

Health care is truly a multidimensional area. This is clearly reflected in this issue of Health SA Gesondheid. There is a variety of nursing, psychological, alternative medicine, sexuality and gender, cultural and malnutritional issues.

There are articles in this issue with research methods that vary between a variety of qualitative methods, survey methods and comparative studies. The following aspects are covered in this issue of Health SA Gesondheid:

A profile of injuries sustained by victims in the Johannesburg region was determined by means of a retrospective survey method. This survey method was used to compile a composite trauma morbidity and mortality profile, and to create baseline data for future comparison.

Irritable bowel syndrome and vocational stress are two common problems in the lives of people today of which the management is not so clear-cut. Individualised psychotherapy is tested in a comparative study and it seems as if this intervention helped sufferers of this condition to manage it.

Guidelines were formulated to facilitate the internalisation of professional values in student nurses in order to enable them to become caring registered nurses. This was done after the application of both quantitative and qualitative research methods.

Overviews of a variety of alternative therapies that can be used in the holistic nursing care of the HIV/AIDS are discussed. Alternative therapies should be used as an adjunct to highly active antiretroviral therapy to ensure holistic care to these patients.

Issues regarding the puberty rites for girls in the Limpopo Province are discussed in a series of three articles. An ethnographic method was followed and data regarding the views of women concerning these rites, sexuality education, gender and health issues related to these rites and the improvement of the health status of women through these rites, were gathered through a variety of methods.

In the next two articles the problems that teenage mothers of a certain area in Swaziland experienced and the cultural factors that are associated by Xhosa women with breast lumps were investigated.

In conclusion, the extent of malnutrition and the variables that play a role among children in Lesotho were determined in a comparative study. The residential area, the literacy status of the mother and the monthly household income were found to be the most important variables.

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Gesondheidsorg is waarlik 'n multidimensionele area. Dit word duidelik in hierdie uitgawe van Health SA Gesondheid reflekteer. Daar is 'n verskeidenheid van verpleegkundige, sielkundige, alternatiewe gesondheid, seksualiteit en gender, kulturele en wanvoedings aspekte.

In dié uitgawe is daar artikels met navorsingsmetodes wat wissel van 'n verskeidenheid kwalitatiewe metodes, opnamemetodes en vergelykende studies. Die volgende aspekte word in die uitgawe van Health SA Gesondheid gedek:

Deur middel van 'n retrospektiewe opname metode word 'n profiel van die beserings wat opgedoen is in die Johannesburg area bepaal. Dié opnamemethode is gebruik om 'n omvattende trauma-morbiditeit en mortaliteitsprofiel saam te stel, wat as basislyndata sal dien vir toekomstige vergelykings.

Prikkelbare Dermsindroom en beroeps spanning is algemene probleme van die huidige samelewing, waarvan die hantering nie so voor die hand liggend is nie. In 'n vergelykende studie word geïndividualiseerde psigoterapie getoets en dit wil blyk asof die intervensie lyers van die toestande help om dit suksesvol te beheer.

Na die toepassing van beide kwalitatiewe en kwantitatiewe metodes word riglyne geformuleer om die internalisering van professionele waardes in studentverpleegkundiges te fasiliteer, wat hulle in staat stel om praktisyns wat omgee te word.

In 'n oorsig artikel word 'n verskeidenheid alternatiewe terapieë, wat gebruik kan word in die holistiese verpleegsorg van HIV/VIGS pasiënte, bespreek. Die toediening van hoogs aktiewe antiretrovirale terapieë behoort aangevul te word deur die gebruik van alternatiewe terapieë ten einde holistiese sorg aan die pasiënte te verseker.

Aspekte ten opsigte van die puberteitsrites van meisies in die Limpopo Provinsie word in 'n reeks van drie artikels bespreek. 'n Etnografiese metode is gevolg en inligting is deur 'n verskeidenheid metodes ingesamel oor vrouens se siening ten opsigte van die rites, seksuele onderrig, seksualiteit en gesondheidsaspekte rondom die rites, en die verbetering van vrouens se gesondheidstatus deur middel van die rites. Op 'n soortgelyke kwalitatiewe wyse word daar ook ondersoek ingestel na probleme wat tienermoeders in 'n sekere area in Swaziland ondervind en in die volgende artikel word kulturele faktore wat Xhosa vroue met die hantering van borsvergroeisels assosieer ondersoek.

Ten slotte word die omvang van wanvoeding en die veranderlikes wat 'n rol speel onder kinders in Lesotho in 'n vergelykende studie bepaal. Daar is gevind dat die woongebied, die geletterdheid van die moeder en die maandelikse huishoudelike inkomste die belangrikste veranderlikes is.

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