



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD

# **City Health Department**

## **Clinic and Healthcare Services Guideline**

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Glossary	
<b>Notifiable disease</b>	<i>a disease that we are required, by law, to report to government authorities. This allows authorities to monitor the disease, and provides early warning of possible outbreaks.</i>  <i>See a <a href="#">list of Notifiable Diseases and Contacts</a> for the Western Cape.</i>
<b>Screening</b>	<i>a way of identifying those people who are potentially at high risk of already having or developing a particular condition.</i>
<b>Intrauterine device (IUD)</b>	<i>(also known as a ‘Loop’) a IUD is a small device shaped like a “T” that fits inside your uterus and prevents pregnancy by creating a barrier which stops sperm from reaching and fertilising your eggs.</i>
<b>Implanon insertion</b>	<i>a type of contraceptive device that is inserted under the skin on your upper-arm. It stops pregnancy by slowly releasing progestogen into the body.</i>
<b>Pap Smear</b>	<i>a procedure in which doctor or nurse uses a small brush or spatula to gently remove cells from the cervix. The cells are viewed under a microscope to check for cervical cancer or cell changes that may lead to cervical cancer, as well as other conditions, such as infections or inflammation.</i>

## Introduction

The following table is a guide to the services that we offer at our healthcare facilities. Take note that not all facilities offer the same services.

For definitions of these services please refer to the glossary above.

View a list of our [Clinics and healthcare facilities](#) to find out which facility is offering the services you require.

## Primary healthcare services

### Child health services

- Curative services for sick children (treatment of [common childhood illnesses](#))
- Immunisation (vaccinations), weight and growth monitoring, Vitamin A and deworming
- Nutrition supplementation and breastfeeding advice
- Prevention of Mother to Child Transmission (PMTCT) of HIV

### General services

- [Mental health services](#)
  - Assessment and management of persons who present with mental health problems and suicidal tendencies
  - Referral to the clinical psychology services at City Health clinics
  - Referral to psychiatry services offered by Western Cape Department of Health
  - Referral of children and adolescents to the Child and Adolescent mental health services at Red Cross and Tygerberg hospitals
- Screening for [Hypertension and Diabetes](#)
- Treatment of [chronic diseases](#)
- Follow-up on Notifiable Diseases reported
- Cancer screening
- [HIV and AIDS](#):
  - Antiretroviral services and general care and support
  - Counselling and testing
  - HIV self-screening and Index Case Testing (at some clinics)
  - PrEP (Pre-HIV exposure Prophylaxis) for individuals who feel they are at high risk of becoming infected with HIV
- [Substance abuse rehabilitation services](#):
  - Counselling and referral for treatment
  - Free drug and alcohol outpatient treatment at [Matrix@-certified clinics](#)
- [Sexually Transmitted Infections \(STIs\)](#):
  - Testing and treatment
- [Tuberculosis \(TB\)](#):
  - Testing and treatment

### Women's health services

- [Basic antenatal care \(care during pregnancy\)](#) and post-natal care (care after giving birth)
- Counselling and referral for [termination of pregnancy \(abortions\)](#)
- [Family planning and pregnancy tests](#)
- Intrauterine Contraceptive Device (IUD) and Implanon insertion
- Pap smears and breast examinations

### Men's health services

- Counselling
- Pre-circumcision checks
- Referrals to healthcare facilities where circumcisions are performed

## Youth-friendly health services

- Contraception
- Pregnancy testing
- Family planning and education