



HOME CARE MANAGEMENT OF COVID-19: AN ADVOCACY OF FAMILY ON HEALTH IMPROVEMENT

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Abstract:

This study examined the home care management practices of families caring for individuals infected with COVID-19. Specifically, the study assessed home care control, isolation practices, coping with caregiving stress, and the protection of family members during home-based care. It also determined whether there was a significant relationship between the respondents' demographic profile and their home care management practices. A quantitative descriptive-correlational research design was utilized in the study. The respondents were selected family members who experienced caring for individuals with COVID-19 at home. Data were gathered using a researcher-made questionnaire composed of indicators related to home care management, isolation practices, caregiving stress, and family protection measures. Statistical tools such as frequency, percentage, weighted mean, and Pearson Product-Moment Correlation Coefficient were used to analyze the data. The findings revealed that families highly observed proper home care management practices, including hygiene maintenance, use of face masks, sanitation, and isolation protocols. Respondents also demonstrated positive coping strategies such as maintaining communication, emotional support, and healthy routines while caring for infected family members. Furthermore, protective

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measures such as social distancing, limiting contact, and maintaining cleanliness inside the home were consistently practiced. The study concluded that families play a significant role in managing COVID-19 patients at home through proper health practices, emotional support, and adherence to isolation protocols. However, the demographic profile of respondents was found to have no significant relationship with their home care management practices.

Keywords: COVID-19, home care management, family caregiving, isolation practices, health protection

1. Introduction

The COVID-19 pandemic greatly affected individuals, families, and healthcare systems across the world. Due to the rapid spread of the virus and limited healthcare resources during the peak of the pandemic, many infected individuals were managed at home instead of being admitted to healthcare facilities. As a result, families became directly involved in providing care, monitoring symptoms, and protecting other household members from infection.

Home care management became an important strategy in reducing hospital overcrowding and preventing further transmission of the virus. Families were expected to follow proper hygiene practices, isolation protocols, and caregiving measures while supporting infected individuals physically and emotionally.

Despite the availability of public health guidelines, many families experienced difficulties in implementing home care management because of limited knowledge, emotional stress, lack of resources, and fear of infection. Coping with caregiving stress while protecting other family members also became a challenge for many households during the pandemic.

This study aimed to assess the home care management practices of families caring for individuals with COVID-19. Specifically, it examined home care control, isolation practices, coping with caregiving stress, and family protection measures during home-based care.

2. Literature Review

2.1 Home Care Management During COVID-19

Home care management became essential during the COVID-19 pandemic, particularly for patients with mild to moderate symptoms. According to the World Health Organization (2020) [1], proper home isolation, hygiene practices, and symptom monitoring are important in preventing the spread of infection within households. Medina *et al.* (2020) [2] emphasized that home monitoring systems and proper symptom management contribute to safer recovery among COVID-19 patients managed at home.

2.2 Isolation and Quarantine Practices

Isolation and quarantine protocols were widely implemented to prevent household transmission of COVID-19. Sehgal *et al.* (2021) [3] reported that maintaining separate spaces, minimizing contact, and ensuring proper ventilation are effective home isolation practices.

Vergine *et al.* (2020) [4] also highlighted the importance of family compliance with quarantine guidelines and symptom monitoring during home care management.

2.3 Coping with Caregiving Stress

Families caring for infected individuals often experienced stress, anxiety, and emotional burden during the pandemic. McFadden *et al.* (2021) [5] noted that coping strategies, emotional support, and communication play important roles in maintaining the wellbeing of caregivers.

Monteiro-Junior *et al.* (2020) [6] further explained that mental health support and healthy coping mechanisms are necessary to reduce stress among caregivers and family members.

2.4 Protecting Family Members from Infection

Preventing household transmission remained one of the major concerns during the pandemic. Widiasih *et al.* (2021) [7] found that consistent use of face masks, hand hygiene, disinfection, and limiting physical interaction helps reduce infection risks within the household.

Xu *et al.* (2020) [8] also emphasized the importance of continuous monitoring and communication in ensuring safe home care management.

3. Material and Methods

The study utilized a quantitative descriptive-correlational research design to determine the home care management practices of families caring for individuals with COVID-19. The respondents were selected family members who experienced caring for COVID-19 patients at home. Data were gathered using a researcher-made questionnaire consisting of indicators related to home care control, isolation practices, coping with caregiving stress, and protection of family members.

The questionnaire utilized a five-point Likert scale to measure the level of observed practices among respondents. Statistical tools such as frequency, percentage, weighted mean, and Pearson Product-Moment Correlation Coefficient were used to analyze and interpret the gathered data.

Ethical considerations such as confidentiality, anonymity, and voluntary participation were strictly observed throughout the conduct of the study.

4. Results and Discussion

The findings revealed that families highly observed proper home care management practices during the COVID-19 pandemic. Respondents consistently practiced hygiene measures such as handwashing, wearing face masks, sanitizing personal belongings, and maintaining cleanliness inside the home.

Isolation protocols were also highly observed among respondents. Families practiced limiting contact with infected individuals, maintaining separate spaces, and observing the recommended 14-day isolation period. These findings support the recommendations of the World Health Organization (2020) [1] and the study of Sehgal *et al.* (2021) [3].

In terms of caregiving stress, respondents managed emotional challenges through communication, emotional support, healthy routines, and recreational activities. These findings are consistent with McFadden *et al.* (2021) [5], which emphasized the importance of coping strategies and emotional well-being among caregivers.

Protective measures for family members were likewise highly practiced. Respondents avoided sharing personal belongings, practiced social distancing inside the home, and regularly disinfected household areas. These findings support the study of Widiasih *et al.* (2021) [7] regarding family protection practices during the pandemic. The correlation analysis revealed that the demographic profile of respondents had no significant relationship with their home care management practices. This suggests that regardless of age, sex, educational attainment, or income, families generally practiced similar preventive and caregiving measures during the pandemic.

5. Recommendations

Families should continue practicing proper hygiene, isolation protocols, and preventive measures when caring for individuals with infectious diseases at home.

Healthcare workers and public health agencies should provide continuous education and community-based programs regarding proper home care management and infection prevention.

Mental health support programs and counseling services should be made available for caregivers and family members experiencing stress during home-based care. Future researchers may conduct similar studies involving larger populations or explore additional factors influencing effective home care management practices.

6. Conclusion

The study concluded that families highly observed proper home care management practices during the COVID-19 pandemic, particularly in maintaining hygiene, following isolation protocols, managing caregiving stress, and protecting other household members from infection. Families demonstrated responsibility and commitment in caring

for infected individuals through proper sanitation, emotional support, communication, and adherence to preventive health measures.

The findings further revealed that coping strategies such as maintaining communication, staying emotionally connected, and practicing healthy routines helped families manage caregiving stress effectively. In addition, protective practices such as social distancing, use of face masks, and limiting contact with infected individuals contributed to reducing the risk of household transmission.

Moreover, the study found no significant relationship between the demographic profile of respondents and their home care management practices, indicating that families generally practiced similar preventive and caregiving measures regardless of personal characteristics.

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Conflict of Interest Statement

The authors declare no conflicts of interest.

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