

In hierdie uitgawe van Health SA Gesondheid word daar onder meer gekyk na twee uiterstes waarmee Suid-Afrikaners op die gesondheidskontinuum worstel, naamlik die gevolge, maar ook die maatskaplike bekamping van HIV/VIGS en obesiteit. Die verpleegkundige en gesondheidspan se rol in dié prosesse word veral ondersoek en toegelig. Nuwe lewens word ook onder die soeklig geplaas. Eerstens in 'n artikel wat handel oor die begeleiding van moeders wie se babas in die neonatale intensiewesorgeenheid is, en tweedens in 'n artikel wat kyk na wat die rol van geboorte-opvoedingsklasse is in die bevallings- en borsvoedingservarings van moeders is.

Die eerste artikel se doel was om die belewing van moeders te verken en beskryf met betrekking tot die hospitalisering van hulle babas in die neonatale intensiewesorgeenheid en hierdeur riglyne vir geregistreerde verpleegkundiges te ontwikkel ten opsigte van die begeleiding van sodanige moeders. Die tweede artikel se doel was om die kennisvlakke van swanger moeders omtrent die monitering van fetale beweging en die effek daarvan op perinatale uitkoms te bepaal. Die bevindinge van die studie sal gebruik word om die inhoud van 'n gesondheidsontwikkelingsprogram te ontwikkel wat op swanger moeders gerig is. Die derde artikel bied 'n oorsig oor die groeiende epidemie van obesiteit en die maatskaplike rol wat kroniese sistemiese inflammasie speel in die bydrae tot die risiko's wat geassosieer word hiermee. Hierdie outeurs benadruk dat navorsing oor die rol van fisieke aktiwiteit in die maatskaplike voorspelling van inflammasie by die algemene populasie noodsaaklik is om sodoende die voorkomende waarde daarvan te kan bepaal. In die vierde artikel word die verpleegkundige se belewenis van die sterwensproses van die terminale VIGS-pasiënt verken en beskryf, sowel as riglyne vir die hantering daarvan. In die vyfde artikel deur Ranotsi en Worku word daar gekyk na die faktore wat die bewustheid van HIV/VIGS in landelike Lesotho beïnvloed. Uit die studie vloei sinvolle aanbevelings om gesondheidsopvoeding in landelike omgewings met betrekking tot veilige seksuele gedrag en die tuisversorging van vigslyers te bevorder. Die sesde artikel verduidelik hoe geboorte-opvoedingsklasse tot die bevalling- en borsvoedingservarings van die primigravidae bygedra het, en verskaf riglyne vir geboorte-opvoeders om hulle te help om die inhoud van geboorte-opvoedingsklasse te verbeter.

This edition of Health SA Gesondheid reflects strongly on two extremes on the health continuum with which South Africans struggle on a daily basis, namely the impact but also the possible prevention of HIV/AIDS and obesity. The role of the professional nursing staff and the health team in these processes are especially researched and described. New life is also explored, firstly in an article that deals with the accompaniment of mothers whose infants are in the neonatal intensive care unit; and secondly in an article that explores the role that childbirth education has on the childbirth and breastfeeding experiences of mothers.

The first article aimed to acknowledge and describe the experiences of mothers with regard to the hospitalisation of their infants in the neonatal intensive care unit, and to provide guidelines to registered nurses as to how to utilise the information in accompanying mothers throughout their infants' stay in the neonatal intensive care unit. The purpose of the second article was to determine the knowledge pregnant mothers have on the monitoring of foetal movement and its effect on perinatal outcome, and the findings were used to develop the content of a health education programme that is contextual and relevant to the needs of the pregnant mothers. The third article provides an overview of obesity as an ever-growing epidemic and the possible role that chronic systemic inflammation might play in contributing to the risks associated with one of the most common public health problems. The authors emphasise that studies regarding physical activity as a prospective predictor of inflammation in general population samples are needed in order to determine the preventive effect thereof. The professional nurse's experience of the dying process of the terminal AIDS patient is described in the fourth article. Recommendations focus on the nurse's personal coping with the dying process, extended coping skills in the guidance of terminal AIDS patients and her handling of specific themes during the dying process. The fifth article by Ranotsi and Worku aimed to provide insight into factors that affect awareness about the spread of HIV/AIDS in rural Lesotho. Recommendations were made to promote health education in rural environments on safe sex and the use of home based care for people living with AIDS. The sixth article describes the childbirth and breastfeeding experiences of primigravidas who attended childbirth education classes, and provides guidelines for childbirth educators to aid them in improving the content of their classes.

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