



MEC FOR HEALTH  
 MS NOMAGUGU SIMELANE-ZULU

## MESSAGE FROM THE KZN HEALTH MEC

Ms Nomagugu Simelane-Zulu

During the holiday season, more than ever, our thoughts turn gratefully to those who have made our progress possible. And in this spirit I say, sincerely...

Thank You and best wishes to you and your family during this Holiday Season!



HEAD : HEALTH  
 DR SANDILE TSHABALALA

## MESSAGE FROM THE HEAD: HEALTH

Dr Sandile Tshabalala

The festive season is indeed the most wonderful time of the year. Giving it more wonders are people like you who never tire to serve others. I would like to express my sincere gratitude for your contribution towards the success of the

Department. May you and your family have a wonderful Christmas and a New Year of health, happiness and prosperity!



# 2019 HIGHLIGHTS GALLERY



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

# The Department experienced many highs this year through new initiatives introduced by MEC Nomagugu Simelane-Zulu and the Department's partnerships with several businesses and civil societies.

## HERE ARE A FEW:

- First and foremost, the KwaZulu – Natal Department of Health welcomed and congratulated newly appointed MEC for Health, Ms Nomagugu Simelane- Zulu.

She is now responsible for the

health needs of more than 80% of the province's population who use the public health sector.

- The Department opened an impressive brand new state of the Art Paediatric Burns Unit at the Ngwelezane Hospital at the value of R14.5 M. The

facility caters for children aged 1 to 12 years; this was made possible primarily by M-Net's Carte Blanche: Making a Difference Trust and other partners such as the Mining and Metal Company South 32 and several others.

- The MEC Ms Nomagugu Simelane-Zulu declared that the contact details of all hospital CEOs; district directors; and those in charge of dispatching ambulances be made public.

- Dick Whittington Shoes donated R300 000 for the renovation of Edendale Hospital's Neonatal Ward, to contribute towards the reduction of mortality rates.

- Dr Sandile Tshabalala announced as the new, full-time Head of Department. Move said to bring stability to the Department that has had an acting head for some time. Dr Tshabalala announces plans to implement new initiatives.

- MEC Launches Isibhedlela

Kubantu #IsibhedlelaKubantu sees a comprehensive range of healthcare services being brought to the doorstep of communities who live far from clinics and district hospitals.

- MEC Launches Ezempilo Ereydwini Yakho. Initiative engages communities about their experiences at the Department's facilities.

- Dr Pixley Ka Isaka Seme Memorial Hospital to be opened in 2020. Multi-billion rand facility to open next year following National Health Minister's approval of the Hospital as an example of "NHI at Work".

- Three KZN Districts meet 90-90-90 Target UGu, UMkhanyakude UMzinyathi lead the way in meeting HIV/AIDS Targets.



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# BRINGING HOPE TO PATIENTS:

## KZN Health MEC Ms Nomagugu Simelane-Zulu Leads New, Highly Impactful "Lul'isandla/Lend A Hand" Initiative

Every month, KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu and her senior management team – including at least five doctors, professional nurses, and finance, legal, computer science and HR experts - will spend a day lending a helping hand at each of the province's busy hospitals.

During the first of such visits at Addington Hospital, MEC Simelane-Zulu said the brand-new Lul'isandla/Lend-A-Hand initiative would help improve service delivery capacity and client experience, while giving the Department's key decision-makers a first-hand account of the realities faced by the public, as well as staff at public healthcare facilities.

The Department's Management Committee, otherwise known as MANCO, has 21 members. It is made up of doctors, qualified professional nurses, and other highly-skilled professionals, who have until now been largely office-based. During every Lul'isandla visit, they will be dispatched to various sections of the hospital to render services in accordance with their training and qualifications. MEC Simelane-Zulu said:

"The key factor about this programme is that all the skills of management are actually brought to the facility. Our goal is to ensure that when we leave, the challenges that we found should have been solved. For instance, when we arrived at Addington, we were told about challenges in relation to IT... that relate to the network, and functionality of the computers. When we left, those challenges had been solved... We came up with short and long-term solutions. That is what we want to achieve.

"These visits don't necessarily have to be walkabouts, but are for us to get to the hospital and assist, because there are a number of challenges that our hospitals are faced with. Some are not of our own making, and as a result our facilities need outside assistance." The MEC said Addington Hospital was chosen due to increased foot traffic because of the peak holiday season.

"From here, we will be visiting one hospital per month. But we won't be doing the same thing every time. It will depend on the identified realities and needs. Sometimes, when we go to one hospital and see that it needs painting, some of our MANCO member and ourselves we'll do whatever that is needed to for that particular month." Lul'isandla/Lend-A-Hand is the latest in a series of exciting and impactful innovations introduced by the MEC for Health.

### The others include:

- Ongoing efforts to rationalise the allocation of Human Resources to optimise efficiency, while raising funds for the filling of vacant posts in order to achieve minimum staff establishment of 60% at healthcare facilities;
- **#IsibhedlelaKubantu**– Taking a comprehensive package of healthcare services to rural communities, to help those who live far from healthcare facilities – free of charge;
- **Nqonqo: Sikhulekil' eKhaya** – A door-to-door type approach to healthcare service provision, whereby doctors, nurses and allied health workers descend on a community and attend to the needs of the sick and frail in their own backyard.
- The Department's own **e-health** revolution, which will replace the old and inefficient paper-based filing and data-management system, with the modern, dynamic and infinite convenience of **e-health**.
- The establishment of a

Directorate of legal experts who will be responsible for investigating every potential and actual medico-legal claim that is lodged against the Department. They will, among other things, advise the Department on the correct course of action to follow and the quantum of damages to be awarded where necessary.

- The distribution of contact details of hospital and district management. This ensures that any person who may be aggrieved, need assistance, or wish to pass a compliment is able to communicate easily with the Department.
- A mobile phone application (app). To be launched soon, this app will enable any patient or their next of kin to lodge compliments or complaints and receive feedback in real time. It will be managed by trained Departmental customer care staff.



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# WHO SAID WHAT THIS WEEK

"The brand-new Lul'isandla/Lend-A-Hand initiative would help improve service delivery capacity and client experience, while giving the Department's key decision-makers a first-hand account of the realities faced by the public, as well as staff at public healthcare facilities."

**KZN Health MEC, Ms Nomagugu Simelane-Zulu**

"Halala to Umkhanyakude for achieving #90-90-90 target."

**Minister of Health, Dr Zweli Mkhize**

"Today marks the historic anniversary of the formation of uMkhonto Wesizwe. The fight waged by MK was of great sacrifice and helped liberate this country."

**Premier of KwaZulu-Natal, Mr Sihle Zikalala**

"Today, I will travel to Bergville in KwaZulu-Natal to observe our national Day of Reconciliation. It says much about our

country that this day, 16 December, marks two events in our history that are enduring symbols of conflict and resistance."

**President of South Africa, Mr Cyril Ramaphosa**

"Congratulations to our #MissUniverse2019. I too hope children the world over will see their faces reflected in yours & be inspired to believe in the power of their dreams. May young women continue to take up space & leave an indelible mark on society, just as you have."

**President of South Africa, Mr Cyril Ramaphosa**

"I welcome the new Managing Director aboard ACSA and I assure her of our full support from the Department of Transport. An accomplished manager and administrator with demonstrative achievements on previous portfolios, I am certain that Ms Mpofu will steer ACSA to greater heights."

**Minister of Transport, Mr Fikile Mbalula**



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# INVENTIONS THAT SHAPED THE WORLD:

## PAINKILLERS

Highly addictive opiates, derived from the opium poppy, have been used for thousands of years for both recreational and medicinal purposes. The most active substance in opium is morphine - named after Morpheus, the Greek god of dreams. Morphine is a very powerful painkiller, but it is also very addictive.

In the sixteenth century, laudanum, opium prepared in an alcoholic solution, was used as a painkiller. Morphine was first extracted from opium in a pure form in the early nineteenth century. It was used widely as a painkiller during the American Civil War, and many soldiers became addicted. Codeine, a less powerful drug that is found in opium but can be synthesized (man-made), was first isolated in 1830 in France by Jean-Pierre Robiquet, to replace raw opium for medical purposes.

It is used mainly as a cough remedy. Morphine, the most active substance in opium, is a very powerful painkiller that hooked many US Civil War soldiers. Photo credit: AP WideworldMorphine, the most active substance in opium, is a very powerful painkiller that hooked many US Civil War soldiers.

Throughout the early nineteenth century, the recreational use of opium grew



and by 1830, the British dependence on the drug reached an all-time high. The British sent warships to the coast of China in 1839 in response to China's attempt to suppress the opium traffic, beginning the First Opium War. In 1874, chemists trying to find a less addictive form of morphine made heroin. But heroin had twice the potency of morphine, and heroin addiction soon became a serious problem.

A bottle of codeine tablets—all opiates temporarily relieve pain but are highly addictive. A bottle of codeine tablets—all

opiates temporarily relieve pain but are highly addictive. The US Congress banned opium in 1905 and the next year passed the Pure Food and Drug Act requiring contents labeling on all medicines.

Methadone was first synthesized in 1937 by German scientists Max Bockmühl and Gustav Ehrhart at the IG Farben company. They were searching for a painkiller that would be easier to use during surgery, with less addiction potential than morphine or heroin. Yet methadone is believed by many to be even more addictive than heroin.

Meanwhile, the illegal opium trade boomed. By 1995, Southeast Asia was producing 2,500 tons annually. New painkillers came on the market with approval from the Food and Drug Administration: Vicodin in 1984, OxyContin in 1995 and Percocet in 1999.

These are all synthetic (man-made) opiates which mimic (imitate) the body's own painkillers.

Source: <https://www.drugfreeworld.org/drugfacts/painkillers/a-short-history.html>



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