

## KZN HOSPITALS GEAR UP FOR SPECIAL VOTES ON 6 & 7 MAY 2019



**KZN Provincial Hospitals are ready to support the special votes process on the 6th and 7th of May 2019. Hospital Managers (CEOs) together with Public Relations Officers (PRO's) are currently collaborating with IEC Officials in putting down plans which will ensure a smooth process for all voters who will be in the care of public health facilities on those two consecutive days.**

Patients that have registered to vote are advised to take this opportunity to participate in the special vote that will be administered on the 6th and 7th of May 2019. Relatives are requested to assist patients who are keen to seize this opportunity by filling in their application form. Application forms are available in all Municipal offices and on the IEC website. Relatives can therefore fetch or download application forms for patients who are already admitted in hospital and assist with filling-in and submitting them timeously. It is important to give the hospital addresses where patients are or will be admitted on the application form.

**Holiday Tip**  
Whether you're going to church or staying at home, you're most likely going to be in crowded space. Remember to make sure that windows are open because sunlight kills TB germs and the fresh air can blow the germs away.



### THE APPLICATION PROCESS IS AS FOLLOWS:

- Fill in a VEC 1 form at the local office of the IEC in an area a voter intends to be visited. Forms can only be hand-delivered (no emails or faxes accepted). These forms can be delivered by a third party on behalf of the voter. VEC1 forms are also available for download at <https://www.elections.org.za/IECOnline/About-Special-Vote>
- **Online application via a secure portal at <https://www.elections.org.za/IECOnline/Special-Vote-Session>**  
The **closing** date for the application is on **Thursday 18 April 2019**. Applicants will afterwards be duly notified of the outcome.

For more information contacts **Thabani Ngwira** (Outreach and Communications :IEC) on

**Tel: 031-279 2200 // Cell: 084 505 5117**



# MEC DHLOMO SALUTES ESSENTIAL SERVICES STAFF WHO'LL BE WORKING DURING THE EASTER HOLIDAYS; URGES THE PUBLIC TO BE SAFE



**WITH the Easter weekend upon us, we wish to thank all our essential services staff who will be on duty. It takes a special kind of human being to work with dedication and commitment at a time when others are on holiday and having a great time with their families. So, we wish to salute all our nurses, doctors, emergency medical services and any other support staff who will be on duty this weekend. You are true patriots.**

As a department we are ready to respond to road crashes and other eventualities that may occur at a time of high activity such as what we're likely to see over the next few days.

We will have ambulances at hotspots and high accident zones, as identified by the Road Traffic Officers, so that we can support them and find people involved in accidents, and take them to health facilities as quickly as possible.

Our province is a tourist destination for domestic and international visitors, so we want to give a sense of comfort to citizens that we will be available to support those who may find themselves in distress.

Be that as it may, we wish to take the opportunity to urge all road users to exercise caution at this time.

Road crashes result in deaths or disability, which change people's lives – and those of their loved ones – forever.

Bad decisions and various forms of irresponsible behaviour – such as speeding, drinking and driving and talking on the cellphone or texting while driving – also contribute to the number of people who die during the holiday period.

**You can avoid becoming a statistic by doing a few small things the right way.**

## **According to Arrive Alive, the following tips must be followed in order to stay safe:**

- Obey the rules of the road and carry your driver's license with you.
- Plan the route to your holiday destination and allow yourself enough time to reach the destination
- Make sure that your vehicle is in a roadworthy condition before departure. All lights and indicators, windscreens, windscreen wipers, brakes, steering, shock absorbers, exhaust system and tyres should be carefully examined for faults.
- Do not overload.
- Try to avoid driving after dark if possible.
- Have a good rest before you embark on your journey
- Take safety breaks every 2 hours or 200km. Rest, have an energy drink and continue once well rested.
- Do not drink and drive
- Try to recognise potentially dangerous drivers on and pedestrians alongside the road and keep well clear of them
- Be visible – drive with your lights on
- Headlights should be dipped well before an approaching vehicle is within the range of the main beam.
- Always wear your seat belt and see that everyone in the car is wearing theirs.
- Drive defensively
- Stay within the speed limit at all times
- Only overtake when it is absolutely safe to do so
- Maintain at least a 2-second following distance - this distance should be increased at night, in foggy or rainy conditions and when the road is wet.
- Expect others to not be as obedient to the law as yourself
- Avoid distractions on the road such as texting, conversations on cellular phones etc.
- Be courteous towards fellow road users - keep your temper and resist the temptation to retaliate because road rage kills.

## **EMERGENCY NUMBERS:**

**When you need assistance, kindly call the following numbers:**

<b>Police</b>	<b>10111</b>
<b>Fire</b>	<b>10177</b>
<b>Ambulance</b>	<b>10177</b>
<b>Arrive Alive Call Centre</b>	<b>0861 400 800</b>



# MOVING SERMON AHEAD OF THE EASTER BREAK AT NATALIA

**Departmental employees at Head Office (Natalia) last week held a moving sermon of Christian worshippers to commemorate Jesus Christ's Journey to the Cross and resurrection thereafter in line with the Easter Programme this weekend. Hundreds of employees congregated at the auditorium for this commemoration as well as praying for peace and wellness of all people of KwaZulu Natal especially during the upcoming period of the 6th democratic elections.**

preachers was constituted by some of our very employees who reflected on the theme of the day. It was a highly charged euphoric atmosphere with religious choruses that brought every attendee to his or her feet.

Together, they also prayed for an end to the spate of violence that is meted against female healthcare workers whom the Department has lost recently in tragic circumstances and so is the cloud of death that seem to besiege the Department. Added to this was a host of other socio-economic ills as well as a heavenly call for peace to prevail the upcoming national democratic elections.

Pastor Shangase gave an invigorating sermon where he urged attendees to speak God's Word in a loud voice, as Jesus called out to God in a loud voice at his weakest. He emphasized that their strength was in their voice, speaking God's Word, amidst their weakest and most trying times.



# PRIMARY HEALTHCARE CONFERENCE: “BACK TO BASICS”

## COMMUNITY-BASED APPROACH HAILED AS THE PANACEA TO CURE THE PROVINCE’S HEALTH CHALLENGES

**KwaZulu-Natal is stepping up efforts to change the province’s focus from a hospital-centric approach to healthcare, towards community-oriented health promotion, disease prevention and early detection of ailments.**

This emerged at a two-day Primary Healthcare Conference which was held in Durban last week. The conference, which was the first of its kind, was hosted by the KwaZulu Natal Department of Health and attended by many dignitaries from the Presidency, National Department of Health, EThekweni Municipality, relevant healthcare workers from other provinces as well as a host of sector partners who supported it.

“We are bringing back Community-Oriented Primary Health Care (COPHC) because it’s the only success story you can have if you want to expand the National Health Insurance,” says KZN Health MEC Dr Sibongiseni Dhlomo. “It teaches you to go out in the community, where people are not as ill as yet, educate them about how to promote their own health, and prevent illnesses, and why it’s important to eat well and exercise regularly. It is also a preventative method which we really welcome, because it’s going to assist us in reducing the burden of diseases and also, we’ll spend less if we prevent diseases rather than treat them.”

National Health director-general Dr Precious Matsoso commended KwaZulu-Natal for the massive strides that it has made in the re-engineering of Primary Health Care, as well as for



initiating innovative campaigns and programmes such as Operation Sukuma Sakhe, Phila Ma, Phila Mntwana, and Make Me Look Like A Hospital, and the Anti-Sugar Daddy/Blessers campaign.

Dr Matsoso, who is a member of the World Health Organisation, said the conference was a step in the right direction in assessing the progress that has been made, while seeking ways to further accelerate the programme.

“Primary Health Care does not start in a healthcare facility. It starts with your communities. And this is what Pholela was about... Building those community healthcare workers and structures. We’ve moved in an integrated manner, but we will only be successful if we bring other sectors on board to work with us.”

Pholela Community Health Centre in Bulwer, near the Drakensburg, is acknowledged internationally

as the site where the COPHC concept was successfully initiated and put into practice in the 1940s. The late Professor Sydney Kark introduced it and worked with his wife Emily to pioneer the COPHC approach in dealing with the Health needs of the community.

Through this approach, the community’s health needs became known to the health care workers through community surveys that were conducted by the Health Workers which, among other things, included mapping of areas, understanding the culture, beliefs and habits of the community, socio-economic status as well as prevalent conditions.

When apartheid took its toll in South Africa, the Karks left the country to Israel where they continued what they had pioneered at Pholela Health Centre. The COPC model became the household name in the health service internationally, while it was

dying in South Africa.

But, in a bid to revive COPC, the KZN Department of Health developed a policy framework for the Re-engineering of Primary Health Care within the District Health System in KZN.

Since then, the province has established Ward-Based Outreach Teams that go into communities to examine people, conduct community surveys, engage with the public about their health needs, and gain a better understanding of the communities’ beliefs and habits – just like the Karks did.

Dr Matsoso said it’s high time the country moved away from a “hospi-centric” approach to healthcare, and got into a culture of disease prevention.

“With a hospi-centric approach, you are actually responding when people are already complicating with diseases and other health problems that they have. The preventative approach is meant to help us prevent

diseases. In contrast, we wait for people to be very ill. When they are very ill, it’s only then that we respond... when they need dialysis or chronic medication... when we actually could have responded earlier by dealing with risk factors, by educating health, promoting regular physical activity so that we deal with obesity, reducing risk factors such as smoking, alcohol, but also dealing with other nutritional programmes, promoting healthy lifestyle, and ensuring that people can eat good and highly nutritious food.

“If we invest in healthcare, we would reduce the workload in our hospitals. We’d reduce the burden of disease and also reduce the burden for our own healthcare workers. So, we need to invest in primary healthcare. It is not a cost. It is not expenditure. It is a huge investment. And we’ll see the returns.”

# KZN PHC CONFERENCE HIGHLIGHTS

- Launch of PHC Booklet documenting success stories from different districts in KZN. First copy was presented to KZN Health MEC Dr Sibongiseni Dhlomo, with an acknowledgement of his role in championing the PHC model in the province. The MEC in turn presented the copy to the Director General from the National Department of Health Dr Precious Matsoso
- Brought all KZN Outreach teams in one room at once
- Presented a key platform with commissions to delve into different issues and map out strategies for future successes.
- Drew sponsorship support from sector partners who also manned the exhibition stalls



## CHARLES JOHNSON MEMORIAL HOSPITAL EMBARKS ON OPERATION MBO (TAKING SERVICES TO THE PEOPLE OF MBOFANA)

**Charles Johnson Memorial Hospital embarked on an Operation Mbo Campaign (Taking Services to the people) at Mpofana area under Nquthu Municipality in Ward 01 recently at Manxili Community Hall. This campaign was aligned with the Operation Sukuma Sakhe approach which stresses the importance of bringing healthcare services to people.**

The profiling of the area started in 2018 when the Hospital Ward Based Team (WBOT) identified 21 families who were in need. This area was identified as one with a high number people who are unemployed, poverty stricken —with a family of nine people who were found to be living in a one room house — whilst

other families had people who did not have identity documents and children without birth certificates which meant they could not receive child support grants.

Hospital management and staff started a campaign to donate clothes and groceries to give to these families. The idea was well welcomed by other Government Departments, Nquthu Local Municipality, Mandleni Traditional Council and the Local Counsellor.

The event attracted 257 community members. The campaign saw 21 families receive groceries, blankets and clothes from the Department of Health, 8 other families also received groceries from the Department of Social Development and all these families were provided with seeds by the Department of Agriculture and Rural

Development. The Department of Home Affairs assisted 58 families with Identity documents and birth certificates for those who qualified. Health services were also provided and the elderly received optical glasses and walking aids.

The event was supported by a variety of government Departments and stakeholders, who were given slots to educate, inform and advise community members about their services.



# DON'T FORGET YOUR SUNSCREEN!

The holidays are filled with fun activities that, for inhabitants of KZN, usually include visiting the beach. However, although the sun may mean a lot of good times in the outdoors, its powerful rays can be harmful in the long term. That's why sunscreen should be your best friend.

Sunscreen is a product that you put on your skin to protect it from the sun's UV rays. But it's important to know that sunscreen is just a filter – it does not block all UV rays. Sunscreen should not be used as a way to prolong your time in the sun. Even with proper sunscreen use, some UV rays still get through.

Because of this, sunscreen should not be thought of as your first line of defense. Consider sunscreen as one part of your skin cancer protection plan, especially if staying in the shade and wearing protective clothing are not available as your first options.

Sunscreens are available in many forms – lotions, creams, ointments, gels, sprays, wipes, and lip balms, to name a few.

Some cosmetics, such as moisturizers, lipsticks, and foundations, are considered sunscreen products if they have sunscreen. Some

makeup contains sunscreen, but you have to check the label – makeup, including lipstick, without sunscreen does not provide sun protection.



## ETHICS

The Public Service Commission (PSC) has relayed guidelines that every public servant is expected to follow. Previous weeks covered the characteristic of an ideal public servant, the servant's relationship with the public and his relationship with his fellow colleagues. This week focuses on a government employee's performance of duties.

### An employee should:

- strive to achieve the objectives of his or her institution cost-effectively and in the public's interest;
- be creative in thought and in the execution of his or her duties, seek innovative ways to solve problems and enhances effectiveness and efficiency within the context of the law;
- be punctual in the execution of his or her duties;
- execute his or her duties in a professional and competent manner;
- not engage in any transaction or action that is in conflict with or infringes on the execution of his or her official duties;
- recuse himself or herself from any official action or decision-making process which may result in improper personal gain, and this should be properly declared by the employee;
- accept the responsibility to avail himself or herself of ongoing training and self-development throughout his or her career;
- be honest and accountable in dealing with public funds and uses the Public service property and other resources effectively, efficiently, and only for authorised official purposes;
- promote sound, efficient, effective, transparent and accountable administration;
- in the course of his or her official duties, report to the appropriate authorities, fraud, corruption, nepotism, mal-administration and any other act which constitutes an offence, or which is prejudicial to the public interest;
- give honest and impartial advice, based on all available relevant information, to higher authority when asked for assistance of this kind; and
- honour the confidentiality of matters, documents and discussions, classified or implied as being confidential or secret.

# LIBRARY

**IN THE LIBRARY THERE IS AN EXHIBITION FOR AUTISM RELATED INFORMATION AND HELPFUL BOOKS AVAILABLE REGARDING THE ILLNESS.**

Please do avail yourself to learn more on Autism.

The Head Office Library is located in **Natalia Building, 10th floor South Tower.**

For further information, please contact Mondli on 033 395 2571 or Mondli.Dube@kznhealth.gov.za

**PLEASE NOTE THAT THE LIBRARY AND ITS SERVICES IS ONLY AVAILABLE TO GOVERNMENT STAFF.**



DIARY

<b>19</b>	April Good Friday
<b>23</b>	April Opening of Othobothini CHC at UMkhanyakude
<b>23</b>	April Opening of Umduku Nurses' Residence at Umkhanyakude
<b>24</b>	April Cabinet OSS at Mzinyathi
<b>25</b>	April Renaming of Stanger Hospital at Stanger
<b>26</b>	April MASEAS at Mgungundlovu, Royal Showgrounds
<b>27</b>	April Freedom Day
<b>30</b>	April Meeting with National Minister of Health at Ethekwini

# GALLERY

## CLEAN UP CAMPAIGN - AMAJUBA DISTRICT, MADADENI 1



## PHC CONFERENCE 2019 - DURBAN, GREYVILLE CONVENTION CENTRE



## CJM HOSPITAL (TAKING SERVICES TO THE PEOPLE OF MBOFANA)







**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](mailto:healthchatbulletin@kznhealth.gov.za)

