

KWAZULU-NATAL DEPT. OF HEALTH UNVEILS A BRAND NEW FLEET



The Head of the KwaZulu-Natal Department of Health Dr Sandile Tshabalala unveiled a fleet of more than 60 brand new vehicles which have been procured to strengthen capacity and boost the level of service the Department renders for the public.

These vehicles will play a major role in ensuring that the Department's mission for optimal health for all persons in KwaZulu-Natal is met.

The newly procured vehicles included the following:

- 15 Nissan Mortuary Vans for the Forensic Pathology Services Unit
- 8 Nissan Impendulo 16 Seaters for District & Regional Hospitals and District Offices
- 4 Nissan Mobile Clinics for Primary Health Care

- 19 VW Crafter 50 2.0 TDI Mobile Clinic for Primary Health Care
- 10 Nissan NP300 Double Cabs for Outreach Teams
- 7 Isuzu D-Max Crew Cabs for Primary Health Care
- 6 UD Laundry Trucks for Laundry Services
- 33 Isuzu Single Cabs for Engineering and Maintenance Services (Infrastructure)






Dr Tshabalala encouraged the Departmental employees not to abuse the state vehicles but to take good care of them, like they do with their own. "These vehicles, including the 4x4s, will assist in reaching communities in

remote areas.

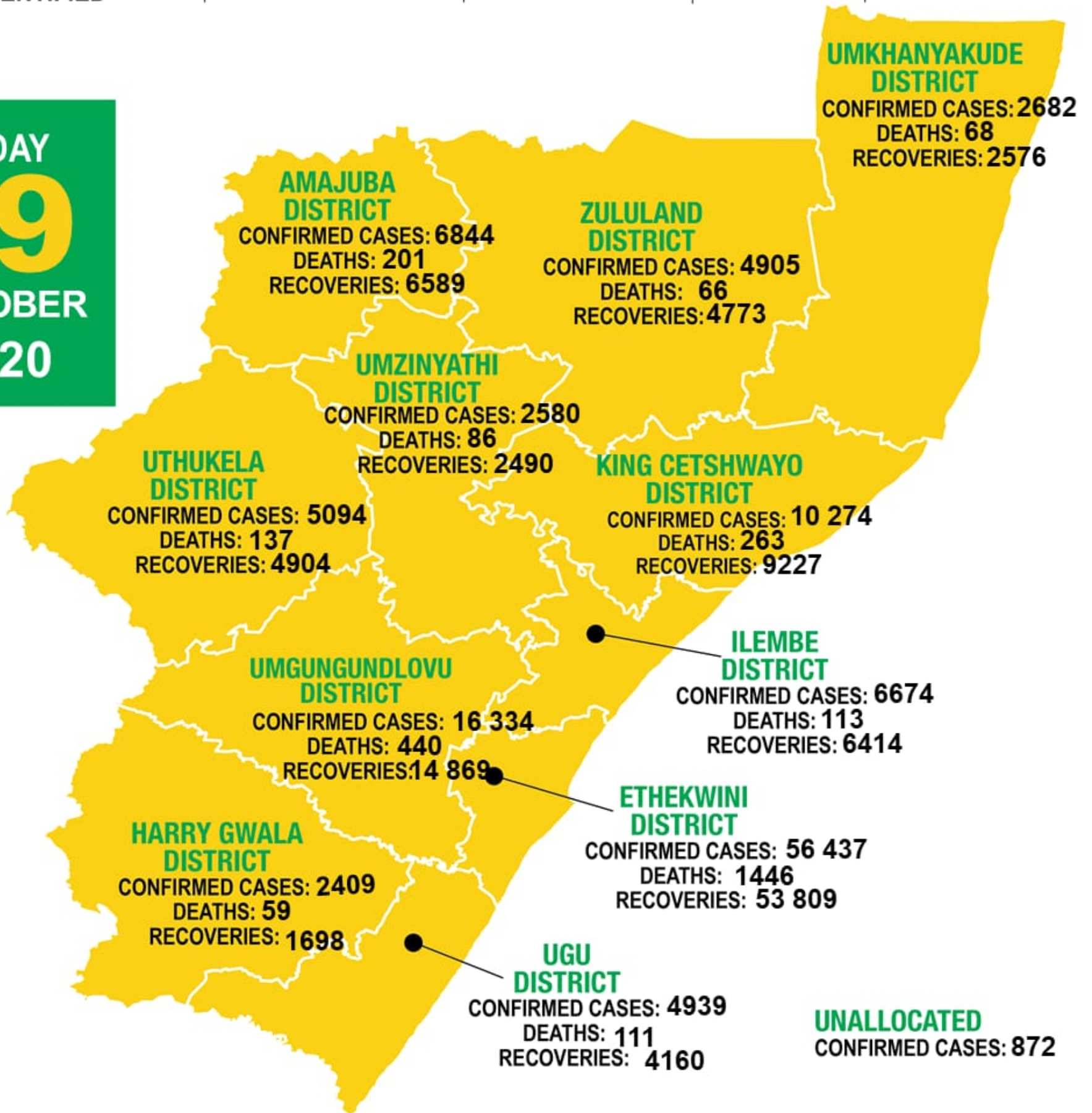
The department has also bought vehicles for mortuary services in order to afford dignity to people who have passed on within and outside our institutions either at home or even in the field," said DrTshabalala.

The Department has also been battling with the issue of hijacking of ambulances and other vehicles across numerous health districts. Community members are urged to report any cases of theft and hijacking to the police. The vehicles have already been dispatched to different health districts for use.

COVID-19 STATISTICS IN **KZN**

				
120 044	5545	111509	2990	114
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
09
OCTOBER
2020



Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456

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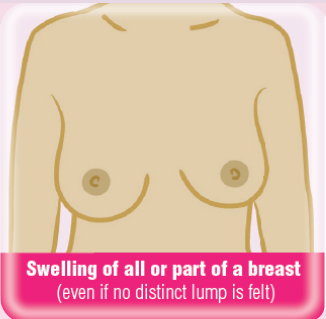
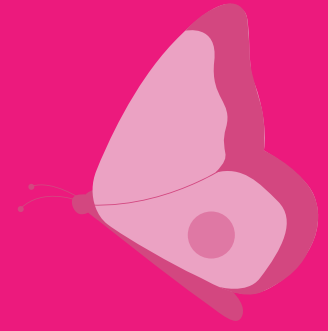
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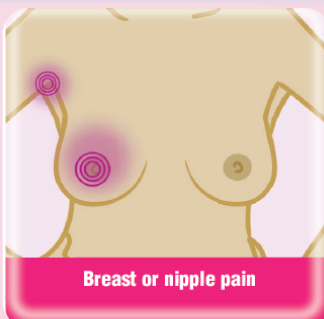
REGULAR BREAST INSPECTION CAN HELP US BEAT BREAST CANCER



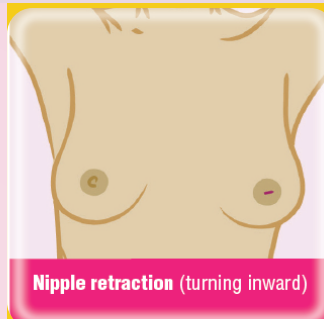
Swelling of all or part of a breast (even if no distinct lump is felt)



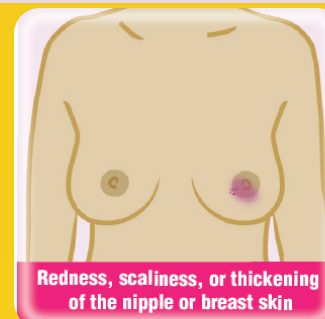
Skin irritation or dimpling



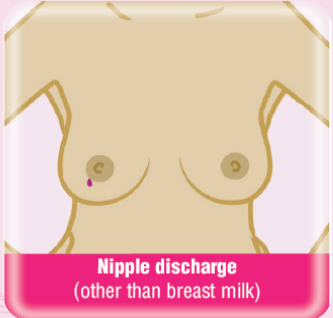
Breast or nipple pain



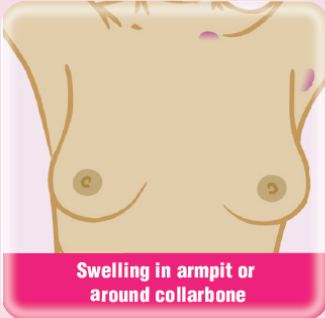
Nipple retraction (turning inward)



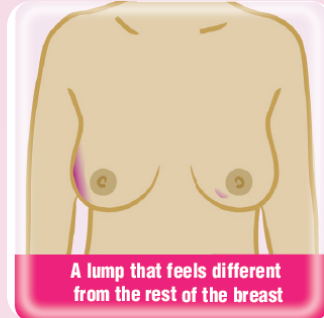
Redness, scaliness, or thickening of the nipple or breast skin



Nipple discharge (other than breast milk)



Swelling in armpit or around collarbone



A lump that feels different from the rest of the breast

As October is Breast Cancer Awareness Month to raise awareness on the most common type of cancer which affects the female population across the globe.

STEPS FOR BREAST SELF-EXAMINATION STANDING UP

Step 1

- Place your hands at your sides and look at your breasts for any changes in colour, size, shape, dimpling or texture of the skin

Step 2

- Now raise both your hands above your head. Check if both breasts rise together

Step 3

- Place your hands around your waist, pressing waist, shoulders and elbows forward. Bend forward and check if both breasts fall forward together

- Now raise your left arm. With the flat part of the fingers of your right hand, carefully examine your left breast. In a circular pattern, start from the outer top, pressing firmly enough to feel the tissue beneath. After one full circle, move in towards the nipple a few centimetres and circle again, continuing until you reach the nipple. Check the area above the

breast, especially the armpit area, for lumps or hard knots. Repeat on right breast.

Lying down

- With a pillow under your left shoulder, place your left hand behind your head to flatten the breast tissue. Examine your entire breast in the circular motion described in step 4. With your right hand behind your head, repeat the procedure with your right breast. Also gently squeeze each nipple to check for discharge

• Breast self-examination should be done once a month. Report any changes or irregularities to your doctor or primary health care clinic. Cervical cancer affects 1 in 40 women, and kills up to 3500 women per year; while breast cancer affects 1 in 26 women in South Africa.

Women are encouraged to get into the habit of regularly inspecting their breasts in order to detect any irregularities such as lumps or sores, which can be a sign of breast cancer. Before visiting a health facility near you, knowing how to examine yourself and what to look for is one of the best ways to win the fight against cancer.

The earlier the cancer is detected, the easier it is to treat. Breast self-examination should be done once a month. Report any changes or irregularities to your doctor or primary health clinic.

- Dimpling of skin
- Change of shape, or size or skin texture of your breast or nipple

To identify early signs of breast cancer

- Do monthly breast examinations
- See your doctor or go to nearest health clinic for breast examination annually
- If there is a family history of breast cancer, inform your doctor or clinic sister

If you have these symptoms visit your nearest clinic:

- Any lump
- Bleeding or discharge from nipple



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KNOW WHAT TO SAY WHEN YOU DIAL



Emergency Medical Services (EMS) had an increase of demand services from the community since the launch of the 112 number on EMS Day on the 17th of October last year (2019). EMS has also been hard at work driving public awareness through visiting schools to do demonstrations on how to call for an ambulance.

The primary target group has been training and teaching young children. Since 112 is the easiest number to be remembered by both young and old. Operation Sukuma Sakhe warrooms, Izinduma other law enforcement structure have also been roped in by EMS and have played a vital role in educating people about the service.

TO CALL FOR THE AMBULANCES

The person calling is required to remain calm, be able to communicate and be able to describe the area where the ambulance will find the patient.

It is advisable for the call to use prominent land marks like local stores, churches, schools municipality structures and/or government structures i.e. police stations offices etc.

The telephone number for all medical emergencies is 112. It's a toll free number from Telkom landline, on a cellphone it depends on the network service billing system.

CALLING FROM THE LANDLINE/ TELKOM LINE

Dial 112 on the landline, the call goes straight to government EMS communication centre.

CALLING FROM THE CELLULAR PHONE

- 112 on the cellphone does not go straight to EMS call centre.
- It goes to the call centre of the cellular network provider of your cellphone (e.g., Vodacom Cell number will go straight to Vodacom call centre, MTN Cell number goes to MTN call centre and Cell C

number goes to Cell C call centre)

- When the respective cellular network call centre receives the call, the agent asks where the caller is calling from and the nature of an emergency.
- At this stage it is important for the caller to remain calm and clearly describe the Province and the nearest town from where the ambulance will find the patient. It must be noted that the cellular network call centres are situated in Johannesburg and Cape Town. The call taker only relies on the information from the caller to redirect the call to a correct EMS call centre
- After identifying where the caller is calling from, the call centre agent reroutes the call to the nearest EMS call centre.
- When the cellular network call centre agent has transferred a call to the nearest EMS communication centre, the caller is requested again to describe the area where the ambulance will find the patient in more details this time around.
- The caller is required to provide the name of the road, and the house number. In areas where there are no house numbers or road names the caller is encouraged to use prominent land marks like local stores, churches, schools, municipality structures and/or government structures i.e. police stations offices etc.

Community leaders are encouraged to familiarize themselves with systems that are in place to activate emergency services. They are also encouraged to take the contact details of persons or officials who are responsible for emergency services in their local areas.

That is intended to ensure that if a member of the public is unable to get hold of the call centre a community leader can intervene and get the emergency resource to be activated swiftly to ensure quality services to our communities.

ENCOURAGING CHILDREN TO MAKE HEALTHIER FOOD CHOICES



Growing up today is a lot different than it was 20 years ago. New technology and trends have impacted how it is like to be a kid.

From children getting back from school, rushing to play outside with friends, to them moving into a more digital space of spending hours on their phones or in front of the television instead of being active.

09-19 October is observed as National Nutrition Week and National Obesity Week. This week aims to raise awareness among consumers about nutrition, obesity and the importance of healthy eating. This year's theme is 'Good Nutrition and Good Immunity' and it was chosen in particular to emphasize the consumption of healthy food during and after the COVID-19 pandemic, as eating healthy and drinking water can help fight COVID-19 and other diseases.

Often people take what they hear from those who aren't healthcare professionals into consideration, such as not to worry about their babies or children gaining weight as it is considered 'baby fat' or 'it's a sign that s/he is healthy and growing'. However, if not careful, such

comments could lead to childhood obesity and/or non-communicable diseases, such as diabetes, cardiovascular disease, asthma and several cancers.

Childhood obesity can be defined as when a child is above the normal weight for their age and height. The Body Mass Index (BMI) provides a basic guideline of one's weight in relation to their height. BMI can indicate whether someone falls under the underweight, normal, overweight or obese category, we should strive and encourage others to be under the normal category.

One of the best ways to reduce childhood obesity is to encourage healthy eating and exercise. Treating and preventing childhood obesity can help improve a child's health and well-being now and in future years.

Here are a few tips that you could use to improve your child's and family's eating habits:

- More fruits and vegetables – getting children into the habit of eating raw vegetables or fruit when they get hungry in between meals, and swapping unhealthy junk food such as chips, chocolates and sweets, for fruits, crunchy vegetables such as carrots and cucumbers or nuts.

- Healthy packed lunches – packing healthier lunches for children is essential as it plays a part in how they concentrate and how they use the energy they get from food. Eating sugary foods might make children feel tired or sluggish or even be hyper and disruptive in class. Incorporating whole wheat, salads and more fruits in their lunches will ensure that they receive the nutrients that their bodies need.

- Practice healthy eating habits – eating mostly vegetables and smaller portions of other foods and avoiding any distractions such as cellphones, television or magazines as these tend to make people less aware of how much food they are consuming. This also includes encouraging children to make healthier options when eating out.

- Exercise – encouraging children to take up a sport as an extra-curricular activity or exercising as a family, by simply taking a brisk walk or jog around the neighbourhood.

- Decreasing sugar and salt intake – the foods we eat are packed with added salts and sugars. Foods such as cereals, fizzy drinks and even yoghurts have a high sugar or salt content in them. These could always be substituted with healthier options such as oats, plain yoghurt with fruits and water instead of fizzy drinks, with added strawberries, lemon or cucumber for flavour.

All the tips mentioned above will only be able to be successful if you as the parent also lead by example. Often children follow our actions more than our words, and therefore, by us eating healthier and staying active, we are also influencing them to do the same.

If you are worried that your child is putting on too much weight or possibly not gaining enough, you can take them to the nearest clinic, there, they will take into account the growth history and development of your child, where your child lands on the growth chart and what steps you could take to help your child be healthier.

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#HATSON4CPC

(HATS ON FOR CHILDREN'S PALLIATIVE CARE)

Commemoration of World Hospice and Palliative Care Day on the 10th of October 2020, will bring sharp focus to issues of Palliative Care for all key populations.



Palliative care is an approach that improves the quality of life of patients and their families facing problems associated with life-threatening illnesses, through the prevention and relief of suffering by means of early identification, assessment and treatment of pain and other problems; physical, psychosocial and spiritual. Palliative care can be provided in tertiary care facilities, in community health centers and even in some special homes for children and adults.

The day before World Hospice and Palliative Care Day (Friday 9 October) is also celebrated as a day to raise awareness and funds for children's palliative care with the #HatsOn4CPC campaign.

The World Hospice and

Palliative Care Day 2020 theme is #HatsOn4CPC (hats on for children's palliative care)

Palliative care is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

DEFINITION OF PALLIATIVE CARE FOR CHILDREN:

- Palliative care for children is the active total care of the child's body, mind and spirit, and also involves giving support to the family.
- It begins when illness is diagnosed, and

continues regardless of whether or not a child receives treatment directed at the disease.

- Health providers must evaluate and alleviate a child's physical, psychological, and social distress.
- Effective palliative care requires a broad multidisciplinary approach that includes the family and makes use of available community resources; it can be successfully implemented even if resources are limited.

Palliative care is ideally provided to the patient and their family where the patient is - be that at community or hospital level. This may be challenging within resource limitations but wherever possible the appropriate level of care for the

individual patient and family's need is provided.

It is provided by a team of people possibly including doctors, nurses, social workers, community caregivers, spiritual professionals and others as needed by the patient and family. Hospice's can be central in providing Palliative Care.

Every healthcare worker dealing with seriously ill patients should be able to provide some sort of palliative care, ideally supported by a more experienced and specialised team.

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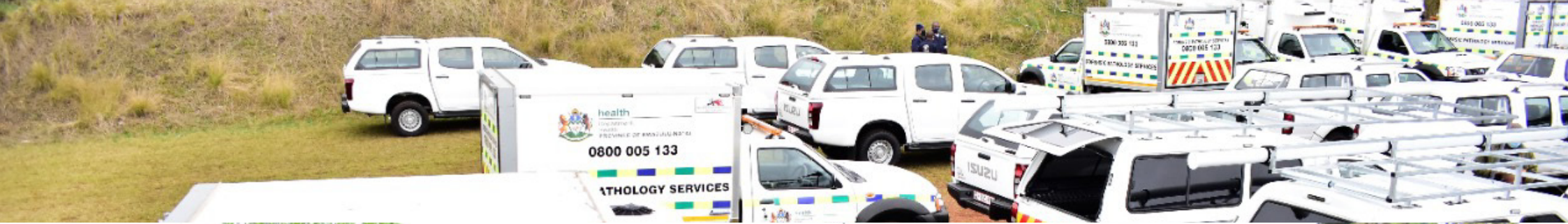


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KZN HEALTH IN PICTURES



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