



Patient Genograms and EcoMaps:

Investigative tools for emerging support structures for people living with chronic Diseases in Bomet County, Kenya

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Background



- ▶ The ongoing phenomenon of Globalization has impacted the context of human development in multiple ways.
- ▶ Africa: Unraveled the traditional safety net for the vulnerable through splitting kin and disrupting intergenerational cooperation
- ▶ Effects: Vulnerability to caustic effects of poverty, disease and strife.
- ▶ Disease Epidemiologists cite the double burden of disease observed in the onslaught of both Non-Communicable Diseases (NCDs) and Communicable Diseases.
- ▶ Solution: Multidisciplinary teams of researchers to focus on emerging sources of support for the increasing NCDs patients.



Objective:

- Investigate perceptions of supportive social structures for the elderly living with High Blood Pressure and Diabetes.
 - Investigate perceptions of non-supportive social structures for the elderly living with High Blood Pressure and Diabetes.
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Main question

- ▶ What structures do elderly HBP and D patients perceive as supportive or not of their health conditions?
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Participants

- ▶ Adult (18-64yrs)patients of Diabetes and Hypertension in Bomet County Kenya.
- ▶ Bomet County has a population of about 730000, 5 hospitals and 113 health centers
- ▶ Those that attend any public or private hospitals for these conditions and are on active medication
- ▶ Total surveyed was 579. Sample reached was N= 46 (25 Female and 21 Males)



Method: Genograms and Ecomaps

- ▶ Utilized Genogram and Ecomap Interviews to collect data from patients.
- ▶ **Genogram:** Traditionally a family physician tool used to explore the patients family background for purposes of designing successful therapy plans.
- ▶ They offer a graphic portrayal of the composition and structure of that family and go beyond the family tree by having additional socio-demographic information such as complex dynamics in the family which could be repeated illness, patterns of violence, and major life events..
- ▶ The Genogram interviews took a minimum of one hour each after the consenting process
- ▶ For genograms, participants were asked to trace three generations of their family members with them being the first line and moving backwards.
- ▶ Any children or grand children moved it to five generations.
- ▶ The drawings gave rise to probing interview questions.



Ecomaps



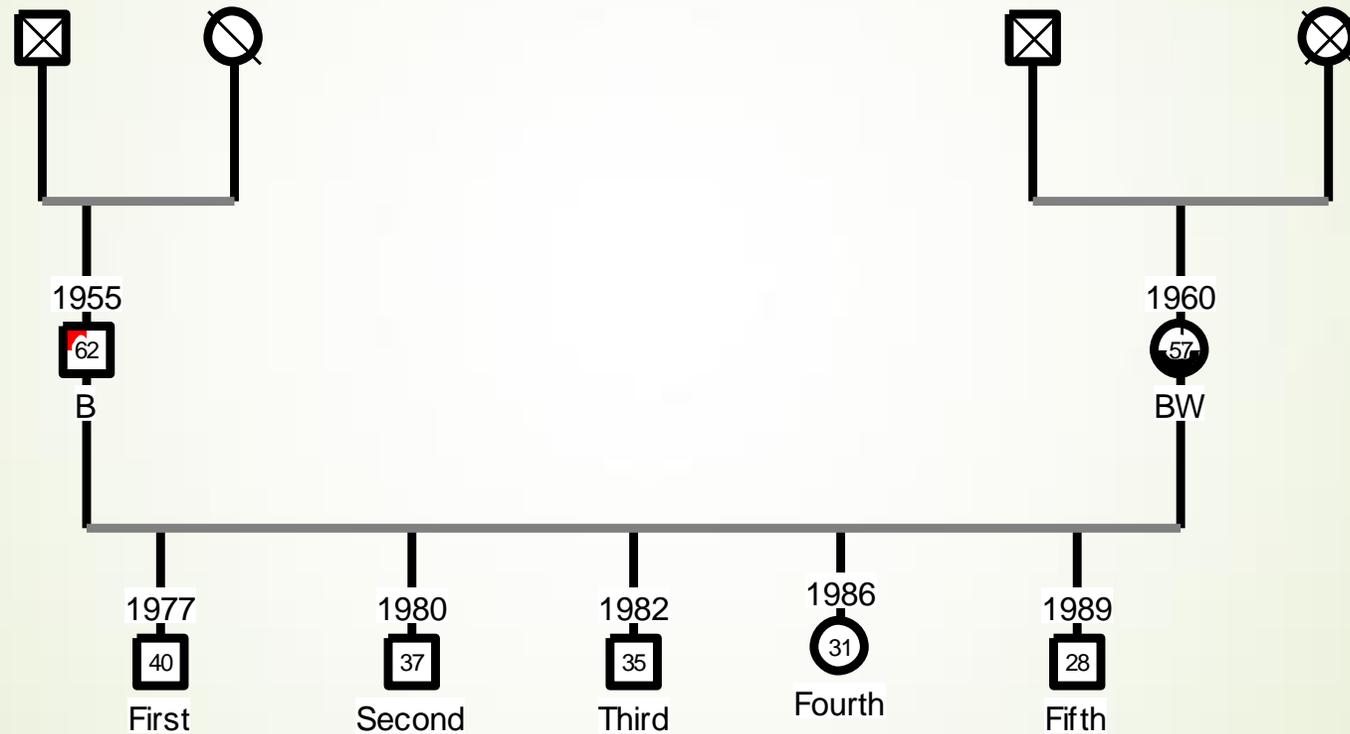
- ▶ EcoMaps: Graphic portrayal of personal and family social relationships; also a family physician tool of understanding a patient's relationship background
- ▶ Type of line utilized (single, broken or even dotted lines with hashes) showed the relationship between the patient and the individual or institution cited.
- ▶ Single bold line showed a strong positive relationship
- ▶ A dotted line showed a weak/vulnerable relationship
- ▶ A dotted line further broken by hashes showed a stressful adverse relationship
- ▶ The interviewer prompted on relationship with, especially, the people and institutions the patient was in close and sustained contact.
- ▶ It raised questions about the available and reciprocity of relationships with people and social institutions.



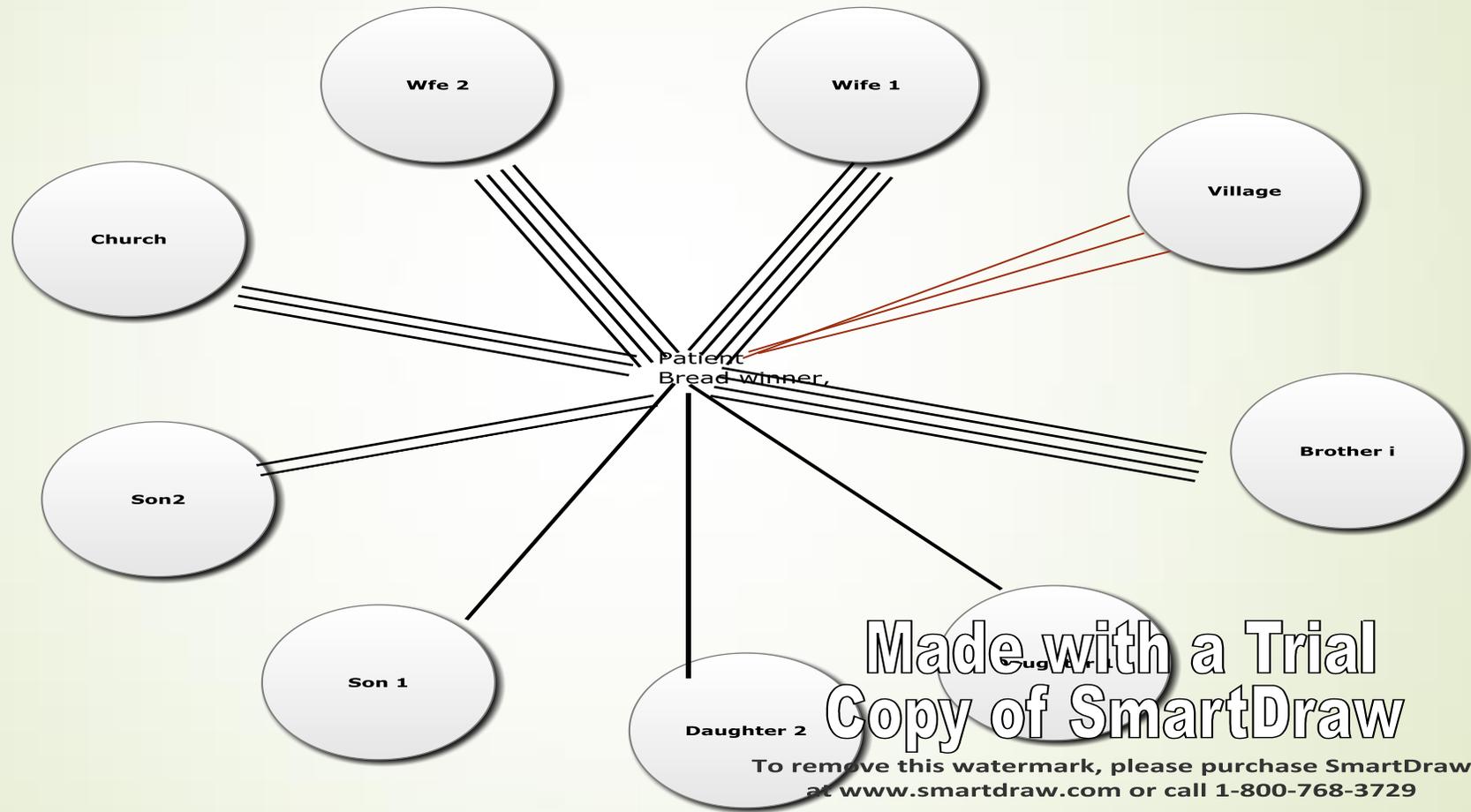
Tool combination

- ▶ The two tools helped the data collectors to generate useful prompt questions for both collecting data and analyzing it, forge a relational posture with the participant and form affirm base for social support network studies
- ▶ The tools were also useful in helping bridge the lacunae created by variables such as language, SES and privilege that may differentiate the researcher from the participant
- ▶ The drawings helped prompt both the patient and the interviewer
- ▶ Lastly, interpretive phenomenological thematic analysis was used.

Example of Simple Genogram



Example of Ecomaps





Findings



- ▶ The church emerged as a leading support structure.
- ▶ Immediate family members were most supportive but ironically at times also a source of harmful distress.
- ▶ Other supportive groups included:
 - ▶ Medical providers,
 - ▶ herbalists
 - ▶ Friends.



Thank you...

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