

MIND YOUR HEALTH AND WELLNESS: CELEBRATE REPRODUCTIVE HEALTH MONTH

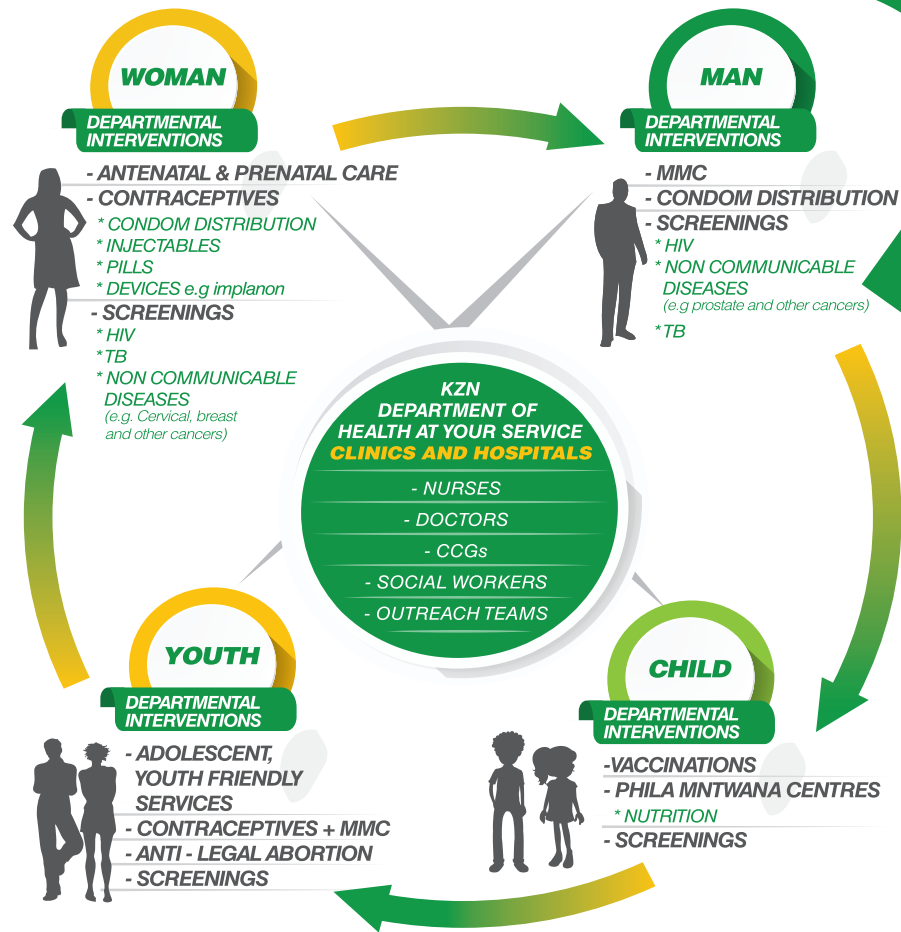
The month of February is Reproductive Health Month and is also known as the month of LOVE!! The key focus for this month is on health education and promotion of reproductive health issues such as the prevention of Sexually Transmitted Infections (STIs), available methods of contraceptives, family planning, pregnancy awareness, maternal and child health as well as healthy lifestyle. KwaZulu-Natal accounts for

approximately 190 000 births every year and 30 % of these births are from teenagers. About 90% of these births are done in public health facilities and handled by a team of doctors and midwives.

The Department renders a range of health services to support different population groups to advance "Optimal health for all persons in KwaZulu-Natal."

FEBRUARY IS REPRODUCTIVE HEALTH MONTH

KWAZULU-NATAL DEPARTMENT OF HEALTH OFFERS INTERVENTIONS



FOUR MISCARRIAGES AND ONE BABY DEATH LATER: EX-PRIVATE HOSPITAL PATIENT THANKS KZN HEALTH DEPARTMENT FOR HER "MIRACLE BABY"



THEMBISILE MABASO AND HER HUSBAND MTHOKOZISI, ELDER SON ESETHU AND THEIR TWO YEAR-OLD "MIRACLE BABY" SIMUBONGE.

AFTER suffering four miscarriages and losing a prematurely-born baby at seven months, Durban mother Thembisile Mabaso had just about lost all hope of having a second child. She almost accepted that she would remain a mother to her then only son, who is 18 years old.

But today, with help and support from staff at several provincial government hospitals, the 43 year-old resident of Woodlands is the proud mother of a cheerful two year-old baby boy, who was born at Inkosi Albert Luthuli Central Hospital (IALCH) in August 2016. Now that it's Reproductive Health

Month (February) – Mrs Mabaso has shared her journey of despair, trauma and hopelessness; and the unbridled joy of becoming a mother against all odds, thanks to the KwaZulu-Natal Department of Health. Ms Mabaso, who is a project co-ordinator at the Department of Rural Development and Land Reform,

becomes emotional as she recounts how she first had to undergo different types of fertility treatments – while battling stigma – after struggling to conceive since 2003. After finally falling pregnant in 2009, she miscarried at 7 weeks. She had another miscarriage in 2010, at eight weeks. Yet another unsuccessful pregnancy followed. In 2014, she fell pregnant again, but

gave birth prematurely, to a 680g baby, at just over 26 weeks. The baby was admitted for seven months to the neonatal intensive care unit (NICU) at a private healthcare facility, but eventually passed away – allegedly due to poor infection prevention and control.

"In the private sector, they never did an investigation to see why I was miscarrying. They probably never saw the need," she recalls. Disheartened, she decided to stop trying to conceive. She requested contraceptives from her doctor who advised that since she was overweight, she could not possibly conceive and thus should not bother. He added that if she wished to fall pregnant, she would have to lose weight. Miraculously, she soon found herself pregnant again. This time, however, she sought the help of the public health sector. She was to be pleasantly surprised.

"At the clinic on the Bluff, I was tested to confirm my pregnancy and then asked about my medical history. Thereafter, I was educated about pregnancy, including the foods I should eat, and informed about all the tests that they were going to do, including an HIV test. This was my 7th pregnancy overall, but it was the very first time that I got educated about

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pregnancy. This had not been done at any of the private hospital that I had been using."

She was referred to Wentworth Hospital which, she says, was more equipped to handle her delicate case. Following tests, the hospital then classified her as a high-risk patient and referred her to King Edward VIII Hospital, where she was once again amazed at the thoroughness of the advice given to her regarding pregnancy.

"I was so excited about this and even spoke about it with my husband uMthokozisi... that we were really not aware of these things because public hospitals are always projected as the worst."

During her second visit to King Edward, she was referred to Inkosi Albert Luthuli Central Hospital. There, she received attention from several healthcare professionals, including maternal healthcare specialists such as Prof Motshedisi Sebitloane, who is also the University of KwaZulu-Natal's Head of Obstetrics and Gynaecology Department.

"Ultimately, when I was checked, they found out that I had a shorter cervix, and then told me to use a certain pill – Cyclogest – and take it every night. They told me that it would help 'hold' the baby so that I would have a successful birth. I'm thankful to God for using Government hospitals and their staff to help me have a successful pregnancy."

Asked how she had coped each time she had a miscarriage, she says, "It was difficult, but faith kept me going, as well as support from my family and fellow church congregants, my husband, and my in-laws. My husband

was always in awe at how much faith I have in God.

"I was amazed by the love and support that I received from healthcare professionals of the Department, who told me to leave everything in their hands. They told me I would leave the hospital with a baby in my hands – and indeed it happened.

"What this showed me is that in the public sector they put patients' lives and well-being first, rather than profit, compared to the private sector. I got a sense that they really cared about mine and the baby's safety. It made me view Government in a different light. The level of care that I received – which is extremely expensive in the private sector – was unbelievable."

Recalling with fondness the day her baby was born – 09 August 2016 – she says: "I was so excited... I was so relieved. I gave praise to the Lord. I'm grateful to the Government. We named my son Simubonge uJehova (meaning Let us give praise to God)."

She describes her two year-old son as a bubbly bundle of energy.

"He's very awake. He makes us feel his presence. He makes us very happy. He's intelligent, and mostly importantly, very healthy."

Mrs Mabaso remains concerned, however, about the stigma and lack of support, at community level, faced by women with infertility problems and those who miscarry. She says attitudes must change.

"When you miscarry you're made to feel like you're a failure when you're among other women. You're made to feel unworthy just because you 'could not carry a baby for nine months.' It is very painful, but many people are very

scared to talk about it. Some women get depressed to the point of wanting to commit suicide. It also affects relations between them and their in-laws because it is made to seem like they're the cause for their own infertility, or for having a miscarriage.

"I wish that people who cannot conceive or keep losing their babies could receive support, just like those who suffer from other ailments, who have support groups or structures." She urges these women not to lose hope.

"Private hospitals are usually after money. At government hospitals they can tell you what problem you're having. But women need to speak up. They must not sit in a corner when they have problems. It is also very important to go to the clinic as soon as you suspect you may be pregnant." Reacting to Mrs Mabaso's story, MEC Dhlomo expressed his joy at its happy ending, adding that it was one of countless acts of heroism performed everyday by employees of the Department.

"When I heard about Mrs Mabaso's bad obstetric history, I felt very passionate. Her story touched me, and I then referred her to Prof Sebitloane, at Inkosi Albert Luthuli Central Hospital. She was taken through and treated as the mother of a precious baby. I want to commend Mrs Mabaso for coming back to say thank you, because that is quite rare. Her story showcases that not everything is doom and gloom in the public healthcare sector. There are success stories. In fact, out of a million women who give birth to babies every year in the country, only 100 000 do so in private hospitals - the rest of the 900

000 do so in state hospitals. There are many more success stories such as Mrs Mabaso's that we don't blow our horns and talk about. When you see so many children going to school, it is because of the success stories of babies born in our facilities six or seven years ago."



"MIRACLE BABY"
SIMUBONGE

EARLY DETECTION IS STILL THE MOST EFFECTIVE APPROACH AGAINST CANCER

As the world commemorated World Cancer Day on the 4th of February 2019, under the theme "I can, we can", the KwaZulu Natal Department of Health calls on all people in the province to come forward for screening.

SCREENING AND TESTING ASSISTS WITH:

- Early detection of cancer cells at the earliest possible stage
- Diagnosis of the type of cancer
- Timely access to a relevant treatment programme

THE TOP FIVE CANCERS IN KWAZULU-NATAL ARE:

- Cervical Cancer
- Breast Cancer
- Colorectal
- Prostate Cancer
- Lung Cancer

The Department engages communities on cancer management at district level through community outreach programmes and health promotion campaigns to share awareness messages with the aim of creating awareness.

AMONG THE CAMPAIGNS THAT THE DEPARTMENT DRIVES IN EARNEST IN ALL DISTRICTS ARE:

- Mass Screening campaigns
- Phila Ma Campaign
- Vaccination of girls against the Human Papilloma Virus

Cervical cancer causes more deaths among women in South Africa than any other cancer. A new record was broken where the KZN Department of Health and its partners did a Pap Smear Drive Campaign at Inkosi Albert Luthuli Central Hospital where thousands of females were screened for cervical cancer. Greys Hospital also followed suit with another successful mass screening campaign in an effort to intensify the fight against cancer.

THE CALL FOR SCREENING WAS ALSO REITERATED DURING THE LAUNCH OF THE NATIONAL CANCER CAMPAIGN IN OCTOBER 2018, IN PIETERMARITZBURG.

UPDATE ON ONCOLOGY SERVICES

The department provides the public with oncology services for patients whose cancers have advanced to stage 4 and therefore need to be seen by an Oncologist. The Department has this month assumed a new Public Private Partnership (PPP) contract for oncology services with the Discovery Group which has taken over from the Wits Consortium whose contract expired at the end of January. The Discovery Group has brought oncologists who are based at Inkosi Albert Luthuli Central Hospital and are also supporting the Addington Hospital Oncology Clinic.

KING EDWARD VII HOSPITAL GETS A NEW CEO

There's a new captain to sail the ship to the shores of wellness Dr Thami Mayise has just been announced as a new incoming CEO for King Edward VIII Hospital following the recent retirement of Dr Mandla Mazizi. KZN Health MEC Dr Sibongiseni Dhlomo has also congratulated the 41 year-old Umlazi-born doctor for taking over the reins at the 83 year-old hospital .

Dr Mayise is one of the youngest hospital CEOs in the province, and has previously been at the helm of hospitals such as Prince Mshiyeni Memorial, RK Khan, Newcastle Regional, and Niemeyer Memorial. He has also worked at the Department's head office, under the Strategic Health Programmes cluster that incorporates the management of HIV and AIDS, Sexually-Transmitted Infections and Tuberculosis. Dr Mayise says he feels "honoured and privileged" to be given a chance to take charge of the hospital, and has vowed to work inclusively, and in partnership with various relevant stakeholders.

"I'd like to thank the MEC and the Department for entrusting me with this task, and also to thank them for the work that's been done to repair the damage caused by the storm and to improve the infrastructure of King Edward. "I'd also like to thank the management team that has been here at King Edward; and the staff and patients, who've had to bear with the challenges of infrastructure. We will continue working to improve the systems. I promise to work with everyone in our quest to provide healthcare to our fellow compatriots." In welcoming Dr Mayise, MEC Dhlomo conveyed his thanks to the provincial Government for its support during the process of recruiting the new CEO. "We thank our provincial leadership and the cabinet for giving us this younger leader who's going to lead this hospital.

It's our wish and hope that he's going to take this hospital to greater heights, being one of our central hospitals in the province."



DEPARTMENT MAKES PROGRESS WITH STORM DAMAGE REPAIRS AT KING EDWARD VIII HOSPITAL

King Edward VIII Hospital is currently undergoing multimillion-rand worth of repairs to certain critical sections which were damaged by a severe storm in October 2017. Some are nearing completion, while work continues in earnest on others.

MEC Dhlomo says: "There are many challenges with King Edward, but if you take a leader like Dr Mayise, you're very confident that he's going to be able to meet the challenges. We're also not going to disappear. We'll help navigate through these challenges with him. "After the storms in 2017, which saw some of the roofs blown off, there's been a significant improvement in the reconstruction of the hospital. We are at almost 98% with the completion of S block. We still have the remaining theatres in S-Block, and the high care and ICU still to be repaired. There's been progress in the maternity O-ward; and O-1 ward. I'm informed that by the end of February, almost all those will have been completed. If there isn't any completion, it will be just one or two areas.

"We really want to thank our staff members who have been patient with us under those difficult conditions. "Another important question to ask is how long we're going to be patching up and repairing King Edward? We're going to be doing that until a decision has been made of a new King Edward, and a new medical school. Those will be built together, in Cato Manor. The decision about a new King Edward hospital will be made by the Minister of Health, while the decision about a new medical school will be made by the minister of Higher Education.

Because of pressures in government, they prioritized other areas that were equally in need, among them Northern Cape, and Mpumalanga. We're informed that when the economy improves, we're going to be the next province to be revisited in terms of these infrastructure projects."



HEALTH TOP MANAGEMENT DESCENDS ON CEZA THULASIZWE DISTRICT HOSPITAL TO CHECK ON CLINICAL OPERATIONS AND FACILITY MANAGEMENT; PLEDGES TO DEAL WITH CHALLENGES IDENTIFIED

In the true #ThumaMina spirit, top management of the KwaZulu Natal (KZN) Department of Health recently descended upon the Ceza/Thulasizwe District Hospital in Zululand District to check on clinical operations and overall management of the facility, and learn more about some of the persistent issues that afflict the facility.

Led by Health MEC Dr Sibongiseni Dhlomo and Acting Head of Department Dr Musa Gumede, the delegation met with local stakeholders, the hospital board and hospital management. The meeting is a follow up to operational issues and challenges that were raised directly with the MEC by local stakeholders, which he in turn, relayed to Dr Gumede. Some of these relate to old buildings and condemned buildings which need to be revitalised (some wards are in park homes); and efficiency of primary healthcare services (The Gateway Clinic is too small – but an alternative site has been found, which will house a new building). Complaints were also noted regarding the perimeter fence which has been breached and needs to be repaired; as well as disagreements among community leaders over which local areas the mobile clinic should visit.

Acting Head Dr Gumede said now that the Department has listened to the challenges that were presented, the Department will devise intervention plans to close some of the identified gaps. Dr Dhlomo said this is one of several consultative meetings that the Department will have as part of efforts to find lasting solutions to improve the effectiveness and efficiency of the hospital. Ceza and Thulasizwe Hospitals were merged in 2016 to form one facility.



DESIRED OUTCOMES IN SIGHT, THANKS TO THE HEALTH DEPARTMENT AND UKZN COLLABORATION ON THE TRAINING OF HEALTH PROFESSIONALS

The Decentralised Clinical Training Programme (DCTP) which began in 2016, is a curriculum that is based on a primary health care approach and has seen medical and health sciences students being placed in a number of different health facilities for training throughout the province. The University of KwaZulu Natal (UKZN) plays a critical role in producing graduates that will meet the needs of society.



DCTP PLACEMENTS	
HOSPITAL	DISCIPLINE AND NUMBERS OF STUDENTS
Queen Nandi	Obstetrics and Gynaecology (12), Paediatrics (12)
Ngwelezane	Mental Health (8), Speech Language Therapy (7), Occupational Therapy (2), Physiotherapy (9) and Dental Therapy (9)
Madadeni	Physiotherapy (8), Optometry (3)
Hlabisa	Nursing (8)
Umzimkulu	Nursing (4)
Dundee	Nursing (8)
Newcastle	Physiotherapy (2)
Stanger	Audiology (2), Occupational Therapy (3), Optometry (3), Paediatrics (10), Obstetrics and Gynaecology (16), Medicine (17), Surgery (17)
Christ the King	Family Medicine (4)
PMB	Medical 5 th year class (250), Audiology (6), Occupational Therapy (7)
Port Shepstone	Audiology (2), Physiotherapy (2), Optometry (3)
Manguzi	Occupational Therapy (2), Physiotherapy (4), Optometry (3)
GJ Crookes	Audiology (2), Physiotherapy (4), Optometry (4), Family Medicine (4)
Murchison	Audiology (2), Physiotherapy (2), Optometry

Health clinicians have welcomed the students in all hospitals. "The two groups we've had have been good. They've learnt a lot by being exposed to patients who present with a variety of ocular conditions, from conjunctivitis, corneal abrasions, cataracts, refractive error, and dealing with children as well as adult patients with chronic diseases," said Manguzi Hospital Optometrist, Mr Siyathokoza Nyawo.

Professor Fanie, Director at UKZN said, "The programme aims to ensure UKZN produces healthcare professionals who are fit for purpose within the Primary Health Care Model, competent and prepared for the changing dynamics of health care in the developing world." The placement of the first batch of students in the DCT sites in 2019 will take place on the 11th February.

GROENVLEI CLINIC OPENED DURING THE AMAJUBA OSS CABINET MEETING

The KZN Department of Health promotes access to better healthcare services by ensuring that as many of its clinics as possible adhere to the Ideal Clinic model, which stipulates basic elements that should make up a clinic.

These are:

- good infrastructure,
- adequate staff
- good staff attitude
- adequate medicine and supplies
- good administrative processes and sufficient bulk supplies.

This is what the community of ward 4 at Gronvlei, Madlangeni Municipality in AmaJuba District can attest to, as KZN Health MEC Dr Sibongiseni Dhlomo officially opened the Gronvlei Clinic during the recent Cabinet Operation Sukuma Sakhe (OSS) meeting. This immaculately-built clinic offers primary healthcare services to the surrounding farming communities and also has outreach teams which include school health.

MEC Dhlomo, who is also the OSS District Champion for AmaJuba, visited ward 4 as part of the OSS programme to engage local stakeholders about service delivery issues. He also opened Gronvlei Clinic amidst great fanfare from community members and staff of the clinic.



GROENVLEI'S OLDEST CITIZEN GETS A BRAND NEW WHEEL CHAIR



A 101 year old granny gogo Lili Dlangamandla (Makhumalo) also received a brand new wheel chair to aid her movement around her homestead.

MEC Dhlomo officially handed over the wheel chair to gogo uMakhumalo, who now has mobility challenges because of age and struggles with just stepping outside of her thatched house to bask in the sun and catch a fresh breath.

GET INVOLVED; BE A HEALTH CHAMPION!!!

February is also Healthy Lifestyle Awareness Month. The Department urges all its employees to become health ambassadors and become the embodiment of health. They are encouraged to inspire their families and communities to live a healthy lifestyle.

A healthy lifestyle means exercising regularly and eating a well-balanced diet that includes more fruit, vegetables and water and less fat, sugar, salt and processed foods. Leading a healthy lifestyle has great

benefits like delaying the onset of Non-Communicable Diseases (NCDs), such as hypertension, diabetes, cancer and stroke. NCDs are also known as "diseases of lifestyle" because they are caused by a sedentary lifestyle.

Having a healthy population has economic benefits too because health facilities will not be congested with sick patients and less government resources will be used to treat avoidable diseases. The KZN Department of Health is championing a Healthy Lifestyle Programme in the

Province. It is one of the key programmes that the Department drives in order to mobilise public participation in improving health outcomes as well as the Life Expectancy of the people of KwaZulu Natal.

The Department continually hosts outreach programmes where community members, young and old, are invited to participate in sessions of physical exercise like aerobics and healthy walks. These activities also present an opportune moment to share guidelines on good nutritional

diets, including regulated salt intake. The Healthy Lifestyle Programme influences behavioral change and makes the struggle for health non-negotiable.

The Department also promotes healthy lifestyle in the workplace through aerobics classes are held at facilities for employees to partake in and take charge of their health. There are even sports clubs in every district for activities such as netball and soccer.

The MEC himself is a champion of

health and regularly participates in marathons and fun-walks. Be a health champion today and live a long and healthy life!



HEALTH TIPS

A BIT OF FRESH AIR KEEPS THE STRESS AWAY!

Fresh air is one of easiest, healthiest, and accessible habits to incorporate into your daily routine. Whether you spend a day off outdoors or take a walk for 20 minutes when you have a break at work, being outdoors gives you more energy, reduces stress, and improves sleep and your overall health. Carve out time to be outside, to clear your mind and improve your mental and physical health. Another reason to welcome fresh air & open windows is that TB is passed on from person to person by droplets carried in the air, which are spread through the air when someone with TB coughs or sneezes. Your body's immune system, which fights infection, usually destroys the germs once they are inhaled; But better be safe than sorry; get screened and tested at least once a year and live a healthy lifestyle.



HYDRATE!

Drinking water regularly improves energy levels and prevents constipation. For people with diabetes, the risk of dehydration is greater, because higher than normal blood glucose depletes fluids.

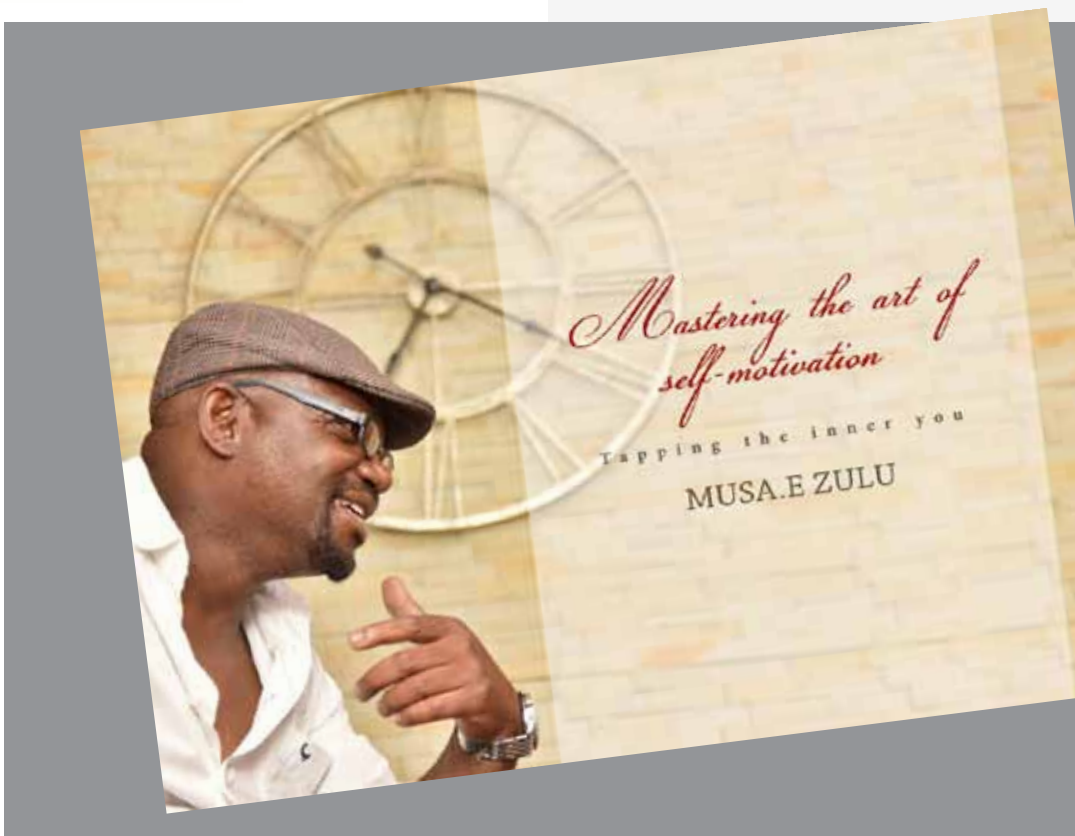


Mastering the Art of Self-Motivation: Tapping the inner you! Copies of the exciting new book *Mastering the Art of Self-Motivation: Tapping the inner you!* by Musa E Zulu have recently been procured for the Departmental Libraries.

About 21 years ago Musa Zulu was involved in a car crash which left him paralysed and confined to a wheelchair. Today, Musa is a leading motivator for people with disabilities. However, this book is not limited to those with disabilities; everyone will be encouraged and motivated by Musa's words. There are 3 copies in the Head Office Library and 2 copies (print book and audio-book) at Departmental libraries.

For more information on the Departmental libraries or to borrow this book please contact Mondli on 033 395 2571 or

Mondli.Dube@kznhealth.gov.za (Staff based at health facilities are welcome to make use of the library at Head Office)



NOTICES

Reproductive Health Month Exhibition

The KZN Department of Health's Corporate Communications unit will be showcasing an exhibition at Natalia Building's Main Entrance, from the 1 to 28 February. Health screening will also be available in the first week of the month.

HPV Campaign

A reminder that the 1st round of HPV Vaccinations begins in February. Let's protect young girls from cervical cancer!

PRO Workshop

District and Facility Public Relations Officers will be having a PRO workshop at Inkosi Albert Luthuli Central Hospital on 8th of February 2019

MASEA Entries Due

Entries for the KZN Health MEC's Service Excellence Awards are open. They close on 15 February 2019. For more information on nomination forms and where they must be sent, kindly read through the KZN Health intranet.

PICTURE GALLERY

Scene and heard at the Operation Sukuma Sakhe community outreach programme at Amajuba.



IMPORTANT DATES TO NOTE

State of Nation Address
7th February 2019

Debate of State of Nation Address
14th February 2019

National Budget Day
20th February 2019

KZN Cabinet Lekgotla
21 & 22 February 2019

KZN Opening of Legislature
26th February 2019

KZN State of Province Address
27th February 2019

Debate of State of Province Address
28th February 2019



health

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Health
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