

The challenges that health care face in a developing country such as South Africa are clearly illustrated in this edition of Health SA Gesondheid. The needs and assets of various role players in health care are closely examined by applying appropriate research methodologies to address the research questions. The findings in the research make valuable contributions to the training and development of professional people to think critically and to be able to co-create innovative interventions.

In the first article the knowledge and perceptions of pharmacy students regarding complementary and alternative health care are determined. Specific suggestions regarding the content that could be addressed through training and continuous education are identified. Findings also illustrate that the knowledge levels and the application of complementary and alternative health care could be improved.

The second article explores the opportunities of integrating an HIV and AIDS education programme with a problem based training curriculum. First year students interacted on an experiential level with HIV positive individuals, and through the educational workshops with local communities. The findings illustrated how enabling opportunities emerged from the process - students engaged with the reality of being HIV positive and community organisation networks were established.

Research regarding the reduction of stresses experienced by preterm infants through efficient neonatal care is highly relevant and important. This article explored the development of an accurate scale for measuring the implementation of the developmental care principles with respect to the handling and positioning of the infant as well as to determine the impact of a training programme on neonatal nurses care of the preterm infant. Meaningful recommendations include that developmental care principles should be integrated into formal neonatal training courses and that follow-up studies should be conducted to determine the reliability of the measuring instrument.

The next article explores the application of dreams and dream analyses to provide insight into the intrapsychic world of female adolescents with emotional problems. The analysis of their dreams revealed that they experienced anxiety, aggression, negative self-concepts, feelings of social isolation and depression, caused by fear, conflict, and lack of confidence or trauma. The compensatory and regulatory functions of dreams in the emotional functioning of female adolescents were revealed by the investigation.

The frames of reference of post-basic nurse practitioner students are limited by traditional educational practices. The use of reflective journals was introduced as an educational strategy to enhance critical reflective practice, to promote independent thinking and self-insight, to support self-development and sustain life-long learning. This innovative educational practice challenged traditional learning strategies and emphasised the responsibility of learners in their own learning.

It is important to seek an understanding of teenagers' perceptions regarding teenage pregnancy. Teenage pregnancy should be interpreted at the background of the socio-economic context in which it occurs. The findings in the last article highlighted that health care workers should be aware of the complexity of the phenomenon and be equipped with practical and interpersonal skills to contribute to the health care of this vulnerable at-risk group.

Die uitdagings waarmee gesondheidsorg in 'n ontwikkelende land soos Suid-Afrika gekonfronteer word, word duidelik geillustreer in hierdie uitgawe van Health SA Gesondheid. Die leemtes en bates van verskillende rolspelers in gesondheidsorg word noukeurig bestudeer deur die toepassing van geskikte navorsingmetodes om spesifieke navorsingsvrae te beantwoord. Die bevindinge van die navorsing lewer waardevolle bydraes met betrekking tot die opleiding en ontwikkeling van professionele persone om krities te dink en in staat te wees om innoverende intervensies te ko-konstrueer.

In die eerste artikel word aptekerswesestudente se kennis en persepsies van komplementêre en alternatiewe gesondheidsorg, bepaal. Spesifieke voorstelle rakende inhoud wat in opleiding en voortgesette opleiding ingesluit kan word, word geïdentifiseer. Die bevindinge illustreer verder dat die kennissvlakte oor en die toepassing van komplementêre en alternatiewe gesondheidsorg verbeter kan word.

Die tweede artikel ondersoek die moontlikhede om 'n opvoedkundige HIV en VIGSprogram met 'n probleemgebasseerde opleidingskurrikulum te integreer. Eerstejaarstudente het deur middel van ervaringsleer met HIV positiewe individue en deur opvoedkundige werkswinkels, met plaaslike gemeenskappe in interaksie getree. Die bevindinge illustreer hoe ontsluitende geleenthede uit die proses ontwikkel het naamlik dat studente met die werklikheid daarvan om HIV positief te wees gekonfronteer is, asook ook hoe gemeenskapsorganisasienetwerke gevëstig kon word.

Navorsing met betrekking tot die vermindering van stress by vroegegebore babas, deur effektiewe neonatale sorg is uiterst relevant en baie belangrik. In hierdie artikel word die ontwikkeling van 'n akkurate metingskaal, om die hantering en posisionering van die baba, as ontwikkelingsorgbeginsels, te bepaal. Die impak van die opleidingsprogram ten opsigte van verpleegkundiges se sorg van neonatale babas is verder ook vasgestel. Beteenisvolle aanbevelings sluit in dat ontwikkelingsorgbeginsels met formele neonatale opleidingskursusse geïntegreer behoort te word en dat opvolgstudies gedoen moet word om die betrouwbaarheid van die meetinstrument te bepaal.

Die volgende artikel ondersoek die toepassing van drome en droomanalises om insig te verkry in die intrapsigiese funksionering van vroulike adolesente met emosionele probleme. In die analisering van hul drome is vasgestel dat angs, aggressie, negatiewe selfkonsep en gevoelens van sosiale isolasie en depressie veroorsaak word deur vrees, konflik, gebrek aan selfvertroue of trauma. Die kompenserende en regulerende funksies van drome in die emosionele funksionering van vroulike adolesente is deur hierdie navorsing onthul.

Die verwysingsraamwerke van na-basiese verpleegkundige studente word beperk deur tradisionele opvoedkundige praktyke. Die gebruik van reflektiewe joernale is as 'n opleidingstrategie bekendgestel om kritiese reflektiewe praktyk daar te stel, om onafhanklike denke te bevorder en om lewenslange leer te ondersteun. Hierdie innoverende opvoedkundige praktyk stel nuwe uitdagings aan tradisionele leerstrategieë en beklemtou die verantwoordelikheid van leerders in hul eie leer.

Die belangrik is om tieners se persepsies met betrekking tot tienerswangerskappe te verstaan. Tienerswangerskappe behoort teen die agtergrond van die sosio-ekonomiese omgewing waarin dit voorkom, geïnterpreteer te word. Die bevindinge in die laaste artikel beklemtou die feit dat gesondheidsorgwerkers bewus moet wees van die kompleksiteit van die fenomeen en met praktiese en interpersoonlike vaardighede toegerus moet wees om 'n bydrae te lewer in die gesondheidsorg van hierdie kwesbare risiko groep.