

SAVE IT: 112 IS THE NEW MEDICAL EMERGENCY NUMBER 112 ON SPEED DIAL



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A new medical emergency number for dialing out Emergency Medical Services (EMS) otherwise known as Ambulances has been unveiled as 112. This three digit number replaces the old 10177 which will now be phased out.

This announcement was made by the National Minister of Health, Dr Zweli Mkhize, at the EMS base in Durban during the launch of the Emergency Medical Services (EMS) Day. This day will be commemorated annually on the 17th of October 2019, to shine the spotlight on the central role of EMS personnel. Minister Mkhize has urged the public, especially parents at home, to educate their children about the number and how to use it. He also added that callers are encouraged to give as much information as possible so that an appropriate level of care can be dispatched to people in their hour of need.

Extracts from Dr Zweli Mkhize, National Minister of Health at the launch of EMS Day

"Today, we launch the National Emergency Medical

Services (EMS) Day, which will henceforth be 17 October annually. This is by no means an arbitrary date as it carries historical significance: it was on this day in 1899 that The Natal Indian Ambulance Corps was established during the second Anglo-Boer war by Mohandas Karamchand Gandhi, thus marking the first formally documented ambulance service in South Africa"

"The National EMS Day was added to the National Department of Health Awareness Calendar this year. The purpose of the National EMS Day is to raise awareness of the role of EMS within South Africa so we can create a platform for recognition and special achievements; and to honour all EMS personnel who often go beyond the call of duty."

"It is my honour and pleasure to announce the Implementation of three digit emergency access number – 112. In October 2014, the National Health Council resolved to implement the three digit emergency access number as provided in the NHI White Paper and World Health Assembly resolution which clearly states the necessity of the three digit emergency number - 112. Section 76 of Electronic Communications Act of 2005 makes provision for the establishment of public

emergency communications services in South Africa known as "112". The operations of the 112 number act as the filter for emergency organizations, thereby screening calls and routing only emergency related calls to specific emergency organizations being needed i.e. Police, EMS and Fire."

"One of the main tenets of NHI, in its pursuit of Universal Health Coverage, is that of equitable access to Health Care. For many of our people, without EMS they would be unable to access health care at all as it serves as a mode of transportation between facility and home and not just an ambulatory medical service. So we appreciate the critical role EMS has already been playing in bringing health care closer to the people."

"We have repeatedly stressed how valuable and important EMS is to communities and quality health care delivery. But we have been deeply disturbed to witness EMS personnel being attacked by the very same community members they are serving. Anyone who attacks emergency workers declares war on the lives of our people. I am here today to tell the community that we cannot afford to jeopardise the lives of these critically needed skilled national treasures and therefore

we will not tolerate this. I stand proud that the EMS personnel continue to discharge their duties despite these threats, and I also dip my banner in honour of those who were attacked, injured or died in the line of duty."

"As you take your pledge today, be bound to its codes and uphold the highest virtue of integrity every day as you go about your demanding jobs. Let it serve as your true north, for it will guide you during your most trying times. The National Committee for EMS, a sub-committee of TechNHC, adopted the Nurses Pledge after some minor adjustments. The Nurses Pledge is comprehensive with a rich history and is also applicable to EMS. In my case, I took the Hippocratic oath, but it does not differ fundamentally from the oath you are taking today and so we are jointly bound to the highest order of excellence in patient care. I join you in solidarity and wish you all the best in your endeavours"



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NATIONAL MINISTER OF HEALTH VISITS PIXLEY



The National Minister of Health Dr Zweli Mkhize and his counterpart in the province, KZN MEC for Health Ms Nomagugu Simelane Zulu, this week embarked on a site inspection of the nearly complete 500 bed brand new regional hospital Dr Pixley Ka Isaka Seme Memorial Hospital in the north of Durban.

This is one of the very very few mega infrastructure and greenfield hospital projects ever to be built post 1994. When it is fully commissioned,

it will amongst others provide Paediatric High Care and ICU; Delivery High Care and Theatres; Surgical OPD and TB Clinic; High Care and Renal Unit; Paediatrics OPD; Crisis Centre and Mortuary services to communities in the north of Durban

"I'm glad this hospital is finally nearing completion. Everything is of such a high standard: The level of technology, security, the backup generators, the size of the wards and the system of triaging and so forth. It can compete with upmarket private hospitals and is even better than many of them."

He also added that the hospital was a typical example of a health facility that meets NHI standards.



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KZN DOH COLLEGE GRADUATION YIELDS NEW HEALTH PROFESSIONALS



A jubilant mood prevailed at the College Graduation Ceremony this year as 1400 students were conferred with their academic qualifications. These graduates will inject new blood into the health system and increase the pool of healthcare professionals who are central to the fight against the burden of disease.

College students were awarded with certificates, Diplomas, Post Graduate Diplomas across different disciplines in front of appreciating parents who came out in numbers to witness this occasion.

CATCH A GLIMPSE OF THE GRADUATION THROUGH THE LENS!



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LAUNCH OF PLANTING SEASON AT AMAJUBA DISTRICT



KZN Health MEC Ms Nomagugu Simelane-Zulu says fewer people would get sick or die from diseases such as stroke, hypertension, diabetes, obesity and high blood pressure if society could adopt a culture of planting and eating food that is rich in nutrients.

The MEC says that too many people end up with a compromised quality of life due to consuming food that is either too oily, too salty, or has too much sugar and failure to exercise regularly – costing government an exorbitant sum of money on medication and the ongoing provision of healthcare.

The MEC was speaking at Dannhauser, at Amajuba District on Tuesday (15 October 2019), where she officially launched the planting season programme. One of the highlights of the MEC's engagement was when the local farming community were linked up with a contractor who will be sourcing produce from them, to supply food to the three hospitals in the district – Newcastle, Madadeni and Niemeyer, as well as Dannhauser

Community Health Centre.

Government developed the planting season programme in response to the need to ensure food insecurity, and to halt land under-utilization and low productivity.

Through the planting season programme, Government provides support to KZN farmers that include:

- Supply of production inputs (fertilizer, seed and chemicals).

- Provision of mechanization services (ploughing, discing, planting and application of agro-chemicals and fertilizer).

- Assistance with marketing of produce, especially through the Government lead Radical Agrarian Socio-Economic Transformation programme (RASET) and other outlets.

The programme focuses on the production of summer crops (maize and beans) and vegetable production in support of the RASET programme.

MEC Simelane-Zulu said: "The provincial executive committee in KZN took a decision that the

official launch of the planting season will be implemented by all MECs that are champions in the different districts.

"We want to encourage our people to actually get into agriculture. To understand that agriculture is not just about subsistence farming. While we believe farming is good for the poor, and those in rural areas, we also want our people to get actively involved in the economy of the province.

"The province of KZN in essence is actually rural, with pockets of urbanization. It's very important for this province to maximise the outputs that we take out of the land, and ensure that we provide the rest of the country, and even internationally with our produce. We have an opportunity that is not available to most province in this country where we have the Dube Trade Port on our door step. We should be able to utilize that. So, this is a continuation of the project implemented by our Honourable Premier, Mr Sihle Zikalala, when he was the MEC for Economic Development."

MEC Simelane-Zulu also encouraged scores of people

attending this community outreach programme, held at KwaMdakane Community Hall, to watch what they eat, and be generally more health-conscious.

"We encourage prevention rather than curing. Part of being preventative is to ensure that our people eat, and eat properly. Eating properly contributes with the vitamins that are needed by the body, and by the system, that you can only get from food that is not overly processed.

We encourage our fellow compatriots to actually plant, to have small gardens at home. That way, it means we are creating a whole generation of people who will understand that vegetables are the main key to their livelihood. If our people are going to be able to embrace it, is going to assist us in reducing the rate of our non-communicable diseases.

"When you consider cholesterol... if you fry your food you're taking our all the nutrients that are there. So this, if this is embraced by the province and the people of KwaZulu-Natal, will reduce our burden on non-communicable diseases immensely."



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WASH YOUR HANDS TO KEEP GERMS AT BAY



The Global Handwashing Day was celebrated this week, on the 15th of October to raise awareness on the importance of washing hands with soap as a key approach to disease prevention.

This is done annually through mobilisation of individuals, households, schools and health facilities, to adopt the culture of handwashing and hygiene as a proven intervention to curb life

threatening preventable diseases like diarrhoea in children.

The 2019 Global Handwashing Day theme is "Clean Hands for All."

Diarrhoea in South Africa is a major public health problem and is one of the main causes of deaths in children under the age of five (5) years. Diarrhoea accounts for 3.4% of total deaths and is the 8th largest cause of death. Studies have shown that 60% of South Africans do not wash their hands with soap after visiting the toilet or before they eat, and those that do, do not use soap. Many germs that can make people sick are spread by not washing hands with soap and clean running water.

This calls for efforts to be made to encourage people to actively engage in good hand hygiene practices and promote good health. The Global Handwashing Day provides an opportune moment to put the spotlight on

the importance of good handwashing and hygiene as well as health benefits.

According to research, handwashing can reduce the rate of diarrhoeal infections by almost 50% and acute respiratory diseases by up to 25% in children. When practiced by mothers and birth attendants, can reduce neonatal mortality rates by almost 40%.

The KwaZulu Natal Department of Health calls on the publics as well as clinical health practitioners to heed the call on the importance of washing hands with soap at critical times.

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HAND WASHING GUIDE

WHEN

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage.

HOW

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.



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MAKE WHOLE FOODS A WAY OF LIFE

National Obesity Week is celebrated from 15 to 19 October every year, in view of the high obesity rate in the country. The week is commemorated to create awareness about the importance of healthy eating and the prevention and control of obesity.



Obesity is one of the major public health concerns facing South Africa, and its impact and cost extends to individuals, families, communities, the health service and society as a whole. Obesity is defined by the World Health Organisation (WHO) as having abnormal or excessive fat accumulation that presents a risk to health. Almost 70% of South African women are either overweight or obese. Among South African men, 31% are overweight or obese.

ready-to-prepare meals

Good nutrition, in other words eating healthy, is a key component of a healthy lifestyle. Healthy eating and physical activity can help an individual to achieve and maintain a healthy weight and reduce the risk of non-communicable diseases like diabetes, high blood pressure and heart disease.

Obesity can cause a number of further problems, including difficulties with daily activities and serious health conditions. Day to day problems related to obesity can include breathlessness, tiredness and increased sweating.

leading cause of death in 2012;

- diabetes;
- musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints);
- some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).

Being overweight may also cause psychological problems, affecting self-esteem, relationships with others and more.

The best way to avoid gaining excessive weight is to eat a healthy diet and to exercise regularly through a variety of physical activity not exclusive to the gym such as walking, gardening or dancing.

THE OBJECTIVE OF THE NATIONAL OBESITY WEEK IS TO:

- Emphasise the health benefits of making healthy whole food choices from a variety of mostly plant-based foods such as vegetables and fruit, legumes and preferably minimally processed starchy foods
- Encourage individuals to plan and prepare healthy meals and snacks instead of eating out frequently and/or buying snacks or

THE WORLD HEALTH ORGANISATION (WHO) ALSO SITES CHRONIC ILLNESS THAT CAN ALSO DEVELOP AS A RESULT OF BEING OVERWEIGHT OR OBESE:

- cardiovascular diseases (mainly heart disease and stroke), which were the



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EVERYONE SHOULD KNOW THE BASICS OF RESTARTING A HEART



On the 16th of October the world commemorates World Restart a Heart Day, a global initiative to increase awareness and education about the importance of bystander CPR (Cardiopulmonary resuscitation) in our community.

If the heart stops pumping, it is known as a cardiac arrest. CPR is a combination of techniques, including chest compressions, designed to pump the heart to get blood circulating and deliver oxygen to the brain until definitive treatment can stimulate the heart

to start working again. The following is taken from the Better Health Channel

THE BASIC STEPS OF CPR

CPR is most successful when administered as quickly as possible. It should only be performed when a person shows no signs of life or when they are:

- unconscious
- unresponsive
- not breathing or not breathing normally (in cardiac arrest, some people will take occasional gasping breaths –

they still need CPR at this point. Don't wait until they are not breathing at all).

It is not essential to search for a pulse when a person is found with no signs of life. It can be difficult to find a person's pulse sometimes and time can be wasted searching. If CPR is necessary, it must be started without delay.

The basic steps for performing CPR can be used for adults, children and infants. They are based on guidelines updated in 2010 that are easy to follow and remember. This information is only a guide and not a substitute

for attending a CPR course.

THE BASIC STEPS ARE;

- D – Dangers?**
- R – Response?**
- S – Send for help (Dial 10177 and ask for an ambulance)**
- A – Open airway**
- B – Normal breathing**
- C – Start CPR**
- D – Attach defibrillator (AED).**

It is important to know how to perform CPR as it may help a family member, colleague, friend or even a stranger. Join in the initiative to know how to restart a heart!



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WORLD TRAUMA DAY: AVOID UNNECESSARY INJURY BY BEING SAFE ON THE ROAD

Every year the 17th October is celebrated as World Trauma Day. This day highlights the rate of accidents and injuries which cause deaths and disability and the need to prevent them.

Trauma means any injury caused to the body. The injury may be caused by road accidents, fires, burns, falls or acts of violence.

Road accidents remain the greatest cause of trauma. Many road accidents lead to temporary or permanent disability while others lead to death. As we

reflect on World Trauma Day we also observe Transport Month. This month is utilized to further advance road safety initiatives across the province to reduce the high rates of accidents and injuries. The KwaZulu-Natal Department of Health is equipped with vehicles and response teams to attend to trauma incidents and offers trauma care in its facilities.

TIPS TO REMEMBER TO AVOID TRAUMA

- Follow road safety rules carefully
- Always wear protective gear(eg.helmet) when

riding a bike

- Wear reflective garments when walking at night
- Keep children away from sharp objects, wires and electric switches
- Avoid distractions such as cellphones and loud music while on the road (walking or driving)
- Do not drive when you are tired or drunk
- Do not operate dangerous machinery

What to do in a case of emergency

- Call an emergency helpline on Ambulance 10177 or Crime Stop 10111
- In case of a head or spinal injury do not remove the person from the site of the accident without any professional help. Moving the person may cause serious back or neck injuries



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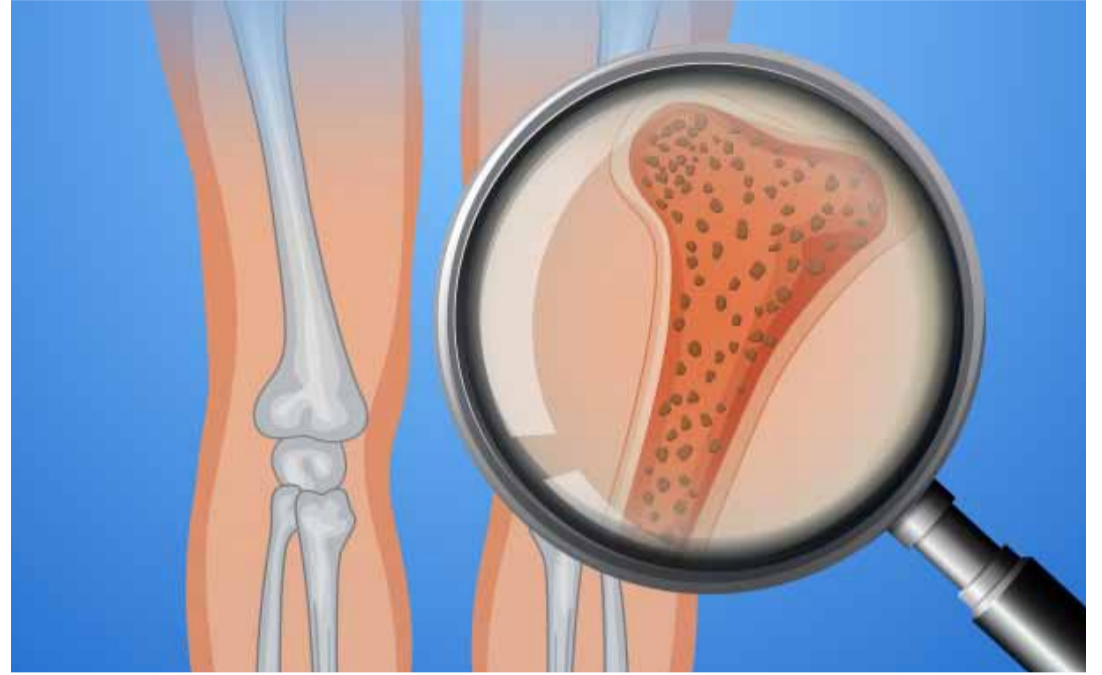


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TAKE CARE OF YOUR BONES TO LOWER YOUR RISK OF OSTEOPOROSIS



World Osteoporosis Day falls on 20 October annually to raise awareness on osteoporosis. This disease generally affects the elderly and is characterized by weakened bones that fracture easily.

Fractures can then lead to life threatening conditions, severe pain or long term disability. Thankfully, lifestyle choices can help prevent this dilapidating illness.

Symptoms

Osteoporosis is not easily noticeable in its early stages. It

is usually after bone fractures that it becomes clinically evident.

Who is most at risk?

Women are three times more likely than men to develop osteoporosis due to the hormonal changes that occur during menopause. During early adulthood, the estrogen hormone protects bones in women but this level declines with age, usually around the age of 50 years.

Healthy Habits to Develop

The World Osteoporosis Foundation recommends these five healthy habits to promote

strong bones and prevent bone injury:

- Exercise regularly: Weight-bearing, muscle-strengthening and balance-training exercises are best.
- Ensure a diet rich in bone-healthy nutrients: Calcium, vitamin D and protein are the most important for bone health. Safe exposure to sunshine will help you get enough vitamin D.
- Avoid negative lifestyle habits: Maintain a healthy body weight, avoid smoking and excessive drinking.

- Find out whether you have risk factors and bring these to your doctor's attention, especially if you've had a previous fracture or have specific diseases and medications that affect bone health.

- Get tested and treated if needed: If you're at high risk you will likely need medication to ensure optimal protection against fracture.

Osteoporosis



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WHO SAID WHAT THIS WEEK?

"Well wishes to the Matric class of 2019 well as they commence with their final examination" **Fikile Mbalula, Minister of Transport**

"Health is a human right, everyone should have the information and services that need to take care of their own health and the health of their families" **World Health Organisation (WHO)**

"Today on this International Day of rural women, we celebrate the contribution of rural women in enhancing agricultural and rural development, improving food security and eradicating poverty rural areas" **David Mabuza, Deputy President of South Africa**

"This is by no means an arbitrary date but it has historical significance. It was on this month that the first ambulance service was established in South Africa by Mohandas Karamchand Gandhi during the Anglo- Boer war" **Dr Zweli Mkhize, Minister of Health**

INVENTIONS THAT SHAPED THE WORLD: THE BLOOD PRESSURE METRE



A sphygmomanometer, also known as a blood pressure meter, blood pressure monitor, or blood pressure gauge, is a device used to measure blood pressure, composed of an inflatable cuff to collapse and then release the artery under the cuff in a controlled manner, and a mercury or mechanical manometer to measure the pressure.

It was invented by Samuel Siegfried Karl Ritter von Basch in the year 1881. Scipione Riva-Rocci introduced a more easily used version in 1896.

Source:
<https://en.wikipedia.org/wiki/Sphygmomanometer>



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KZN HEALTH IN PICTURES

LAUNCH OF EMS DAY @ ETHEKWINI DISTRICT



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