



## KZN HEALTH MEC PAYS TRIBUTE TO ALL NURSES FOR THEIR “STELLAR” ROLE IN FIGHTING COVID-19



*Without the courage, generosity of spirit and never-say-die attitude of nurses, the Province of KwaZulu-Natal would not have managed to save as many lives as it did during the past two waves of COVID - 19.*

continued on page 02 >>>

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This is according to KZN Health MEC Ms Nomagugu Simelane, who paid tribute to all nurses in the length and breadth of the province as the world commemorated International Nurses Day on 12 May 2021.

This commemorative day is observed annually to coincide with the birthday of Florence Nightingale, who is considered the founder of modern nursing. This year's theme, as set by the International Council of Nurses, is: Nurses: A Voice to Lead - A vision for future healthcare.

Reflecting on the contribution of nurses during the pandemic, which she has described as "stellar", MEC Simelane said: "At a time when we were being hit very hard by the pandemic, our nurses were on the frontlines. They have stood firm and got on with the job. We know how difficult it was for some of them emotionally... to have to come to work after having lost their colleagues; or while some of them had been infected with the virus.

"Indeed, these current generations of nurses will go down in history as our heroic cadre of healthcare professionals who were prepared to face anything, including dying with their boots on. "We have previously urged nurses to emulate the spirit of uMam' Albertina Sisulu by being dedicated and loyal to the profession, and to the service of our people. COVID – 19 has shown us that we do have those kinds of nurses. We appreciate them, and we dip our hats to the nurses who have actually done that.

"It's no child's play leaving your family every day and walking straight into a working environment

that resembles a war zone; where you might get infected with the deadly coronavirus; and potentially come back and infect your own family.

"It is no child's play watching your own patients and colleagues die in large numbers from this new, incurable, and deadly disease.

"It's no child's play living with the anxiety that you might get back home and infect your own elderly parents and grandparents, or those whom we live with who have comorbidities, who are especially vulnerable to the virus, and might die from infection.

"It certainly can't be easy knowing that, in spite of taking precautions, you yourself might still get infected with COVID – 19 – and knowing that you might not survive.

"And yet, our nurses have done it. They've made a huge difference during these extraordinary and devastating times. "So, at a time when the world is celebrating the nursing profession, it gives us, too, an opportunity to appreciate our nurses and say thank you.

***"Thank you for waking up every day and braving the tough challenges that come with your job." "Thank you for your selflessness." "Thank you for risking it all, in service of your countrymen and women." "We know you've given it your all, and we are deeply humbled and inspired by your courage, dedication and hard work," she said.***

The MEC has also taken the time to remember the nurses who have sadly lost their lives due to COVID – 19. "To illustrate the point about how exposed our nurses are, since the pandemic started, at least 17 076 nurses have been infected with

COVID – 19; with 397 having sadly succumbed to the disease. May their souls rest in peace.

"We know that these deaths have left many families without breadwinners. Due to COVID – 19, many children have been left without mothers and fathers; and communities and workplaces are today without their beloved and trusted pillars of support. "Therefore, to all those who have lost their loved ones, we send our deepest condolences."

The MEC also thanked nurses and all other staff members for vaccinating 69 958 of their colleagues so far; and for recruiting the public to register for the next round of vaccinations.

"As we enter the second phase of vaccination, we appreciate the role that nurses are playing in encouraging those who are aged 60 and above, as well as those who are 18 years old and living with co-morbidities, to register so that they can be vaccinated. "Our target for Phase 2 is to vaccinate at least 2,9 million people by October 2021, with Phase 3 expected to begin in November 2021.

"We have an army of 7 616 people who are trained to carry out these vaccinations, and we are confident that, with the requisite support and co-operation from the public, we can indeed accomplish these targets, and move closer towards achieving the 67% population immunity that we need."

The MEC also called on all of society to continue following the COVID – 19 precautions and remain alert to the potential threat of a third wave of infections.

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# KZN HEALTH MEC ENCOURAGES PEOPLE TO GET REGISTERED FOR VACCINATION

**KwaZulu-Natal Department of Health MEC Ms Nomagugu Simelane encourages all qualified citizens to register for the second phase of the COVID-19 vaccination campaign.**

The registration of this phase which targets those who are 60 years-old and above began on 16 April 2021 for the commencement of vaccination on 17 May 2021. People can register manually or through the internet using any

device such as a cellphone, laptop, tablet or desktop computer. If citizens wish to register online, they should enrol on the Electronic Vaccination Data System (EVDS) on <http://vaccine.enroll.health.gov.za/> or visit the South African

government website which is [www.gov.za](http://www.gov.za).

To register online, citizens will need to have access to the internet, their ID number or Passport (non-RSA), general contact information such as your cellphone number will be used as the primary mode of communication. You will also need to have information about your employment (primary employer and location of work) and where relevant, your professional registration details, and medical aid are also requested. With all information at hand registration should take approximately two-three minutes.

However, for people that cannot register online, they can use the manual system by filling a registration form which can be obtained at health facilities and SASSA points, but citizens must have a contactable cellphone number so they can be alerted about their vaccination dates.

**So far, the vaccination programme has been allocated in various health districts in KZN and was scheduled as follows:**

EThekweni Catchment areas	2 200 vaccines (And was to receive 8000 doses in April: 50% public sector and 50% private sector)
Edendale Hospital Catchment areas	4 760
General Justice Gizenga Mpanza Hospital Catchment areas	1 280
Madadeni Hospital Catchment areas	2 345
GJ Crookes Hospital	3800 including 200 for the private sector
Ladysmith Hospital	2400 including 300 for the private sector (Was due to receive 1500 doses in April, with 10% going to the private sector)
Medi-clinic Hospital	1800 (And was also due to receive 500 doses in April: 50% public and 50% private)
Vryheid Christ the King Hospital	1600
Ngwelezane Hospital	2000 including 200 for the private sector (Was due to receive 2200 doses in April, with 20% going to the private sector)
Hlabisa, Umkhanyakude and catchment hospitals, including Benedictine, Nkonjeni, and St Francis Hospital	Was due to receive 4400 doses in April, with 10% of it going to the private sector






**The process of vaccination thus far has unfolded as follows:**

From the first 80 000 doses that the country received on the 16th of February 2021, KZN received 10 800. The second batch of 80 000 doses was received at the beginning of March, with KZN being allocated 15 120 vaccines (public sector = 10 585 and private sector = 4 535).

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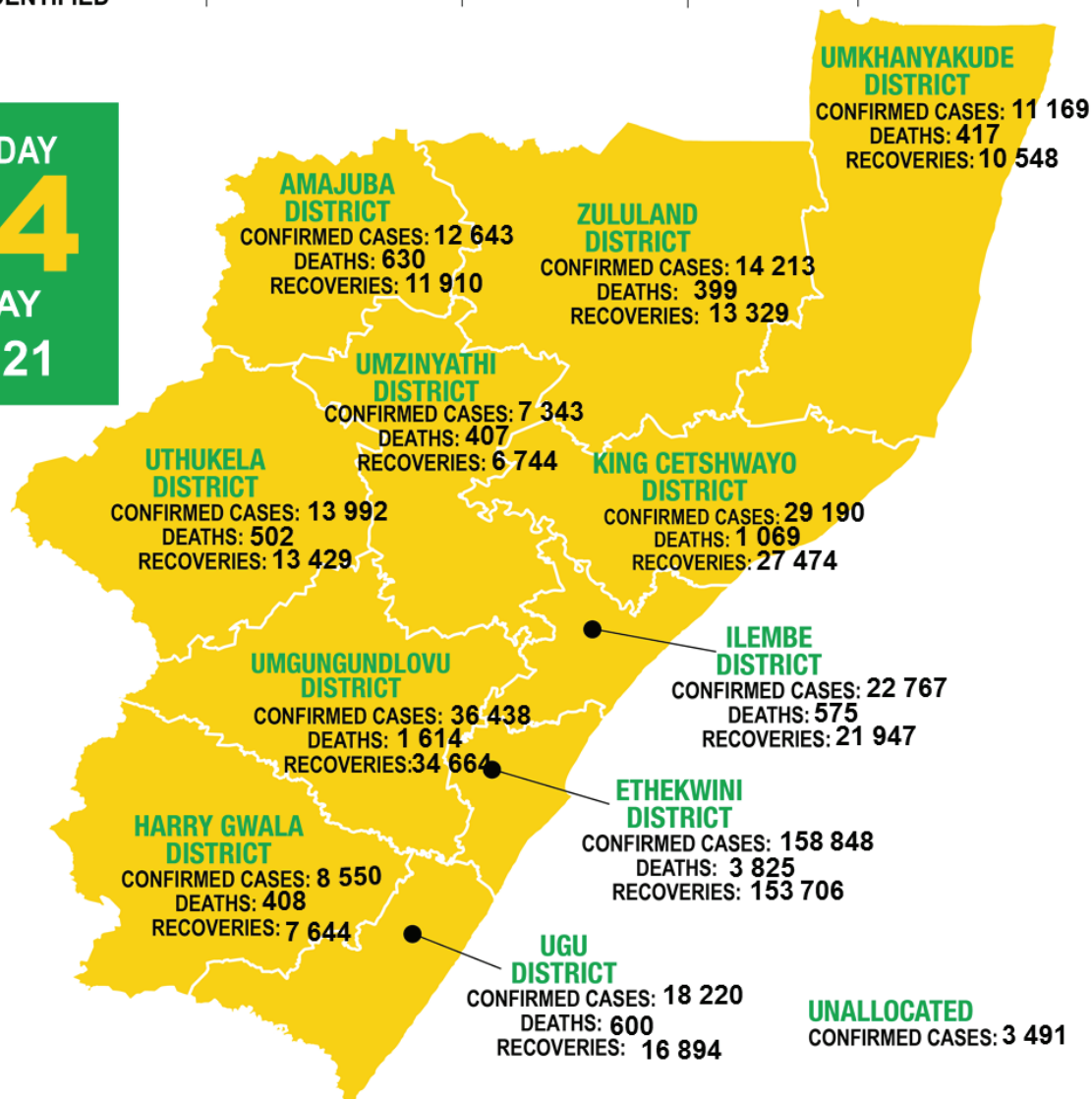
# COVID-19 STATISTICS IN KZN

				
<b>337 728</b>	<b>4 533</b>	<b>321 776</b>	<b>10 446</b>	<b>118</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY

**14**

MAY

**2021**

Learn more to Be READY for #COVID19:  
[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

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



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# INTERNATIONAL NURSES DAY CELEBRATES THE YEAR OF THE NURSE DURING COVID-19



This month marks International Nurses' Day which is celebrated annually on 12 May, the anniversary of the founder of modern-day nursing, Florence Nightingale's birthday.

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It comes at a time when nurses globally have to show their commitment, resilience, compassion and a positive attitude among other things during a global combat against the coronavirus.

As the largest health care profession in

the world, there is no doubt that nurses are key to the achievement of service delivery in the health sector.

Health Chat had a conversation with Cynthia Nompumelelo Sosibo, 57 years-old, who is the director of

continued on page 04 >>>



nursing services at the KZN Department of Health Head Office Townhill Office Park, about the importance of commemorating International Nurses Day and her sentiments and experiences of working in the nursing profession during the COVID-19 pandemic.

Nurses are often the only health professionals accessible to many people in their lifetime and often the most innovative in reaching underserved and disadvantaged populations.

Sosibo said it is quite important to celebrate International Nurses Day because it reminds nurses of the important role they play in serving human kind.

“(International Nurses Day) recognizes the nurses as a force for change and a vital resource for health and appreciates nurses for the hard work they perform. It also reminds nurses of the foundation of their profession,” said Sosibo.

Sosibo said as much as she was not in clinical areas, the COVID-19 outbreak was frustrating, evoked emotions of fear, uncertainty for nurses and her

own professional and personal capacity.

“Seeing the number of infections increasing, staff being infected, succumbing to the virus, patients dying in numbers - sometimes from the same family - was so traumatizing. However, I realized then that if there is collaboration and working towards a common goal, all is achievable,” said Sosibo.

She said dealing with fear and anxiety meant supporting each other as health workers at all levels, sharing or discussing the fears, accessing psycho social support, being empowered with skills, knowledge, availability of adequate Personal Protective Equipment (PPE) and human resources.

“As a health professional I was anxious, nervous not knowing what the future holds for South Africa and the health system. I was more concerned about the health of all the health care workers who are the front liners and the risk of high transmission of the virus. Furthermore, fear of the unknown as the second wave became a reality and the number of infections increased,” said Sosibo.

She said despite the pressure of having to deal with the dangerous

COVID-19 directly, a lot of skills were mastered - especially modern technology. Nurses had to show a lot of resilience.

“COVID 19 equipped us more to deal with various diseases and created confidence in our capabilities. It prepared nurses to provide tireless, dedicated and affectionate service to patients. And as much as there were other infectious diseases that we have managed, I am of the opinion that COVID 19 made us realize the importance of the knowledge and skills that we were capacitated with during our training and throughout our journey as nurses,” said Sosibo. Sosibo added that: “It is with great appreciation that we have reached this period, the month of May, which is our month, with nurses still showing a positive attitude, walking with pride and confidence.

Nurses aggressively engaged in the management of COVID 19 starting at primary level visiting households, contact tracing, being part of commissioning health facilities and always showing a selfless attitude which contributed to service delivery. I highly commend and salute the nurses”.

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# FINANCIAL WORKSHOP EMPOWERS



This programme was initiated after the observation that during the lockdown many people had their spouses or relatives lose income and suddenly found themselves with a very limited budget and sometimes the added responsibility from the relatives who lost employment. This created a need for a programme that would empower people to handle their finances better and save on unnecessary spending. Some of the topics covered were effective budgeting, how to purchase property, qualifying for a bond, how to look at a vehicle purchase agreement, and how to remove a credit bureau status etc.

In addition, on 28 April 2021 an article on creating an extra income and how to pay off debt effectively was sent to all staff. This was then followed by another article on the dos and don'ts of debt counselling.

Any employee who wants financial assistance can contact the service provider for consultation or they can contact the EH&W office for a formal referral through an EAP Practitioner on **033 395 2582** or **Phumelele.Masango@kznhealth.gov.za**

The Employee Health and Wellness sub directorate ran a financial education online workshop from 26 April 2021 to 14 May 2021 every Monday to Thursday at 10h00 – 10h30 am.



MS NOMAGUGU SIMELANE  
MEC FOR HEALTH IN KWAZULU-NATAL

## BUDGET SPEECH 2021

## 21 MAY 2021

**THEME:**  
EMERGING FROM THE  
RUINS OF COVID-19 AND  
PREVAILING TO  
ACCELERATE THE  
SERVICE DELIVERY TO  
OUR PEOPLE

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### How to use your income correctly

- Pay yourself first – Always make sure you eat correctly, a healthy body is healthy mind.
- Make a budget.
- Understand the difference between the Needs and Wants.
- Stay away from loans.
- Work as a family when it comes to a joint income.
- Apply the 70/30% Rule!
  - o Of the 30 percent not spent, one-third should go to charity.
  - o The next 10 percent to create wealth. This is money you'll use to buy, fix, manufacture or sell.
  - o The last 10 percent should be put in savings. 'Let me give you the definition of "rich" and "poor": Poor people spend their money and save what's left. Rich people save their money and spend what's left.' - Jim Rohn

### The Snowball Effect.

The debt snowball method is a debt reduction strategy where you pay off debt in order of smallest to largest, gaining momentum as you knock out each balance. When the smallest debt is paid in full, you roll the money you were paying on that debt into the next smallest balance.

#### But

If you have additional cash you can also request a special settlement and offer the credit providers 20 to 50% less, this will help you to pay off your debt quicker.

## Remember There Is Life After Debt

Ron Ries 0828281258

[micromanage@mweb.co.za](mailto:micromanage@mweb.co.za)



FINANCIAL LITERACY 101

02

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# HAVE YOU SUBMITTED YOUR DOCUMENTS?



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## ANNEXURE E

### PERFORMANCE ASSESSMENT INSTRUMENT

#### Annual Performance Assessment Instrument

The manager must forward the completed form to Human Resource Management for filing immediately after completion.

#### CONFIDENTIAL

Period under review .....

Surname and initials .....

Job title .....

Remuneration level .....

Persal no. ....

Component .....

Race African ..... Coloured ..... Indian ..... White .....

Gender Male ..... Female .....

Disability (Specify, if applicable) .....

(Tick the appropriate box)

Probation      Extended probation      Permanent      Contract

#### PART 1 – COMMENTS BY RATED EMPLOYEE

(To be completed by the Employee prior to assessment. If the space provided is insufficient, the comments may be included in an attachment)

1. During the past year my major accomplishments as they related to my performance agreement were:

\_\_\_\_\_

\_\_\_\_\_

2. During the past year I was less successful in the following areas for the reasons stated:

\_\_\_\_\_

\_\_\_\_\_

#### Signatures :

Employee : ..... Date: ..... Supervisor: ..... Date: .....

Annexure E: Performance Assessment Instrument

### EPMDS has three documents that need to be submitted to the Human Resource Department:

#### 1. Performance Agreement

**(Annexure A)** The purpose of entering into this agreement is to communicate to the Employee the performance expectations of the employer annually. E.g. From 1 April 2021 to 31 March 2022. The deadline for submission is 31 May 2021.

#### 2. September Performance Review

**(Annexure D)** The purpose of this review is to assess the employee's performance halfway through the financial year. The deadline for submission is 31 October 2021.

#### 3. Annual Assessment

**(Annexure E)** This document assesses the employee's performance during the entire financial year. The deadline for submission is 31 October 2021. Meeting deadline dates is crucial for qualifying for pay progression.

If documents are not submitted, an employee does not qualify for pay progression and may be subjected to disciplinary action. Therefore, it is the responsibility of an employee and supervisor to ensure documents are submitted on time.

The content of the agreement may be revised at any time during the above-mentioned period to determine the applicability of the matters agreed upon, especially where changes are significant.

More information can be found on the intranet under the EPMDS Component as well as through the Human Resource Management Circular. Meeting deadline dates is crucial for qualifying for pay progression.

The Employee Performance Management System (EPMDS) can be defined as a procedure which employees partake with their supervisors to evaluate their performance which has to be directly aligned with the goals of the department. EPDMS became effective in government in 2007 to focus on evaluating both good and bad employee performance, to constantly produce acceptable standards of service delivery.

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# EATING DONE THE HEALTHY WAY



**Eating disorders are often a taboo topic of discussion, especially amongst the African community. However, the stigma around eating disorders needs to be addressed as, much like other disorders, it does not discriminate and can affect anyone, regardless of skin colour.**

According to the World Health Organization (WHO), eating disorders commonly affect females more than males and can be detrimental to one's health and often co-exist with other illnesses such as depression, anxiety and/or substance abuse. Eating disorders go beyond just food but are more of a psychological condition that needs expert help. Eating disorders can be defined as a mental condition whereby one becomes obsessed with food and body image.

## THE TWO MOST COMMON ONES ARE:

- **Anorexia nervosa** - People with anorexia nervosa view themselves as overweight. At most times, they are dangerously underweight. They tend to monitor their weight and the food they eat and sometimes eat very little.
- **Bulimia** - People with bulimia have episodes of consuming large quantities of food at once, then try inappropriate ways of losing weight, such as vomiting, fasting, using laxatives and compulsive exercise.

Dr Sally John, a psychologist from McCord Hospital, had this to say about eating disorders. "I would say that an eating disorder is more of a mental illness than a physical disorder. If you interview people suffering from eating disorders, you find that each has a different story so you cannot say exactly what causes it. It helps the person feel they have control over their lives by having complete control of their food intake and their image. Usually, an anorexic person enjoys being very thin. This person cannot see how uncomfortable his/her skeletal shape makes others feel or how unhealthy it is. Teenagers and adults have been known to die from this disease as it causes bowel complications.

Sometimes a comment from a brother about his sister being fat can lead to dieting, which might be taken to excess. Or an eating disordered person might be reacting to a controlling parent since not eating is the one aspect of the person's life that the parent cannot control. Bulimia is a reaction to bingeing on food and then not wanting to put on any weight. Sadness, loneliness, teasing, anxiety, feeling bad about oneself (poor self-image), not coping at school, missing one's parents when at boarding school are some of the many reasons that can lead to depression which can lead to eating disorders. It is hard to help the sufferers of this disease. However, it is possible. First, they need to describe why they are unhappy in their lives. Then an eating plan devised by themselves in conjunction with a professional can help. The person must be able to see and admit that he/she has a problem that he/she needs help with. Clinics sometimes use a confiscate and

reward system. If a person in the clinic does not eat, then she/he might have the right to TV or visitors taken away. If he/she starts to eat again, then the punishment is lifted. The body weight is monitored regularly, and exercise is initially forbidden. A body under 45 kilograms (in an adult) is considered risky.

I have heard anorexics and bulimics say that they never quite rid themselves of the eating disorder. In times of stress, it comes back into their eating habits. I have heard one sufferer say that it helped her to never stand up when eating but to sit down and relax over the food. Eating on the run was something that did not help her eating disorder. She needed to be mindful of food.

Food is God's gift to us, and we have so much in it to enjoy; variety in the different tastes and the opportunity to enjoy family and friends over a meal. Children who hide away and eat in their room might be having an issue with food. Children who develop an excessive interest in food and recipes and preparing food but not eating it might be suffering from an eating disorder. Parents must watch this.

Family meals are to be encouraged for many reasons, and open, honest communication between parents and children is essential. Regular family meetings over dinner can be planned, where all issues and consequences of bad behaviour can be discussed democratically and decided on by each member of the family.

These meetings can start from when children have just begun to talk and can carry on until the children are adults and still enjoy coming back home for these meetings.

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**COMPILED BY:**

**CORPORATE COMMUNICATIONS**  
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

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

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ON THE KZN HEALTH CHAT BULLETIN TO:**  
[healthchatbulletin@kznhealth.gov.za](mailto:healthchatbulletin@kznhealth.gov.za)

