

THE CARE 2 CARE PROJECT

The Care2Care project is a Training Programme developed to enhance mental health awareness and support of dietitians and other healthcare professionals in South Africa. This project is funded by Global Health Partnerships (previously Tropical Health Educations Trust) from October 2024–June 2025. The project is led by ADSA, with the Nutrition Society serving as the United Kingdom partner and the Perinatal Mental Health Project (PMHP) as local collaborator. The aim is to enhance the overall well-being and resilience of dietitians and other healthcare professionals in South Africa.

Self-care for healthcare (<https://adsa.org.za/product/self-care-for-healthcare/>) is the first component of the project, a self-paced free online course for all healthcare practitioners as well as students in South Africa, was launched on 23 May 2025 on the ADSA Learn platform. The aim of the course is to promote and support the mental health and wellbeing of all healthcare practitioners. Thank you to everyone who already enrolled in this sponsored course. We would love your feedback!


The second component consisted of the design of a training guide to facilitate workshops for

Care2Care Self-care for Healthcare

For all healthcare practitioners and students!

Focused on the unique pressures faced by healthcare workers, this course offers **practical, evidence-based tools** to help you

- manage stress,
- build resilience,
- and promote your mental well-being!



Course description:

- A self-paced course
- Takes 2 - 3 hours
- Free of cost
- Get 3 clinical CEUs

Scan for more information!




How do I start?


1. Register a free account on [ADSA Learn](#).
2. Check your email to verify your ADSA Learn account.
3. Make sure that you are **logged in**.
4. Go to the [Self-care activity page](#) and click on "Add to basket".
5. Complete the checkout process (you will be billed R0.00).
6. You will receive an email once you have been successfully enrolled.
7. You can return to the course at any time on your [ADSA Learn Profile](#) (make sure you are logged in first).



Global Health Partnerships
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ADSA
ASSOCIATION FOR DIETETICS
IN SOUTH AFRICA



The Nutrition Society



Perinatal Mental Health Project
Caring for Mothers. Changing the World.
www.pmhproject.org

ADSA

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STAY IN TOUCH

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

- Website: <http://www.adsa.org.za>
- Email: info@adsa.org.za or coo@adsa.org.za
- Facebook
- X (Twitter)
- Instagram
- LinkedIn
- YouTube

managers, team leads and Heads of Departments to support their team's mental wellbeing and workplace wellness. Our NHS volunteer, Sabrina Sangha, visited the team in Cape Town from 12–16 May 2025, and had an immense impact on the quality of the output. The team thoroughly enjoyed hosting her and learning from her experiences and expertise. During this week, we tested the training guide in

three different facilities around Cape Town, with attendees giving positive and constructive feedback that assisted the team in refining the guide to where it is today.

We hope that this project adds value for our members, all healthcare practitioners and can serve as a springboard for connections, growth and partnerships between various stakeholders.

PREScribed MINIMUM BENEFITS (PMB) DEFINITION GUIDELINE FOR MEDICAL NUTRITION THERAPY (MNT)

ADSA is proud that the Prescribed Minimum Benefits (PMB) Definition Guideline for Medical Nutrition Therapy (MNT) Report is now available on the Council for Medical Schemes website: <https://www.medicalschemes.co.za/pmb-definition-guideline-for-medical-nutrition-therapy-mnt/>.

The guideline covers the assessment, diagnosis, treatment, and management of various PMB conditions with respect to medical nutrition therapy. Furthermore, the guideline aims to define the PMBs for MNT and to make recommendations and suggestions to enhance the overall care of individuals. The primary objective of the PMB definition guideline is to:

- Provide clear, comprehensive descriptions of the benefits, in terms of the provisions of the PMB regulations of the Medical Schemes Act, No. 131 of 1998 and
- Improve clarity in the funding decisions by medical schemes; and ensure protocols and algorithms developed by medical schemes are developed on best available clinical practice guidelines.

ADSA extends our heartfelt gratitude to all the committee members for the numerous hours of time and energy they each put into developing these guidelines and advocating for easier access to dietetic services for patients and enhanced processes

for reimbursement of dietitians. A particular thank you to Dr Lauren Hill for so energetically and expertly driving this process.

Historical PMB Nutrition guideline committee members – draft development process 2020–2022:

- Chair: Lauren Hill
- Representing ADSA: Alta Kloppers (in ADSA PPD Portfolio)
- Representing PPDs: Marlene Vermaak
- Representing ENASA: Nicola Heaver De Beer and Gisela Kemp
- Other members representing the schemes.

Current 2024–2025 PMB Nutrition guideline committee members:

- Chair: Lauren Hill
- Deputy Chair: Carla Gerryts (and representing ADSA PPD Portfolio)
- Representing PPDs: Michelle McDermott and Elize Craucamp
- Representing state: Neo Mongoeji (adults) and Shihaam Cader (paeds)
- Representing ENASA: Gisela Kemp
- Other members, including a health economist, a gastroenterologist and representatives of the schemes