
Editorial Comments

This is the last edition of Health SA Gesondheid for this millenium. The articles that are published in this edition address important issues for health practitioners. A golden thread that runs through the articles is the importance of a holistic approach to health care where patients as well as health practitioners are regarded as valuable and unique human beings. The focus is on enabling patients (individuals, groups, families and communities) and health practitioners to take charge of their contexts and mobilise resources to promote health for all. The emphasis is on the importance of patients and health practitioners participation in making decisions that is important for their lives and those of their loved ones. Each individual is viewed as being an expert of his/her own life, with the ability to make choices and take responsibility for those choices. The traditional approach to prescribing to individuals how they should live their lives has been replaced with an open approach where information is provided to individuals to make informed choices about how to promote their and other's health. As we look back on this millennium we are thankful for the positive changes that have taken place in health care service delivery and look forward to the challenges that face us in the new millenium.

Redaksionele Kommentaar

Hierdie is die laaste uitgawe van Health SA Gesondheid vir hierdie millenium. Die artikels wat in hierdie uitgawe gepubliseer word spreek belangrike sake vir gesondheidspraktisyns aan. 'n Goue draad wat deur die artikels loop is die belang van 'n holistiese benadering tot gesondheidsorg, waar pasiënte sowel as gesondheidspraktisyns beskou word as waardevolle en unieke mense. Die fokus is op die instaatstelling van pasiënte (individue, groepe, gesinne en gemeenskappe) en gesondheidspraktisyns om beheer te neem van hulle kontekste en hulpbronne te mobiliseer om gesondheid vir almal te bevorder. Die beklemtoning is op die belang van deelname in besluitneming wat belangrik is vir pasiënte, gesondheidspraktisyns en hulle geliefdes. Elke individu word beskou as 'n deskundige van sy/haar eie lewe, met die vermoë om keuses te maak en verantwoordelikheid te neem vir daardie keuses. Die tradisionele benadering om aan individue voor te skryf hoe hulle hulle lewens moet leef is vervang met 'n oop benadering waar inligting voorsien word aan individue om ingeligde keuses te maak van hoe om hulle eie en ander se gesondheid te bevorder. Soos ons terugkyk oor hierdie millenium is ons dankbaar oor die positiewe veranderinge wat plaasgevind het in gesondheidsorgdienslewering en kyk ons uit na die uitdagings wat ons in die gesig staar in die nuwe millenium.

Marie Poggenpoel
Editor/ Redakteur

Annatjie Botes
Co-editor/ Mede-redakteur