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Has the men's health a problem due to the family's care of dependent?

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Introduction: The family care has been provided by the woman and we know that this care has a negative impact in the caregiver's health. In the last few decades, we are seeing a crisis in the family care's system. There are social, political and economic changes which are increasing the possibility that the men take care of elder dependent people.

Objective: To determine and analyze the impact of the care provided by men caregivers of dependents at the family level in the province of Seville and the city of Cadiz with a gender perspective.

Methodology: The methodology is a mixed methodology involving population of male family caregivers in the province of Seville and the city of Cadiz (Andalusia). Sample: 242 questionnaire, 29 interviews and 4 focus groups have been realized. The units of analysis have been: family care, gender, health and masculinity. We have used SPSS 24 for the quantitative analysis and QSR Nudist NVivo 10 for the qualitative analysis.

Outcome/Conclusions: The cares have a negative impact in the life's project and in the dependent person's health. This situation generates a burden which has repercussions in the relationships with the partner and family, and, this burden has a negative repercussion in the caregiver's leisure. In the society, the male caregiver is more value than the female caregiver. The health professional think that when the men take care of a dependent person is a risk situation. So that, they have more help for the care. In the opposite, they don't receive any care training. The incorporation of men into care breaks gender mandates and promotes the creation of new and healthier models of masculinities.

Biography

José Miguel Cruces Jiménez has completed his Nursing Degree in 1995. He has worked as Primary Nursing since 1995. He participated in several financed research project and, currently, he is collaborating with the Nursing School "Saint John of God" at the University of Seville.

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