

# RURAL HEALTH CONFERENCE

PACASA • RuDASA • RuNurSA • RuReSA

## 2025 PROGRAMME



Photo credit: Peter Schwellnus

**TUESDAY 16 - THURSDAY 18 SEPTEMBER 2025**

**ASCOT CONFERENCE CENTRE, PIETERMARITZBURG**

**“RURAL HEALTH IN REAL LIFE”**



## About the Conference

The Rural Health Conference has been an annual event since 1996. Delegates often ask why do we always change province each year and have it in a small town? Well, the conference started with a small band of doctors working in remote and rural areas dealing with a multitude of problems with very little support. By sharing their experiences they started the rural doctors conference and were quickly joined by nurses and therapists working in rural areas who saw the conference as a means of meeting up and getting support. Historically people working for the Department of Health had very few opportunities to attend conferences during the week and did not get funding so the idea of meeting on a long weekend was born, and by rotating provinces it gave people the opportunity to attend something in their province instead of travelling to the traditional conference venues of Cape Town, Johannesburg & Durban. different world and so we always have the conference in a small rural town! The conference has grown to include many of the universities and NGOs who are based in the cities – so we have to remind them that rural different world and so we always have the conference in a small rural town!

The conference is now run by a partnership of RuDASA, RuReSA (Rural Rehabilitation South Africa), PACASA (Professional Association of Clinical Associates), and RuNurSA (Rural Nursing South Africa). We are guided by RHAP (Rural Health Advocacy programme) to ensure that the conference recognises the diversity of South Africa, the importance of advocating for better services and seeking presentations on innovations in care and service provision.

In 2013 the annual RuDASA Conference was renamed as the annual Rural Health Conference with Rural Rehab South Africa (RuRESA) and the Professional Association of Clinical Associates (PACASA) joining officially as annual conference partners. The overarching aim of the Rural Health Conference is to create a platform for rural health practitioners, partners and stakeholders across the country to connect, share experiences and challenges facing rural health care practitioners and communities, learn from one another, and advocate for good practice.

The conference usually takes place in September and consists of a 3-day programme of presentations, workshops, and AGMS, as well as evening meals and events. The conference rotates between the Provinces so that health workers have equal opportunities to be able to attend a conference. Moving Provinces also enables us to learn about the challenges in the different areas in South Africa and how people are meeting those challenges. Newcomers to the conference are amazed at the energy and commitment of the people there, as well as the multidisciplinary approach. We really try not to have silo's for each profession, but to come together to hear, debate and learn from each other. In addition we welcome various exhibitors and have an interesting Exhibition and Poster area.

For those of you new to the Rural Health Conference we hope you grow to love it as much as we do!



**“Rural Health in Real Life”**

# Conference Theme: "Rural Health in Real Life"

## Sub-themes:

### Rural Teamwork

- Developing undergraduate teamwork & multi-disciplinary teams
- Innovative ideas on "Who is the team?" and alternative human resources to achieve NHI & UHC
- Developing team leadership and team management
- Trans-disciplinary teams for rural facilities
- Building an insightful workforce
- Mentoring, accountability and supervision of students and young professionals within the team to ensure they thrive
- Best Practice in Teamwork
- How the multidisciplinary team improves health outcomes

### Health Systems Management & Policy

- The gap between urban & rural: population health & disability demographics, rural social determinants of health, human resources, service delivery in rural areas
- Universal Health Coverage and how does NHI provide UHC?
- Sustainable Development Goals agenda 2030
- Capacity building to develop good services & retain staff in rural areas
- Setting priorities to ensure access to care for those currently disadvantaged in health care
- Problems & solutions on issues such as access to service, budgets, human resources, quality facilities
- Litigation & costs related to poor service delivery and poor quality of service
- Developing new Service Delivery Packages to ensure UHC
- Health finance, health worker distribution and user access to health services
- Technology to resolve rural issues
- Social accountability: What the News tells us about social determinants of health, Role of the university: training undergraduates to be ready for NHI, Intersectoral collaboration in health
- Inter-sectoral work

### Community engagement & end users' voice

- Collaboration with patients, parents and their family
- Collaboration with hospital & clinic boards
- Working with traditional healers and leaders
- How we can all be health advocates
- Access to healthcare for marginalised groups

### Clinical Practice

- Working in resource constrained environments yet still giving quality care
- Innovative practice that makes health care equitable
- Good practice in adverse conditions
- Unpacking DoH policy and practice for private practitioners
- Holistic vs specialist care, best use of specialists and access to specialist care in rural areas
- Best practice in PHC
- Best practice global surgery



## 2025 Theme “Rural Health in Real Life.”

The burden of disease is at highest peak in rural areas, therefore warranting the allocation of rural proofing resources that reflect rural needs. We are seeking innovative contributions that explore: the lived realities, challenges, and innovations that shape healthcare in rural communities.

It's about the resilience of healthcare workers, the ingenuity required to deliver services in resource-limited settings, and the voices of the patients whose experiences define the system.

This theme invites abstracts that reflect on practical solutions, community-driven initiatives, policy implications, and the personal stories of those working at the heart of rural healthcare.

Whether it's addressing workforce shortages, leveraging technology for better access, or navigating the social determinants of health, we encourage submissions that capture the essence of rural health as it is truly experienced—on the ground, in the clinic, at the bedside, and beyond.



Photo courtesy of ShonaquipSE

## Greening the RHC

Being green means using resources wisely and we urge you all to share accommodation and travel! Please do not book accommodation units just for yourself. Monitor the “Share the Drive” posts on the Facebook page nearer to the start of conference to look for lifts or offer space in your car.

Join the WhatsApp community.

Use a digital version of the programme and abstract booklet, rather than printed.

## 2025 Organising Committee

RHC2025 CHAIR

Ms. Thabisa Mbuwako

PACASA Executive

Ms. Tesha Pillay

RuDASA EXECUTIVE

Dr. Nhlakanipho Gumede, Dr. Lungile Hobe

RuNurSA EXECUTIVE

Ms. Thabisa Mbuwako, Mr. Zwelihle Blessing Shongwe

RuReSA EXECUTIVE

Prof. Deshini Naidoo

Dr. Bernhard Gaede, Dr. Enwongo Ettang, Prof. Indira Govender, Dr. Sue Philpott

## PEER review team

RuNurSA: Warren Hansen, Silingene Ngcobo, Guin Lourens, Dr Mbali Mhlongo

RuDASA: Dr. Victor Fredlund, Dr. Indira Govender, Dr. JD Lotz, Dr. Graeme Hofmeyr, Dr. Adam Asghar and Dr. Murray Louw

RuReSA: Cameron Reardon, Erika Bostock, Prof. Deshini Naidoo, Dr. Kate Sherry, Dr. Jana Müller and Olindah Silaule

PACASA: Sanele Ngcobe, Aviwe Mgobozi, Tesha Pillay



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“Rural Health in Real Life”

# Welcome Note from the Organising Committee

## Rural Health Conference 2025 Chairperson

### Ms. Thabisa Mbuwako

Honourable members, esteemed faculty, distinguished guests and fellow colleagues, as we gather here today, I would like to take a moment welcome you as invited guests honourable MEC, Acting HOD, Director Nursing (In absentia) Chief Director Mr Mndebele here with us today, Chairpersons and deputy chairpersons that form Rural Health Alliance of which this RHC is composed of, delegates, executive members of various organisations. I greet you all and would like to welcome you in 2025 RHC conference with its theme as “Rural Health in real life” which is going to be detailed through keynote addresses, abstracts and workshops that will form part of deliberations in these three days.

We are here today to look back and see not just how high we have climbed in our rural workspaces but how far we have come as this RHC.

Today is the beginning of the exciting three days where we are going to be networking benchmarking sharing the best practices and learning about possible remedial plans for challenges that we are faced with in our rural health workplaces where resources are a great factor of everything.

This unforgettable event will serve as a call for action that will leave more informed and empowered rural health workers for future conferences.

Understanding the right to health as outlined in the constitution is important and it requires health policy to be developed to address inequity injustice in accessing health care hence the subthemes are going to be dissected in this year’s rural health conference to explore its meaning.

Our government has implemented all its plans in ensuring that NHI is implemented by all its health care establishments. With that having said as the chairperson of this year’s conference I welcome you all so sit back relax and listen to the experiences of the health professionals in their rural health workspaces either as the care givers or end users.

Ms. Thabisa Mbuwako  
2025 Organising Committee Chair



# 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 that 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](mailto:info@rudasa.org.za)

[www.rudasa.org.za](http://www.rudasa.org.za)

[www.facebook.com/ruraldoctors](http://www.facebook.com/ruraldoctors)



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“Rural Health in Real Life”



The Clinical Associate profession was established in South Africa to strengthen the health system through task-shifting and task-sharing, especially in underserved and rural communities. Clinical Associates are mid-level medical professionals trained to provide quality, patient-centred care as part of the multidisciplinary health team. By expanding access to essential services, Clinical Associates play a vital role in reducing the burden on doctors and nurses, improving efficiency, and ensuring continuity of care across the country.

The Professional Association of Clinical Associates in South Africa (PACASA) was established in 2012 to unite, support, and advocate for the profession. Today, PACASA serves as the official voice of Clinical Associates, working to advance recognition, strengthen professional development, and promote equitable healthcare for all South Africans.

### **Our Vision**

PACASA will be a dynamic and inclusive professional body, committed to advancing the role of Clinical Associates in providing quality healthcare, fostering collaboration, and advocating for systemic changes that enhance patient care and professional development in South Africa.

### **Our Mission**

To empower Clinical Associates to be leaders in healthcare by advocating for professional recognition, promoting continuous education, and building strong partnerships across the health sector, ultimately strengthening South Africa's healthcare system through patient-centred care.

### **Our Purpose & Commitments**

PACASA exists to:

- Promote recognition of Clinical Associates as vital contributors to the health system.
- Strengthen professional development, career pathways, and continuous education.
- Foster skills in leadership, research, and health systems innovation.
- Advocate for policies and resources that support equitable, quality healthcare.
- Build collaborative partnerships with government, universities, professional councils, and allied organisations.
- Uphold professional credibility and ethical practice within the healthcare sector.

Find out more and join us:

[pacasmamedia@gmail.com](mailto:pacasmamedia@gmail.com)  
[www.mypacasa.com](http://www.mypacasa.com)



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**“Rural Health in Real Life”**



**Rural Rehabilitation 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 11 "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, their families 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](http://www.ruresa.com)

[www.facebook.com/ruresa](http://www.facebook.com/ruresa)

Email [info@ruresa.org.za](mailto:info@ruresa.org.za)



## RuNurSA

Rural Nursing South Africa (RuNurSA) is a membership based network focussed 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 healthcare , especially in rural environments by stepping forward and becoming a voice to lead and champion nursing issues which will positively affect the health of communities in this country. Nursing leadership has the potential to changes lives, forms 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 must build on that legacy for rural nurses to have a voice in decisions that affect their practice and to ensure quality healthcare.

### Our Vision

A voice for rural nurses

### Our Mission

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

### Our Objectives

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:

[ruralnursingsa@gmail.com](mailto:ruralnursingsa@gmail.com)

[www.facebook.com/RuralNursingSA/](http://www.facebook.com/RuralNursingSA/)



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**“Rural Health in Real Life”**

Tuesday 16 September 2025 Rural Health Care in Real Life				
08h00 - 09h00	Conference registration, CPD registration and open exhibition. Tea and Coffee			
Conference Opening				
09h00 - 09h30	Chairperson	Rural Health Conference Chair Ms. Thabisa Mbuwako		
	Opening Remarks	Mr. J Mndebele Chief Director of Health KwaZulu- Natal		
Keynote Address 1 - RuReSA				
09h30-10h30	RuReSA Keynote Address	Dr. Kate Sherry "Health in rural real life: doing what matters most."		
10h30-11h00	Tea break and exhibition			
11h00-12h00	Mental Health Keynote Address	Associate Professor Suvira Ramlall Associate Professor in Psychiatry, University of KwaZulu Natal "Doctors' wellbeing. Health and science."		
Parallel Sessions				
	Venue A: Rural Teams	Venue B: Health Systems Management and Policy	Venue C: Clinical Practice	Venue D: Community engagement & end users' voice
Chair:	Ms. Thabisa Mbuwako			Dr. Sue Philpott
12h00 - 12h20	Oral Presentation  "A qualitative enquiry on the experiences of family caregivers of Mental Health Care Users in rural UMkhanyakude Health District, KwaZulu-Natal, South Africa."  Dr. Jabulile Ndlovu	Oral Presentation  "15 Year Retrospective Review of Clinical Admissions Data to Hlabisa District Hospital."  Dr. James van Duuren	Panel Discussion  "20 years of investing in rural youth to address staff shortages at rural hospitals in three districts of KwaZulu-Natal."	Oral Presentation  "Beyond the Clinic: Home-Based Support for Children with Disabilities in Rural KwaZulu-Natal."  Mrs. Catherine Mather-Pike
12h20 - 12h40	Fireside Chat  "A case study of collective caring in a time of resource scarcity."  Dr. Indira Govender	Oral Presentation  "Hospital Management involvement in the Implementation of Clinical Governance Activities and the Level of Importance in two South African Provinces"  Dr. Siphokazi Pahlana	Associate Prof. Andrew Ross Dr Gavin MacGregor	Oral Presentation  "Beyond the Clinic: Leveraging Community-Based Stakeholders to Transform Rural Disability Services in South Africa."  Ms. Talia Mayson
12h40 - 13h00	Oral Presentation  "What are the experiences of Stellenbosch University medical students undertaking rural longitudinal integrated training in their final year?"  Prof. Ian Couper		Oral Presentation  "An association of pregnancy and sexually transmitted infections in a high HIV Burden Setting; A cluster-randomized stepped-wedge clinical trial, KwaZulu-Natal, South Africa." Ms. Nqobile Ngoma	Oral Poster Presentation  "Real-Life Recovery: Integrative Care Restoring Function and Dignity in Rural South Africa." Dr. Shamini Kara
13h00-14h00	Lunch, exhibition and late registration			

<b>Tuesday 16 September 2024 – PM</b> <b>Rural Health Care in Real Life</b>				
<b>Parallel Sessions</b>				
	<b>Venue A:</b> <b>Rural Teams</b>	<b>Venue B:</b> <b>Health Systems Management and Policy</b>	<b>Venue C:</b> <b>Clinical Practice</b>	<b>Venue D:</b> <b>Community engagement &amp; end users' voice</b>
<b>Chair:</b>		Ms. Thabisa Mbuwako		
<b>14h00 - 14h20</b>	<b>Oral Presentation</b> “The vulavula project: medical communicators.” Dr. Inez Allin	<b>Oral Presentation</b> “Planet Youth: Improving Community Wellness, Reducing Burden of Disease - Data-driven Whole of Society Approach.” Dr. Hermann Reuter	<b>Poster Presentation</b> “An obstetric anesthesia guidelines adherence review in Western Cape district level hospital and secondary review of possible reasons for deviations and further improvement: A Quality Improvement Initiative.” Dr. Lize Bisschoff	<b>Panel Presentation</b> “Uniting Voices for Health Equity: A Collaborative Initiative to Strengthen Community-Oriented Primary Health Care in Rural Ntabankulu, Eastern Cape.” Ms. Zimbini Madikiza Mrs. Judiac Ranape
<b>14h20 - 14h40</b>	<b>Panel discussion</b> “Improving Burn Care from the Ground Up: A Panel on Rural-Led Innovation and Collaboration.” Nikki Allorto Dr. Simon le Roux (facilitator) Kris Herwig Rowan Duys Maryll Stuurman Myrthe Simon	<b>Oral Presentation</b> “The Madwaleni Oxygen Plant Pilot Project - lessons learnt over the past 3 1/2 years.” Dr. Craig Parker	<b>Oral Presentation</b> “Assessing the effectiveness of decentralised antenatal ultrasound compared to a hospital-based service in rural South Africa: an interrupted time series analysis.” Dr. Christopher Westwood	<b>Oral Presentation</b> “Play with Purpose: A Pilot Initiative for Holistic Child Development in Rural Madwaleni.” Ms. Melissa Makinson and Mrs. Sarah Wilkins
<b>14h40 - 15h00</b>		<b>Oral Presentation</b> “The development of a conceptual framework to implement Artificial Intelligence Technologies in Rural Public Hospitals.” Dr. Sanele Enock Nene	<b>Oral Presentation</b> “A retrospective descriptive analysis of a surgical service in a rural district hospital in the Eastern Cape, South Africa.” Dr. Jessica Westwood	<b>Oral Presentation</b> “Facilitators and barriers to antiretroviral therapy adherence among adolescents and young adults in rural South Africa” Mr. Samkelo Sithole
<b>15h00 – 15h20</b>	<b>Oral Presentation</b> “The Future of Medical Schemes in an NHI/UHC Era: What role do medical schemes and private healthcare funders play post-NHI/UHC implementation?” Miss Hellen Nkwagatse	<b>Oral Presentation</b> “Best Practice Medicine for Oral Anticoagulants in Secondary Healthcare.” Dr. Asafika Mbangata		
<b>15h20 – 16h00</b>		<b>Plenary - “Enhancing Diabetes Care in Rural South Africa: A Collaborative Model”</b> Dr. Nicole Fiolet		

<b>Tuesday 16 September 2025</b> <b>Rural Health in Real Life - Parallel Sessions</b>				
	<b>Venue A: Rural Teams</b>	<b>Venue B: Health Systems Management and Policy</b>	<b>Venue C: Clinical Practice</b>	<b>Venue D: Community engagement &amp; end user's voice</b>
<b>Chair</b>				
<b>16h00 - 16h20</b>		<b>Oral Presentation</b> "Experiences of medical interns of emotionally charged workplace encounters: a qualitative exploration of their rural rotation." Dr. Madeleine Muller	<b>Oral Presentation</b> "To transfuse or not to transfuse: How first world prehospital transfusion research and solutions apply to rural healthcare." Mr. Andrew O'Brien	
<b>16h20 - 16h40</b>	<b>Workshop</b> Holding on to our humanity – an experiential workshop. Associate Prof. Elma de Vries	<b>Oral Presentation</b> "South African health professional associations urged to end commercial milk formula industry sponsorship." Ms. Lori Lake	<b>Oral Presentation</b> "Bridging the Gap: Understanding Rural Mindsets and Traditional Health Practices." Miss Mamelo Khitleli	<b>Workshop</b> RuDASA Indaba: Strategic Planning for 2025–2030 Dr. Asafika Mbangata
<b>16h40 - 17h00</b>		<b>Oral Presentation</b> "Reviewing conceptualizations of Resilience from an Indigenous Healing perspective in Africa: A Scoping Review." Ms. Hombakazi Mercy Nqandeka	<b>Oral presentation</b> "A framework for the development and evaluation of a mobile training application for teachers to promote motor skills in young children in low resource areas" Monique de Wit	
<b>17h00 - 19h00</b>	Networking and Annual General Meetings			
	<b>Venue A:</b>	<b>Venue B:</b>	<b>Venue C:</b>	<b>Venue D:</b>
<b>17h00-19h00</b>	<b>RuDASA</b>	<b>RuReSA</b>	<b>PACASA</b>	<b>RuNurSA</b>
<b>19h00</b>	<b>Welcome dinner</b> <b>Sponsored by the Discovery Foundation</b> <b>Discovery Foundation Guest Speaker</b> Dr Vincent Maphai - BA (Hons), MA, PhD Chairperson of the Discovery Foundation			



Wednesday 17 September 2025  
Rural Health Care in Real Life - AM

7h30 - 8h30	CPD registration, open exhibition Tea and Coffee			
<b>Keynote Address 2: RuDASA</b>				
8h30 - 9h30	Keynote Address 2 RuDASA:	<b>Dr. Ndiviwe Mphothulo</b> <i>"The Role of Medical Doctors as Activists in South Africa: South African medical doctor's Legacy of fighting for Social Justice and what should be our role as this generation?"</i>		
<b>Parallel Sessions</b>				
	Venue A: Rural Teams	Venue B: Health Systems Management and Policy	Venue C: Clinical Practice	Venue D: Community engagement & end users' voice
Chair:				
09h30 - 09h50			<b>Oral Presentation</b>  "Acute Disseminated Encephalomyelitis and the spectrum of acute demyelinating diseases in childhood disability."  Mr. Andrew O'Brien	
9h50 – 10h30	<b>Workshop</b> "Basics of Burn Care: Burn Care Where It Matters - A Practical Workshop for Rural Teams."  Dr. Nikki Allorto	<b>Workshop</b> "Biokinetics Works: Public-Private Partnership for Purpose."  Miss Vuyelwa Radebe	<b>Oral Presentation</b> "Death and Donuts: The art of debriefing to elevate teams and combat moral injury."  Mr. Andrew O'Brien	<b>Panel Discussion</b> "The South African LGBTQI+ Healthcare Equality Program: A rural roll-out in the Central Karoo."  Mx. Savuka Abongile Matyila Amelia Mfiki Mark John de Bruin (he/him)
10h10 -10h30			<b>Oral Presentation</b> "Transforming MSF's approach to community-led initiatives – Empowering community-based organisations (CBOs) through capacity-building for continued access to healthcare services."  Ms. Lebohang Kobola	
10h30 - 11h00	Tea break and exhibition			

Wednesday 17 September 2025  
Rural Health Care in Real Life - Parallel Sessions

	Venue A: Rural Teams	Venue B: Health Systems Management and Policy	Venue C: Clinical Practice	Venue D: Community engagement & end users' voice
Chair:			Dr Sue Philpott	
11h00 -11h20		<b>Workshop</b> "Do we need an ethics committee?" Dr. Francois Fourie	<b>Oral Presentation</b> "Carrying More Than Craft: Baskets of Care and the Hidden Burden of Rural Disability." Dr. Naeema Hussein El Kout Ms. Pam McLaren	<b>Workshop</b> "This is Rural Health in Real Life: Co-creation to build institutional and graduate capability." Dr. Jana Muller
11h20 - 11h40				
11h40 - 12h00				
12h00 – 12h20	"Basics of Burn Care: Burn Care Where It Matters - A Practical Workshop for Rural Teams." Dr. Nikki Allorto	<b>Workshop</b> QIP By UKZN students	<b>QIP</b> By UKZN students	<b>Oral Presentation</b> "Using the "Every Word Counts" Programme to Strengthen Early Language and Literacy in Rural Communities- A Speechie's Perspective." Mrs. Sarah Wilkins
12h20 - 12h40		QIP By UKZN students	QIP By UKZN students	<b>Oral Presentation</b> "Empowering Women in Rural Eastern Cape: A Holistic Group-Based Approach at Isilimela Hospital." Miss Alex Rendall
12h40 - 13h00		QIP By UKZN students	QIP By UKZN students	<b>Oral Presentation</b> "Serve while we learn –In Reach in the Central Karoo and West Coast Districts of the Western Cape." Ms. Lindsay-Michelle Meyer
13h00 - 14h00	Lunch break & Exhibition			

**Wednesday 17 September 2025**  
**Rural Health Care in Real Life - PM**

**Keynote Address 3 - PACASA**

14h00 - 15h00	Keynote Address 3 PACASA	<b>Ms Lumbani Tshotetsi</b> <i>"The Heartbeat of Rural Health: Recognizing Our Unseen Heroes."</i>		
<b>Parallel Sessions</b>				
	Venue A: Rural Teams	Venue B: Health Systems Management and Policy Indaba	Venue C: Clinical Practice	Venue D: Community engagement & end users' voice
Chair		Ms. Thabisa Mbwako		
15h00 - 15h15	Workshop  "Basics of Burn Care: Burn Care Where It Matters - A Practical Workshop for Rural Teams."  Dr. Nikki Allorto	<b>Fireside Chat</b>  "Promoting Cost-Conscious Laboratory Requesting in a Deeply Rural Eastern Cape Hospital: A Quality Improvement Initiative."  Dr. Leone Pretorius	<b>Fireside Chat</b>  "Medical school curriculum development and decentralization."  Miss Leila Giddy-Turner	<b>Fireside Chat</b>  "Advocacy and accountability vacuum in KZN rural mining communities for workers seeking compensation when declared unfit to work after developing health issues often affecting their lungs and hearts."  Ms. Sheila Berry
15h15 - 15h30		<b>Oral Presentation</b>  "Building Tech for Rural Realities: What Happens When a Clinician Codes with AI?"  Mr. Duncan Miller	<b>Fireside Chat</b>  "Enhancing Labour and Delivery Experiences through the COPE Method: A Quality Improvement Project at Isilimela Hospital a rural district hospital in the Eastern Cape, South Africa."  Dr. Michaela Peters	<b>Fireside Chat</b>  "Resilience in Recovery: The Critical Role of Caregiver Attitude in Paediatric Rehabilitation in a Rural Setting."  Miss Tylah Hobbah-Watson
15h30 - 16h00	Tea break & exhibition			
	<b>Rural Teams</b>		<b>Clinical Practice</b>	
	Workshop:	Workshop:	Workshop:	Workshop:
16h00 - 17h00	Workshop  "Basics of Burn Care: Burn Care Where It Matters - A Practical Workshop for Rural Teams."  Dr. Nikki Allorto	Workshop  "Weathering the Storm: Emotional Regulation in the Eye of Clinical Practice."  Dr Madeleine Muller	Workshop  RuReSA Indaba "Real rural rehab: Strategising for 2026."  Dr. Kate Sherry Dr. Jana Muller	Workshop  "Life changing effect of body-based trauma therapy on rural HIV+ sex workers in Mopani District, Limpopo Province."  Mrs. Desire Wright
17h00-19h00	Free time and networking			
19h00 - 22h00	Gala Dinner and Awards Presentation			

Thursday 18 September 2025 Rural Health Care in Real Life						
07h30 - 09h00	Working Breakfast	RHC meeting Executive Chairs & Organising Committee & RHC2026				
08h00 - 09h00	CPD registration, open exhibition Tea and Coffee					
Keynote Address 4 (RuNurSA)						
09h00 - 10h00	Keynote address 4 RuNurSA	<b>Dr. Nomawethu Mjekula</b> <i>"The experiences of family caregivers of traumatic brain injury patients post hospitalization in the OR Tambo District Municipality."</i>				
Parallel Sessions						
	Venue A: Rural Teams	Venue B: Health Systems Management and Policy Indaba	Venue C: Clinical Practice	Venue D: Community engagement & end users' voice		
10h00 - 10h20	<b>Workshop</b> Ibhayi Lengane: Strengthening Responsive Care and Early Learning  Gugu Thompson	<b>Workshop</b> "It takes a village: Rethinking rural health together."  Miss Celene Coleman	<b>Workshop</b> "Enhancing Anaesthesia Safety in Rural Settings -A Practical Training Session for Rural Clinical Teams."  Dr. David Bishop Dr. Simon Le Roux Dr. Rowan Duys			
10h20 - 11h00	Tea break					
11h00 – 12h20	<b>Workshop</b> Ibhayi Lengane: Strengthening Responsive Care and Early Learning  Gugu Thompson	<b>Workshop</b> "It takes a village: Rethinking rural health together."  Miss Celene Coleman	<b>Workshop</b> "Enhancing Anaesthesia Safety in Rural Settings -A Practical Training Session for Rural Clinical Teams."  Dr. David Bishop Dr. Simon Le Roux Dr. Rowan Duys			
12h20 – 13h50	<b>Closing Plenary</b> Living Rural Health in Real Life: Reflections, Lessons, and Commitments					
12h50 – 13h20	Conference prizes for best presenters at RHC2025 & closing address					
13h20 -14h00	Lunch (packed)					



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