

LET'S MAKE 2020 OUR HEALTH YEAR

I hope you all had a great holiday season and a good start to the New Year (2020). The holiday season is now behind us, and I want to welcome all our staff, from nurses, doctors, porters, general orderlies and everyone who works for the KZN Department of Health.

I wish to pay particular tribute to the health workers who did not take their vacation leave during the Festive Season period. I know it is our Constitutional right, but I think I need to appreciate you for a job well done.

Now that the December holidays are over, I urge you to work even harder, and with open hearts. Being a health worker is not just a job but, a calling. While you are attending to the needs of the people, let us make sure that we do not forget to show care, love, respect and compassion.

The start of a new year is always a good time to press the "reset" button, and start anew in terms of attitude. Let us treat each and every person in front of us as though they were our relatives or loved ones.

If we are to win the war against the high burden of disease, it is imperative that we start doing the little but important things, such as

eating well, and engaging in regular physical exercise.

The adoption of a healthy lifestyle is the best known solution for decreasing the prevalence of non-communicable diseases such as hypertension, diabetes, high blood pressure and some cancers, which has reached epidemic proportions. A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Not all diseases are preventable, but a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided.

KwaZulu-Natal, like other provinces, is buckling under a quadruple burden of diseases made up of HIV, AIDS and TB; the high rates of maternal and child mortality (often due to teenage pregnancy), non-communicable diseases (such as cancer, diabetes, obesity, and hypertension) violence and injuries. Factors that contribute to this situation include the sedentary lifestyles



that many people lead, poor health choices that they make, such as having unprotected sex, engaging in substance abuse; and unhealthy dietary habits.

I encourage people to take charge of their own health and be aware of the warning signs pointing to possible health risks. People are urged to eat more fruit and vegetables and boiled food instead of fried or processed food. Other negative habits that should be avoided are; smoking, drinking, and taking drugs and even stress.

Everything you eat has a bearing on your health. The body only needs particular

amounts of food, so do not eat more than you need to. You don't become overweight by mistake. It's a choice you make, whereby you eat more than you need to, and then not exercise. While the Department can provide preventative health care, it is ultimately you and I, ordinary people, who must embrace the measures introduced and implement them in our own lives.

Thank You
AND HAPPY NEW YEAR



LET'S WORK HARDER TO ACHIEVE OUR HEALTH OUTCOMES



I wish to thank our staff members who put their best foot forward last year in service to the people of KwaZulu-Natal.

The media is quick to cover the negative incidents that are caused by the few bad apples within the Department but fail to highlight the good that is done by you every single day. Thus, I wish to thank you for your commitment and sacrifice in striving to achieve health for all. With the imminent official adoption of

National Health Insurance (NHI) in the country, including the opening of the Dr Pixley ka Isaka Seme Memorial Hospital, it is diligence such as yours that makes me confident of facing the hard work that is ahead.

Keep it up!

2020! IT'S THE YEAR OF PLENTY

We all want to stay young both at heart and physically. Most things have a price tag but living a healthy lifestyle need only cost you, your commitment, adherence to medication (if any) and sheer will. To help you keep track of the when and how of your health, the Department of Health has a Health Calendar spread across each month of the year to help bring awareness to some Health related days and diseases.

WHAT YOU CAN EXPECT FOR THE YEAR:

January we are being Sunsmart with Sunsmart Skin Cancer Awareness Month. Everywhere you go don't forget your sunscreen lotion.

In **February** we remain sexy in the month of love by adhering to the guidelines of Reproductive Health Month; there is also STI/Condom Week, and the HPV vaccination first round.

March we are raising the flag for TB Awareness Month which is highlighted by Human Rights Day- making it your right to claim your health this year!

In **April**, it's Health Awareness Month. There is World Health Day, African Vaccination Week and more to bring you up to speed with your health.

May is Anti-Tobacco Campaign Month. In the same month we celebrate World Hand Hygiene Day and give thanks to our nurses across the globe on International Nurses Day.

June is not only Youth Month on our calendar but it is also Men's Health Month. We also celebrate cancer survivors in this month on National Cancer Survivor's Day.

July we are raising awareness by celebrating Mental Illness Awareness Month as well as Corporate Wellness Week – a well-balanced work space, is a health conducive environment.

Wathinta' bafazi! Wathint' imbokodo! If **August** had a gender it would be female. National Women's Day is celebrated on this month along with Child Health Month, World Breastfeeding Week and more importantly the second round HPV vaccination.

As we welcome spring in **September** we take heed to Cervical Cancer Awareness Month, Childhood Cancer Awareness Month, Heart Awareness Month, as well as National Oral Health Month.

October is Breast Cancer Awareness Month, Mental Health Awareness Month, School Week Health, as well as National Obesity Week.

Red Ribbon Month is in **November**. National Children's Day kick starts the month and 16 Days of Activism for No Violence Against Women and Children pours the month into **December** with World AIDS Day at its helm. World Patient Safety Day sees the month through and back in full circle we get back to Sunsmart Skin Cancer Awareness Month into the following year.

There are many more health days within these months, to get the full calendar visit www.kznhealth.gov.za.



 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

You don't have to wait for the calendar to tell you what your body needs and when you should start taking better care of your overall health. Start today! Visit your nearest health facility for a standard health check-up and get tested. Adhere to medication if you have any that has been prescribed to you. Maintain a positive outlook and focus on long-term goals when it comes to your health.

SMALL THINGS THAT MAKE A HUGE DIFFERENCE:

- Always wear protective clothing and sunscreen when in the sun for long hours.
- Drink a minimum of 2 liters of water a day.
- Swap processed foods for food that has good natural fats such as raw nuts and avocados. Switch from fried meats to grilled or boiled.
- Attempt to get at least 30 minutes of workout at least 3 or 4 times a week. Start with walking and slowly progress to cardio should you feel the need to.
- Swap processed sugar for natural sugar and sweeteners such as fruits and honey.
- Your mouth is the entry point to your digestive and respiratory tracts, and some of these bacteria can cause disease. Problems in your mouth can affect the rest of your body so remember to brush your teeth at least twice a day with a soft-bristled brush using fluoride toothpaste.
- As you remember to hydrate the body - don't forget about your skin. Vitamin and essential oils enriched body lotions hydrate and replenish the skin- find one that is suited for your skin and apply apply apply!

It all starts with you, today.

My Health, Your Health, Our Health, a healthy KwaZulu-Natal.

DOH PAY-OFF LINE : LIVE IT



MY HEALTH

Individual action on managing one's health and well-being

- Screen for diseases
- Eat healthy and balanced meals
- Engage in physical activities
- Practice safe sex
- Avoid smoking and the abuse and alcohol and narcotic drugs
- Get circumcised, because it reduces the chances of HIV infection by up to 60%



YOUR HEALTH

Call to care about your neighbour's health and well-being

- Health conversations
- Share health tips and information
- Encourage family and friends to follow a balanced diet, be health-conscious; prevent diseases; and (men) to get circumcised;
- Encourage them to undergo comprehensive screening at least one a year
- Inform them that through screening and testing, deadly, common ailments such as cancer, diabetes, hypertension and potential for stroke can be detected and treated early.

OUR HEALTH

Collective efforts on managing our health and well-being

- Health governance
- Health system
- Access to healthcare
- Health services
- Men are encouraged to play an active role in family planning; if you use a condom, there'll be no unplanned pregnancy
- A woman does not get pregnant by herself; therefore, support her when she attends ante-natal clinics
- Assist your partner when the baby wakes up at night
- Learn how to change nappies
- Man: encourage your partner to have a Pap Smear, and to inspect her breasts. Or you can help her check them, and be on the lookout for any lumps or unusual features
- Woman: Talk to your partner about cancer. If he is over 50, encourage him to get screened and tested for prostate cancer

A HEALTHY KWAZULU-NATAL – Desired health outcomes for the beautiful province of KwaZulu-Natal. “Optimal Health for all people of KwaZulu-Natal”



 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

www.kznhealth.gov.za

MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

KZN HEALTH MEC THANKS HERO TAXI DRIVER FOR THE SAFE DELIVERY OF BABY BOY IN A TAXI;

ORDERS AN INVESTIGATION INTO ALLEGED MISTREATMENT OF PREGNANT MOTHER



KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has hailed as a hero a 31 year-old taxi driver who helped a pregnant woman give birth in his taxi near Nongoma early this month.

MEC Simelane-Zulu has also ordered an investigation into allegations of rude and improper conduct by nurses at Buxedene Clinic, who allegedly turned the pregnant mother away.

Mr Nhlonipho Zulu, who was travelling from Richard's Bay to Nongoma, was about to finish his shift when an 8 month pregnant passenger informed him that she suspected she was about to go into labour.

Travelling between Nongoma and Hlabisa with two other passengers at the time, the panic-stricken taxi driver dropped off the passengers and rushed the pregnant mother, in her early 20s, to the nearest clinic.

However, upon examining her, the nurses allegedly disputed that she was about to go into labour.

They have also been accused of not only being dismissive and using rude language, but also refusing to call an ambulance, instead telling the taxi driver to take the pregnant woman to Benedictine Hospital about 30km away.

Mr Zulu recalled how the

mother, cried hysterically, begged him to stop the taxi and help her give birth.

"I was trying to ignore her pleas, and instead get her to hospital. But she let out a loud cry and said, 'My baby is coming out... My baby is coming out... I can feel the head...' She was literally begging me to stop and help her."

He stopped the taxi, and switched on the internal lights near the sliding door.

"I made her lie on the seat, and indeed I could see the baby's head coming out. She asked me if I had a knife or pair of scissors so I could cut her, so that the baby could come out, because she kept on pushing, yet it wouldn't."

She kept pushing until the baby eventually came out.

"I caught the baby and placed it on the seat. I asked her to sit still, and ensure that the baby doesn't fall."

Zulu drove for another kilometre, until he saw a few local homesteads, which he rushed to, to seek help.

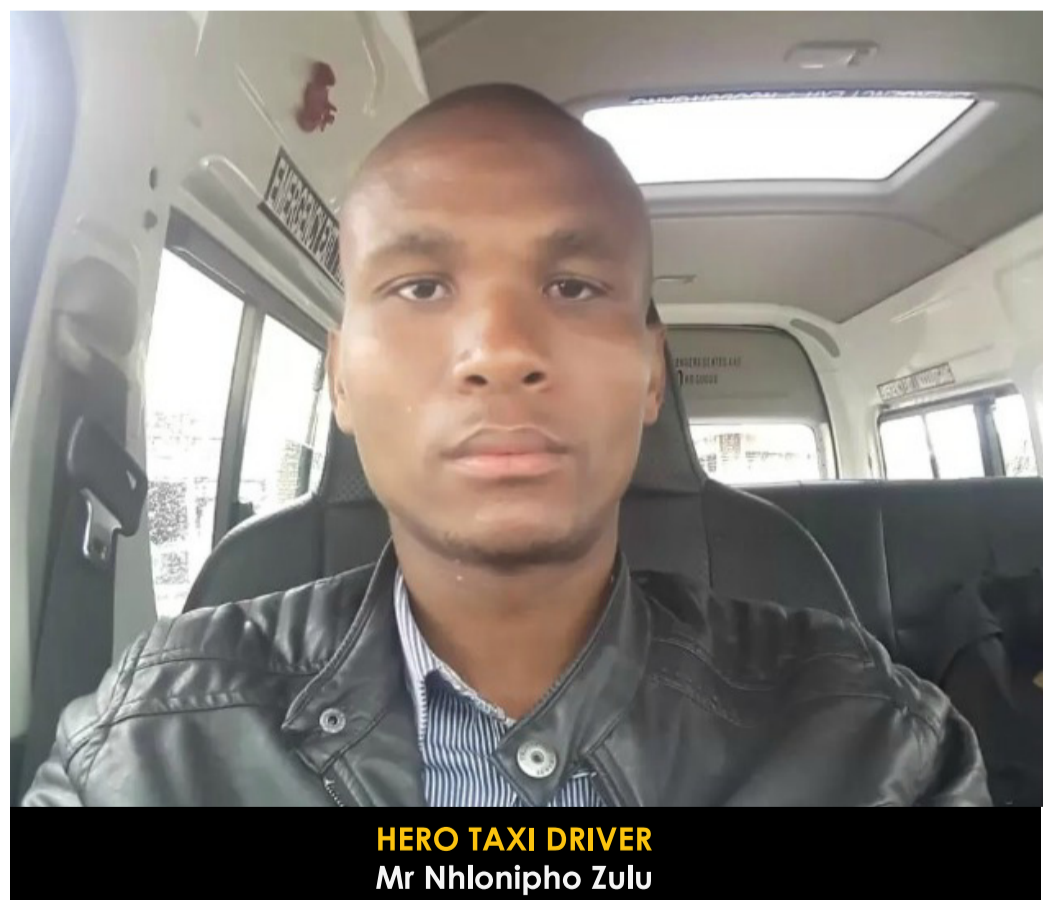
"Fortunately, there were some elders who were able to cut the umbilical cord. By the time I took her to hospital, the baby was wrapped up in a blanket."

The Department has since established that both mother and baby are in a stable condition at Benedictine Hospital.

MEC Simelane-Zulu said: "What Mr Zulu did is nothing short of heroic. He could have just left her at the clinic and continued minding his own business. But instead, he forgot about all his commitments and stayed the course until the very end. And, anything could have happened while he was rushing her to hospital, even a possible loss of life. We are also thankful to the family that

responded to his further efforts for help after he had helped deliver the baby.

"That said, I am extremely concerned by this turn of events. Clearly, something has gone horribly wrong when a person in such a delicate life-and-death situation is subjected to this kind of treatment. Front line healthcare workers must always remember that they have a responsibility to save lives. I have immediately instructed the Head of Department, Dr Sandile Tshabalala, to provide an urgent report that must address the alleged misconduct in this case, and indicate what consequence management measures will be applied."



HERO TAXI DRIVER
Mr Nhlonipho Zulu



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

KZN HEALTH MEC WELCOMES SUSPENSION OF TWO NURSES WHO ALLEGEDLY TURNED AWAY EXPECTANT MOTHER; USED RUDE LANGUAGE

KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has welcomed the suspension of two nurses from Buxedene Clinic near Nongoma, who stand accused of failing to assist a mother who was brought in minutes before going into labour.



The mother subsequently gave birth to a baby boy in a minibus taxi, on the side of the road, with the assistance of the driver who had initially rushed her into the clinic.

The nurses have been accused of not only denying that the young woman was about to go into labour, but of being dismissive and using rude language, and also refusing to call an ambulance.

MEC Simelane-Zulu has welcomed the nurses' suspension, and hopes it will send a strong message to any healthcare practitioner who is planning to engage in misconduct.

"We welcome the decision by the Department's administration to suspend these nurses. This will enable

the investigation to take place without hindrance.

"Without pronouncing on the innocence or guilt of the accused, we hope that this swift and decisive action will send a strong message. We want all healthcare professionals who are planning to mistreat patients to be clear that they will not get away with it.

"Patients, just like healthcare workers, have rights which must be protected, respected and upheld at all times. If you misbehave, there will be consequences."

The MEC also urged all aggrieved healthcare users and/or relatives to use the existing compliments and complaints mechanisms so that any identified challenges may receive attention.



As a caring and responsive Government, we take public complaints very seriously. That is why we have published the names and contact details of all health district managers and hospital CEOs on our official Facebook page. We are also launching an official app that will bridge the gap between ourselves and the public, which will be managed by trained Customer Services personnel.





KZN HEALTH MEC CONDEMNS FATAL SHOOTING AT CLAIRWOOD HOSPITAL

CALLS FOR AN URGENT RE-EVALUATION OF SECURITY PROTOCOLS

KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has expressed deep concern and strong condemnation of the execution-style fatal shooting style of a patient in the male surgical ward of Clairwood Hospital recently.

It is alleged that at about 18h30 on the 10th of January 2020, two unknown armed men stormed past hospital security guards, and proceeded to locate the man in his bed, and shot him in the head at point blank range, in full view of other patients and hospital staff.

The suspects also forced their way out of the hospital by pointing guns at the hospital security guards.

The patient, a foreign national,

was being treated for previous gunshot wounds, and had been transferred from King Edward VIII Hospital to Clairwood on 23 December 2019, for wound care and rehabilitation.

It is alleged that after fatally wounding him, the suspects walked back to their vehicle and drove off.

By that time, security guards had tried to close the main hospital gate. But the assailants threatened to shoot

them, and then proceeded to force open the gate themselves, before fleeing from the scene.

The matter was immediately reported to the SAPS, who have begun an investigation.

Reacting to the incident, MEC Simelane-Zulu said: "Firstly, we send our condolences to the family of the deceased. We are obviously shocked at this brazen display of violence right inside a healthcare facility. It is a flagrant disregard for the law, and a display of the ruthlessness of the criminal element in our society.

"Although it is not always possible to predict an incident of this nature, which appears well-planned, the fact that these perpetrators were able to escape without getting

apprehended by security or law enforcement does call into question our preparedness as a Department to react effectively to such acts.

"It means that our system is not as effective as we would have liked to think. Notwithstanding the fact that these people were armed, and that they also threatened our security guards, we should have had a system in place that ought to have made it difficult for them to get away. We will have to urgently re-look at our security protocols and make improvements as far as possible, within our limited financial means."

The Department has offered counselling to staff and patients who witnessed the incident.



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

WHO SAID WHAT THIS WEEK

ON THE KZN SCHOOL FUNCTIONALITY PROGRAMME:

"We have come a long way in realising access to education and we must emphasize on quality teaching and learning to ensure the achievement of quality outcomes. As we begin the new academic year, we invite all education stakeholders to continue to play a positive role by ensuring that all learners have access to learning and teaching at all material times."

- MEC for Education in KwaZulu-Natal
Mr Kwazi Mshengu

"Education is an apex priority for the Provincial Government. It is an engine that propels our growth and development. It is also through education that we can accelerate the mandate to drive economic transformation, fight poverty and inequality".

- KZN Premier
Mr Sihle Zikalala

"We are here to account as Thembalentsha High what we did wrong and what we did right. As a school we let the nation down"

- Principal of Thembalentsha High school
Mr MD Nkabinde (Amajuba District)

"As soon as there are societal issues, they must be addressed by society. For example, Operation Sukuma Sakhe, which includes a comprehensive collaboration between Departments. I will also engage businessmen on what can be done for the school".

- KZN Health MEC
Ms Nomagugu Simelane-Zulu, speaking at Mlondoloz High School, Amajuba District

HYPODERMIC NEEDLE

A hypodermic needle with its austere appearance and a simple working principle was invented only about 150 years ago. Before that in ancient Greece and Rome, physicians used thin hollow tools to inject fluids into the body. In 1656, a dog was given an intravenous injection via a goose quill by Christopher Wren. The modern hypodermic needle was invented by Charles Pravaz and Alexander Wood somewhere in the mid-1800s. Today, these needles are used to deliver correct drug dosage in treatment and extract body fluids with minimal pain and risk of contamination.

Source: <https://interestingengineering.com/10-medical-inventions-of-all-time-that-changed-the-world>



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

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

**SEND STORIES YOU WOULD LIKE TO FEATURE
ON THE KZN HEALTH CHAT BULLETIN TO:**

healthchatbulletin@kznhealth.gov.za

