2250}{1+2250(0.0025)} \\ &= \frac{2250}{5.6275} \\ &= \frac{2250}{5.6275} = 50 \text{ caretakers of children under 5 years.} \end{aligned}$$

Therefore, the sample size was 50 male and female caretakers of children under 5 years who were residing on Bugala Island, Kalangala district

3.4.2 Sampling procedure and rationale

The researcher utilized simple random sampling procedure to obtain the sample size for the study. The researcher gave all potential respondents who met study criteria an equal opportunity to participate in the study by picking papers from an enclosed box and any respondent who picked a paper with the word YES written on it was requested to participate in

the study. This continued until the total of 50 respondents was achieved. The procedure was preferred because it is less biased, easy to apply and less expensive (Mitra, 1984)

3.4.3 Inclusion criteria

The study included only male and female caretakers of children under 5 years residing on Bugala Island, Kalangala District who were present and were willing to voluntarily consent to participate in the study.

3.5 Definition of Variables

The independent variables for the study included:

Health seeking behaviour for caretakers of children under 5 years

The dependent variables for the study included:

Socio factors, Economic factors and cultural factors

3.6 Research Instruments

Data was collected using a semi-structured questionnaire which consisted of both open and closed ended questions section A. assessed social demographic characteristics of respondents, section B. assessed social factors influencing health seeking behaviours of caretakers of children below 5 years. Section C. assessed economic factors that section D. questions assessing cultural factors influencing health seeking behaviours for care takers of children below 5 years.

3.7 Data Collection Procedure

The researcher administered questionnaires to caretakers of children under 5 years residing on Bugala Island, Kalangala District. The researcher interviewed 25 respondents per day for a total of 50 respondents in 2 days.

3.7.1 Data management

Data management included tallying, arranging, storage, editing and coding before leaving the area to ensure all mistakes or areas left blank that could have happened were corrected and rectified before leaving the area of study.

3.7.2 Data analysis and presentation

The collected data was entered into the computer for analysis and later researcher presented them in to tables, graphs and pie charts generated by Microsoft Excel.

3.8 Ethical Considerations

A letter of introduction was obtained from Kampala International University introducing the researcher to the local council administration of Kalangala Island and seeking permission to carry out the study. After permission was granted, the LC 1 chairpersons escorted and introduced the researcher to the respondents. Respondents were assured of maximum confidentiality and only numbers instead of names were used to identify the respondents. The study only commenced after the objectives of the study had been well explained to participants and they had consented to participate in the study.

3.9 Limitation of the study

The researcher encountered financial constraints in gathering information from the internet and libraries, printing and transport costs. The researcher would overcome this limitation by drawing up a budget and revisiting the budget for adjustments which would be strictly followed to utilize the available means.

The researcher also encountered time constraints in the course of the study, balancing the research study and other demanding course works. The researcher would overcome these

limitations by drawing up a timetable which would be strictly followed to overcome the time barriers.

3.10 Dissemination of results

The results would be forwarded to Kampala International University, a copy would be submitted to UNMEB, and another copy would be given to the local council administrations of Kalangala Island while the researcher would also retain a copy for ownership for future reference and dissemination in meetings and seminars.

CHAPTER FOUR: RESULTS

4.0 Introduction

This chapter presents the results that were obtained after data analysis. Data was collected from 50 participants using questionnaires for a study whose aim was to identify the factors influencing health care seeking behaviours of caretakers of children below 5 years on Bugala Island, Kalangala District.

4.1 DEMOGRAPHIC CHARACTERISTICS

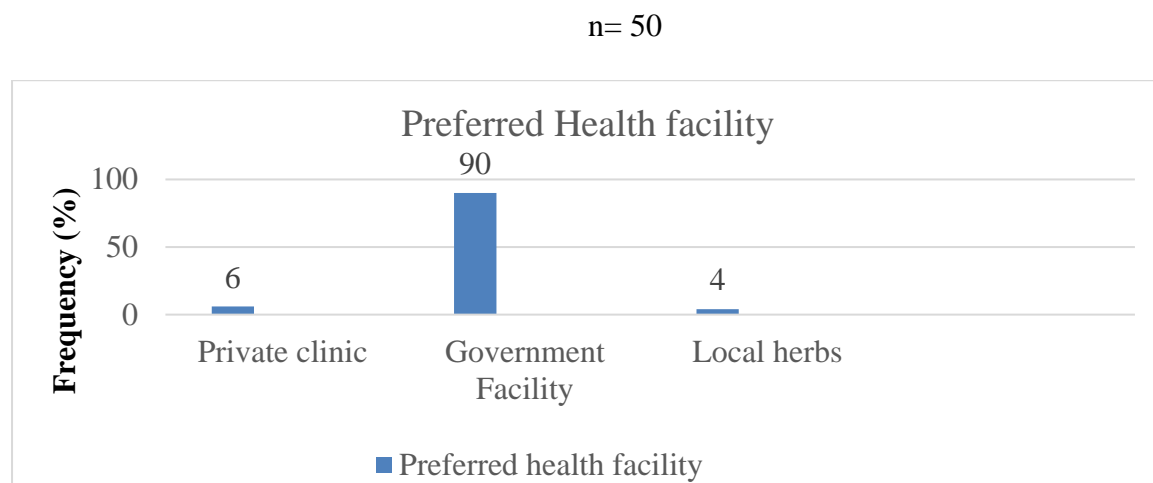
Table I: Showing demographic characteristics n=50

PARAMETERS	VARIABLES	FREQUENCY	PERCENTAGE
AGE	18-25	11	22
	26-35	24	48
	36 and above	15	30
	TOTAL	50	100
SEX	Male	08	16
	Female	42	84
	TOTAL	50	100
OCCUPATION	Fishing	25	50
	Farming	14	28
	Professional	11	22
	TOTAL	50	100
NO. OF CHILDREN	1	29	58
	2	17	34
	3 and above	4	8
	TOTAL	50	100
MARITAL STATUS	single	0	0
	married	39	78
	divorced	11	22
	TOTAL	50	100
EDUCATION LEVEL	primary	21	42
	secondary	13	26
	tertiary	11	22
	non formal	4	8
	TOTAL	50	100

From the table1 above, the majority of participants 24(48%) were aged between 26-35 years old, 15(30%) were aged above 36 years while the minority 11(22%) were aged between 18-25 years. In addition, majority 25(50%) of respondents were employed in the fishing business, 14(28%) were farmers while 11(22%) were professional. Most of the respondents 21(42%) were found to be primary school drop outs, 13 (26%) were secondary drop outs, then 4(8%) were Of none formal education and only 11(22%) had tertiary education. Regarding number of children, majority of the respondents 29(58 %) had one child under 5 years, 17(34%) had two children under 5 years and only 4(8%) had above 3 children under 5 years. Majority 39(78%) of the respondents were married, 11(22%) were divorced and no single participated.

4.2 Socio factors influencing health care seeking behaviours of caretakers of children below 5 years.

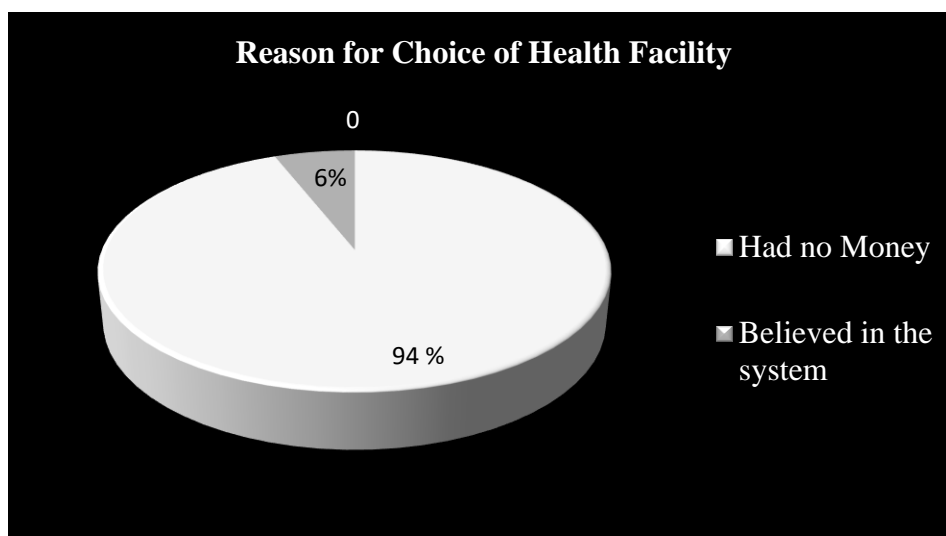
Figure I: Showing Caretakers' preferred Health Facility



From Figure 1, majority of the participants 45(90%) preferred using government facilities due to lack of money 47(94%). Furthermore, 43(86%) received adequate services from their preferred health facilities however, majority 30(60%) spent 2-3 hours before being attended to.

Figure II: Showing reasons for the choice of Health facility

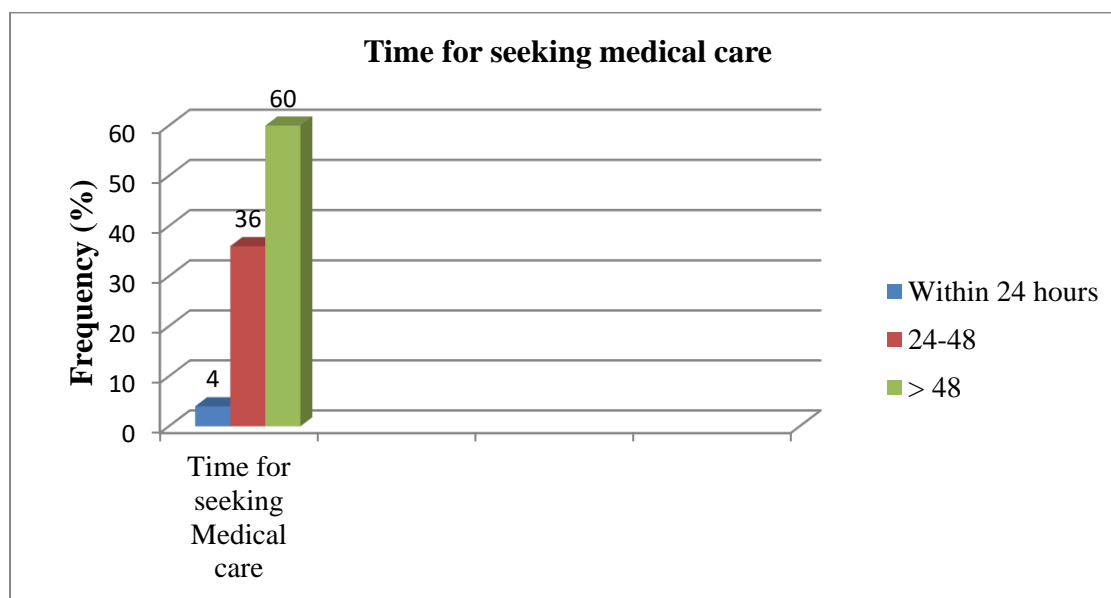
n=50



The major reason (94%) for the above choice of health facility was due to lack of money followed by belief in the system (6%)

Figure 3, showing time which caretakers take before seeking care

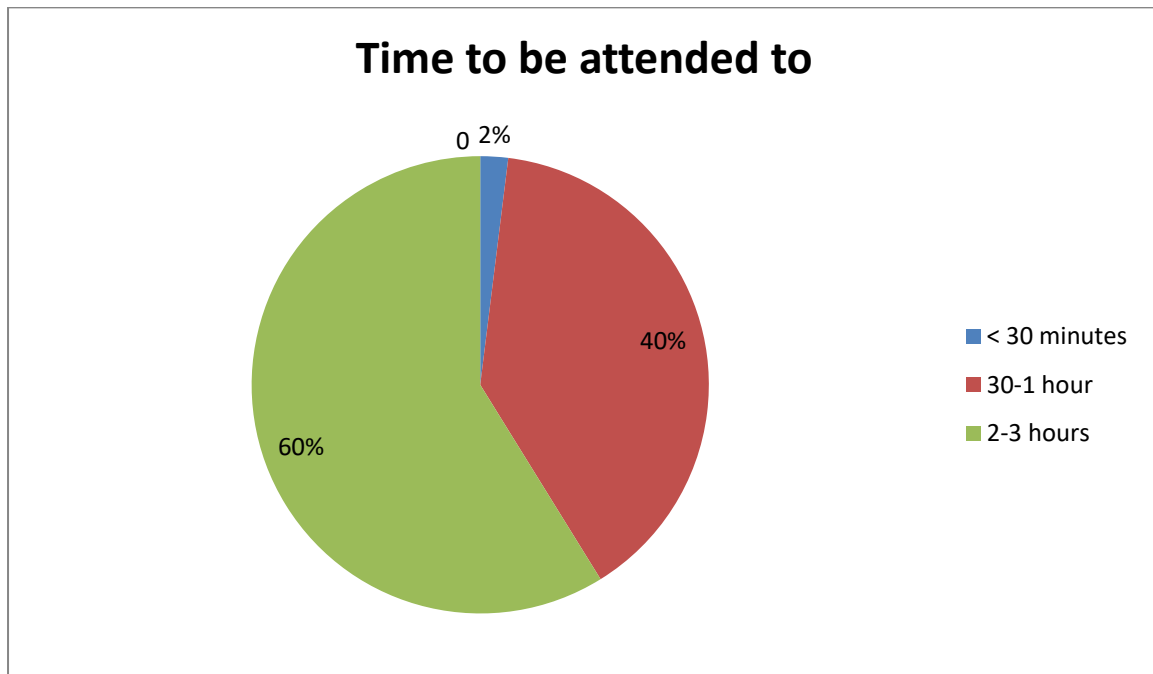
n=50



Majority of the participants (60%) spent more than 48 hours before taking their children for medical care, some (36%) within 24-48 hours while very few(4%) took their children within the first 24 hours.

Figure IV: Showing time taken for care takers to be attended to

n=50

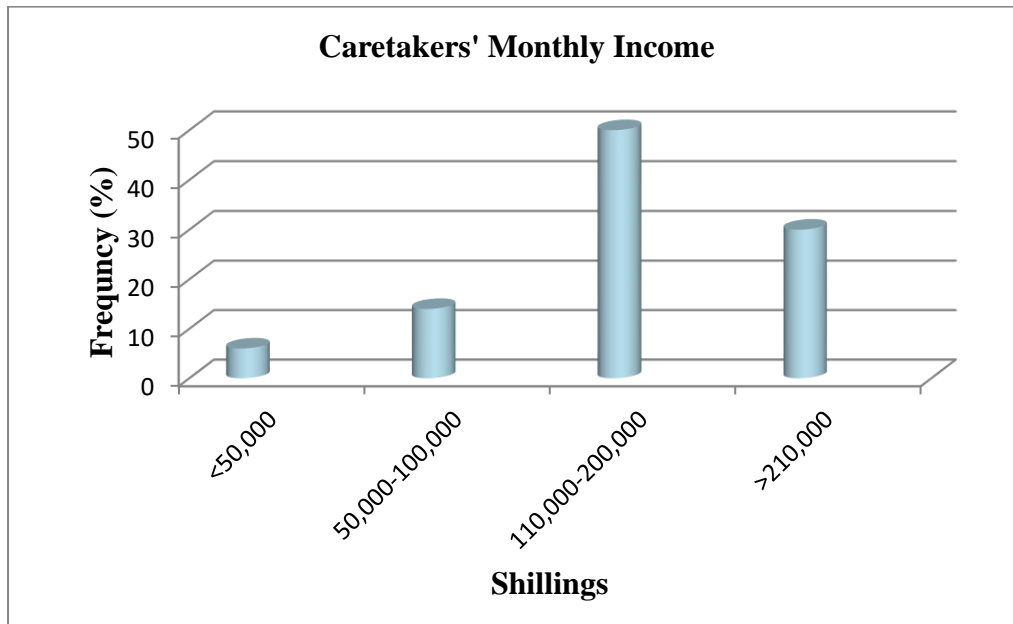


Most care takers (60%) reported spending 2-3 hours before being attended to, some (40%) were attended to within 30 minutes – one hour while only (2%) were attended to within 30 minutes of arrival.

4.3 Economic factors influencing health care seeking behaviors of caretakers of children below 5 years.

Figure V: Showing caretakers' monthly income

n=50

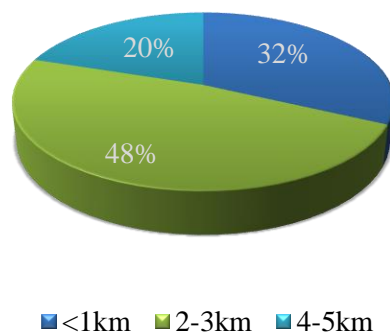


Majority of the respondents 25(50%) had a monthly income between 110,000-200,000 shillings.

Figure VI: Showing caretaker's distance from health facilities

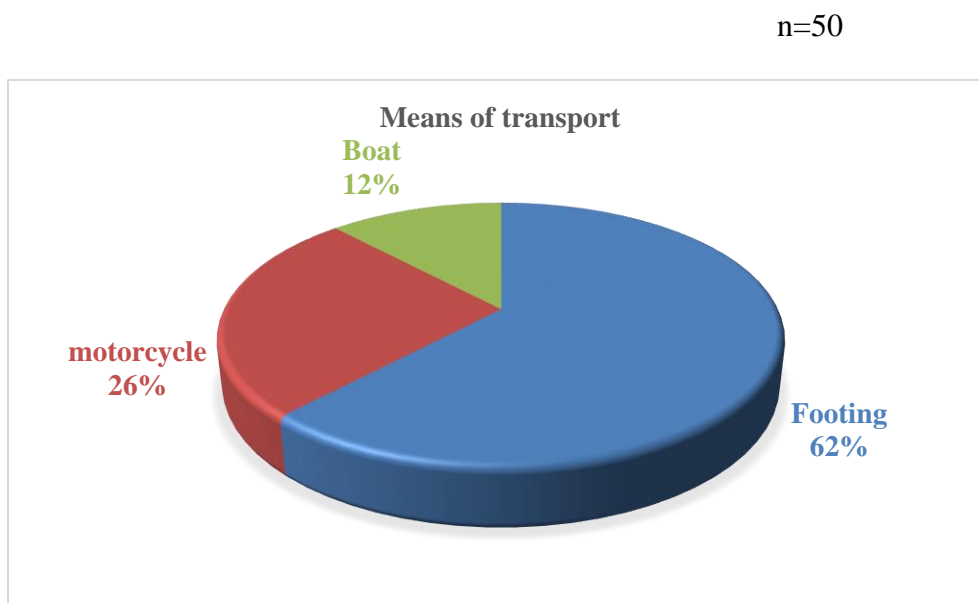
n=50

Distance from Health facility



Majority of the respondents 24(48%) moved a distance between 2-3km to their health facility followed by 32% who moved a distance between 4-5 km.

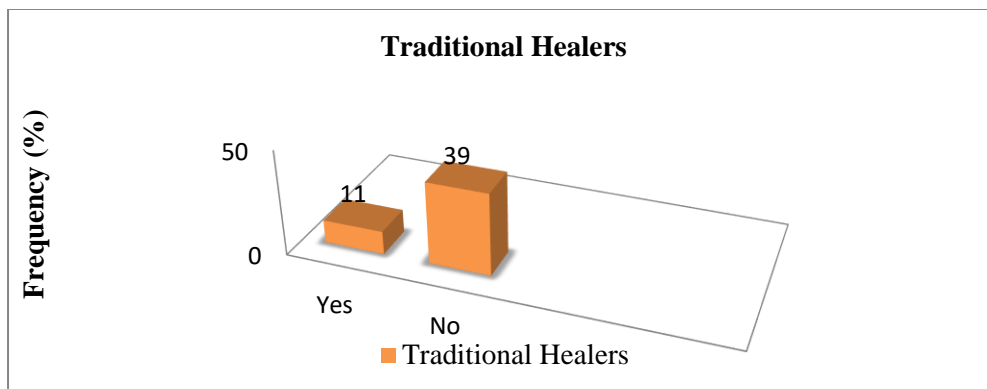
Figure VII: Showing caretakers' means of transport to health facilities



Majority of the participants 31(62%) footed to the nearby health facility.

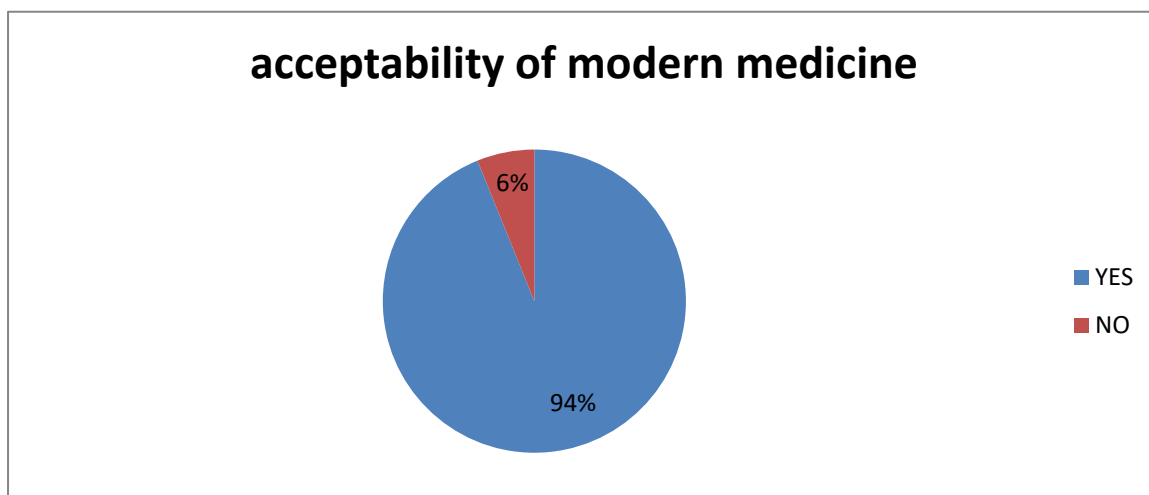
4.4 Cultural factors influencing health care seeking behaviours of caretakers of children below 5 years

Figure VIII: showing use of traditional medicine



Majority of the participants reported having never used traditional medicine. Majority 39(78%) of the participants reported having been using traditional medicine.

Figure IX: Showing caretakers' who find modern medicines acceptable at health facilities N=50



Majority 94% of the respondents agree that modern medicine is acceptable for use however 6% Of respondents noted that some conditions are treated locally using cultural beliefs

CHAPTER FIVE: DISCUSSION, CONCLUSION, RECOMMENDATION AND IMPLICATIONS

5.0 Introduction.

This chapter dealt with discussion, conclusion and recommendation to the result findings as regards to Factors influencing health care seeking behaviours among caretakers of children below 5 years in Bugala Island, Kalangala district

5.1 DISCUSSION

5.1.1 Socio factors influencing health care seeking behaviors of caretakers of children below 5 years

Healthcare seeking behaviours were found to be poor especially among the young non educated caretakers majority 60% of the children were being taken for treatment after 48 hours. Lack of adequate education leads to a delay in health care-seeking by caregivers due to their inability to recognize potentially life-threatening conditions. This delay could affect child health significantly and can lead to complications that make the medical care less effective and, in some cases, useless. This is in line with (Hana hasan,*et al.*,2015) study who found out that lack of education results into poor judgement as to when to seek medical care and from which source.

Furthermore, it has been reported that there is a positive relationship between maternal education and Health Seeking Behaviour of caretakers as it is in agreement with (Grundy J, *etal.*, 2010) study who found out that caretakers with secondary school education were six times more likely to seek medical care than non-educated ones. Implies that the higher the level of education, the better Health Seeking Behaviour. Education equips caretakers with knowledge about biological aspects of human beings, common health problems, and healthy habits. Added to the above, educated caretakers are more likely to be able to read

comprehensibly and thereby understand better thus they are expected to understand health education messages presented in mass media and through other methods more than the less-educated ones (Abdulraheem & Parakoyi , 2015).

5.1.2 Economic factors influencing health care seeking behaviours of caretakers of children below 5 years

The study found out that long distances to the health facilities, resulting to high cost of transport and poor means of transport to the health facility contributed greatly to the poor health care seeking behaviour of majority of the care takers. Cost is often a barrier to seeking health services especially among the poor. Due to abolition of user fees at public health facilities, rural communities use them frequently. However, due to the limited number of public facilities particularly in rural areas, inhabitants are necessitated to use private health care providers at a cost. This thus hinders majority of the caretakers from seeking medical attention ((Brabazon, 2009; Johnston & Webber, 2014).

Distance has a significant and negative impact on the choice of a health facility. Increasing distance would increase the likelihood of a household opting for self-treatment rather than of the formal health providers, a result also reported by (Mwabu & Cisse, 2015).The negative impact of distance is higher at the public facilities. The impact of the distance coefficient can be explained by appealing to the monetary cost of treatment where an increase in distance implies paying some cost to travel to the health centre as opposed to seeking self-treatment. There is a sense in which distance adds an extra burden to the monetary cost of treatment., through travel cost), and has the effect of lowering the probability of visiting a public facility(Gertler P &Van der Gaag , 2015).

5.1.3 Cultural factors influencing health care seeking behaviours of caretakers of children below 5 years

The use of traditional healers was low as indicated in **Table 2**, however, the use of traditional healers may have been under reported as it is at times associated with stigma hence those using them may not openly declare so. Also, a biomedical provider is more likely to be consulted when one has a condition with multiple symptoms and occurring for a long time (Kalyango JN, & Rutebemberwa E Brabazon, 2013).

5.2 Conclusion

Health seeking behaviours were found to be poor especially among the non-educated caretakers where majority from this study participant 60% of children were taken for treatment after 48 hours.

The main contributing factors to late health seeking behaviours were include long distance associated with high costs of transport to government health units, high user fees in private clinics and possible use of traditional medicine.

5.3RECOMMENDATIONS

- I. There is need for intense awareness generation through a multimedia approach, stressing on female literacy, improving the overall socioeconomic conditions through various income generation schemes, along with counselling the local people of eminence and head of the families on the benefits of timely and appropriate healthcare-seeking behaviours, both in preventive and curative aspects.
- II. Government should consider putting up health units closer to people preferably at parish levels and local council one levels basing on geographical and morphological challenges of Bugala island to improve accessibility and reduce costs

- III. Government should consider collaboration with private sector clinics to offer subsidised services to poor citizens.
- IV. It is recommended that the study on attitude of health workers in relation to utilisation of government health services and early health seeking be carried out.

5.4 research implications

5.4.1 The MoH and district planners

The study findings would help in re focussing of government strategies and policies on poorly served and hard to reach areas regardless of number of people served

5. 4.2 community practice

Basing on the study findings there is need for intensive awareness campaigns on dangers of late seeking of health behaviours for health services especially for under 5years. These may be achieved through community dialogue

5.4.3 The nursing practice

The information generated out of this study should serve as an eye opener so that factors influencing health seeking behaviours are critically analysed so as to positively engaged communities in early health seeking behaviours to reduce mortality and morbidity of children under 5years.

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Appendix I: Consent Form

My name is **Mujurizi Anthony**, a student of KIU, Western Campus. I am carrying out a study to identify the factors influencing health care seeking behaviors of caretakers of children below 5 years on Bugala Island, Kalangala District. You have voluntarily consented to participate in the study and all the information you give will be kept confidential. You are under no obligation to participate in the study, and refusal to participate will not block your access to any services on the island.

I have explained the study the purpose and objectives of the study to the participant, and they have understood and voluntarily consented to participate in the study.

Researcher's Signature.....Date.....
(RESEARCHER)

The topic and its objectives have been fully explained to me, and I have understood and voluntarily agreed and consented to participate in the study.

Respondents

Signature.....Date.....
(RESPONDENT)

Appendix II: Questionnaire

My name is **Mujurizi Anthony**, a student of KIU, Western Campus. I am carrying out a study

to identify the factors influencing health care seeking behaviors of caretakers of children below 5 years on Bugala Island, Kalangala District. You have voluntarily consented to participate in the study and all the information you give will be kept confidential.

Serial number

date...../...../.....

Instructions

Please respond to all questions asked

Please answer as accurately as possible to enhance data quality

Section A: Demographic Characteristics

1) Age

- a. 18 – 25 years
- b. 26 – 35 years
- c. 36 years and above

2) Marital status

- a. Single
- b. Married
- c. Divorced

3) Level of education

- a. Primary level
- b. Secondary level
- c. Tertiary level
- d. No formal education

4) Occupation

- a. fishing
-

- b. farming
- c. Professional
- d. Unemployed

5) Number of children under 5 years

- a. 1 child
- b. 2 children
- c. More than 3 children

Section B; Social factors influencing health care seeking behaviors

6) Where do you take your children for treatment?

- a. private clinic
- b. Government clinic
- c. Local herbs
- d. Religious(prayer)
- e. Others specify

7) After how long do you take your children for treatment?

- a. within 24hrs
- b. 24-48hrs
- c. >48hrs

9). What influences you to take your children for treatment in preferred place mentioned above

- a) Had no money
- b) Believed in the system
- c) Advised by friend partner or relative

13) How would you rate the quality of medical care received the last time you went there?

- a. Good
- b. Very good
- c. Poor
- d. Very poor

14) How long did you wait to be attended to?

- a. Less than 30 minutes
- b. 30 minutes to 1 hour
- c. 2 – 3 hours
- d. More than 4 hours

15) What other social factors influence health care seeking behaviors of caretakers of children below 5 years?

.....
.....

Section C: Economic factors influencing health care seeking behaviors of caretakers of children below 5 years

16) What is your estimated monthly household income?

- a. Less than 50,000shs
- b. Between 50,000shs – 100,000shs
- c. 110,000shs – 200,000shs
- d. More than 210,000shs

17) Does poverty influence health care seeking behaviors of caretakers of children below 5 years?

- a. Yes ☐
- b. No ☐

18) How far is the nearest health facility from your home?

- a. Less than 1km ☐
- b. 2 – 3 km ☐
- c. 4 – 5 km ☐
- d. More than 6 km ☐

19) What means of transport do you use to get to the health facility?

- a. Footing ☐
- b. Bicycle ☐
- c. Boat ☐
- d. Others

(specify).....

20) Approximately how much do you spend on transport to the health facility?

- a. Less than 1000shs ☐
- b. 2000shs – 3000shs ☐
- c. More than 4000shs ☐

21) Does lack of money for transport and for health care services influence health seeking behavior for children under 5 years?

- a. Yes ☐
- b. No ☐

Section D: Cultural factors influencing health care seeking behaviors of caretakers of children below 5 years

22) Do you ever use traditional medications and herbs to treat childhood ailments?

a. Yes

☐

b. No

☐

23) Do you find the use of modern medicine at the health facility acceptable for you and your children under 5 years?

a. Yes

☐

b. No

☐

24) Give reasons for your answers

.....

.....

25) What other cultural factors influence health care seeking behaviors of caretakers of children below 5 years?

.....

.....

Thanks for your participation

Appendix III: Introductory letter



KAMPALA INTERNATIONAL
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Office of the Dean - School of Nursing Sciences

Date: 09th/Feb. /2018

To: THE DHO
Kalungula District Local Government
P.O BOX 02 Kalungula

Dear Sir/Madam,

RE: MUJURIZI ANTHONY DNS/E/7199/163/DU

The above mentioned is a student of Kampala International University – School of Nursing Sciences undertaking Diploma in Nursing Science – Extension and he is in his final academic year.

He is recommended to carry out his data collection within two weeks from the time of approval as a partial requirement for the award of the Diploma in Nursing Science.

His topic is: **FACTORS INFLUENCING HEALTH CARE SEEKING BEHAVIORS AMONG CARETAKERS OF CHILDREN BELOW 5 YEARS IN BUGALA ISLAND, KALANGALA DISTRICT.**

Any assistance rendered to him will be highly appreciated.



Thank you in advance for the positive response.

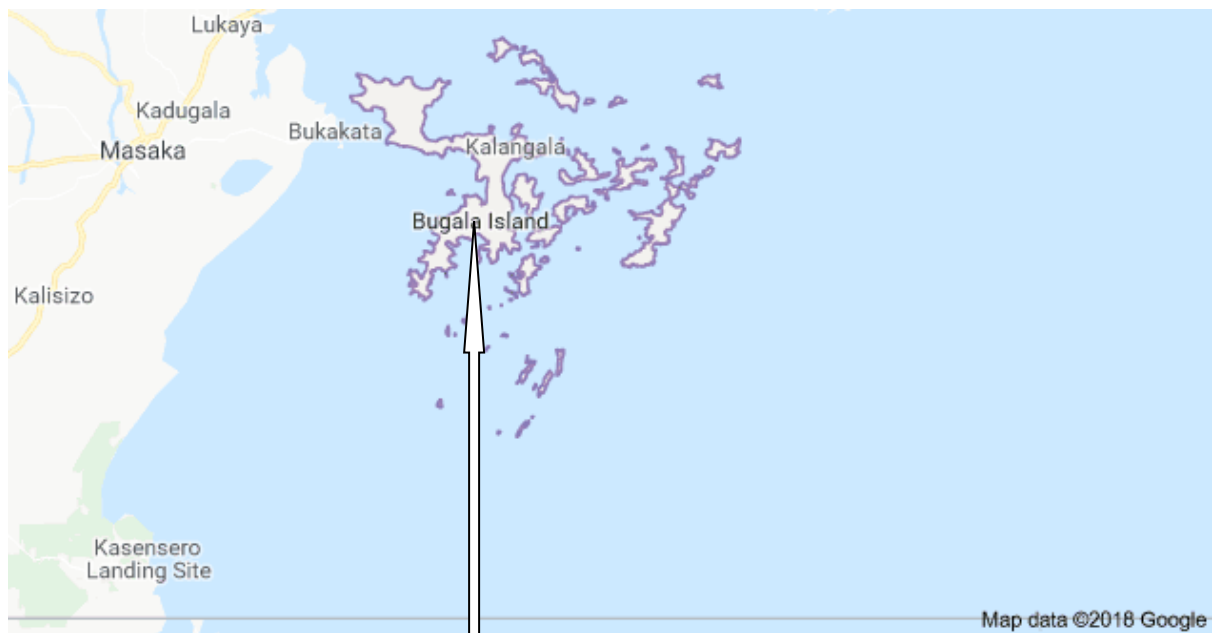
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"Exploring the Heights"

[illegible]

Appendix V: Map of Kalangala Showing the study Area



BUGALA ISLAND