

JOBS GALORE AS KZN HEALTH WELCOMED 320 CLEANERS AND PORTERS



The KwaZulu-Natal Department of Health is set to help hundreds of people put food on the table, following the confirmation of the employment of 178 cleaners and 142 porters. As if that was not enough, KZN Finance MEC Ms Belinda Scott also unveiled a brand new Human Resources Capacitation Grant worth R390 million for the public health sector in the Province. The grant is expected to create hundreds of jobs for nurses, medical nurses and more porters.

"This was initially a component of the National Health Insurance (NHI) indirect grant held under the National Department of Health, but a decision was taken by the sector to make this a direct grant allocated to each province. This allocation is to assist provinces to appoint critical

staff in Health, including nurses, medical interns and porters, to name a few. The amount allocated to KZN in this regard is R122.3 million, R130.4 million and R138.7 million over the Medium Term Expenditure Framework," said MEC Scott, while delivering her Department's 2019/2020 annual budget speech.

All of this was music to the ears of KZN Health MEC Dr Sibongiseni Dhlomo – and scores of people who are set to get a new lease on life in the KZN Department of Health, now and in the near future.

"It's a beautiful coincidence that today we were listening to the budget speech by finance MEC Ms Belinda Scott who, among other things, mentioned this specific benefit to health, which is the

Human Resources Capacitation grant. That grant is a creation of Honourable President Cyril Ramaphosa through the Presidential Stimulus Package. In this province, we've prioritised the employment of cleaners and porters. It's now history that in this province in January 2019 we enrolled 300 Enrolled Nurses and Enrolled Nursing Assistants. Today, we were confirming the employment of 320 cleaners and porters for all our hospitals, but we would have wanted to have more, but we are happy."

MEC Dhlomo said the Health Capacitation grant would be a significant boost to the Department's human resources capacity.

The MEC said while it was disheartening to know that the 320 posts were chosen out of 16200 job

applications, the recruitment of these mostly previously unemployed, poverty-stricken people would still make a huge difference in their lives.

"We are very grateful. The excitement that has been here from this few, who now have a chance to eradicate poverty, develop themselves, and improve their self-esteem, is something that you could see from their tears. We commend our Government. We want to thank our President Mr Cyril Ramaphosa who came up with this idea to stimulate and inject some resources into our healthcare system. It cannot be that we only need nurses, doctors and pharmacists in our hospitals. You also need cleaners and porters, among others. So, for us to have injected 320 cleaners and porters in

the province is something that is highly commendable."

Ntombizonke Hadebe (35), from Caluza in Pietermaritzburg, was among those who were overjoyed at finally being hired. After looking for a stable job unsuccessfully for the past 14 years, she can hardly wait for the day when she finally gets her first pay cheque. "I'm a single parent. I don't even know whether I'll be getting paid on the 15th or the 30th, but when that day comes, I will be jumping all over the house with joy. I will wake up and go to the ATM at midnight. My neighbours will have to wake up."

Like many others, she thanked the ANC-led government profusely for this job opportunity, and has vowed to work with diligence and respect.

NEWLY-LAUNCHED “IMPILO IYASETSHENZELWA” CAMPAIGN TO BOOST UPTAKE IN HEALTH SCREENING AND TESTING, AND LEAD TO EARLY DETECTION OF DISEASES



KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo stated that if more people came forward to get screened and tested before feeling sick, fewer would die from deadly silent killer diseases such as diabetes, hypertension, stroke and cancer.

He said that if such diseases are detected early, patients could be initiated on treatment quicker, and live longer and healthier lives. The MEC was speaking at Okhahlamba in Bergville during the provincial launch of the “Impilo iyasetshenzelwa” campaign. The

campaign is a call to action for citizens to rise up and work for their own health, and will be spread across the province.

“This programme is the expansion of the vision of Thuma Mina (Send Me), and uses the tools of the National Health Insurance, where we are saying when our clinics are full, why don't we take services to the people, through outreach programmes, and meet people who otherwise think they are well and not sick, and examine them and give them health screening services. We are calling on people to respond to

this campaign by availing themselves to come forward, get tested and live healthily. There is evidence that when diseases are detected early, the chances of treating them or managing them successfully are much higher.”

During the launch of this campaign, scores of people received screening for their eye-sight and blood pressure, and other conditions. Many among the elderly received optical glasses as well as walking aids.

MEC Dhlomo urged women over 30

years of age to undergo a Pap Smear, and those even younger to get into the habit of inspecting their breasts for abnormal lumps – and to seek urgent medical attention when they discover them.

He also urged men over 50 to be examined for prostate cancer (40 – 45 for those with a family history of this type of cancer, which places them at high risk).

MEC Dhlomo added that the Impilo iyasetshenzelwa campaign was modelled on countries with a strong ethos of a healthy lifestyle, disease

prevention and high life expectancy, such as China, Cuba and Brazil.

“In those countries, people come to clinics out of their own volition, to seek help, and seek screening. Those countries are able to have a life expectancy of up to 80 or 85. When you have a healthy population, it is good for the economy. A country with a high life expectancy, where there are youngsters of 15 years, with parents aged 35, grandparents aged 60, and great grandparents of 85 years, is able to sustain its cultures and norms. And that can only be a good thing.”



SKILLS UPGRADE FOR KZN HEALTH BOILER OPERATORS

19 Coal-Fired Boiler Operators from the KZN Department of Health have qualified for their Boiler Attendant Certificate, boasting an NQF4 level with 9 academic credits.

This, after successfully completing a 2 week course at Madadeni Hospital. Boilers are complex fuel-burning devices used for heating water. Operating this equipment requires skills such as maintaining certain amounts of water in boilers, ensuring the continuous and reliable operation of boilers and interpreting readings on gauges and meters. Moreover, boiler operators should be knowledgeable of the Occupational Health and Safety Act that governs them.

The training was essential in ensuring that the Department's 42 boilers, of which more than a third strictly rely on coal to function, are in good hands. Activities of the course consisted of a theoretical

examination and practical tests which comprised of, amongst others;

- Preparing operators for emergency procedures in an unfortunate event
- Training operators to timeously diagnose boiler defects and to troubleshoot
- Ensuring the long life of boilers and saving coal and water

Boiler operation is one of the most critical tasks for the smooth running of hospital services since heated water is responsible for steam dispersion in the entire facility, cooking, and the sterilization of theatrical equipment and laundry equipment.

This essential training is set to be continuous, with new operators also being trained to ensure the efficiency of steam dependent services across the province.

ANOTHER HUGE LOSS FOR KZN HEALTH AS PROFESSIONAL NURSE IS MURDERED BY HUSBAND

(MEC DHLOMO CALLS UPON ALL MEN TO REFRAIN FROM USING VIOLENCE TO RESOLVE DOMESTIC DISPUTES)



KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo has sent his deepest condolences to the family and colleagues of professional nurse, Sister Barbara Emmalda Haines (34yrs), who was fatally shot, allegedly by her husband at their place of residence recently.

According to a private security company, several calls were received from residents in Phoenix, reporting that shots had been fired on the property. Upon arrival, the nurse's lifeless body was found lying in a pool of

blood in the kitchen. It is alleged that the couple were involved in a domestic dispute when her husband drew his firearm and shot her.

He allegedly then turned the gun on himself and fatally shot himself, in the presence of their two children who were not harmed during the incident.

Reacting to the incident, MEC said: "It is with great sadness and shock to report the untimely death of Sister Haines, one of our professional nurses at Mahatma Gandhi

hospital."

Born at Ixopo, Mrs Haines started working at Mahatma Gandhi Memorial Hospital in 2010 as a professional nurse in the Mental Health Care Unit. She had a diploma in Nursing (General, Psychiatric and Community) and Midwifery, which she obtained in

2009. She attended Edendale Nursing Campus from 2005 to 2009.

"We urge once more that there should be a better way to handle domestic disputes without causing harm and eventually killing a partner. We are really saddened by this great loss of such a dedicated hard working nurse in one of our

own facilities and we pray and ask for the family to be supported through prayers," said the MEC.

MEC Dhlomo, who is the chairperson of the KZN Men's Forum, urged men to protect their families and to handle disagreements in a proper manner. "We are calling upon men to restrain

themselves from solving domestic disputes in this way. Our condolences go to colleagues who have worked with sister Haines at Mahatma Gandhi Hospital, the leadership of that hospital and the community that she served so well. May her soul rest in peace."

The motive behind the shooting is

still unknown. Sister Haines left behind her six year-old daughter and two year-old son. The funeral arrangements are yet to be finalised.



KZN HEALTH MEC Dr Sibongiseni Dhlomo has moved swiftly to attend to a clinic in Ladysmith which is the source of a video where nurses appear to fail to attend to a patient with a sick child.

The video, which was filmed at Limit Hill Clinic, features a patient who tries numerous times to get the attention of a receptionist and nurses. Her child can be heard crying in the background. Even her several requests to meet the clinic manager appears to be ignored.

The video has since been widely

circulated on social media – prompting renewed pleas from MEC Dhlomo that every patient or relative who is aggrieved about the level of care they receive must lodge a complaint through the operations manager (in the case of clinics); hospital PRO, CEO or, if it's after hours, the matron in charge.

After the video was brought to his attention, MEC Dhlomo visited the clinic, accompanied by management of its mother facility, Ladysmith Hospital.

"We admit that we could have handled the situation better," MEC

Dhlomo says. "The first part that is abnormal is the failure by our staff members to give the client information that they were going to call the receptionist on time.

Although these staff members are not necessarily stationed at reception, they could have assisted and told the patient that they would have been attended to. They failed to do that. And later on, you notice that there was an interaction that was not professional from one of our staff members, which is something that we do not condone."

MEC Dhlomo called on both

MEC DHLOMO INTERVENES AT LIMIT HILL CLINIC (LADYSMITH),

FOLLOWING VIRAL VIDEO FROM ANGRY PATIENT; URGES ANY AGGRIEVED HEALTHCARE USER NOT TO LEAVE THE FACILITY WITHOUT LODGING A COMPLAINT

patients and health professionals to always seek common ground and respect each other, in keeping with established norms and standards.

"We want to continue to impress it upon our staff members to improve their professional relationship with clients. We would like to apologise to the public, and ask them not to hold this incident against the entire staff of Limit Hill Clinic.

"I am also aware that management of the clinic, assisted by Ladysmith hospital where the clinic reports, are handling the matter, and will take it forward.

"One of the things that are non-negotiable among us as healthcare workers is that we need to continue to improve our staff attitude... not just in the morning or afternoon, but throughout the day. We need to keep a cool-headed response at all times. We will further investigate this matter, assisted by management."

NEW BROOM AT SCM: NEWLY APPOINTED CHIEF DIRECTOR MR KHONDLO MTSHALI



The Department welcomes the new Chief Director of Supply Chain Management (SCM), Mr Khondlo Mtshali. Khondlo started his career as a Pharmacist at Edendale Hospital two decades ago.

It was during this time that he realized that his interest was not on the clinical side of things but

felt more at home in dealing with stock management issues within the pharmacy environment. This prompted further studies in the commercial field, and eventually he obtained an MBA in 2003. After a further stint as the pharmacy manager at Imbalenhle CHC, Khondlo left the public service and moved into the business consulting space.

It was during this time that he got extensive exposure to, amongst many another public governance areas, SCM. This culminated in him being selected to be part of the National Treasury team that was tasked with training procurement officials all around the country in the then newly introduced concept of SCM. In all this time he continued to maintain his Pharmacy Council registration and was regularly a locum pharmacist in both the private and public sector. Khondlo then joined the Provincial Treasury

in 2011 as a Director in the SCM Unit charged with developing policy for all provincial government. A short stint of just over a year at the Department of Agriculture and Rural Development was interrupted by his appointment as the Chief Director: SCM in the Department of Health. A true home-coming!

Khondlo's main passion is training and development, particularly within the public services. He is a qualified facilitator and assessor and has in the past been a member of the UKZN Extended Learning team of facilitators, primarily in the area of SCM on a number of their Management Development Programs.

8 GOLDEN RULES TO LIVE BY TO ENSURE THE HEALTH OF YOUR KIDNEYS

World Kidney Day fell on the 14th of March under the theme "Kidney Health for Everyone Everywhere," to highlight the growing burden of kidney disease worldwide.

Although kidney disease has steadily increased over the years, changing your lifestyle can insure that you don't become a statistic. One of the easiest ways you can promote kidney health is a healthy lifestyle.

High blood pressure and diabetes are the most common causes of kidney disease. High blood pressure causes just over a quarter of all cases of kidney failure whilst diabetes is the cause of around one-third of all cases.

These two diseases are largely dubbed "diseases of lifestyle" as

they are predominately caused by an unhealthy lifestyle. Fortunately this also means that they can be avoided by a healthy lifestyle; namely a healthy diet.

The World Kidney Day Organization lists the 8 Golden Rules for Kidney Health:

- 1. Keep fit and active:** Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.
- 2. Keep regular control of your blood sugar level:** About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney

functions.

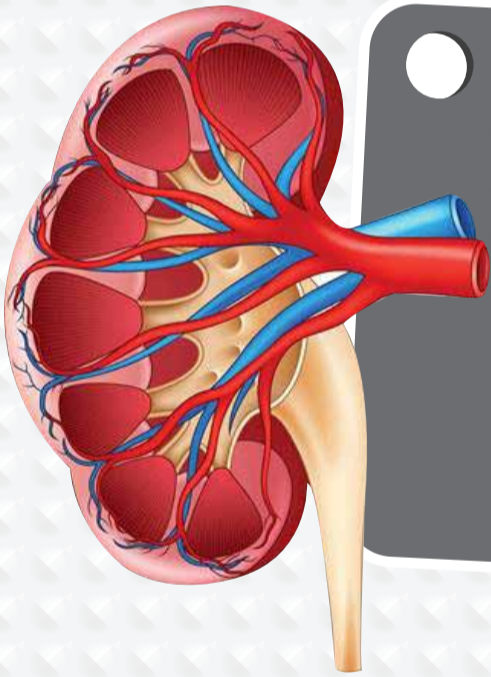
- 3. Monitor your blood pressure:** Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.
- 4. Eat healthy and keep your weight in check:** This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease.
- 5. Reduce your salt intake.** The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). In order to

reduce your salt intake, try and limit the amount of processed and restaurant food and do not add salt to food. It will be easier to control your intake if you prepare the food yourself with fresh ingredients.

- 6. Maintain a healthy fluid intake:** Although clinical studies have not reached an agreement on the ideal quantity of water and other fluids we should consume daily to maintain good health, traditional wisdom has long suggested drinking 1.5 to 2 litres of water per day. Consuming plenty of fluid helps the kidneys clear sodium, urea and toxins from the body.

- 7. Do not smoke:** Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.

- 8. Do not take over-the-counter pills on a regular basis:** Common drugs such as non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage and disease if taken regularly.



Did You Know?

850 million people worldwide are now estimated to have kidney diseases from various causes.

WORLD GLAUCOMA WEEK



World Glaucoma Week is commemorated from 10-16 March 2019 to raise awareness on glaucoma.

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.

In primary open angle glaucoma, the channels that drain fluid within the eye become blocked, causing the pressure within the eye to rise. It causes gradual loss of vision.

There are few symptoms so that people may not notice for a long time that they are losing their sight. In angle closure glaucoma,

there is a similar build-up of fluid within the eye, but the onset is much more sudden. Symptoms include headaches, blurred vision and pain in the eye. Visit your nearest facility if you notice any of the mentioned symptoms.

The Department is equipped to treat and manage eye health issues and boasts a Centre of Excellence in McCord Hospital, based in Durban.

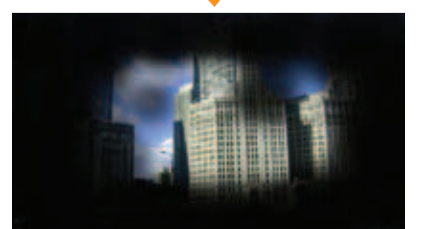
In 2017 the hospital tended to 4320 clients including 3169 for cataract surgery; 94 glaucoma; 1057 others who may have come for screening; squint repair; cancers; 29 inspections; trauma as well as enucleations.

DID YOU KNOW
Glaucoma is the second leading cause of blindness globally

Real view



View of a glaucoma patient



LET'S CONNECT: LIBRARY AND WEB

Head Office Library



Some Zulu Fiction Books

- Yakhala Indoda (Siphiwo Mahala)
- Kanti nawe (Meshack Masondo)
- Kungenxa Yebhayibheli (S.B.D. Maphumulo)
- Kunjabo (Maqhawe Mkhize)

- A Recipe for Bees (Gail Anderson-Dargatz)
- Black Heart (Eric van Lustbader)
- The Sacrifice (Robert Whitlow)
- Waiting for Daybreak (Kathryn Cushman)

Library Services only available to Department of Health Staff

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Employees are invited to visit the Department's library at natalia building to browse its selection of fiction books. Many fiction books by various famous authors are available.

The library is for everyone, it does not only cater for people who are studying. Employees are also invited to donate any books they have enjoyed reading to the library. These books will form part of the library collection.

Some Fiction Books

- The Sleeping Beauty Killer (Mary Higgins Clark)

IMPORTANT DATES

- TB AMBASSADORS LAUNCH **15 MARCH**
- TB AND HIV AWARENESS CAMPAIGN IN SCHOOLS **16 MARCH**
- HUMAN RIGHTS DAY **21 MARCH**
- WORLD TB DAY **24 MARCH**
- PAP DRIVE PLUS CAMPAIGN **25 MARCH**

GALLERY





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