

THE SAFARI CONCEPT: AN AFRICAN FRAMEWORK ON END OF LIFE CARE

Scientific studies

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Background:

Effective communication is essential for the optimal delivery of healthcare services. In developing countries, family members typically shoulder much of the patient care burden. Families serve as caregivers, provide food and transport, and pay bills. The contributions of family members at the end of life are thus crucial to the plan of care in low—and middle-income countries. To create a formal model of end-of-life care suitable to the Rwandan context, we must begin by understanding the suffering of families and the community at the end of life.

Aim:

To understand the language of suffering expressed by patients' families to optimize communication at end-of-life care.

Methods:

We observed and described the behavior of more than 700 meetings of healthcare staff with family members and patient caregivers in hospitals, hospices, and at home over 10 years.

GIRAFFE SUFFERING: DISTANCE



TORTOISE SUFFERING: ARMOR



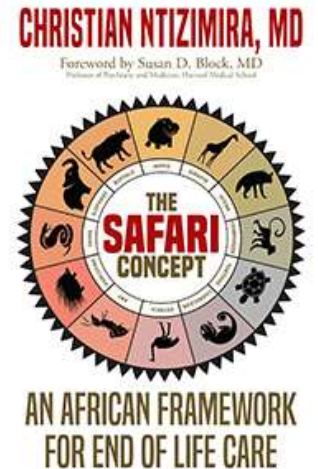
Results:

We developed a framework called “**Safari**,” which means “**Journey**” in Swahili, based on a Rwandan social-cultural approach to decode the language of suffering from families and caregivers during family meetings. Twelve animal archetypes described families’ suffering behaviors, language, and expectations. The framework has helped healthcare providers improve their understanding of and communication with families.

Conclusion:

The Safari concept is a Rwandan homegrown solution to increase effective communication between healthcare providers, families, and caregivers. In communities where traditional practices are still relevant, the modern approach to palliative care should embrace sociocultural values to optimize communication .

HYENA SUFFERING: CONFLICT



The book is available on Amazon (English and French versions)
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