INTRODUCTION

About Bettercare

Bettercare is an independent Non-Profit and Public Benefit Organisation. Our aim is to create accessible educational resources that improve the quality of healthcare by empowering healthcare professionals.

Bettercare has an innovative series of distance-learning books for healthcare professionals, developed by the Perinatal Education Trust, EduHealthcare, the Desmond Tutu HIV Foundation, the Desmond Tutu TB Centre, the Perinatal Mental Health Project, the Academic Unit for Infection Prevention and Control at Stellenbosch University, and the Infection Control Africa Network, with contributions from numerous experts.

Our learning material is constantly reviewed to ensure all healthcare professionals have access to high-quality, affordable and up-to-date training, regardless of their history, resources or geographical location. Additions and changes are informed by ongoing feedback from healthcare workers, educators and participants as well as findings on new and better methods of diagnosing and treating patients and the latest medical developments.

Unique learning programme

This highly successful series is an ongoing training programme built on the experience on the highly acclaimed and unique Perinatal Education Programme (PEP). The PEP method of self-directed, decentralised learning has been proven in controlled studies to improve knowledge, skills and patient care practices in health professionals.
Vision and mission

Our aim is to provide relevant, affordable and up-to-date learning material for healthcare workers at all levels of the healthcare system by providing them with self-managed learning opportunities that are enjoyable, effective, and freely accessible to all. The end goal is the practice and delivering of excellent patient care.

Who uses our courses

Bettercare courses are used by universities in their undergraduate medical training and in nursing colleges to deliver and/or complement their curriculum. Bettercare courses are also used by public and private hospitals as part of their internal continuous professional development programme, and to upskill staff. Within non-profit organisations, Bettercare courses are used to train nurses and doctors to deal with specific situations and patient populations.

How it works

We provide the learning programme, you run the course. A learning programme is the curriculum and study material you need to run a course, all in one book. Whether you lead a study group or manage formal training, our learning programmes make your job simpler and easier. Students can study and do revision online or with the course book. Examinations are facilitated by the organisation or institute.

All our learning programmes are available:
• as printed textbooks,
• as Amazon Kindle ebooks, and
• on our online Learning Station.

Contact

Dezrê Little
Call: 076 657 0353
sales@bettercare.co.za
exams@bettercare.co.za
www.bettercare.co.za
Adult HIV

Adult HIV was written for primary healthcare workers who manage adults with HIV infection in clinics and district hospitals. It covers an introduction to HIV infection, management of HIV-infected adults, preparing patients for antiretroviral (ARV) treatment, ARV drugs, starting and maintaining patients on ARV treatment and an approach to the prevention and management of opportunistic infections, especially tuberculosis.

UPDATED: 2015

Breast Care

Breast Care was written for nurses and doctors who manage women in primary healthcare facilities and district hospitals. It stresses the importance of screening all women for breast conditions, especially cancer. Breast examination, the assessment and management of benign breast conditions, the diagnosis and management of breast cancer and palliative care are addressed.

UPDATED: 2015
Child Healthcare

Child Healthcare was developed by experienced paediatricians and paediatric nurses for use in primary-care settings. It discusses all the common and important clinical problems in children, including immunisation, history and examination, growth and nutrition, acute and chronic infections, parasites, skin conditions, and difficulties in the home and society.

UPDATED: 2007

Childhood HIV

Childhood HIV is for nurses and doctors caring for HIV-infected children in primary care facilities. It includes an introduction to HIV in children, the clinical and immunological diagnosis of HIV infection, antiretroviral drugs, management of children on antiretroviral treatment, opportunistic infections and palliative care.

UPDATED: 2017
Childhood TB

"An easy, user-friendly guide ... not only useful for training courses, but also valuable as a personal reference guide for professionals." – Sensitive Midwifery Magazine

**Childhood TB**

Childhood TB was written to enable nurses and doctors at primary care facilities to both diagnose and look after children with tuberculosis (TB). The book covers an introduction to TB infection, the clinical presentation, diagnosis, management and prevention of TB in children and HIV and TB co-infection.

**UPDATED: 2017**

Congenital Disorders

"An easy, user-friendly guide ... not only useful for training courses, but also valuable as a personal reference guide for professionals." – Sensitive Midwifery Magazine

**Congenital Disorders**

Counselling and caring for children with congenital disorders

**Congenital Disorders** (previously *Birth Defects*) was written by a team of medical geneticists, genetic nurses, counsellors, and paediatricians to help nurses and doctors provide a genetic service at a primary care level to children with congenital disorders, their families, and women who are at increased risk of giving birth to an infant with a congenital disorder. Special attention is given to modes of inheritance, medical genetic counselling, and congenital disorders due to chromosomal abnormalities, single gene defects, teratogens and multifactorial inheritance. This book is used in the Medical Genetics Education Programme to train nurse counsellors.

**UPDATED: 2015 (2017 UPDATE FORTHCOMING)**
Ebola Prevention and Control

Ebola Prevention and Control was written for healthcare workers in West Africa but also addresses other viral haemorrhagic fevers in South Africa. Chapters cover virology and epidemiology, patient management, support systems and documentation and communication and community engagement with a strong emphasis on the protection of healthcare workers in the field, particularly in resource-limited settings.

Fetal Heart Rate Monitor Handbook

One of the most dangerous times of our life is the few hours when our mother is in labour. Monitoring the fetal heart rate is the best method of assessing fetal wellbeing in primary care facilities. However appropriate technology to monitor the fetal heart rate in labour is often not available in many labour wards though it is vital to prevent brain damage. This handbook teaches the basics of oxygen transfer from mother to fetus and how to monitor the fetus in labour with a fetal stethoscope or fetal monitor to recognise inadequate oxygenation.
Infection Prevention and Control

Infection Prevention and Control was written for nurses, doctors, and health administrators working in the field of infection prevention and control, particularly in resource-limited settings. It includes chapters on IPC programmes, risk management, health facility design, outbreak surveillance and antimicrobial stewardship. The book is supported by the Academic Unit for Infection Prevention and Control (UIPC) at Tygerberg Academic Hospital.

UPDATED: 2014

Intrapartum Care

Intrapartum Care was developed for doctors and advanced midwives who care for women who deliver in level 2 hospitals. It contains theory and skills chapters adapted and expanded from the labour chapters of Maternal Care. Particular attention is given to the care of the mother, the management of labour and monitoring the wellbeing of the fetus. Intrapartum Care was written to support and complement the national protocol of intrapartum care and the essential steps to manage obstetric emergencies (ESMOE) in South Africa.

UPDATED: 2011 (2017 UPDATE FORTHCOMING)
Maternal Care

Maternal Care is aimed at health workers in level 1 hospitals or clinics. It covers the antenatal and postnatal care of healthy women with normal pregnancies, monitoring and managing the progress of labour, family planning and regionalised perinatal care. In addition it addresses all the common and important problems that occur during pregnancy, labour, delivery and the puerperium. Skills chapters teach clinical examination in pregnancy and labour, routine screening tests, the use of an antenatal card and partogram, measuring blood pressure, detecting proteinuria and performing and repairing an episiotomy.

Maternal Mental Health

Maternal Mental Health was written for doctors, nurses and social workers caring for women before and after birth. It includes an introduction to maternal mental health and illness, making referrals for maternal mental illness, helping mothers with mental health problems and special issues in maternal mental health. It includes a resource section for assessing, referring and supporting mothers in the perinatal period. The book is supported by The Perinatal Mental Health Project of the Department of Psychiatry and Mental Health at the University of Cape Town.
Mother and Baby Care for Community Health Workers

Community Health Workers (CHWs) serve as a direct link between patients, communities and health services. As trusted on-the-ground support to community members, they expand access to essential healthcare information as well as available treatment and prevention programmes. The modules included in this booklet have been successfully used as part of the Skills to Care learning programme for the Lukhanji Municipality and Sarah Baartman District Municipality in the Eastern Cape.

UPDATED: 2017

Mother and Baby Friendly Care

Mother and Baby Friendly Care was written for all healthcare workers who look after mothers and their newborn infants. It describes gentler, kinder, evidence-based ways of caring for women during pregnancy, labour and delivery using the principles of the Better Births Initiative. It also presents modern, improved methods of providing infant care with an emphasis on humane nursery care, kangaroo mother care and exclusive breastfeeding.

UPDATED: 2009
Newborn Care

**Newborn Care** was written for health workers providing special care for newborn infants in level 2 hospitals. It covers resuscitation at birth, assessing infant size and gestational age, routine care and feeding of both normal and high-risk infants, the prevention, diagnosis and management of hypothermia, hypoglycaemia, jaundice, respiratory distress, infection, trauma, bleeding and congenital abnormalities, as well as communication with parents. Skills chapters address resuscitation, size measurement, history, examination and clinical notes, nasogastric feeds, intravenous infusions, use of incubators, measuring blood glucose concentration, insertion of an umbilical vein catheter, phototherapy, apnoea monitors, CPAP and oxygen therapy.

**UPDATED: 2017**

Perinatal HIV

**Perinatal HIV** enables midwives, nurses and doctors to care for pregnant women and their infants in communities where HIV infection is common. Special emphasis has been placed on the prevention of mother-to-infant transmission of HIV. It covers the basics of maternal HIV infection and screening, the use of antiretroviral drugs in antenatal and intrapartum care of women with HIV infection, care of HIV-exposed newborn infants, feeding options and parent counselling. With good maternal and infant care the incidence of perinatally transmitted of HIV should approach zero.

**UPDATED: 2014**
Primary Maternal Care

_**Primary Maternal Care**_ addresses the needs of healthcare workers who provide antenatal and postnatal care, but do not conduct deliveries. It is adapted from selected theory and skills chapters from _Maternal Care_. This book is ideal for midwives and doctors providing primary maternal care in level 1 district hospitals and clinics, and complements the national protocol of antenatal care in South Africa.

**Updated: 2017**

Primary Newborn Care

_**Primary Newborn Care**_ was written specifically for nurses and doctors who provide primary care for newborn infants in level 1 clinics and hospitals. _Primary Newborn Care_ addresses the care of infants at birth, care of normal infants, care of low-birth-weight infants, neonatal emergencies, and common minor problems in newborn infants such as umbilical cord, skin and eye infections, jaundice and respiratory problems.

**Updated: 2017**

“An essential tool in the initial and ongoing training and teaching of any health care worker handling the newborn.”

– Professor Miriam Adhikari, SA Journal of Child Health

"Learn together"

Developed by the Perinatal Education Programme

ISBN 978 1 920218 14 0

“An essential tool in the initial and ongoing training and teaching of any health care worker handling the newborn.”

– Professor Miriam Adhikari, SA Journal of Child Health
Saving Mothers and Babies

*Saving Mothers and Babies* was developed in response to the high maternal and perinatal mortality rates found in most developing countries. Learning material in this book is based on the results of the annual confidential enquiries into maternal deaths and the *Saving Mothers and Saving Babies* reports published in South Africa. It addresses the basic principles of mortality audit, maternal mortality, perinatal mortality, managing mortality meetings and ways of reducing maternal and perinatal mortality rates. This book should be used together with the Perinatal Problem Identification Programme (PPIP).

**Well Women**

*Well Women* was written for primary health workers who manage the everyday health needs of women in clinics and district hospitals. It addresses the woman who is not pregnant and covers health lifestyles, reproductive health, family planning and infertility, common genital infections, vaginal bleeding, and the abuse of women.

*Updated: 2008*

*Updated: 2011*
SALES & QUERIES

Dezré Little
Call: 076 657 0353
sales@bettercare.co.za
exams@bettercare.co.za
www.bettercare.co.za