

This edition of Health SA Gesondheid has a strong focus on HIV/AIDS, women, pregnancy and motherhood in southern Africa, and the challenges healthcare professionals experience in providing effective support in this important, but extremely vulnerable sector of health care.

In the first article, *Zuyderduin, Ehlers and van der Wal* report on the impact of a buddy system on the self-care behaviours of HIV+ women in Botswana. Results clearly show the importance of a creative, well structured support system on factors like disclosing HIV status and adherence to antiretroviral treatment. *Leonard and Mayers* describe parents' lived experience of providing kangaroo care to their preterm infants from a qualitative perspective. This article shows that kangaroo care, as a phased process, is a unique experience characterised by a number of challenges that could be overcome if implemented efficiently. In the article by *Modiba*, the lack of skills and support available to midwives and doctors caring for mothers with pregnancy loss is reported, with a strong recommendation to develop counselling programmes to support health professionals with this challenging task. *Van Dyk, Motto and Buchmann* investigated the effect of routine second-trimester ultrasound on obstetric management and pregnancy outcomes. Although it was associated with a lower rate of induction of labour for post-term pregnancy, it was not associated with improvements in pregnancy outcomes. In another qualitative study, *Minnie, Klopper and van der Walt* describe factors contributing to the decision by pregnant women to be tested for HIV, resulting in valuable recommendations regarding the promotion of appropriate counseling. In a descriptive study by *Engelbrecht, Nel and Jacobs* they undertook to describe how patients with coronary artery disease maintained their planned and renewed lifestyle adaptations after a cardiac intervention. The study shows that the patients maintain their adapted lifestyle adaptations although most patients experience difficulty with smoking cessation. In the final article, *Theron, Geyer, Strydom and Delport* argue that not much has been done to support or empower educators in the context of the HIV/AIDS pandemic. In light of this they introduce the Resilient Educators (REds) programme as a way to help educators cope.

I am positive that these seven articles will provide ample opportunity for networking and future transdisciplinary collaboration between health researchers.

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Professional Editor