



CONTENTS

Editorial	
JOSE FRANTZ (PhD)	ii

Research Papers

1. FACTORS INFLUENCING UTILISATION OF POSTNATAL SERVICES IN KAMPALA, UGANDA	
A Nankwanga & J Phillips	1
2. INVESTIGATING ASSESSMENT PRACTICES AS A STARTING POINT FOR CHANGE: THE CASE OF A HEALTH SCIENCES FACULTY	
V van Rensburg	10
3. KNOWLEDGE AND PERCEPTION OF CARDIOVASCULAR DISEASE RISKS OF FEMALE UNIVERSITY STUDENTS	
T. Steyl	21
4. A KNOWLEDGE ASSESSMENT QUESTIONNAIRE RELATING TO RISK FACTORS FOR CHRONIC DISEASE OF LIFESTYLE FOR HIGH SCHOOL LEARNERS: VALIDITY AND RELIABILITY	
J. Frantz	30
5. PERINATAL ACTIVITIES AND SYMPTOMS FREQUENCY AND SEVERITY	
M. van Kampen, K Goen, N De Voogdt, G Dorey & M DeCoster	38

Systematic Review

6. A SYSTEMATIC REVIEW ON THE EFFECT OF STRETCHING IN SPORTS INJURY PREVENTION	
N. Assuman & J Frantz	51

Scholarly Papers

7. A HOLISTIC APPROACH TO RESEARCH	
D Wilson & W Wilson	59
8. INFORMATION AND COMMUNICATION TECHNOLOGY IN HEALTH: A REVIEW OF THE LITERATURE	
M. Rowe	68