

FIRST SA COVID-19 CASE TREATMENT IS WELL MANAGED IN KZN

PRECAUTIONS TO TAKE



Avoid contact with live animals, poultry and birds



Avoid consumption of raw and undercooked meat



Avoid crowded places and around people who are unwell



Observe good personal hygiene at all times



Wash hands frequently with soap



Cover your mouth with a tissue paper when coughing or sneezing



See a doctor if you are unwell

South Africa's first confirmation of Coronavirus COVID-19 case has been located in KwaZulu Natal. This is the only Coronavirus case in the province and the Department would like to urge the public to remain calm.

Clinical teams from the National Department of Health (NDOH), National Institute of Communicable Diseases (NICD) have swiftly moved in to assist the provincial team to deal with situation.

KZN STATUS QUO

First COVID-19 Case was confirmed on the 5th of March 2020 in Petermaritzburg.

4 Hospitals (Greys, Addington, Ngwelezane and Manguzi) are ready to provide treatment to COVID-19 patients.

The Patient is admitted at Greys Hospital and is in a stable condition

A multidisciplinary team of clinicians from the National Institute of Communicable Diseases (NICD) National Department of Health (NDOH) and the

Provincial Tracer Teams are on the ground putting all precautionary measures to deal with containment of the virus through mapping contact cases and testing them.

There is an ongoing consultation with internal (Healthcare workers, employees) and external stakeholder groups (Partners, Private GPs, Private Sector Hospitals, Organisations, Public, Media etc) to engage them about the plan to deal with KZN COVID-19 outbreak

Symptoms of Coronavirus Disease 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms can include:

COUGH



FEVER



Symptoms may appear 2-14 days after exposure

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19

Protect yourself and others from the disease

#coronavirusupdate

#COVID-2019



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

KZN GEARS FOR NHI WITH THE MAKE ME LOOK LIKE A HOSPITAL PROGRAMME



KwaZulu Natal (KZN) Premier Mr Sihle Zikalala announced that the image of public healthcare facilities is set to improve with the revival of the Make Me Look Like A Hospital Programme which will be driven by the provincial Department of Health.

The Premier made this bold announcement during the State of The Province Address (SOPA) this week. KZN has 72 hospitals (District, Regional, Tertiary, and Central) which are supported by primary healthcare facilities, over 600 clinics including mobile clinics. These facilities cater for the majority of the KZN population (over 10 million people) who utilise public healthcare facilities to access health services.

The province is dealing with the quadruple burden of disease such as TB, HIV and AIDS, chronic non-communicable diseases, among others. The programme will introduce measures that will enhance the patient experience of care as well as the image of all public healthcare facilities. The programme has a uniform set of expectations which is stipulated through seven domains which have been derived from the National Core Standards.

The seven domains are:

• Patients' Rights

This priority area aims to ensure that patients are treated in a caring and respectful manner by staff with the appropriate values and attitudes. This includes courtesy, empathy and tolerance by facility personnel taking into consideration the Batho Pele principles. It is also important that care is provided in a way that maximizes patient privacy. This area also covers vulnerable patients such as the mentally ill, the frail and the aged.

• Patient Safety

All health facilities are expected to have a clear structured approach in managing clinical risks. Clinical management needs to ensure that there are specific safety protocols in place for high risk groups of patients. The facility's evidence must show that adverse events are identified and promptly responded to,

to reduce patient harm and suffering

• Clinical Support

This domain includes the management and support to clinical care through the timely and efficient provision of medicines, diagnostic and other clinical support services; and suitable medical technology.

• Public Health

Active collaboration between facilities (both hospitals and PHC facilities) and relevant healthcare and other organisations and providers and with local communities to ensure an integrated and effective health care system for the catchment population, and the active contribution of all role-players in preventing illness and ensuring effective care and rehabilitation.

• Leadership and Governance

Strategic direction provided by senior management, through proactive leadership, planning and risk management, supported by the structures of corporate governance and oversight of hierarchical support structures and includes the strategic functions of communication and quality improvement.

• Operational Management

Covers the responsibilities required on a day-to-day basis to support and ensure the delivery of safe and effective patient care,

including management of human resources, finances, assets and consumables, and of information and records

• Facilities and Infrastructure

Covers the requirements for clean, safe and secure physical infrastructure (buildings, plant and machinery, equipment) and hotel services, including the safe disposal of waste, that are functional and well-managed.

The programme will undoubtedly lay a good foundation for the roll out of NHI in the province. The premier also lauded the Department for piloting a new e-health system and move away from the old paper based filing system.

On the HIV/AIDS issue, he encouraged the Department to work even harder, to get more District to meet the UNAIDS 909090 Target after Umkhanyakude, Ugu and UMzinyathi were announced to be the first three Districts to have done so in KZN.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

IT'S TIME FOR COLLECTIVE ACTION AGAINST TB



It's Time to have an increased focus on Tuberculosis (TB) this month of (March) which is otherwise known as TB Month, with the global commemoration of World TB Day of the 24th of March.

Tuberculosis (TB) is an air borne disease caused by bacteria (*Mycobacterium tuberculosis*) that most often affect the lungs. KwaZulu Natal has the highest burden of TB and HIV in the country, with the district of eThekweni carrying the highest case load. TB is the number one cause of morbidity and mortality in KwaZulu Natal (KZN) and South Africa at large despite it being a curable disease.

To support this years' Theme which says **"IT'S TIME TO END TB"** the KwaZulu-Natal Department of Health (KZNDOH) is calling on all local stakeholders (Traditional Leaders, Faith Based Leaders,

Parliamentarians and Healthcare Workers to join the fight to heighten awareness about the campaign to end TB in KZN.

THE CALL IS SPECIFICALLY MADE TO LEADERS TO

- Increase awareness of TB among leaders
- Lead the efforts to End TB
- Finding undiagnosed Missing TB Patients through "Contact Tracing" and
- Eliminate stigma

associated with TB

The Department will roll out a series of activities throughout all districts where different stakeholders will participate in driving educational messages about TB and finding the missing cases. The Department is calling on more people to come forward, those that defaulted on their treatment and those that can give a hand in finding more missing cases. All these activities will culminate into a provincial commemoration of World TB Day on the 24th of March 2020.

The routine data collection shows that about a 1000 people are diagnosed with TB every

three months. This is roughly equivalent to 11 people a day who are at a risk of dying from a curable and preventable disease in KZN. The high death rate is attributed to late presentation and co-morbidities. The

Department has been able to register 45659 new patients for TB treatment in 2019 alone.

The Department remains hopeful that greater collaboration with all sector stakeholders will assist in finding the missing patients and get newly affected people on treatment.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

I HAD TB AND I WAS CURED, A SURVIVOR'S MEMOIR



Health Chat Bulletin had an exclusive interview with Ms Zonke Mvuna, a 40 year old mother of two from Nkulu area at Zingolweni, in the South Coast of KwaZulu Natal.

She had her sputum tested at Murchison Hospital and this is her story

When were you diagnosed with tuberculosis?

I was diagnosed with TB in the year 2009. I still remember that day like it was yesterday. I remember waking in the morning getting ready for work, but I had this severe headache and kept coughing. I remember thinking I had flu, little did I know.

Did you suspect something was wrong with you, what were the odd or unusual signs that you noticed. Did you even suspect TB?

I was coughing for more than 2 weeks and experienced shortness of breath. I had lost a lot of weight. I kept coughing up traces of blood.

Which type of TB did you have: MDR, or XDR?

The doctor confirmed that I

have TB, and was on treatment for 6 months. I remember after 6 months going back to the clinic and was told my TB has advanced to MDR. I then did another 3 months of medication and was going for injections every day.

How did you received the news that you have TB?

At first I just thought I had flu. As much as I am not a health professional I then suspected that I had TB because the signs and symptoms were there. I remember being scared to even go to the doctor because I thought I was going to die.

What I focused on was making sure my funeral policies were paid and if I woke up the next morning. My daughter who I don't live with came one day to see me. It was that day

when I saw her I told myself that I'm going to see the doctor and whatever sickness I have I am going to fight.

When they took my sputum for testing the results were negative twice so the doctors advised that I do an X-Ray and that is when I discovered that I have TB-MDR.

What is the importance of taking the medication according to the health workers' instructions?

It is very important to take your medication immediately after the diagnosis. I was told to make sure that I take it regularly and finish it so to prevent spreading the disease to others and that it can be cured. I remember a morning where I didn't even have an appetite.

I would eat one slice of dry bread just so I can have energy to take my medication. I prayed

a lot and the staff at the clinic supported me emotionally. There were days I thought I won't wake up the next morning, but with the grace of God I woke up and carried on fighting to beat TB.

What can you say about the importance for screening?

It is important to do screening especially if you see any signs and symptoms so that it can be detected early and get on treatment. At first you get scared but with the help of doctors and nurses who were friendly you get comfortable.

I sometimes think if I went early for screening I would not have MDR.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

KZN HEALTH MEC HITS OUT AGAINST “EYABABILI AYINGENWA” SYNDROME AS SHE LAUNCHES AMBITIOUS “IKHOSOMBE LAMAJITA”



KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu has hit out against “Eyababili Ayingenwa” syndrome, a widely prevalent notion that warring couples should be left alone to resolve their differences without the intervention of a third party.

Speaking during the launch of “Ikhosomba Lamajita” (Young Men’s Corner) programme at Esikhaleni, King Cetshwayo District ON Saturday (29 February 2020), MEC Simelane-Zulu pleaded with society to stop looking away while women were being murdered or hurt when trying to extricate themselves from undesirable relationships.

“When people enter into a relationship, they do so on an equal basis. There must not be

one who loves the other more. When love runs out, from either the man or woman, people must be free to go their separate ways. A man who beats up a woman in order to prove his ‘strength’ is not a man.

Those who beat up women are known in our society. But if we keep quiet and not report it to the police, tomorrow, your own sister or daughter will become a victim. Let us stop Gender-Based Violence. Let us fight it. Let us stand up and say’,

‘enough is enough.’ It must never happen to another woman. If we don’t stop it now, you don’t know how far it will go. Let us take Gender-Based Violence seriously, so that we can be a positive, happier and prosperous society,” she said.

Explaining how the concept of Ikhosomba Lamajita came about, MEC Simelane-Zulu said: “Our intention is to bring health services to the men who don’t utilise our healthcare services early enough. When we sat



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

and looked at the demographical breakdown of people who come to our facilities, we realised that there were very few men. Men just don't like coming to our facilities. We realised that if they do not come, then the resources that we spend on health will keep on increasing.

Therefore, we had to find ways of going to where men are. It is very important to target men because they need to get screened and tested for ailments such as diabetes, blood pressure, and HIV/AIDS... If a man has

prostate cancer but doesn't come forward early, it will lend up killing him, whereas if we had detected it early, their chances of successful treatment would have been higher."

The launch of Ikhosomba Lamajita was well-received, with young men attending in large numbers. MEC Simelane-Zulu first led a delegation to local taverns, shisanyamas, and other "corners" where young men congregate. She was warmly received, and proceeded to engage with youth, distributing

calendars, and imparting knowledge about disease prevention.

The MEC was accompanied by City of Umhlathuze Mayor Cllr Mduduzi Mhlongo, King Cetshwayo District Mayor Nonhle Mkhulisi and programme ambassadors - actors Melusi Yeni, Brenda Mhlongo and Nhlanhla Vezi of Brothers For Life. She urged the young men to respect themselves, as well as women and children.

The MEC then returned to the community engagement

venue, a street, which had been transformed to have a buoyant atmosphere, characterised by pulsating dance music played by various DJs. Teams participated in street soccer, while others played board games such as umrabaraba, chess, and card games.

The crowd later indulged in succulent steak from the braai. Ikhosomba Lamajita programme will be spread to other districts in the province.

VIEWS FROM THE LOCALS ON THE NEWLY LAUNCHED IKHOSOMBE LAMAJITA PROGRAMME



My name is Phumlani Meyiwa 25yrs old, I stay at Mzingazi . I just want to talk about the importance of looking after

yourself as a man. It is very important to look after your life. Whatever you are doing you must know that there are

consequences . It is very important to screen. We also need to protect women as men.

The real man do not abuse women and children. Thanks to KwaZulu-Natal Health MEC Nomagugu Simene-Zulu for coming-up with this initiative. I think it will assist us as men.

My name is Mandla Nkonyeni 27yrs old, I live at Current, eSikhaleni. I am very delighted to be part and parcel of this initiative by honourable MEC Nomagugu Simelane-Zulu. It shows that the MEC understands the needs of the people.

I have already tested for HIV/AIDS and I am happy now because I know my status. I want to encourage other men to come forward for screening. It's better to know your status early so that you can be cured.

Big-up to Ikhosombe Lamajita big-up!!!



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth



WOMEN AGENDA ACROSS THE GLOBE WILL BE ON THE SPOTLIGHT ON INTERNATIONAL WOMEN'S DAY

The world commemorates International Women's Day on Sunday, (08 March 2020). The theme this year is 'Each for Equal' which encourages gender equality; "celebrating women's achievements and increasing visibility, while calling out inequality".

The KZN Department of Health is pleased with the report issued by the South African AIDS Council about the reduction in the number of

new HIV infections among young girls in South Africa. The number of new HIV infections among girls and women aged 15 to 24 has been a major challenge in the HIV/AIDS response in the province and the entire country, partly because of the sugar daddy phenomena. The Department will continue to upscale its campaign messages targeted to young girls who are infected and affected by HIV/AIDS in the province.

The Department believes in the equality of women and empowers them to be able to take responsibility for their health through various initiatives such as:

- **Free Contraceptives:** Several family planning methods including femdoms
- **Phila Ma Centres & Mom Connect:** To equip mothers and their babies for their health
- **Milk Banks:** To enable mothers to feed their babies breastmilk when they are not able to
- **Free Cancer Tests & Treatments:** There is ample equipment to test and treat breast and cervical cancer



health
Department:
Health
PROVINCE OF KWAZULU-NATAL





**KWAZULU-NATAL
COLLEGE OF EMERGENCY CARE**

**MEC FOR HEALTH
MS NOMAGUGU SIMELANE-ZULU**

**GRADUATION CEREMONY FOR AMBULANCE
EMERGENCY ASSISTANTS CLASS OF 2019**

DATE : 07 MARCH 2020
VENUE : DUNDEE CIVIC HALL, MCKENZIE STREET, UMZINYATHI
TIME : 09H00




WHO SAID WHAT THIS WEEK



"This financial year, we are opening the R2.8-billion, state-of-the-art Dr Pixley Ka Isaka Seme Memorial Hospital. Soon the people of KwaZulu-Natal, particularly in the Inanda, Ntuzuma KwaMashu area, will benefit from this brand new facility. #KZNSOPA2020 #GrowKZN" **Premier Sihle Zikalala**

We assure the people of KZN that we are ready to deal effectively with a potential coronavirus threat. The following hospitals are on alert; Greys, Addington, Ngwelezane and Manguzi #kznsopa #GrowingKZNtogether" **Premier Sihle Zikalala.**

"South Africans should not panic but rather be alert. That is the advice from President Cyril Ramaphosa following

the announcement of the first case of the Coronavirus in the country #COVID19 #CoronaVirusSA" **The National Institute for Communicable Diseases (Nidc).**

"Protect yourself and others from #COVID19. Help prevent the spread of #CoronaVirus . Avoid contact with sick people. Cover your cough or sneeze with a tissue. Avoid touching your eyes, nose & mouth. Stay home when you are sickest your hands with soap and water #CoronavirusOutbreak" **National Department of Health**

"South Africans shouldn't panic over the confirmation of the first coronavirus case in the country, the virus isn't out of control #coronavirus" **Health Minister Dr. Zweli Mkhize**



INVENTIONS THAT SHAPED THE WORLD: THE OTOSCOPE



AN OTOSCOPE IS A DEVICE THAT ASSISTS DOCTORS IN EXAMINING THE NASAL AND AURAL (EAR) PASSAGES OF THE PATIENT.

It consists of a long handle, and on the head is a magnifier that the doctor peers through, and a light to better see the area he or she is inspecting.

The history of the Otoscope can be traced back to France in 1363. A French physician and surgeon Guy de Chauliac envisioned a tool that could help diagnose patients complaining of ear or nose pain.

The actual device was not created until a German surgeon and a medical device salesman Wilhelm Fabry and J.J. Perret created the first prototypes in the 1600s and 1700s, respectively.

The first Otoscope was shaped more like a pair of tongs than the device we are accustomed to seeing today.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

KZN HEALTH IN PICTURES

STATE OF THE PROVINCE ADDRESS (SOPA) @ UMGUNGUNDOLOVU DISTRICT



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

KZN HEALTH IN PICTURES

STATE OF THE PROVINCE ADDRESS (SOPA) @ UMGUNGUNDLOVU DISTRICT



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

TEL: 033 395 2547 OR 033 395 2653 | FAX: 033 342 9477

**SEND STORIES YOU WOULD LIKE TO FEATURE
ON THE KZN HEALTH CHAT BULLETIN TO:**

healthchatbulletin@kznhealth.gov.za

