



CELEBRATING
RURAL
HEALTH



2023 RURAL
HEALTH
Conference

HEALTH
CLINICIANS
&
STUDENTS
WELCOME

14-16 September
2023

Emerald Vale Brewery,
Chintsa, Near East
London, Eastern Cape

CPD
POINTS

PROGRAMME



RURAL HEALTH CONFERENCE
PACASA - BuBASA - BuNursA - BuBota

Welcome Note from the Organising Committee

Welcome to the Rural Health Conference, hosted for 2023 in the beautiful village of Chintsa, on the East Coast in the Eastern Cape. The RHC is organised by four organisations supporting rural health care workers in Southern Africa including RuDASA (Rural Doctors Association of Southern Africa), RuReSA (Rural Rehabilitation Association of South Africa), PACASA (Professional Association of Clinical Associates SA) and RuNurSA (Rural Nursing Association of SA). One of the best aspects of the rural health conference is the extraordinary clinicians, academics, advocates and organisations that it draws together each year, all united in their passion and dedication to rural health care delivery. It is our delegates that makes this conference, and we look forward to your presentations, interactions, and conversations over these three days.

The theme for this year is *Celebrating Rural Service* and we wish to recognise **the extraordinary service of our health care professionals to health care delivery in rural areas**. *We honour and celebrate our doctors, nurses, clinical associates, occupational therapists, physiotherapists, speech therapists & audiologists, dieticians, pharmacists, counsellors, community health care workers and more*. One of the most important emotions that informs intrinsic motivation, is that of transcendental purpose. Doing a job that serves a higher purpose is a key aspect of loving one's profession, decreasing burn-out and giving a clinician an experience of having found their calling. When clinicians provide health care in rural or isolated areas, they transform people's lives every single day, but this is often forgotten. It is easy to become overburdened by the challenges and frustrations of the daily grind, and not see the enormous impact they are making on people's lives.

With *Celebrating Rural Health* we want to create an opportunity to remind health care clinicians of their enormous value to patients, to families, to communities and to the overall public health in rural areas. A good example is the one-year community service provided by clinicians. Often this is viewed as a year to 'survive', and many young health care professionals fear the time they will be forced to spend at a rural facility. What is not always recognised is that rural health care in South Africa is based on the foundation of a continuous flow of these community service clinicians and that this year of service is an invaluable gift to our communities. We appreciate and salute you!

We are honoured that our conference will be opened by Dr Rolene Wagner, the Head of Department of Health for the Eastern Cape, and that Dr Sibongiseni Dhlomo, the deputy minister of Health, will be one of our keynote speakers. Prof Khaya Mfenyana, a family physician and leader in health professions education, will be presenting a tribute to our rural health care workforce in celebrating rural health service. The RHC2023 program includes an exciting collection of oral presentations, posters and workshops that will encourage the sharing of best practices and building closer rural networks.

We hope you enjoy RHC2023 and will join us in celebrating the contribution of rural health care professionals to rural health care delivery in South Africa.

Dr Madeleine Muller
Project Lead RHC2023 Committee.



Celebrating Rural Health

The Conference Partners



RuDASA

The Rural Doctors Association of Southern Africa (RuDASA) is a membership-based organisation actively working towards better health care in rural areas. RuDASA strives for the adequate staffing of rural health facilities by appropriately skilled medical staff; and to be a voice for rural doctors regarding training and working conditions.

Our Vision

For all rural people in Southern Africa to have access to quality health care.

Our Mission

RuDASA strives for the adequate staffing of rural health services by appropriately skilled medical staff and to be a voice for the rural doctor regarding training and working conditions.

RuDASA aims to inspire health workers to work in rural areas, and support and empower those committed to making health care available to all South Africans. We provide a network provides an opportunity for members to connect, share concerns, challenges, good practices and innovative ideas, through a variety of forums. Members can share ideas and request assistance from others.

RuDASA is involved in a number of initiatives to lobby for and address the needs of rural doctors and has also taken on a prominent advocacy role in terms of pushing for improved health in rural areas in general, as well as addressing specific topics, such as the availability of posts in rural hospitals and drug shortages. We aim to be a resource of rural expertise to the South African Government and other stakeholders. From time to time RuDASA has issued open letters and press statements, often with partner organisations, to create awareness of the plight, challenges and successes of rural doctors and other health professionals.

Find out more and join us:

info@rudasa.org.za

www.rudasa.org.za

www.facebook.com/ruraldoctors



Celebrating Rural Health



PACASA

Clinical Associates as a profession started out in South Africa with the first undergraduate group being admitted to the Walter Sisulu University (WSU) in the Eastern Cape in 2008. There are now three institutions that offer the Bachelor of Clinical Medical Practice, namely the University of Pretoria, University of the Witwatersrand and Walter Sisulu University. Soon after the first graduates were deployed, it was realised that they needed a representative voice in order to receive recognition and to proactively build the profession.

The Professional Association of Clinical Associates in South Africa (PACASA) was established on 10 April 2012. An interim executive management committee was nominated to manage the initial organisational structuring of PACASA, and to develop sound governance principles for the future.

Our Vision

Be a credible representative body and advocate for the recognition and development of clinical associates whilst in partnership with likeminded organizations to provide patient-centred quality healthcare for the general public.

Our Mission

To empower and unite Clinical Associates to provide accessible, equitable and quality healthcare in South Africa.

PACASA is dedicated to

- Strengthening the professional identity of Clinical Associates;
- Strive for a patient centred healthcare system through empowering our members;
- Build healthy, productive, mutually beneficial relationships with the people of South Africa;
- Network with allied professions and organisations;
- Carry out and/or participate in research of the profession and other health related topics

Find out more and join us:

pacasamedia@gmail.com

pacasamembership@gmail.com



Celebrating Rural Health



RuReSA

118-079 NPO

Rural Rehab South Africa (RuReSA), is a multidisciplinary organisation of professionals committed to providing and improving rehabilitation services in rural communities. We are passionate about creating positive change through rehabilitation which will:

• **Prevent disability**

- **Empower** the disabled through early intervention,
- **Promote** healthy and active lifestyles after disability,
- Enable the disabled to participate fully within their communities, thereby fulfilling the Government goal of, **"a long and healthy life for all South Africans."**

Why Rural?

Nationally there is approx. 1 therapist per 750 disabled individuals. Most of these therapists are lost to the Private Sector. Therefore, the prevalence of disability is higher in rural areas due to:

- Immense poverty
- Poor access to all health services
- Lack of resources for both the people with disabilities and the therapists

Our Vision is that rehabilitation services are provided within a PHC framework to all rural communities, and are high-quality, comprehensive, appropriate, accessible, and equitable.

Our Mission

- To ensure rehabilitation is integrated into health policy and planning at all levels
- To develop and share best practice models for high-quality, appropriate, accessible, acceptable, and effective rehabilitation services
- To disseminate information and research on: the health needs of rural people, rural rehabilitation, and health policies
- To provide support to recruit, retain and inspire rural therapists.
- To influence the actions of the service delivery community.

We are working with our rural partners, the professional associations, universities and policy makers to ensure this happens.

Find out more and join us:

www.ruresa.com

www.facebook.com/ruresa

info@ruresa.org.za



Celebrating Rural Health



Rural Nursing South Africa (RuNurSA) is a membership based network focused on access to quality healthcare for all. We are inspired by the courageous commitment of nursing professionals in the face of rural health realities and challenges. We seek to influence the change required to improve rural health nursing care.

Nurses are called upon to lead in rural healthcare, by stepping forward and becoming a voice to lead and champion nursing issues which will positively affect the health of rural communities in this country. Nursing leadership has the potential to change lives, form teams, build healthcare organisations, and impact communities.

RuNurSA was selected by the International Council of Nursing (ICN) as a voice to lead nursing in achieving the sustainable development goals. We are building on that legacy for rural nurses to have a voice in decisions that affect their practice and to ensure quality rural healthcare in South Africa.

Our Vision

The voice for rural health nurses.

Our Mission

To advocate for rural nursing aligning with the current South African healthcare system.

Our objectives are to:

1. Advocate for the needs of the rural communities and its nurses through influencing policy makers, the South African Nursing Council, the National Department of Health, and other Governmental Sectors.
2. Collaborate with civil society and relevant stakeholders for health equity and social justice.
3. Link rural nurses with resources to enhance advocacy in the health care delivery system.
4. Promote continued education, and mentorship for pre-service and in-service rural nurses.
5. Provide a platform for rural nurses to belong.

Find out more and join us:

Email: ruralnursingsa@gmail.com

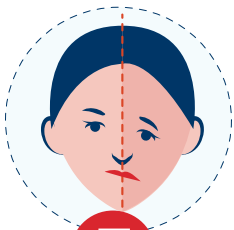
<https://www.facebook.com/RuralNursingSA>



STROKES ARE TREATABLE

KNOW THE SIGNS OF A STROKE

DO THE F.A.S.T TEST



F

FACE

Smile, or show your teeth.

Is one side of your face drooping?



A

ARM

Close your eyes and hold your arms out for 10 seconds.

Does one of your arms drift down?



S

SPEECH

Repeat any sentence.

Is your speech slurred, do you use the wrong words or do you have an inability to speak?



T

TIME

Note the time and get to the nearest emergency unit immediately.

Every minute counts.

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Life Healthcare

Making life better

Thursday 14th September 2023 - Celebrating Rural Service

08h00 - 09h00	Registration			
09h00 - 10h30	Welcome to Day One - Indaba (Plenary)			
	Chairperson			
	Opening remarks		MEC for Health Ms Nomakhosazana Meth	
	PACASA Keynote Address		"The successful contribution of Clinical Associates to rural health service delivery" Nomsa Ndaba	
	RuReSA Keynote Address		"Role of NMAH CP centre of excellence in the Public Health Care defense and lessons learnt." Gift Tshaka	
10h30 - 11h00	Tea Break			
Parallel Sessions				
11h00 - 13h00	Igumbi lomlilo (Fireplace room)	Igumbi elincinci (Art room)	Igumbi eliphezulu (Upstairs room)	Indaba (Plenary)
	Chair:	Chair:	Chair:	Chair: Jenny Nash
11h00 - 11h20	OA: Sustainability in rural health: Balancing clinical and training demands in a rural district hospital Andrew Miller	Workshop Strategic plan beyond 2023 Lungile Hobe-Nxumalo 120 minutes	OA: Tshemba Foundation-an agent for change for good clinical practice Rhian Twine	OA: Celebrating the power of rural health service to influence health policy - seen in the ART rollout Victor Fredlund
11h20 - 11h40	OA: The Higher Certificate in Disability Practice in strengthening the primary Health Care System: Perspectives of service users with disabilities on partnering with community rehabilitation workers Nafisa Mayat		OA: The perceived value of the 'MoreThan Process' on social cohesion: A case study from South Africa Innocentia Lediga	OA: Nurses' experiences in implementing Nurse Initiated Management of Anti-Retroviral Therapy (NIMART) in primary health care facilities in Dr Ruth Segomotsi Mompoti District, North West Province Nthabiseng Sibisi
11h40 - 12h00	OA: Looking to the past to plan for the future - rural rehab Pam McLaren		OA: Experiences of a Whole of Society Approach to Prevent Alcohol Use Amongst Youth Herman Reuter	OA: Person-Centred Caring Experiences of Registered Nurses while Managing Foot Care for Patients with Type 2 Diabetes in a Rural District of Northern Kwazulu-Natal Anne Suzanne Joubert
12h00 - 12h20	Workshop Peer support how could various models of peer support for persons with paraplegia/tetraplegia look like in present South Africa Undine Mmatumelo Rauter 60 minutes		OA: Using the Integrated Longitudinal Community Clerkship to transform medical students to healthcare advocates in the rural communities Siyonela Mlonyeni	OA: The power of the pill: An exploration to understand adherence practises of patients on their clinic visit date at a district hospital in the Eastern Cape Sipho Ngcongolo
12h20 - 12h30			PP: Khula - a homeopathic remedy for South Africa's crumbling rural primary healthcare system Shamini Kara	OA: Developing services for patients with severe non-communicable disease in rural district hospitals - the PEN-Plus experience Colin Pfaff
12h30 - 12h40			PP: Referral Communication: A qualitative study exploring verbal communication in referrals to Internal Medicine between district and regional hospitals in Amathole District and Buffalo City Municipality Chris Palfreeman	OA: Celebrating the impact a hospital can have for health through non- medical interventions Victor Fredlund
12h40 - 12h50			PP: Factors contributing to delays to accessing appendectomy in low and middle income countries. A scooping review Johnelize Louw	
12h50 - 13h00				
13h00 - 14h00	Lunch Break - Lunch and Learn with MSF and partners - How to Establish Rural Pickup Points. 13h30 - 14h00 in the Fireplace Room			

Thursday 14th September 2023

Parallel Sessions

14h00 - 16h00	Igumbi eliphezulu (Upstairs room)	Igumbi lomlilo (Fireplace room)	Igumbi elincinci (Art room)	Indaba (Plenary)
	Chair:	Chair:	Chair:	Chair:
14h00 - 14h20	OA: Met and unmet needs: a short-term audit of orthopaedic practice and referrals from a rural district hospital, Eastern Cape, South Africa John-D Lotz		OA: Two Worlds Apart Duncan Haynes	OA: Comparative study between ante-mortem clinical diagnosis and final autopsy diagnosis in an Academic Hospital in Ga-Rankuwa, South Africa Moshawa Khaba
14h20 - 14h40	OA: Infrastructure, Referral Pathways, Human Resources and Multidisciplinary Practice for Medical Rehabilitation Services in Kwazulu- Natal, South Africa: A Mixed-Methods Study Senzelwe Mazibuko		OA: Experiences of Mobile Health Clinic nurses servicing rural communities of eThekweni municipality during covid 19 community response interventions Silingene Ngcobo	OA: The Maternawel PPH monitoring tray. A novel approach to effective PPH monitoring in a low resource setting Justus Hofmeyr Craig Parker
14h40 - 15h00	OA: Equitable Access to Quality Health Care for Injured People. Fostering equitable partnerships through engaging and involving communities along the research continuum. Christina Laurenzi		OA: Exploring the perceptions and experiences of the delays to accessing appendectomy in the Western Cape Johnelize Louw	OA: Mothers' experiences in the first 3 days after caesarian section at a rural district hospital. Nicholas Fine
15h00 - 15h20		Workshop Worth a thousand words - exploring rural therapists support needs using photovoice Cameron Rearden 120 minutes	OA: Impact of socioeconomic factors on adherence in patients taking cancer treatment Vatiswa Henge-Daweti	OA: Reflective Report on District Level Perinatal Care Outreach in the Eastern Region of Eastern Cape (EREC) 2019-2022 Zolile Mlisana
15h20 - 15h40	PANEL Collaborative solutions with indigenous knowledge healers in rural Eastern Cape to improve awareness and treatment of surgical conditions Kathryn Chu 60 minutes		OA: Medical practitioners' knowledge and awareness of multiple myeloma at public hospitals, Gauteng, South Africa Andiswa Poee	OA: A survey-based impact assessment of a workshop for novice rural anaesthesia providers: The Anaesthesia Launchpad story Rowan Duys
15h40 - 15h50			PP: Knowledge, attitudes and perceptions towards HIV testing among isixhosa speaking men in the Zithulele catchment area of the rural Eastern Cape province, South Africa Philippa Sauls	OA: Vacuum deliveries - time to rekindle a dying practice? Andrew Wilkins
15h50 - 16h00			PP: Contextual Barriers and Facilitators to Implementing Clinical Governance in Selected Hospital in the Eastern Cape: A Qualitative Study Siphokazi Phalana	
16h00-16h15	Tea Break			
16h15-17h30	AGMs			
18h00 - late	Informal Braai sponsored by Discovery Health Speaker: Dr Marian Jacobs introduced by Dr Madeleine Muller			






Medicines Information Centre

Our drug information pharmacists have been providing free, accurate, evidence-based advice to health care workers since 1980. We are based in the Division of Clinical Pharmacology, Department of Medicine, at the University of Cape Town.



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Free access to:

- Clinical/medicine-related query answering service
- Specially trained drug information pharmacists
- Input from clinical consultants
- Up-to-date references

This service is free for all health care workers

We are available Monday to Friday 08:30 - 16:30

National HIV & TB Health Care Worker Hotline

This is a free service for all health care workers



What questions can you ask?

The National HIV & TB Health Care Worker Hotline provides information on queries relating to:

- Pre-exposure prophylaxis (PrEP)
- Post exposure prophylaxis (PEP)
- HIV testing
- Management of HIV in pregnancy
- PMTCT
- Drug interactions
- Treatment/prophylaxis of opportunistic infections
- Drug availability
- Adherence support
- Management of DS and DR tuberculosis
- Antiretroviral Therapy (ART):
 - When to initiate
 - Treatment selection
 - Recommendations for laboratory and clinical monitoring
 - How to interpret and respond to laboratory results
 - Management of adverse events

We are available Monday to Friday 08:30 - 16:30



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[HIV & TB Health Care Worker Hotline, South Africa](https://www.facebook.com/HIV-TB-Health-Care-Worker-Hotline-South-Africa)



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Friday 15th September 2023

08h00 - 08h30	Registration			
	Welcome to Day Two - Indaba (Plenary)			
08h30 - 10h00	Session Chair			
	MEC Welcome		MEC for Health Ms Nomakhosazana Meth	
	RuDASA Keynote address		"Is there hope for healthcare in the current economic climate?" Dr Jenny Nash	
	RuNurSA Keynote address		"Access to healthcare for vulnerable communities. Under the theme Community engagement & the voice of the end user." Judiac Ranape	
10h00 - 10h30	Tea Break			
Parallel Sessions				
	Igumbi eliphezulu (Upstairs room)	Igumbi lomlilo (Fireplace room)	Indaba (Plenary)	Igumbi elincinci (Art room)
10h30 - 13h00	Chair:	Chair:	Chair:	Chair:
10h30 - 10h50	<p>OA: Integrating clinical practice and population health- the advantages of teaching and learning in the rural context Steve Reid</p>	<p>PANEL A call to embed disability inclusive workforce development in the ward-based district health system Theresa Lorenzo 30 minutes</p>	<p>OA: Village- based mother mentor support groups (Supporting motherchild dyad in its first thousand days of life) Sarah Wilkins</p>	<p>PP: Prophylactic phenylephrine infusions as an effective management of spinal induced hypotension in a rural setting Lerato Pakade</p>
10h50 - 11h10	<p>PP: Developing an online clinical audit toolbox for district hospitals to promote quality improvement practice and a tailored regional teaching programme in the Eastern Cape Isobel Morten</p>		<p>OA: The role of community healthcare workers on the importance of the first 1000 days of life of a child, its effects on shield development and child mortality Shadi Nyokong</p>	
11h10 - 11h30	<p>Workshop Interprofessional Education and Collaborative Practice: Strategies for Teamwork Elma de Vries 120 minutes</p>	<p>Workshop Number Power: tum stats into your secret weapon Kate Sherry 120 minutes</p>	<p>OA: Rural Early Childhood Development: Where early education, literacy and healthcare intersect Katy Miller</p>	<p>Workshop Anaesthesia skills update for district practioners Craig Parker 120 minutes</p>
11h30 - 11h50			<p>Workshop Childhood TB in South Africa: A rural symposium on clinical experiences, and an opportunity for inputs on the new National Clinical Guidelines on Childhood TB John-D Lotz 60 minutes</p>	
11h50 - 12h10				
12h10 - 12h30				
12h30 - 12h40				
12h40 - 13h00				

Friday 15th September 2023

Lunch Break				
Lunch and Learn with MSF and partners - How to Establish Rural Pickup Points. 13h30 - 14h00 in the Fireplace Room				
Parallel Sessions				
14h00 - 16h00	Igumbi elincinci (Art room)	Igumbi eliphezulu (Upstairs room)	Indaba (Plenary)	Igumbi lomlilo (Fireplace room)
	Chair:	Chair:	Chair:	Chair:
14h00 - 14h20	OA: Celebrating rural hospital involvement in school students development. Looking back, seeing growth Victor Fredlund	OA: Equitable Access to Quality Injury Care in Rural and Urban South Africa Faieeza Khalfe	OA: The effects of social media on staffing of a rural hospital in the Eastern Cape Lalenja Kolbe	Workshop Working as a team with community service therapists in a rural rehab setting Daleen Du Plessis Venter 60 minutes
14h20 - 14h40	OA: Perspectives of recent rural clinical school graduates on rural practice and rural living Francois Coetzee	OA: Stakeholder needs for embedding sustainable solutions in injury policymaking in South Africa Ntombekhaya Tshabalala	OA: Strengthening inclusive healthcare screening through Support Groups formation for clients with chronic conditions (mentally ill clients included) at Manguzi Hospital PHC facilities Sibongile Vumase	
14h40 - 15h00	PP: An education initiative to strengthen the skills and inter-hospital communication amongst doctors working in district hospitals of the central Eastern Cape Chris Palfreeman	OA: Assessing patients' experiences of care in four referral hospitals: A cross-sectional survey of outpatients in tow South African rural provinces Onke R Mnyaka	OA: Burden of Care of family caregivers of people diagnosed with serious mental disorders in Rural Health District in Kwa-Zulu Natal Jabulile Ndlovu	
15h00 - 15h20	Workshop An ode to rural healthcare in 55 Francois Coetzee 60 minutes	OA: Impact of medical interventions for reducing cochlea toxicity of amino glycosides in adults on treatment for MDR tuberculosis at a rural hospital in the Eastern Cape Lineo Mawasa	OA: Caregiver burden within mental health: The voice of informal carers from Bushbuckridge Fasloen Adams	
15h20 - 15h40		OA: Analysis of pertussis cases Buffalo City Metro Health District Facilities, Eastern Cape, October 2022 – March 2023 Ntombizonke Cecilia Mashicila-Sukwana	OA: Examining the knowledge, attitudes and practices of Charismatic churches in Emzinoni, Bethal, South Africa, in 2021 regarding HIV Nomsa Ndaba	Workshop Developing a quality autism service in an under-resourced rural hospital Alison Collinson 60 minutes
15h40 - 15h50		PP: The experience of hearing loss in families with deaf school-going age adolescents within a rural context in South Africa Nomataru Gontse	PP: Clinical presentation and outcomes of patients with acute rheumatic fever and rheumatic heart disease seen at tertiary hospital setting in Port Elizabeth South Africa Zongezile Masonwabe Makrexeni	
15h50 - 16h00		PP: Barriers to mitigating pressure ulcer risk among learners with paraplegia attending a South African special school – Learners' and caregivers' perspectives Undine Rauter	PP: Integrated community-focused Differentiated Service Delivery models of care and, faster and sustained control for people with Non-Communicable Diseases and HIV/TB in Eastern Cape Manivasan Thandrayen	
18h00 - late	Gala Dinner and Awards Guest speaker Dr Luvuyo Bayeni			

Saturday 16th September 2023

08h00 - 08h30	Registration			
	Welcome to Day Three - Indaba (Plenary)			
08h30 - 10h00	Session Chair			
	NDOH Keynote address	Dr Sibongiseni Maxwell Dhlomo - Deputy Minister of Health		
	Provincial Keynote address	Dr Rolene Wagner - HOD EC Health		
10h00 - 10h30	Tea Break			
Parallel Sessions				
10h30 - 12h30	Indaba (Plenary)	Igumbi eliphezulu (Upstairs room)	Igumbi lomlilo (Fireplace room)	Igumbi elincinci (Art room)
	Chair:	Chair:	Chair:	Chair:
10h30 - 10h50	OA: Experiences and understanding of the health care team in the rural context around interdisciplinary practices and learning, an exploratory study Luke Proffitt	Workshop Co-designing a sustainable and scalable programme to improve the quality of surgical care in rural district hospitals Rowan Duys 120 minutes	OA: The assessment of movement skills and physical fitness of children in rural areas of South Africa Adri Burger	Workshop Sexual Health, Sexual Rights, Sexual Pleasure: The sexual health consultation through the pleasure lens Madeleine Muller 120 minutes
10h50 - 11h10	OA: What are the barriers and challenges that Clinical Associates face in the practice of their profession? Siboniso Nene		OA: Were they prepared for rural community service? Stephanie Homer	
11h10 - 11h30	OA: Special problems need special solutions Victor Fredlund		Workshop Building Strong Rural Teams for Resilient Healthy Communities - Do we want to be helped, heard or hugged? Lidia Pretorius 60 minutes	
11h30 - 11h50	OA: Health System Strengthening Post-COVID-19 Samantha Maughan			
11h50 - 12h10	OA: Electrophysiology a gateway to AI utilization while in Rheumatology for rural health advancement. Sipho Ntshalintshali			
12h10 - 12h30	PP: Adapting to stressful working parameters: innovative stories of rural health care workers Akhona Ncinitwa			
12h30 - 13h30	Indaba (Plenary): Prof Mfenyana Celebrating Rural Health - a tribute to the rural health workforce Best presentation awards and closing comments			

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Celebrating Rural Health