

10.7.3

Produced in connection
with the NATAL ANTI-TB
ASSOC'S NATIVE TB COVERAGE

- I WAS ASKED TO PUT UP
A PLAN FOR THE TRAINING
OF SUCH MEN FOR USE
IN URBAN AREAS ON
TB. CONTROL WORK.

ccf
25/6/34

NATIVE HEALTH ASSISTANTS

Though used as Tuberculosis Visitors, these Natives must have had a general training in hygiene and sanitation.

PRELIMINARY REQUIREMENTS:

1. PLACE OF TRAINING - Must be in connection with an active Health Department, preferably urban but with ample facilities for instruction in rural conditions.

Lectures and instruction should be supervised, and as far as possible given, by a medical man with specialised public health qualifications.

2. STUDENTS - To be selected after personal interview. Qualifications :- (1) Have reached equivalent of Standard VII, (2) Speak and write English legibly. (3) Smart in manner, trustworthy, and of sufficient age, "presence" and character to be able to impress and teach their fellow Natives.

with a minimum age of 19 years.

COURSE: The course to last for one year.

No fees to be payable for the course.

Rations and quarters to be supplied to students.

The Students to agree to do such practical work as may be required to give them a full knowledge of hygiene and sanitation.

Lecture notes to be supplied to students. Questions to be set each week and answered by students.

A final examination to be held by external examiners and the successful students given a certificate of proficiency as Native Health Assistants.

Lectures of at least one hour's duration each day. The rest of the time taken up with practical work.

Two months to be spent by each student as Ward Orderly at an approved Hospital.

SYLLABUS:

(1) LECTURES:

- (a) ELEMENTARY ANATOMY AND PHYSIOLOGY :
The Skeleton, muscles, etc.; circulation; respiration; digestion; metabolism; locomotion; reproduction; excretion; the nervous system.

(b).... /

Native Health Assistants:

SYLLABUS:

(1) Lectures (Cont'd)

(b) ELEMENTARY HYGIENE and SANITATION :

- Infection : Bacteria, inflammation, disease.
- Personal Hygiene: Dirt and cleanliness; rest and exercise; clothing.
- Food : Composition , cooking and preservation of foods; diet; disease due to faulty food.
- Water : Composition, sources, purification, and storage; water-borne diseases.
- The House : Site, structure, drainage, house refuse, surroundings.
- Excreta Disposals: Latrines, etc.
- Ventilation : Air, natural and artificial ventilation; over-crowding.
- Vermin : Rats, fleas, lice, bugs, flies, mosquitoes, etc; their life-histories and relationship to disease; methods of destruction and prevention.
- Infectious Diseases: Methods of spread; simple signs and symptoms; isolation in home and hospital; disinfection: to include not only tuberculosis but also venereal diseases, typhus, enteric, smallpox, etc.etc.

(2) FIRST AID AND NURSING :

- (a) Practical training as Ward Orderlies in Hospitals; including nursing, taking of temperatures, etc.etc.
- (b) First Aid - Lectures and practical demonstrations - cuts, burns, drowning, poisoning, etc, etc.

(3) PRACTICAL WORK:

Stressed as the most important part of the course.
To include :-

Study of the skeleton.
Samples of balanced diets.
Visits to vegetable gardens and food shops.
Use of simple disinfectants.
Bacteria under the microscope.
Steam disinfection : the sack disinfector.
Inspection of insanitary dwellings and their surroundings.
Latrines, digging of pits, erection of latrines, removal..../

Native Health Assistants:

(3) PRACTICAL WORK Cont'd.

removal of buckets.
Building of houses, bricks, foundations, damp-proof course; use of wood and iron and of wood and daub.
Ventilation requirements. Windows. Air Bricks. Thatched roofs.
Fly breeding - all stages. Fly Traps, etc.
Mosquito breeding - all stages, use of anti-larval oil, of insecticide spraying in houses, screens and nets, use of drainage.
Taking blood smears, temperatures, and giving of quinine; form of enquiry for following up cases and finding source of infection.
Venereal Diseases - attendance at clinics, following up cases.
Refuse bins; incinerators, building of; tipping and burying of refuse.
Rat catching, rat proofing, searching for rat harbourages and rat-attractive foods; Bugs, destruction and prevention; Lice, etc.
Water carriage closets - construction; laying of pipes; disposal at sewage farm.
Ventilation of houses and public buildings; use of moving air.
Following up of tuberculosis cases and their contacts; points to watch in their homes; attendance at tuberculosis clinics.
Milking of cows, cleanliness and structure of dairies, utensils, etc.
Slaughter of animals, diseased meat, storage of meat.
Cooking of rice and maize; bread.
Food shop and storage of fresh food in kitchens, markets and shops; use of cold.
Samples of sensible clothing. Exercise in excessive clothing and in sensible clothing.
Making of beds, removal of excreta, cleansing of wards, bed pans, etc. Taking of temperatures.
Isolation regulations.
Artificial respiration; bandaging; use of splints; dealing with burns; stretchers; etc.

Stressing the use of the hand as well as the brain. Importance of appreciating as Health Assistants that they must use common sense, but they must never be too proud to do manual work themselves.

Training in lecturing to the public on health topics by preparing their own talks in Zulu or Hindi or Tamil beforehand and then delivering them to the class without notes, both in English and in the vernacular.

Native Health Assistants:

A list of the lectures as given in the Pietermaritzburg Course is attached. Also copy of final examination paper as set for students in 1934; this was followed by oral examinations held by Drs. Park Ross and F.W.P.Cluver. A copy of the certificate presented to successful students is also attached.

C.C.P.ANNING

MEDICAL OFFICER OF HEALTH
PIETERMARITZBURG.

Annex:

COPY.

CITY AND BOROUGH OF PIETERMARITZBURG

NON-EUROPEAN HEALTH ASSISTANTS
TRAINING COURSE

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FINAL EXAMINATION PAPER

2 - 5 p.m. MONDAY, 18th JUNE, 1934.

N.B. Put your name at the head of each sheet.
Use a fresh sheet for each question.
Only write on one side of the sheet.

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1. Describe the circulation of the blood and the contents of the blood.
2. How do we get rid of the following waste matters from the body :-
(1) Heat. (2) Carbon Dioxide. (3) Urea.
3. A man is found to be ill with Enteric Fever. There are six other people living in the same house with him. What would you do :
(1) To the Patient.
(2) To the Contacts.
(3) To the House and its Surroundings?
4. How is Plague spread? How would you keep down the Rat Population of a small village?
5. What are the requirements of a healthy dwelling?
6. How might you provide a safe water supply for a kraal?

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COPY
of
CERTIFICATE PRESENTED TO SUCCESSFUL
STUDENTS.

CITY AND BOROUGH OF PIETERMARITZBURG

PUBLIC HEALTH DEPARTMENT

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TRAINING OF
NON - EUROPEAN HEALTH ASSISTANTS

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THIS IS TO CERTIFY that

.....
attended a Course of Training for non-European Students in
the Municipal Health Department, Pietermaritzburg, from
.....193..... to193....., and
satisfied the Examiners in193..... at the
Final Examination in the following subjects :

ELEMENTARY ANATOMY and PHYSIOLOGY.

ELEMENTARY HYGIENE and SANITATION.

.....
Chairman,
Public Health Committee
City of Pietermaritzburg.

.....
Medical Officer of Health,
City of Pietermaritzburg.

.....
Examiners.

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SOUTH AFRICAN INSTITUTE OF RACE RELATIONS (SAIRR), 1892-1974

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