



THE ZIKA OUTBREAK IN BRAZIL: AN UNEQUAL BURDEN

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THIS PRESENTATION

- Will present findings from my Master's thesis "The 2015-2016 Zika outbreaks in Brazil: a qualitative study of the experiences and challenges of mothers to children with Congenital Zika Syndrome"
- Some of the findings are presented in Skråning, S., & Lindskog, B. (2017). The Zika outbreak in Brazil: An unequal burden, *Tidsskrift for Den norske legeforening* (22)

BACKGROUND: THE 2015-2016 ZIKA EPIDEMIC

- Transmitted through the *Aedes Aegypti* mosquito
- Coincided with rise in congenital microcephaly and other neurological disorders
 - Collection of conditions referred to as Congenital Zika Syndrome
- PHEIC on 1st of February 2016

BACKGROUND: THE 2015-2016 ZIKA EPIDEMIC

- Predominantly affected the poorest and most marginalised parts of the population in the Northeast of Brazil
 - *Aedes Aegypti* breeds in stagnant water
- 2952 affected children and families
- Will depend on medical and financial support for the rest of their lives

AIM

To fill the gaps in knowledge about the needs of mothers to children with Congenital Zika Syndrome and the barriers they are facing in meeting these needs



Map by de Abreu, 2006. Public domain.

FINDINGS

SOCIOCULTURAL CONSTRAINTS

- Cultural expectations about gender roles and motherhood was found to be a challenge
 - Hectic daily routines due to caring responsibilities
 - Not able to work
 - Little time to take care of themselves, including personal health and social relationships
- Found that many of the mothers were subjected to various forms of discrimination due to their children's conditions

FINANCIAL CONSTRAINTS

- Social security:
 - Some mothers experienced challenges accessing the BPC (monthly disability benefit)
 - The BPC was not enough to cover all the expenses

ACCESS TO HEALTH CARE

- Some did not receive specialised health care for their children
- Long waiting lists in the SUS (public health system)
- Long travel distances due to few treatment centres
- Lower quality of care due to capacity issues

CONCLUSION

- No specific interventions for targeting the worsening of pre-existing inequalities after the Zika epidemic
- Findings suggest several needs of mothers to Children with Congenital Zika Syndrome:
 - More day-to-day assistance
 - Increased awareness about Congenital Zika Syndrome
 - More financial support
 - Better transport options
 - More even distribution of treatment centres

THANK YOU!

REFERENCES

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