

# THIS IS RURAL HEALTH

A photovoice exhibition

The  
**RURAL  
VOICE**

5<sup>th</sup> - 7<sup>th</sup>  
September 2019

Capenta Bay, Portshepstone,  
Kwazulu-Natal



**RURAL HEALTH CONFERENCE**  
PACASA • RuDASA • RuNurSA • RuReSA

# This is Rural Health – a photovoice exhibition

## Curatorial Statement

This exhibition is a collection of pictures taken by participants of the National Rural Health Conference, held in Kapenta Bay, Port Shepstone, KwaZulu-Natal in South Africa from 5-7 September 2019. The theme of the conference was 'The Rural Voice' – and as part of this the idea of a photo-voice exhibition came about. All participants who registered were invited to participate in the exhibition and to submit a photo as well as a caption for the photo to the prompt: *"This is rural health"*. Essentially we were requesting to reflect what rural health means to the participants.

The pictures in this exhibition reflect a wide range of points of departure— from clinical to community, from conceptual to visionary. Many offer a perspective that speaks to harsh realities, while others offer alternatives and fresh perspectives. The multiple facets point to the complexity in how we understand both 'rural' and 'health'.

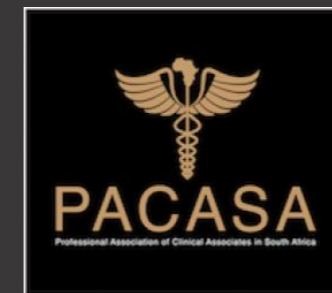
And while at times referenced, the exhibition gives a glance how an alternative and more nuanced discourse is possible, beyond the idea of deficit of rural health. The struggles are real, the situations are difficult. But this is not the only thing that defines rural health. Particularly the referencing of resilience, innovation, working together and excellence tell a different story.

We would like to thank and acknowledge all the participants in the exhibition for their contribution and the amazing discussions and reflections these stimulated.

Bernhard Gaede

Relebohile Moletsane





# This is rural health

Exhibition at Kapenta Bay, Port Shepstone, KwaZulu-Natal, South Africa: 5 – 7 September 2019

## INDEX

Saul Cobbing	pg. 4	Desiree Govender	pg. 13
Varsha Bangalee	pg. 5	Velisha Ann Perumal-Pillay	pg. 14
Thandaza Nkabinde	pg. 6	Twice Madikiza	pg. 15
Lungi Hobe	pg. 7	Sherika Hanley	pg. 16
Nhlakanipho Gumede	pg. 8	Damerrick Perry	pg. 17
Betty Chebitok	pg. 9	Francois Coetzee	pg. 18
Hervey Williams	pg. 10	Ben Gaunt	pg. 19
Lucky Mawasha	pg. 11	Adam Ashgar	pg. 20
Cathy Mather-Pike	pg. 12	Pam McLaren	pg. 21



Three boys push their home-made go-karts up a steep hill in the Luganda district, outside Durban. Spotted when visiting local community members while conducting a home-based rehabilitation for people living with HIV. This photo sums up how ingenuity, health and fun can intersect so well in rural communities.

Saul Cobbing

Physiotherapy, UKZN

Rural health is synonymous with patients who have significant medical needs, being faced with numerous challenges in accessing the health services they require.

Varsha Bangalee  
Pharmacy, UKZN





## THE ABILITY TO WITHSTAND ALL ODDS

Rural district hospital environments are often faced with multiple challenges which go against effective health care delivery, yet besides all these challenges, best practices still emerge from such hospitals and communities. There are many lessons to be learnt from such environments.

Thandaza Nkabinde  
Family medicine,  
UKZN



“Go beyond the rosy tree into the mist where the vision may fail you, there you will find an unsterile water source”

Lungi Hobe, Mseleni Hospital



The expectation of this mother and her child to visit a doctor in an urban area undermines rural health by the suggestion that we provide suboptimal health. It takes longer for a rural patient to get the same health services compared to the urban patient. For this mother to get to IALCH she will need to take 3 days off from her chores just to go see a doctor for 20 – 30 minutes.

Nhlakanipho Gumede, Pholela Health Center



This photo was taken in December 2018 at a rural area in KwaZulu-Natal province. I attended a funeral here and inside one of the huts, a female community member gave a sociocultural and religious meaning of seroscordant couple, which was quite interesting to me. So for me rural health has something to do with the rural people's conceptualisation of health and illness.

Betty Chebitok, PhD candidate, UKZN



The patient presented with facial burns and was successfully intubated, ventilated in a remote rural hospital before transfer. Through the skill and dedication of the staff this patient received care equal to that which he would have received in a city, achieving one of the ideals of rural health.

Hervey Williams,  
Umkhanyakude

*It was recently taken and Whatsappped to me by Hennie Hamilton from Mosvold Hospital. I suggested it might be suitable for the rural health photo exhibition, and he was happy for me to send it. 'Yes please, could you send it.... Yes, I am also just hanging in there, being pulled along by the younger energetic doctors... but, I am indeed very proud of them! The patient is doing well at Edendale, was extubated and stepped down from ICU. Most likely will need skin grafts...'*



Rural health means eliminating health problems from a cultural and social context perspective.... creating positive health behaviour change, improving health help and increasing immortality rates in black communities so as to persevere our indigenous truth and knowledge.

Lucky Mawasha



Rural Health is about creating a space where the community participate in conversations, which are often 'stigmatised' like disability and inclusion. We need to ask ourselves "How can we create eye opening opportunities for all?" Cathy Mather-Pike' Siyakwazi



There's no doubt that rural health is a journey of perspective and change. I found my passion for rural health through my community service experience. The drives during community outreach has been a journey to absolute fulfillment reaching underserved populations. Rural Health Matters.

Desiree Govender,  
GJ Crookes Hospital



Bridging the gap to improve access to healthcare and medicines and going the distance to bring the voices of the people in need to the fore.

Velisha Ann Perumal-Pillay, Pharmacy, UKZN



People still walk long distances to access health care services in the rural areas, Ba Phakamise seeks to help these vulnerable communities by equipping them with skills and knowledge of how to take care of their health and improve access to healthcare services.

Twice Madikiza, Director: Ba Phakamise



Typical South African rural settings have high dependency ratios with a predominance of children and elderly. This challenge is coupled with limited access to health care facilities. Empowerment of working-age minority and able-bodied elderly community members in disease prevention, promotion and management; is essential to take charge of their communities.

Sherika Hanley  
CAPRISA

Rural health means finding creative solutions to unique problems. For example, drones such as this are a viable solution for delivery of medicine and other small essential items, whereas they would be more difficult to integrate in a city's complex landscape.

Damerrick Perry  
Physics,  
University of  
Illinois





It has rocky roads and mountainous challenges coupled with humans with hearts of gold and values that hold.

The promise of a better future often seems “pie in the sky”

and the troubles we face frequently brings us to the “why”.

With people around me like these,

I can handle the squeeze and together we will brave the weather!

Francois Coetzee

Rural Clinical School,  
Worcester

Jono Pons once told me you could tell how rural a hospital is by the distance from nearest chicken to the hospital door. I've often had chickens in the ward on a round, so I guess we qualify, but when they admitted themselves, I knew we were the real deal!

Ben Gaunt  
Zithulele  
Hospital





Flying things can bring fear or hope. As clinicians, we uniformly hide from the autumnal moth explosion, but welcome the sound of the helicopter coming to relieve us of a sick patient. How does the patient feel? Anxious, fearful, possibly in pain...

Adam Asghar,  
Family Medicine  
Registrar



Zuka was five years old in 1985. From eSicabazini in the rural Manguzi health ward, he had a rare condition and had never been to hospital 30km away on a dirt road. He was given crutches, physio and enabled to walk. He attended a special school near Estcourt but fell and broke a hip. Unfortunately on his return home he was not referred to therapy and developed contractures. However, the community rehabilitation facilitator found him and visited regularly. He died in hospital from bedsores in 2001.

Pam McLaren, Disability Action Research Team (DART)