

This issue of Health SA Gesondheid gives evidence of a diversity of scientific thoughts based on a variety of qualitative and quantitative studies.

In the first article a qualitative study regarding the development in the understanding of the concept of death among 31 learners aged 6-16 was described. Findings demonstrate that the understanding of death is affected by age, cognition, and familial and cultural factors depending on the context within which such development takes place.

In a report on an investigation of factors that influence self-actualisation during retirement, findings indicate that retirement is a life stage full of challenges and that adjustment to these is a pre-requisite for self-actualisation. A manual-based therapy programme for the treatment of unipolar major depression as well as dysthymia was developed and the effectiveness thereof was empirically tested in order to address the lack of such a programme in practice.

Despite the availability of free contraceptives in the RSA, unwanted and unintended pregnancies continue to pose challenges to reproductive health services. In this context a study is conducted with 83 women in the Northern Tshwane area of Gauteng regarding their contraceptive practices.

Migraine effects between 5 - 15% of males and 13,5 - 31% of females in South Africa. A study to investigate the prescribing of drugs for the treatment of migraine, with specific emphasis on sumatriptan, in a primary care patient population in South Africa, making use of a computerised database, is discussed.

In conclusion a quantitative study focussed at furthering the health objectives of the Government's Reconstruction and Development Programme in the area of nurse-based primary care, is done. By using a survey method the possible reduction of medical scheme claims for cardiovascular disease by means of primary care, so that medical scheme benefits do not rapidly become exhausted, is examined.

Hierdie uitgawe van Health SA Gesondheid getuig van 'n diversiteit van wetenskaplike denke gebaseer op 'n verskeidenheid van kwalitatiewe en kwantitatiewe studies.

In die eerste artikel word die begripsontwikkeling van 31 leerders tussen die ouderdom van 6 - 16 jaar, ten opsigte van die konsep "dood", in 'n kwalitatiewe studie uiteengesit. Die bevindinge toon dat die begrip van dood beïnvloed word deur ouderdom, kognisie en ander gesins- en kulturele faktore afhangend van die konteks waarbinne hierdie ontwikkeling geskied.

In 'n ondersoek na faktore wat self-aktualisering gedurende aftrede beïnvloed, word gevind dat aftrede 'n lewensstadium vol uitdagings is en dat aanpassing hierby 'n vereiste vir self-aktualisering is.

Ten einde die behoefté aan handboekgebaseerde terapeutiese programme vir die behandeling van unipolêre major depressie of distimie aan te spreek, is 'n studie uitgevoer om so 'n terapeutiese program te ontwikkel en die effektiwiteit daarvan eksperimenteel te toets.

Alhoewel voorbehoedmiddels vrylik in die RSA bekikbaar is, bied ongewensde en onbeplande swangerskappe steeds uitdagings aan voortplantingsgesondheidsdienste. Binne hierdie konteks is 'n studie met 83 vroue in die Noord-Tshwane-gebied van Gauteng uitgevoer ten einde hul voorbehoedpraktyke te ondersoek.

Migraine affekteer tussen 5 - 15% van mans en 13,5 - 31% van vroue in Suid Afrika. 'n Studie om die voorskrywing van middels vir die behandeling van migraine in 'n primêre sorg pasiënt populasie te ondersoek, met klem op sumatriptan, deur gebruik te maak van 'n gerekenariseerde voorskrif-databasis, word volledig bespreek.

Ten slotte word 'n kwantitatiewe studie met die oog op die bevordering van die gesondheidsdoelwitte van die regering se Herkonstruksie en Ontwikkelingsprogram in die veld van verpleeg-gebaseerde primêre sorg uitgevoer. By wyse van 'n opname metode is die moontlike vermindering van mediese skema eise met betrekking tot kardiovaskulêre siektes, deur middel van primêre sorg ondersoek sodat mediese skema voordele nie so gou uitgeput raak nie.

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