Sport injuries are increasingly being recognized as a significant public health issue (as well as being of clinical importance) and with impacts beyond just elite athletes or the delivery of medical care. Accordingly, it is now recognized that a strong preventive approach is needed if both the public-health goal of reduced injury rates and increased performance and participation are to be achieved. It's clearly an issue affecting the community as a whole since even people playing sports at home do believe these injuries are preventable yet still does not abide to sports safety. Efforts should be made in order to educate even parents to maximize prevention of sports related injuries, provide safe playing environment and universal rule changes The primary concern of sports participation is to prevent injuries and promote physical, mental, social and emotional health of the participants, which could improve longevity, maintenance of independence into older age and development of high skills proficiency. Despite all these benefits of sports participation, still exercise has a detrimental effects on health inform injuries. We conducted our study by distributing questionnaires on a sample of over 450 secondary school students in order to find out the awareness and applications of these clearly important sports safety measures in the country that could possibly help reduce the incidence of injuries ranging from mild skin lesions to severe brain trauma. Over half the sample has suffered a sports related injury which is alarming; also the application of sports safety measures is not optimal.

Factors that influence healthcare workers adoption of ineffective tuberculosis control measures at rural public hospitals of Vhembe district, South Africa

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This study explored the factors that influence HCW’s implementation of ineffective TB control measures at rural public hospitals of Vhembe district, South Africa. A qualitative approach of an exploratory design was used to collect data from fifty seven focus group members of maximum variation that were purposively selected from a pool of health care workers in each hospital. Necessary approvals were obtained. Ethical principles of research and participants’ rights were observed. The study revealed that health care workers in rural hospitals are faced with numerous challenges such as lack of clear directing TB control guidelines; inadequate TB control training with insufficient content; inappropriate designs of buildings; inadequate material resources; inadequate human resources; inadequate management support; incorrect attitudes towards good TB control measures and inadequate knowledge of good TB control measures. These challenges make it difficult for health care workers to adopt effective measures of tuberculosis control. If tuberculosis control is to be achieved, hospital managers supported by the department of health should craft strategies to deal with these challenges with an aim of improving health care workers’ working conditions.