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**Harnessing Eco-Therapy to
Mitigate Burnout Among
Community Care Workers and
Nurses in Resource-Limited
Settings**

Presenter



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Background

Community care workers & nurses = backbone of healthcare in resource-limited settings.

High burnout rates due to stress, trauma, emotional demands.

Burnout impacts both well-being and quality of care.
Need for targeted mental health interventions.



Intervention Concept

Quarterly eco-therapy program (12 months).

5-day retreat in the Drakensberg Mountains

Away from usual environment to foster renewal.

Activities: Hiking & campfire circles, Constellation work, Talking sticks, African sweat lodge, Storytelling, Musical & art therapy

Method

Qualitative approach in community healthcare setting.

Key informant interviews & focus groups.

Eco-therapy sessions led by trained therapists.

Tools: mindfulness, outdoor activities, reflective journaling, group sharing.

Post-intervention surveys & focus groups for evaluation.



Results

Measurable reduction in burnout symptoms.

Improved mental health, well-being, job satisfaction.

Increased resilience scores.

Qualitative feedback:

Stress relief.

Emotional stability.

Better self-care practices.

Improved relationships with clients & colleagues.

Key Messages



Burnout is urgent & widespread among healthcare workers.

Eco-therapy significantly reduces burnout & improves resilience.

Nature-based interventions are sustainable & replicable.
Policy adaptations needed to prioritize mental health support.

Conclusion

Eco-therapy = valuable, innovative strategy for burnout.
Replicable, evidence-based model for mental health support.

Integrating eco-therapy fosters resilience & enhances care quality.

Future work: expand reach, explore long-term benefits, advocate policy change.



Thank You