



MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH

LOCATE AND SEEK TREATMENT IN A COVID-19 HEALTH FACILITY NEAR YOU

Have You just Tested Positive for **COVID-19**?

**Don't be Alarmed,
here is what you
need to do.**

Quickly get hold of a designated COVID-19 facility which is best equipped to render professional healthcare services for either Quarantine or Isolation programme.

AMAJUBA DISTRICT

034 328 7051 / 034 328 7028

ETHEKWINI DISTRICT

031 480 3701 / 031 480 3703

031 480 3782 / 031 480 3783

HARRY GWALA DISTRICT

07H30 - 16H00 : 039 834 8276

24 HOURS : 066 510 4392 / 066 510 4337

ILEMBE DISTRICT

08H00 - 16H00 : 0800 212 537

AFTER HOURS : 066 596 1746 / 067 353 7553

KING GETSHWAYO DISTRICT

060 961 8956

UGU DISTRICT

083 501 2387 / 066 492 2377

UMGUNGUNDLOVU DISTRICT

033 897 1026 / 033 897 1043

033 897 1047 / 033 897 1046

033 897 1055

UMKHANYAKUDE DISTRICT

079 508 9829

UMZINYATHI DISTRICT

034 299 9105 / 034 299 9131

UTHUKELA DISTRICT

036 631 2202

ZULULAND DISTRICT


035 879 1052 / 035 879 1053

035 897 1054 / 035 897 1055

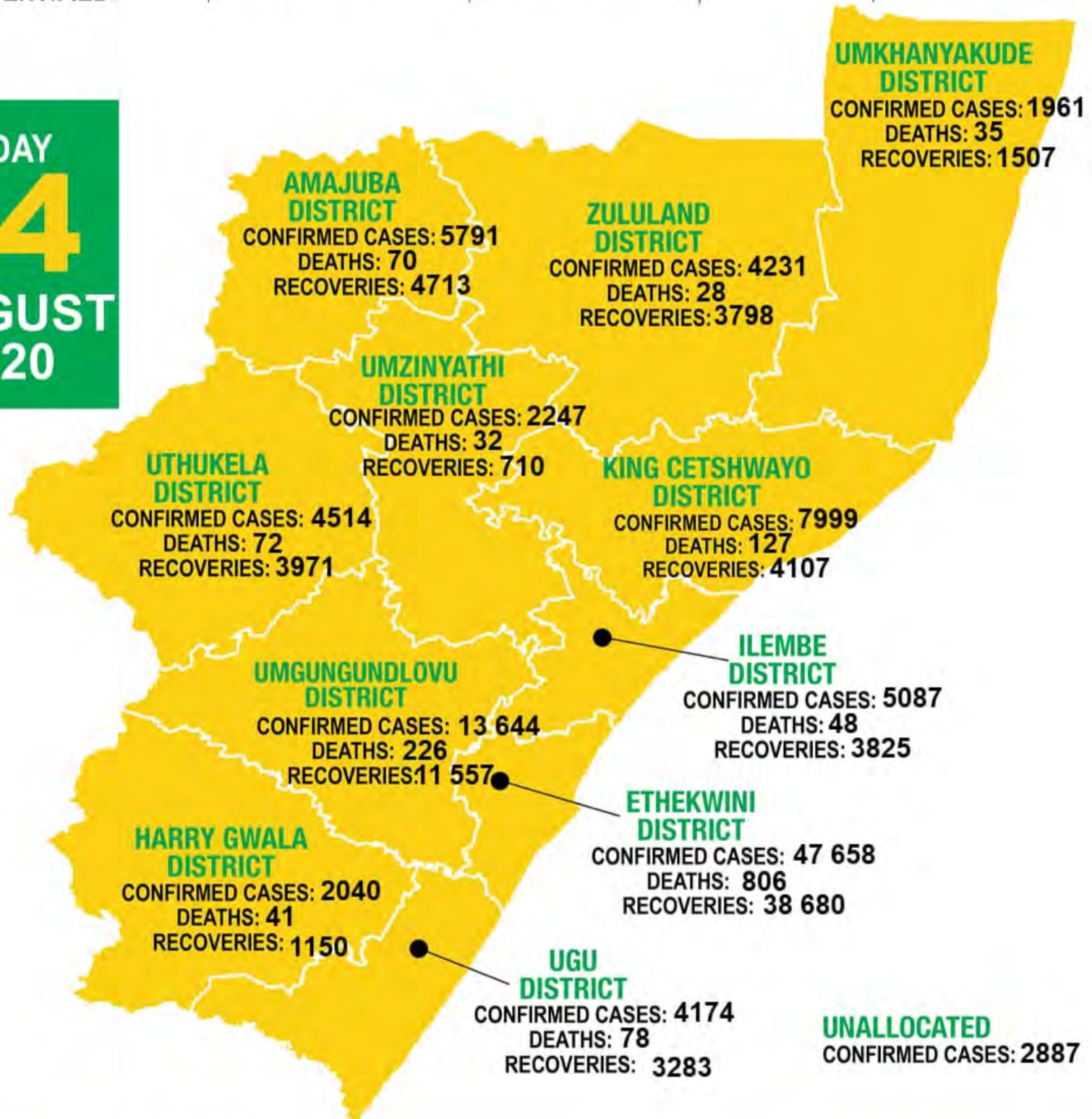
035 897 1870

It really is in our hands to defeat Coronavirus.

COVID-19 STATISTICS IN KZN

				
102 233	23 369	77 301	1618	734
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
14
AUGUST
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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COVID-19 RECOVERY TESTIMONIAL: YOU TOO CAN SURVIVE

Book Yourself in Your Nearest Health Facility and Get Treatment Early

While the world fights the COVID-19 pandemic, some good news is needed to cheer us up and there is no better news than real stories of people who have recovered from COVID-19. These are people who quickly sought help in public health facilities for appropriate clinical treatment. They did not delay but reached out early enough for clinical interventions that saved their lives. One survivor is full of praises for the treatment they received and took time to pen down their heartfelt gratitude to our warm and dedicated frontline healthcare workers who nursed them back to health

Karel Senekal

I was admitted to Edendale on 25 July 2020 with an extreme shortness of breath at MOPD TRIAGE. I was later tested for COVID-19 and results came back positive.

I am not going to write a long-worded letter, but I am compelled to compliment the staff on all levels as well as the wards where I received my treatment. As a patient I was treated with so much dignity and respect; there was kindness, friendliness and compassion I had never experienced at any other hospital.

When I was dropped off at Edendale on the 25th I forgot my mobile phone in the car that had brought me. I had no means to contact any of my relatives or friends. The ward personnel went through great lengths getting hold of people letting them know where I am. At Ward 2 (Covid Ward) there was this Zulu Male Nurse by the name of Senzo, who helped me even more, he went to absolute lengths to assist, what a wonderful person, a Florence Nightingale in male form!!

I want to thank everyone from the bottom of my heart to say thank you for the way I was treated, the medication I received and overall assistance. I went through hell, I was mortally ill due to this virus infection, but I made it thanks to all the staff and the high standard Edendale Hospital is operating at.

Thank you



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A THANK YOU LETTER TO KING EDWARD VIII HOSPITAL

Geeta Shagroo

Our family wishes to express our heartfelt appreciation and gratitude for the outstanding care and compassion our mother, Mrs Kisooni Shagroo and the family received, from all medical staff in Ward S2A, King Edward VIII hospital, and particularly Drs/Surgeons Arnold and Rankin, during her recent hospitalisation.

My mother, who is 84 years old with a lot of health issues, fractured her right hip and right shoulder. The exceptional care she received from Drs Arnold and Rankin was beyond our expectations.

Dr Rankin called me regularly to inform me of my mum's changing condition. Dr van Vuuren provided us with extensive counselling prior her surgery and provided us two choices for her surgery. We were advised of the risks associated with her surgery.

I was deeply moved by Dr Arnold's dedication and compassion. My sister and I were greatly concerned that as my mum had not seen any family for 8 days due to the pandemic, that her medical and psychological condition would deteriorate and that this would impact on her going to theatre the following Monday. Dr Arnold kindly made a video call to us when he checked on my mum on the Saturday morning. My mum was able to communicate with us and we were able to reassure her that she was in capable hands.

Your medical staff is outstanding and I am very happy that my mum was fortunate to be under King Edward VIII, Ward S2A's care. Please express our appreciation to everyone who worked with my Mum.

Thank you 

EDENDALE HOSPITAL STAFF RESPOND TO THE #JERUSALEMCHALLENGE AND HIT THE DANCE FLOOR

Covid-19 has taken space in our minds all over the world. We are experiencing different levels of stress as a society because of the effects of Covid-19. Business is struggling, personal and family relations are in strain, health care workers are in 24/7 trying to care for the sick while also being afraid they might contract the infection and risk their family members if that has not already happened.



Dr Nhlakanipo Gumede
EDENDALE HOSPITAL

Few weeks ago, there was a trending dance with a song "Jerusalem" by a well-known South African artist. We saw people in all four corners of the globe dancing to this song and following a local choreography. Since then, different groups of people accepted this dance challenge and are dancing their hearts out.

We in Edendale hospital have been in the news; newspapers and radio, for everything bad about the hospital care but very little is said about the good that Edendale hospital has to offer.

Workers in Edendale hospital are also under a lot of stress in the same way that the rest of the hospitals are experiencing.

We therefore needed to intervene on this matter. After the CEO of the hospital Mrs. N Nxaba shared a video from another hospital of doctors and nursing dancing to this tune, I then decided to do it in Edendale hospital. After sharing the idea with the Public

Relations Officer, Samke Mncube, she took over the administrative part, requesting the CEO for approval and inviting all the employees in the hospital, to attend whether they knew how to dance or not, this would take only 10 minutes of their time.

The response was remarkable, employees responded positively to this initiative and came out in their numbers to join the dance, some even said, "let's do it again tomorrow same time, same place!"



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From a medical perspective, dance can have so many benefits for the human psychology. While we struggle with the pandemic we need activities that will touch our souls and motivate us to soldier on.

Moving our body often does a lot to lift our mood. Dance also improves your heart health, overall muscle strength, balance and coordination, and reduces depression. These benefits have been seen across a variety of ages and demographics.

Swedish researchers studied more than 100 teenage girls who were struggling with issues like depression and anxiety. Half of the girls attended weekly dance classes, while the other half didn't. The results showed the girls who took the dance classes improved their mental health and reported a boost in their mood. These positive effects lasted up to eight months after the dance classes ended. The researchers concluded dance could result in a very positive experience for participants and could potentially contribute to sustained new healthy habits.

Dancing also allows us to become more connected and social. Making new friendships or reconnecting in an old relationship can be a wonderful side effect of dance. These social interactions can go a long way in improving mood and mental health.

If you are struggling with depression, consider trying dance as a form of therapy. While dancing should never replace seeking out help from a professional, it can be one tool you use to stay healthy. A formal dance class, exercise class, or even alone in your room could be enough to make a difference.



An article by Angela Betsaida B. Laguipo reported the following benefits of dancing on the brain:

1. *Dancing reduces depression symptoms*
2. *Dancing supports motor, emotional, and intellectual brain functions*
3. *Dance boosts memory*
4. *Dancing stimulates nerve growth factors*

Employees: Dancing once a week can get us very far with the work we are doing in our hospitals. After all we are a family and we need to do things together.



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THEY DO US PROUD: WOMEN IN HEALTH ON A RELENTLESS FIGHT AGAINST THE BURDEN OF DISEASE

Sister Gumede (58) is no normal nurse. You may have seen her on various social media platforms singing to her patients. This is not a new practice for her since she started singing for patients at Umzinto Mobile Clinic in 1989 where she started composing songs for health education. She has been doing that until now, currently at Philani Clinic for the KwaCele Community and surrounding areas like Mandawe and Amahlongwa.

Gumede hails from a family of teachers where both her parents and siblings were educators. Naturally, she followed in her family's footsteps but was unfulfilled by being limited to working with children only when she wanted to work with the community at large.

Her mother was initially very angry with her decision to leave the teaching profession causing her to run to her aunt in Umlazi who managed to calm her mother down by pointing out Gumede's nurturing ability from a young age which showed that she was a born nurse.

Today she has 33 years of experience as a professional nurse which formally started at Murchison Hospital in 1989. Since then she has worked in several other public health facilities and is now the Operational Manager at Philani Clinic under GJ Crookes Hospital in Ugu Health District.

She said the reason why she

sings and dances for the patients is that she wants them to feel at home, laugh and forget about their problems and sicknesses. "The definition of health is a state of complete physical, emotional, psychological and social well-being, not merely the absence of disease or infirmity, which means that if the person is sick all these aspects are affected, and medicine alone cannot reach all of them," she says. "I'm trying to create an environment where patients are able to get close to me and not be scared, especially nowadays when there's a popular perception about nurses' bad attitude which has created a bridge between us and our clients."

Her passion for educating and comforting patients with music and entertainment has made her popular with patients and seen her accept invitations from many municipal and departmental events.

Sr. Gumede not only sings but has also introduced a soup kitchen for Philani Clinic, where she cooks for patients through



Sister Gumede
Philani Clinic

raising funds amongst the staff at the clinic. This was spurred by the conditions which she has seen among the patients that visit the clinic, some of which come with an empty stomach. A backyard garden at the clinic also exists for the same purpose, where if approached by a patient, she provides them with the vegetables that she has grown or even seeds to encourage them to plant at home.

She also mentors young nurses by sharing valuable lessons and offering practical advice to them "My advice to nurses is that we must do our work diligently and religiously and to not allow anything that can tarnish the image of our noble

profession. I strongly believe that medicine treats but the nurse's good attitude HEALS. Let's hold our lamps shining. Let us make the people feel that once they enter our premises they safe and loved.

Let's remember that the human being is an image of God no matter what state he/she is in but treat them likewise. Let's eradicate the mentality that if we serve our clients we are doing them a favour because that is what's destroying our profession. Let's respect our profession and we will be respected by the community, but if we don't respect ourselves and our clients, we can't expect to be respected". says Sr Gumede

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THEY DO US PROUD: WOMEN IN HEALTH ON A RELENTLESS FIGHT AGAINST THE BURDEN OF DISEASE



Sister Nomava Mtshali
Nondweni Clinic

Sister Nomava Mtshali (54), who has been a nurse for 28 years at Nondweni Clinic, Umzinyathi Health District, said she enjoys serving her community.

"When I was a child, I lived with my sick mother whom I always felt I could assist by making her feel better and getting all the medical assistance from health facilities. Unfortunately, at that time the clinic was very far and there was no transportation to the facility. After seeing her in so much pain and her adverse living conditions, she died when I was 9 years old. That was when I decided to be a nurse," said Mtshali. The uniform and the cleanliness portrayed by nurses also played a major role in swaying me to become a nurse.

She said being a nurse assisted her to be able to care for the sick people in her area.

"I prayed to God to open doors for me to fulfill my dream to become a nurse. God's response came at a right time when a nursing training post was advertised. I applied and was accepted to train as a nurse in 1988 at Ceza hospital in Mahlabathini.

Today she enjoys inspiring her community in making positive changes to their lifestyles and taking care of their physical, mental and emotional wellbeing. About the Celebration of Women's Month, Mtshali said, "Women need to be reminded that they are significant according to God's plan and that they are care givers and helpers, and there is no nation without women. Men must stop abusing and raping women. Women must learn to be independent and not rely on men for a living."



Ntombizodwa Mavis Zondi
Professional Nurse at Northdale Hospital.

Ntombizodwa Mavis Zondi (43) is a Professional Nurse at Northdale Hospital.

My passion for nursing started when I had to go with my grandmother to the clinic to collect her medication and I had to monitor her in terms of taking her medication as expected. It was when the awareness of health care began. I started nursing in the year 2002 as an ENA at Northdale hospital. I then managed to apply to further my nursing qualification to become a Professional Nurse at Greys hospital which I completed in 2015.

I chose the casualty department because it has exposed me to a lot of opportunities and different scenarios of emergency situations. We deal with a lot of different conditions such as trauma, Paeds, Gynae and Ortho cases. I would like to indicate that this is a department where we don't deal with conditions of patients only but we have a responsibility to provide counselling to relatives as well. This exercise requires our humanity, support and a good attitude at all times.

There are challenges that we are facing in our department such as shortage of staff members, overcrowding of patients, and unavailability of beds in the wards for admission. These challenges require us to be present ourselves professionally at all times even when conditions are not 100% conducive.

One day the nurses from the clinic came in rushing into the casualty with a nine month old toddler and I was the only one on the floor. The child had a history of difficulty in breathing. Upon arrival the baby was seriously critically ill. I then decided to put the baby on oxygen. Then I rushed the baby to be X-rayed with the doctor who was on with me on the floor, only to find out that the baby had swallowed crafting beads. The baby was then taken for the removal of these beads and luckily no operation was done because the beads came out manually. Everybody was happy and rejoicing, especially the nurses that brought the child. I was so proud that I had saved the life of a baby that day.

Paying attention to detail has helped me learn more in my career. I have learnt a lot of new nursing techniques over the years just by observation. Communication is key to the success of every winning team. Communicating with my colleges about our duties and other daily challenges helps a lot in coming up with more integrated strategies to overcoming such challenges and to plan ourselves for the day. Education is key to success and gaining more experience or knowledge about nursing. It is very important to know your goals in life.

Lastly, if you don't take care of other people then those people won't take care of you also," umuntu ngumuntu ngabantu'' a person is made by other people.

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KZN HEALTH TACKLES TB & HIV IN HER NEW BOOK



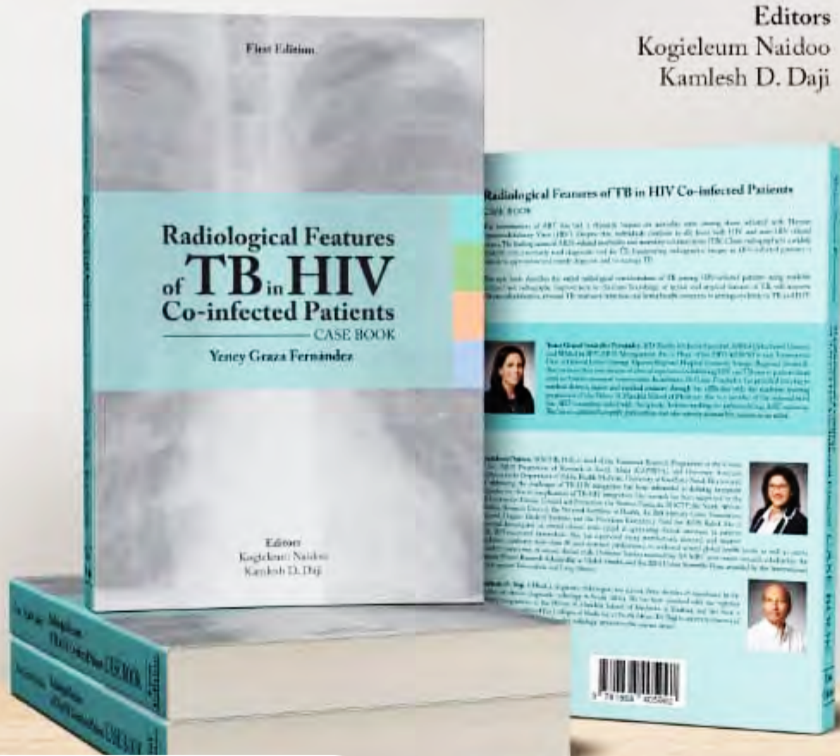
Dr Yeney Graza
Family Medicine Specialist at General Justice
Gizenga Memorial (GJGM) Hospital

Radiological Features of TB in HIV Co-infected Patients

CASE BOOK

Yeney Graza Fernández

Editors
Kogieleum Naidoo
Kamlesh D. Daji



Dr Yeney Graza, a Family Medicine Specialist at General Justice Gizenga Memorial (GJGM) Hospital has recently published her new book titled, "Radiological features of TB in HIV co-infected patients". Health Chat Bulletin caught up with her to find out more about her new book.

HC: First of all, please may you tell us a bit about yourself.

YG: I am a Cuban doctor who came to South Africa in 1999 to join my husband who had arrived a year earlier as part of the government-to-government collaboration program between the two countries. Upon my arrival in South Africa, I first worked at Itshelejuba Hospital then moved to Appelsbosch, Tongaat Community Health Centre and now I'm at General Justice Gizenga Memorial (GJGM) Hospital where I have worked for the past nine and a half years.

I am a Family Medicine Specialist and have a Master's degree in Infectious Diseases and HIV/AIDS Management. I am currently the head of the HAST Unit at GJGM and also a member of the national third line Anti-Retroviral Treatment (ART) committee tasked with therapeutic decision-making for patients failing ART regimes.

HC: Can you please unpack the Title of your book for us, what does it focus on?

YG: During the last few years the idea of a book that shows real radiographs, along with other clinical information of patients co-infected with TB and HIV, was born. The book is designed to be a quick reference guide for healthcare workers aiming to improve knowledge, diagnostic skills, clinical management and better health outcomes for people living with HIV/AIDS and TB.

The first two chapters of the book provide basic guidance for front line health care workers on how to read and interpret radiographs and also show, through multiple pictures and illustrations, some of the most common patterns of active TB and its complications. The last two chapters focus on pulmonary tuberculosis, extra-pulmonary tuberculosis, MDR TB and TB IRIS in adults and pediatric patients with TB-HIV confection.

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KZN HEALTH CLINICIAN TACKLES TB & HIV IN HER NEW BOOK

HC: What instigated you to do a research on this topic, where and how did you conduct it. Did you work with some of your patients to monitor the co-infections?

YG: The main motivating factor to develop this project was the fact that other health care workers could benefit from the information we have compiled. We know that the introduction and availability of antiretroviral treatment has had a dramatic impact on mortality rates among those infected with HIV.

Despite this, individuals continue to die from both HIV and non-HIV related causes. The leading cause of AIDS-related morbidity and mortality is TB. Chest radiography is a widely available and commonly used diagnostic tool for TB. Interpreting radiographic images in HIV-infected patients is critical to guiding the appropriate and timely diagnosis and management of TB.

Every radiograph and every aspect of clinical information that we present is from real cases, all treated by me as a front-line clinician from the very beginning of the ARV roll out,

specifically in the rural communities around Appelsbosch Hospital. Many of the patients were followed up for many years from the time they commenced the treatment. This provided a unique opportunity to compare the evolution of the disease through X rays and other diagnostic tools. There was a very special bond with them, for a health care worker it's very rewarding to see patients improve, overcome illness and complications and return to a normal and productive life.

HC: What message would you like to share with the public from what you've observed?

YG: The main message is that Tuberculosis still has an immense influence in morbidity and mortality among people leaving with HIV. Prevention, early diagnosis and correct management of both conditions are critical to save and improve quality of life in our communities

HC: How are you hoping this book will help other clinicians?

YG: I hope the book will provide front-line clinicians with a quick reference material where they can find relevant information to aid diagnosis and management of their patients still affected by HIV and TB. In many instances in rural areas there are young health care workers are faced with difficult clinical decisions without having the benefit of consulting senior clinicians and experts. It is our expectation that this book will be of help in this regard.

We also hope that the book can go beyond our borders and be of assistance to clinicians in other parts of the continent and the world.

HC: Where can people find the book now if they want to purchase it?

YG: The book can be ordered from me by emailing me at yeney.graza@gmail.com

CAPRISA has funded and supported the 1st edition of this book and has made 1500 free copies of the book available to health care workers in the public sector in South Africa.

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WHY YOU NEED TO AVOID TEEN PARENTING AND GO FOR FAMILY PLANNING



Adolescent or teen parenting refers to girls and/or boys 19 years old or younger who find themselves having to parent a child. Although most adolescent pregnancies are unintended, many pregnant adolescent girls continue with the pregnancy and become a parent, either alone or together with the baby's father. They are forced to adjust to lots of changes in their adolescent life: physically, emotionally and socially.

Even though teenage parents face similar ups and downs to older parents, teenagers have special challenges, which include:-

- Handling people's judgmental attitudes of being a teenage parent.
- Finishing school while looking after a baby. Support and planning can help overcome these challenges.
- Feeling overwhelmed when they struggle to balance their life, and/or keeping in contact with their friends.
- Having a dependent child brings with it a new level of responsibility for the teenager. Most teenagers after becoming a mother experienced physical and mental fatigue and needed help and support from others, mostly family members.
- There is a feeling of restriction, imprisonment and inability to fulfil self-desires.

While all pregnant women need professional and timely antenatal care, if you're pregnant and aged younger than 19 years, you need extra care in pregnancy and during parenting. You have special health concerns because your own body is still growing and developing. Pregnancy can also be a very emotional time.

Dangers and complications of teenage pregnancy:

1. Obstetrical problems:

There is higher rate of maternal death during pregnancy and childbirth, and also a higher rate of stillbirths and infant deaths associated with teenage pregnancies, mainly those under 18 years. Becoming a mother in some teens has been associated with several health problems.

These problems could be related to pregnancy, childbirth, the post delivery period and breastfeeding.

Some adolescent mothers experience hyperemesis gravidarum (excessive vomiting in early pregnancy) and eating disorders or poor eating patterns. Anaemia (low blood cell count) - maybe due to poor eating habits and/or lack of iron etc. This makes you feel weak, and may have an impact on baby care.

There is increased incidence of high blood pressure in pregnancy (pre-eclampsia) in teenagers. Most other pregnancy complications are also increased in young teenagers. For example there are also associated risks of difficult birth, and emergency caesarean birth.

Also, breast (nipple) fissures, a perception of having small breasts, and tense, tender breasts were expressed by the majority of teenage mothers as having a negative effect on baby feeding, leading to many of them opting to stop breastfeeding.

Biological immaturity of the pelvis which may result in difficult labour and delivery. This results in an increased incidence of Caesarean Section.

Intra uterine growth restriction is also common but is missed most of the time because of late booking. This may also increase the risks of low birth weight babies. This is due to multiple factors.

Calculating the period of gestation (duration of pregnancy) is often a problem as they sometimes forget or do not note when last they had their menstrual period, and if they book late, the ultrasound assessment cannot give an accurate gestational age estimate.

Teenage pregnancy is also associated with premature labour and delivery

Teenagers often cannot cope well with the experience of labour especially when they are in labour without a family companion.

2. Psychological problems:

- Anxiety, for example, about the pregnancy and family finding out
- Loneliness
- Sense of guilt and shame

All this can easily lead to mental illness, including depression. At worst it can lead to suicide.

They may seek termination of pregnancy from illegal and often unsafe providers, which can result in disastrous consequences.

One of the main challenges faced by teenage mothers is the feeling of helplessness. Teen mothers lack sufficient knowledge and skills for successful maternal role and therefore depend on others.

3. Social problems:

The pregnant teenager or mother is sometimes forced to drop out of school – lack of education – leading to poverty; future schooling and education are often lost.

Early marriage which predisposes to early divorce and dependency on others.

Increased incidence of battered and abused children due to lack coping mechanism and immaturity.

Teenagers tend to be abandoned by their partners/boyfriends and they become single mothers most of the time.

Without adequate support they experience serious challenges in adapting to motherhood.

Becoming a mom when you're still young yourself is an incredibly tough situation. For girls who get pregnant in high school and the years right after, it's not always easy to tell what the next few months and years will look like. A dozen girls were asked to get real about their experiences as teen moms.

They talked about

- - Changing college plans,
- - Career paths,
- - Finances, relationships and friendships, and more.

They also explained what they wished they had known before they got pregnant, and the struggles and challenges they've faced.

Family planning is the best option for young girls and boys who want to achieve in life. The service is available right across all public health facilities for free.

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