

Letter to the Editor

A Salute to the Silent Warriors: Reflecting on the Role of Soldiers' Wives in Care Giving

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Dear Editor,

I am writing this as a woman with the unique experience of being part of armed forces family, and I feel privileged to express my deep appreciation and admiration for Dr Savita's remarkable research on the experiences of soldiers' wives as primary caregivers in palliative care. This study is not only ground-breaking but also an eye-opener, shedding light on a deeply underexplored and critical issue.

The abstract of Dr Savita's research presents a deeply insightful and comprehensive analysis of the crucial role that women, particularly soldiers' wives, play in caregiving. It eloquently highlights the unique challenges these women face, especially within the rigid structures of gender norms and the demanding, isolating nature of military life. As someone who has experienced the complexities of military family life first hand, I can attest to the importance of this study and the urgent need for the awareness it raises.

This research draws attention to the often-invisible work of soldiers' wives, who bear the emotional, physical and social burdens of caregiving roles that are frequently overlooked and undervalued. The comparison between men and women in caregiving roles and the emphasis on the disparities in stress, anxiety and depression risks among women caregivers is particularly illuminating. It is especially pertinent to our context in India, where soldiers' wives often manage alone in a patriarchal society, left with full responsibility in the absence of their husbands.

The lack of published literature on this topic makes Dr. Savita's study all the more valuable. It fills a critical gap in understanding the specific challenges faced by this group, and I am genuinely eager to see how the world will respond to these findings. This research not only calls for recognition and support for women caregivers but also advocates for systemic changes to challenge and change the stereotypes and expectations placed on women, particularly in healthcare systems and policies.

Dr. Savita's work is inspiring and paves the way for further research, action plans, and service needs to support this population. Her lucid and well-organised presentation of such a complex subject matter makes it accessible and underscores the importance of gender-sensitive research.

As a retired officer from the armed forces, I am proud to see this critical issue brought to light and hope that it will lead to meaningful change. I sincerely congratulate Dr Savita on this important contribution to the field and look forward to seeing the impact it will undoubtedly have.

Warm regards,

Lt Col Lovely Antony (Retd).

Ethical approval

The Institutional Review Board approval is not required.

Declaration of patient consent

Patient's consent was not required as there are no patients in this study.

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Conflicts of interest

There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

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