

VOORWOORD

In Suid-Afrika is verpleging 'n erkende professie, verantwoordbaar vir sy eie optrede. Hieroor kan daar geen twyfel meer wees in die lig van die SA Raad op Verpleging se onlangs gepubliseerde regulasies oor die bestek van die praktyk van geregistreerde verpleegkundiges en die reëls wat die handelinge of versuime, ten opsigte waarvan die Raad tugasstappe kan doen, uiteensit.

Hierdie regulasies beklemtoon ook dat verpleegkunde 'n gespesialiseerde wetenskap en kuns is — en soos met enige wetenskap moet die kennisgeheel voortdurend bygewerk en uitgebrei word. Navorsing is 'n professionele verantwoordelikheid wat nie versuim kan word nie. Die publiek verwag van die beroep om te verseker dat verpleegsorg veilig en van die hoogs moontlike gehalte is — en dit is net moontlik as ons, ons praktyk op navorsing grond.

Verpleegnavorsing in Suid-Afrika is nog in sy kinderskoene maar kry stukrag deur aktiewe bevordering op verskeie vlakke. Een sodanige bevorderingsmaatreël is die jaarlikse Juta-navorsingspryse wat toegeken word vir voorgraadse verpleegnavorsing. Die artikel *To breast feed or not to breast feed? — That is the question* is 'n verwerking van 'n wenprojek. Met hierdie navorsingsprojek het die skrywers die 1983 prys in die kategorie vir studente op kursusse vir 'n basiese graad of diploma in verpleegkunde gewen.

Dit is egter nie genoeg om net navorsing te doen nie. Bevindinge, gevolgtrekkings en aanbevelings moet oorgedra word sodat ander dit kan evaluateer en benut. Eers op dié stadium bereik navorsing sy doel om verpleegpraktyk te bevorder.

Een van die doelstellings van Curationis is om *nuwe navorsingsbevindings van Suid-Afrikaanse verpleegkundiges deur die publikasie van navorsingswerke en opsommings bekend te stel.*

In hierdie uitgawe is daar nie minder nie as vyf artikels waarin daar oor plaaslike navorsingsbevindings verslag gedoen word. Elkeen van die artikels bevat inligting wat op verskeie vlakke deur die verpleegberoep benut kan word.

FOREWORD

In South Africa nursing is a recognised profession, accountable for its own actions. There can no longer be any doubt about this in the light of the recently published SA Nursing Council regulations on the extent of practice of registered nurses and the rules setting out the acts or omissions in respect of which the Council may take disciplinary steps.

These regulations also emphasise that nursing is a specialised science and an art — and, as with any science, the body of knowledge must be continuously updated and expanded. Research is a professional responsibility which cannot be neglected. The public expects the profession to ensure that nursing care is safe and of the highest possible standard — and this is only possible if we base our practice on research.

Nursing research in South Africa is still in its infancy but is gaining impetus as result of active promotion at various levels. One such promotion is the annual Juta research prizes awarded for nursing research at undergraduate level. The article *To breast feed or not to breast feed? — That is the question* is based on a winning research project. With this project the authors won the 1983 prize in the category for students on courses for a basic degree or diploma in nursing.

It is, however, not enough just to do research. Findings, conclusions and recommendations must be communicated so that others may evaluate and utilise them. Only at this stage does research achieve its purpose of improving nursing practice.

One of the objects of Curationis is *to make new research findings by South African nurses known through publication of research articles and summaries.*

In this issue there are no fewer than five articles reporting on local research findings. Each of these articles contain information which can be utilised by the nursing profession at various levels.