

The content of Health SA Gesondheid reflects the complexity and the depth of the health picture in Southern Africa. Health SA Gesondheid allows the reader to embark on a journey of the richness provided within the diversity of the articles presented.

The first article comprehensively investigates the nutrition and health needs of an elderly population attending a day-care centre. Olwage-Theron, Salami, Zotor and Venter use a cross-sectional study and the results indicate the average monthly income of the population used in the study. Most of the respondents reported an occasional lack of funds to provide the basic household needs.

The article is then followed by van Rooyen, le Roux and Kotzé with an investigation of the experiential world of the oncology nurse. The authors contribute to the understanding of the unique and challenging yet rewarding relationships in a multidimensional, dynamic way. Furthermore, the authors identified unifying intrapersonal relationships with the self which enable the oncology nurse to be both on the giving and receiving end of the intensely emotional environment they work in.

Evidence-based knowledge contributes to “best practice”. A study by Yuqiu and Wright indicates that knowledge and awareness of risk factors for cardiovascular disease are low in the Ga-Rankuwa community.

Bouwer and Bosman assessed consumer acceptability, preference and consumption intent of an instant soy maize porridge. The study emphasises the need for sensory evaluation of food products prior to including them in intervention studies, to assess consumers’ acceptance of them.

Patients, groups and communities are at the centre of all health care services; however there are many challenges that hinder community-based nursing education as evidenced by Zvavamwe and Ehlers’s study. The study recommends that all identified challenges perceived by nurses need to be addressed effectively to implement a successful community-based programme.

In the last article Macleod-Downes, Albertyn and Mayers embarked on a review to identify, collate and categorise the factors determining the gender-related vulnerability of women to sexually transmitted HIV. The authors provide us with the potential to identify factors in gender equality status and HIV risk level to address in programmes to empower women in order to lower their risk for sexually transmitted HIV.

All of the articles highlight that all health care practitioners need to possess evidence-based knowledge and skills. The professionals need to respond with sensitivity, caring and empathy towards clients’ health care needs.

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