

MARCH 2020 | VOLUME 4 | ISSUE 1

Official journal of the South African Public Health Medicine Association, an affiliate of the South African Medical Association

# CONTENTS

## **EDITORIAL**

- 2 Multimorbidity: A new emerging epidemic D Basu
- 3 Novel coronavirus outbreak *L Bogatsu*

# RESEARCH

- 4 The paradox of free access to maternal health: The twofold narrative of pregnant migrant women in Johannesburg *M R Machiwenyika, ET Munatswa*
- 10 Trajectory of fat-free mass and fat mass indices in small-for-date infants in India B Sen, A Sen, D Mahalanabis
- 16 Tackling emerging and re-emerging health threats through cross-border zoning and joint multi-country action *T Maruta, M Matu, W Were, Y Dambisya*
- 22 Rapid assessment of two primary health clinics: Are we ready for National Health Insurance? *A Motsepe, J E Wolvaardt, E M Webb*

## REVIEW

- 27 The components of an effective employee health and wellness programme in healthcare workers *C Whyte*
- 30 CPD

Published by the South African Medical Association Suite 11 Lonsdale Building, Gardener Way, Pinelands, 7405 Tel: +27 (0)21 532 1281 | Email: publishing@samedical.org

Creative Commons Attribution - Non Commercial Works Licence (CC BY-NC 4.0)

#### EDITOR IN CHIEF Debashis Basu

EDITORIAL BOARD Leegail Adonis Michael Asuzu Chauntelle I Bagwandeen Lilian Dudley Francis Hyera Willem Kruger Shan Naidoo Petrus G Bautenbach

PUBLISHED BY THE SOUTH AFRICAN MEDICAL ASSOCIATION

ACTING GENERAL MANAGER Dr Vusumuzi Nhlapho

HEAD OF PUBLISHING Diane Smith | Tel. 012 481 2069 Email: dianes@samedical.org

EXECUTIVE EDITOR Bridget Farham

MANAGING EDITORS Claudia Naidu Naadia van der Bergh

TECHNICAL EDITOR Kirsten Morreira

PRODUCTION AND DISTRIBUTION OFFICER Emma Jane Couzens

SENIOR DESIGNER Clinton Griffin

ONLINE SUPPORT Gertrude Fani

HEAD OFFICE South African Medical Association Block F, Castle Walk Corporate Park, Nossob Street, Erasmuskloof Ext. 3, Pretoria, 0181 Tel. 012 481 2069 Email: dianes@samedical.org

EDITORIAL OFFICE Suite 11, Lonsdale Building, Lonsdale Way, Pinelands, 7405 Tel. 021 532 1281 | Cell. 072 635 9825 Email: publishing@samedical.org

Website and online submissions: www.shsjournal.org.za Editorial queries: shseditor@samedical.org Tel: +27 (0)21 532 1281 SAMA website: www.samedical.org ISSN 2312-9360

