

Office of the Head: Health

Reference: 16/4

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TO: THE CHIEF OF OPERATIONS

CHIEF DIRECTORS: METRO/RURAL/HEALTH PROGRAMMES

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MILITARY & CORRECTIONAL SERVICES

CIRCULAR H9 OF 2021: PACK HOME VOLUME 3: CHRONIC CONDITIONS AT HOME

PACK HOME VOLUME 3: Chronic conditions at home

The Practical Approach to Care Kit – PACK – has been developed for use by nurses, doctors and community health workers in their everyday work to care for patients at the clinic and in the community – PACK Adult, PACK Adolescent, PACK Child and PACK Community.

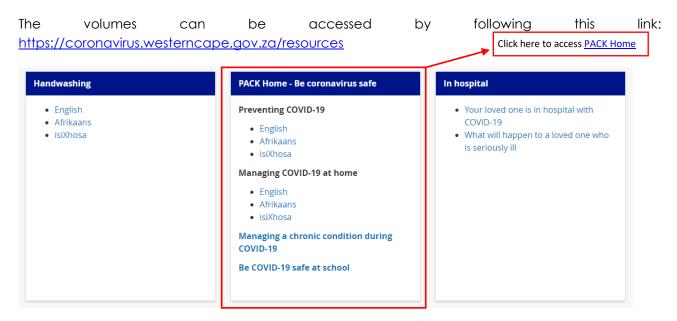
PACK Home is designed for people seeking more information about how to care for their own health and the health of those in their household, at home. It can also be used by nurses and doctors at all levels of care as well as community health workers to provide easy-to-read, policy-aligned and standardised information to their patients. PACK Home is structured in volumes that can be used separately or as a collection.



(Small examples of this information are included in this circular and are not suitable for printing)

Volume 3: Chronic conditions at home contains information about how to care for your health and take your medication when living with a chronic condition, how to protect yourself from severe COVID-19, as well as specific information about hypertension, diabetes, HIV, TB, COPD/emphysema, asthma, depression and anxiety, cancer, epilepsy and arthritis.

To access PACK Home:



PACK Home will be made available in English, Afrikaans and isiXhosa. It is being produced in hard copy as well as electronic format for distribution via social media platforms. This information is also available on a dedicated website called **CoronaWise**: https://www.coronawise.org.za, and can be accessed via a data-free link coronawise.datafree.co

PACK Home was developed by the Knowledge Translation Unit, University of Cape Town Lung Institute in partnership with the Western Cape Department of Health. Its content has drawn on the input of many people working in health care. We thank all those who informed and reviewed the content of PACK Home. See the list of their names on the Knowledge Translation Unit website: www.knowledgetranslation.co.za

Yours sincerely

Dr Keith Cloete

Head: Western Cape Department of Health

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