

## UMPHATHISWA WEZEMPILO E-KZN UNXUSA BONKE ABAHAMBELA AMAPHATHI NEMINGCWABO UKUBA BAPHOQE ABAHLELI BAYO UKUBA BALANDELE IMIGOMO YOMBHEDUKAZWE I-COVID-19 NJENGOBA UMHLABA WONKE USUBHEKENE NEHLANDLA LESIBILI LOKUHLASELWA YILOLU BHUBHANE

**Sekuyisona sikhathi lesi sokuthi abahambela amaphathi nemincwabo bathathele izinyathelo abahleli bayo abangayilandeli imigomo yezokuphepha yobhubhane i-COVID-19, ukuze kunqandwe ihlandla lesibili lokuthetheleka nokufa kwabantu ngenxa yawo lo mbhedukazwe i-COVID-19.**

Leli yikhwelo elihlatshwe nguMphathiswa woMnyango wezeMpilo KwaZulu-Natali uNkz. Nomagugu Simelane-Zulu, njengoba ihlandla lesibili lwalombhedukazwe i-COVID-19 seligadle kwezwele ezingxenyeni ezahlukahlukene zomhlaba. Ngenxa yokwenyuka ngokuphindaphindekile kwezibalo zabathelekayo, izwe laseNgilandi seliphinde labuyiselwa esigabeni esinzima semvalelwandlini (lockdown), okuzohlalwa kuso kuze kuyoba wumhla wesi-2 kuZibandlela, kanti izwe laseMelika (US) lona ngasekuqaleni kwaleli sonto liqophe isibalo esisha sabantu abayi-121 000 abathetheleka nsuku zonke ngegcwane lekhorona ngomhla wesi-5 kuLwezi wezi-2020, okuyisibalo esingaphezulu kwaleso esasigcine siqoshiwe sabantu abangaphezulu kwe-100 000 esasibikwe ngayizolo.

Ekhuluma ngesikhathi kunomcimbi wohlelo lokuhambela imiphakathi olwaziwa ngokuthi #IsibhedlelaKubantu obuku-"ward 6" kuMasipala wendawo waseMthonjaneni (e-Melmoth, ngaphansi kwaMasipala wesifunda i-King Cetshwayo), uMphathiswa uSimelane-Zulu uthi: "Sikhathazekile ngokuthi leli gciwane le-COVID-19 lisengabuya lisihlasele ihlandla lesibili, uma singayiguquli indlela esenza ngayo izinto. Uma sihambele imincwabo

kumele kube yithi esithi, 'Cha! Sicela ukuthi ningasihlalisi kanjena'. Kanti futhi uma kukhona kulaba abahambela umncwabo abangazigqokile izifonyo, kumele sibacele kahle nje ukuthi bazifake, ukuze bazivikele bona, baphinde bavikele nathi ngokukunjalo. "Labo abanye bethu abahlela eminye yemigidi (yemikhosi), njengemicimbi noma imishado, kumele baqikelele ukuthi labo abayihambelayo bavikelekile. Sesishonelwe ngabantu abaningi kabi emva kokuhambela imincwabo ezindaweni ezisemakhaya ngenxa yokuthi kayilandelwa imigomo yezokuphepha yobhubhane i-COVID-19, njengokugqoka izifonyo, ukugeza izandla nokugcina ibanga elanele phakathi kwakho nabanye. Siyabaxusa abantu bakithi ukuthi siqinisekise ukuthi siyasingoba lesi sifo ngokulandela le migomo."

Umcimbi wohlelo oluthi #IsibhedlelaKubantu waqhubeka yize ilanga lalikhapha umkhovu etsheni, abantu babephume ngobuningi babo futhi lo mcimbi waba nomthelela obonakalayo empilweni yabantu basemakhaya abahlala ku-"ward 6" kuMasipala waseMthonjaneni. Zazingekho ngaphansi kwe-130 iziguli ezazibonwa esikhathini esingamahora ambalwa nje yithimba labasebenzi bezempilo elalisebenza ngokuzinikela okubalwa kulo odokotela, abahlengi noma abahlengikazi, odokotela bamazinyo, odokotela bamehlo nodokotela abasoka abantu besilisa.

Abesifazane abayishiyagalolunye benziswa i-"Pap Smear" ukuhlola ukuthi kabanazo yini izicutshana ezingaholela ekutheni bahlaselwe wumdlavuzo womlomo wesibelethe; iziguli ezingama-48 zona zahlololwa isifo sofuba

(TB)kwase kuthi abangama-63 bona bahlololwa izifo zamehlo nokwatholakala ukuthi abahlanu babo banazo izifo zamehlo babesebedluliselwa esibhedlela. Azibanga ngaphansi kwama-55 iziguli ezanikezwa izibuko zamehlo, kwathi ezinye futhi ezingama-55 zona zanikezwa izinduku zokudondolozela, ezintathu zanikezwa izihlalo ezinamasondo, kanti abesilisa abathathu bona basokwa kwasekuthi abayi-11 bona bahlololwa amazinyo.

Esinye sezakhamuzi kwezathola usizo, esineminyaka yobudala engama-60, uBonani Ncengwa ohlala ku-"Ward 6", wabonga kakhulu kuMphathiswa uSimelane-Zulu ngokuletha lolu hlelo endaweni yangakubo. "Ngihlalelwe izifo. Sazizwa samukelele kahle kakhulu. Ngaphinde ngahlabeka umxhwele ngezinga eliphezulu ebeshiphethwe kahle ngalo. Ngiluthole lonke usizo ebengiludinga. Ngaphezu kwakho konke, ngithokoze kakhulu," kusho yena. Ukuvakashela ku-"ward 6" kumasipala waseMthonjaneni kwenzeka emva kosuku nje uMphathiswa uSimelane-Zulu ekade ese-Ramsgate eduze nase-Port Shepstone okuyingxenywe yohlelo lwakhe lokuvakashela umuzi nomuzi olubizwa ngokuthi: Nqo-Nqo-Nqo Sikhulekile Ekhaya. Ubephelekezelwa ngamathimba amane enziwe ngodokotela, ngabahlengi noma abahlengikazi kanye nongoti abasebenzisana nomnyango wezempilo, bakwazi ukuvakashela imizi eyi-13 endaweni.






Isakhamuzi saku-"ward 2" e-Ramsgate noma e-Ray Nkonyeni, u-Sharee Van Rensburg wabonga kakhulu uMphathiswa uSimelane-Zulu ngokubalethela

izinsiza. Emva kokuhlolwa ngabasebenzi bezempilo engaphandle nje kwasekhaya lakhe, wathi: "Ngicabanga ukuthi ngumbono omuhle kakhulu lona. Ukufika kwethimba labasebenzi bezempilo bezosihlola sonke ezindaweni esihlala kuzo, kusithokozisa kakhulu futhi beningacabangi ukuthi kungenzeka kodwa nampa bakhona ngempela. Ngicabanga ukuthi ukuvakashela abantu besemakhaya abo bese behlololwa izifo khona kungumqondo ophusile ngempela. Qhubekani nikwenze. Kuhlaba umxhwele futhi kubuyisa ithemba kubantu abaningi. Beningakukholwa. Abantu abaningi kabakwazi ukuya emitholampilo ngenxa yokuthi kabanayo imali yokugibela. Leli yisu elihle kakhulu"

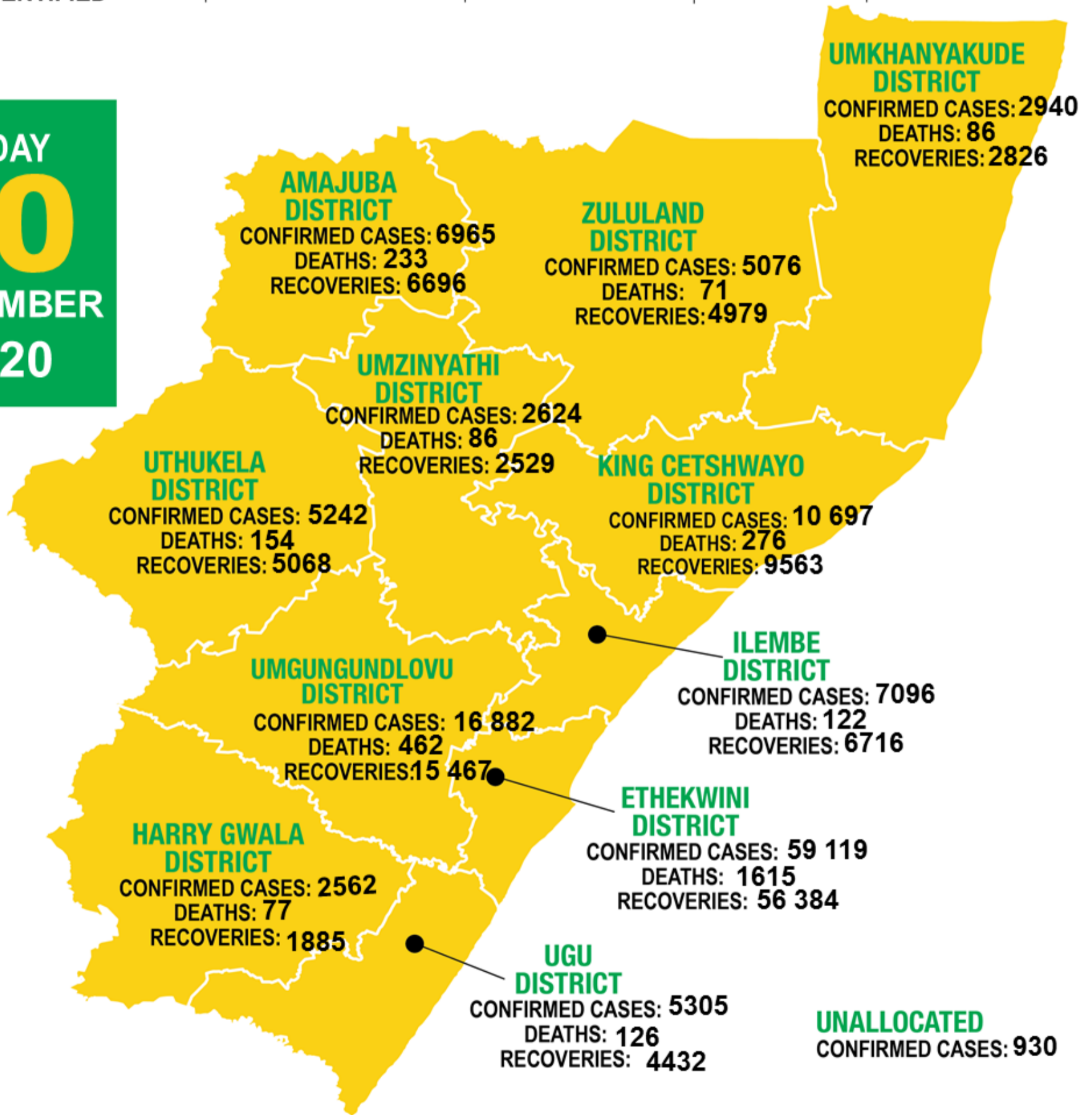
UMphathiswa uSimelane-Zulu waqinisekisa ukuthi uMnyango uzoqhubeka nokuthuthukisa izinsiza ezitholakala ezikhungweni zezempilo eziseduze nemiphakathi, ngesikhathi kusasatshalaliswa izinhlelo ezintsha zokufinyelela kalula emphakathini, ezifana nalolu oluthi: Isibhedlela Kubantu, Nqo-Nqo-Nqo Sikhulekile Ekhaya, nezinye eziningi.



# COVID-19 STATISTICS IN **KZN**

				
<b>125 438</b>	<b>5585</b>	<b>116545</b>	<b>3308</b>	<b>156</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY  
**20**  
NOVEMBER  
2020



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# UNGAYIGWEMA KANJANI INGCINDEZI NGESIKHATHI UZILUNGISELELA UKUBHALA IZIVIVINYO

Kujwayelekile ukuthi uzizwe ukhathazekile ngesikhathi sokubhalwa kwezivivinyo, ikakhulukazi uma ungaphansi kwengcindezi evela esikoleni noma emndenini. Ingcindezi yokubhala izivivinyo ingakudalela ukuthi ube nexhala kanti lona lingakubangela ukuthi uqhwashe ebusuku noma ukungadli ngendlela efanele.

**Uma uzwa ezinye zalezi zimpawu, noma uma ukhathazekile ngokuthi awusakwazi ukumelana nengcindezi yokubhala izivivinyo, lesi simo kasibhekene nawe kuphela futhi kunezinto ongazenza:**

UDKT. Sally, ongudokotela wezifo zengqondo esibhedlela i-McCord uyaseluleka: Bambalwa kakhulu abantu abathokozela ukubhala izivivinyo. Akuzwakali kahle ukuthi umsebenzi obuwenziwa unyaka wonke usungethulwa wonke ngokubhala iphepha elingamahora ama-3 nje kuphela. Yize kunjalo, kodwa ukubhala izivivinyo kuyingxenye yempilo futhi kumele sikwenze ngokukhululeka. Ukuze usebenze kahle ngokungatatazeli, kumele uzenzele uhlelonhlu kanisikhathi, uma uzolulandela ngendlela, ukwazi ukuhlukanisa isikhathi ukuze uzibuyekeze zonke izifundo ozenzayo. Akukhuthazwa-ke ukuthi uvele uzame ukugxisha lonke ulwazi ekhanda ngomzuzu wokugcina. Okungenani ungazama ukuluhlukanisa ulwazi lube luncanyana ukuze luzobambeka kalula ekhanda futhi okuzoba yilo lolu lwazi oluzokhumbuza ubuchopho ngolwazi olukhulu okususelwa kulo

## ABAFUNDI BACOBELANA NGAMASU OKUTHI BANGABHEKANA KANJANI NENGCINDEZI NGESIKHATHI SOKUBHALA IZIVIVINYO

**Igama:** UMlondi

**Isibongo:** UJali

**Iminyaka Yobudala:** Ingama-22

**Isikhungo Semfundo Ephakeme:** Inyuvesi YaKwaZulu-Natali

Unyaka Wokufunda: Ngenza Unyaka wesi-2

Ngaso sonke isikhathi ngikhethe indawo engenamsindo lapho engizofundela khona kahle ngingaphazamiseki. Ngenza isiqiniseko sokuthi ngibanento engizoyidla njengezithelo, ushokoledi noma ukudla okuncane nje kokubamba umoya okuzongenza ukuthi ngihlale ngizinze futhi ngicabange ngezinto ezinhle empilweni ezizongisiza ukuthi ngigxile kulokhu engikwenzayo.

Ngilalela umculo okhalela phansi onginika amandla nomfutho wokuthi ngigxile kulokhu engikwenzayo futhi ungisize ukuthi kungabibikho okungiphazamisayo. Ngiphinde ngifunde ngokusebenzisa izinto ezizongenza ukuthi ngikhumbule kalula; ngibheka amaphepha amadala ezivivinyo, ngifunde ngokuwaphendula.



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konke okwenziwayo.

Abanye abafundi basebenzisa amaphilisi ayizikhuthazi ngenkolelo yokuthi azobasiza ukuvula ingqondo ngaphambi kokuyobhala izivivinyo futhi abasize nokuthi bangaphathwa wubuthongo ukuze bakwazi ukufaka ulwazi oluningi emakhanda ngobusuku obandulela ukubhala izivivinyo. Yize kunjalo, kodwa lesi senzo akumele sikhuthazwe njengoba ukusetshenziswa kwezikhuthazingqondo ngokweqile kungaholela ekutheni umqondo uvele ungabe usakwazi ukusebenza ngendlela efanele ngelanga lokubhala izivivinyo. Okungcono ungamane uncamele ukuzisebenzela ngomqondo wakho uzicabangele nje kahle ungajahi uze uyoqeda izivivinyo. Ukulala ngendlela efanele, ukudla isidlo esilula (ungagcwalisi isisu) nokuthandaza ngaphambi kokubhala izivivinyo kungakunika amandla nomfutho. Bese kuthi uma sekuphelile ukubhala izivivinyo, niqaphele ukuthi ningakujabuleli lokho kuze kweqe. Ukwenza amaphathi okujabulela ukuqeda ukubhala izivivinyo okuhambisana nophuzo oludakayo kuye kuholele ekutheni kugcine sekukhona abafayo ngenxa yezimpi nangezinguzi zomgwaqo. Abafundi banekusasa elihle eliqhakazile elibalindile, ngakho-ke kumele benze izinto ngokuzithiba.

Okokugcina, uma kwenzeka ungaphumeleli ezivivinyweni zakho, ungazithathi njengesehluleki. Liyohlala likhona njalo elinye ithuba lokuthi uvuke uzithathe ukhombise ukubaluleka kwakho empilweni nolwazi onalo.

**Igama:** UFanabo

**Isibongo:** UHlophe

**Iminyaka Yobudala:** Ingama-24

**Isikhungo Semfundo Ephakeme:** Durban University of Technology (DUT)

Unyaka Wokufunda: Ngenza unyaka wesi-2

Ngihlela indawo engizofundela kuyo. Ngenza isiqiniseko ngaso sonke isikhathi sokuthi nginendawo eyanele engizochaya kahle kuyo izincwadi engizofunda ngazo. Mina ngifunda kahle ebusuku, ngoba akuphithizeli kakhulu futhi kusuke kuthulekile, kanti futhi zincane kakhulu izinto eziphazamisayo.

Nginokukholelwa ekutheni uma ufunda kumele uphinde uthathe nesihlwathi lokho kungakusiza ukuthi lolu lwazi olufundile luhlale kaekhanda futhi ukwazi nokulikhumbula kahle. Ngizayisebenzisa nezikhuthazangqondo ezingisiza ukuthi ngihlale ngiphapheme ebusuku.

Ngithatha namakhefu njalo uma ngifunda. Ngifunda amahora ama-2 bese ngithatha ikhefu lemizuzu eyi-15 kuya kwengama-20 ngokuthi ngilalele umculo noma ngidle okokubamba umoya. Ngithanda ukubamba umoya ngokudla izinto ezinoshukela omningi nokuphuza iziphuzo eziyizinikimandla kanye nezithelo, kungisiza ngokuthi kwenyusa izinga lokuthi ngigxile kulokhu engikwenzayo futhi ngingaphazamiseki. Ngifunda ngokuthi ngikhumbule phansi lokhu engikufundayo, ngibamba ulwazi oluningi kakhulu uma ngizibhalela mina amanothi ami futhi ngisebenzise ipeni eliwumbala ohlukile ukugcizelela ulwazi olubalulekile.





# UMSHINI OMUSHA SHA WOKWELAPHA UMDLAVUZA OBIZE IZIGIDI EZINGAMA-R50 UZOLEKELELA KAKHULU ISIFUNDAZWE EMPINI YOKULWA NOMDLAVUZA



**UMphathiswa woMnyango wezeMpilo KwaZulu-Natal uNkz. Nomagugu Simelane-Zulu uthethe ukwethulwa komshini omusha ceke obize imali eyizigidi ezingama-R50 esibhedlela i-Grey's ekuqaleni kwale nyanga kusengobunye bobufakazi bokuthi uHulumeni uzimisele ngempela ngokuhlinzeka ngezempilo ezisezingeni eliphezulu kubo bonke abantu, kungabhekwa umuntu ngokwezinga noma ukuthi unayo yini i-"medical aid" noma akanayo.**

Ukwethulwa kwakamumva kwalo mshini omusha, okungowesibili sekuvuselele ugqozi kwaletha nentokozo esibhedlela i-Grey's ekuqaleni lesi sibhedlela ukuze sikwazi ukumelana nomthamo wabantu abadinga ukwelashelwa umdlavuzi ababuya esifundeni Umgungundlovu, Umzinyathi, Uthukela, Amajuba nesase-Harry Gwala. Njengoba lesi sibhedlela sesinemishini emibili njengamanje sesizokwazi ukwelapha abantu abanomdlavuzi abangaze bayofinyelele ema-75 njalo ngosuku, njengoba besikwazi ukulapha abantu abangama-45 ngosuku ngesikhathi kusasetshenziswa umshini omdala obuwodwa nje kuphela. UMphathiswa uSimelane-Zulu uphinde wathi ukufika kwalo mshini osezizingeni eliphezulu kangaka kulesi sibhedlela sase-Grey's sekufake ugqozi lokuthi kuphinde kuyokwakhiwa esinye futhi sibhedlela esisezingeni eliphezulu esifundeni i-King Cetshwayo.

Lokhu kuzosiza kakhulu iziguli ezinomdlavuzi okumanje ziphoqeleka ukuthi zihambe amakhulu ngamakhulu amakhilomitha ukuze ziyokwelashelwa umdlavuzi emadolobheni njengaseThekwini (okuyisibhedlela i-Addington ne-King Edward VIII) naseMgungundlovu (okuyisibhedlela i-Grey's). Lokhu okuzokwenza ukuthi

uMnyango wonge izigidi zamarandi obuzichitha ngokukhokhela ukuthuthwa kweziguli. Izibalo ezikhishwe wuhlaka olwenzela iNhlangozi Yezempilo Emhlabeni Wonke Jikelele (WHO) ucwaningo olwaziwa ngokuthi yi-"International Agency for Research on Cancer" zikhombisa ukuthi ngonyaka wezi-2018, iNingizimu Afrika yabanesibalo sabantu abayi-107 467 abanesifo somdlavuzi (kulesi sibalo abayi-47 764 kwaba ngabesilisa kwase kuthi abayi-59 703 kwaba ngabesifazane); kanti abashona bona babayizi- 57 373 (kulesi sibalo abayi-28 138 kwaba ngabesilisa kwathi abayi-29 235 kwaba ngabesifazane).

## IZINHLOBO ZOMDLAVUZA EZIHAMBA PHAMBILI YILEZI EZILANDELAYO:

- Umdlavuzi webele/wesibele (babeyi-14 097 noma amaphesenti ayi-13.1),
- Umdlavuzi womlomo wesibeletso (babeyi-12 983 noma amaphesenti ayi-12.1),
- Umdlavuzi wamankwaha (babeyi-12 452 noma amaphesenti ayi-11.6),
- Umdlavuzi wamaphaphu (babeyi-8 239 noma amaphesenti ayi-7.7), bese kuba
- Umdlavuzi wamathumbu (babeyi-6 937 noma amaphesenti ayisi-6.5).

*iyaqhubeka ekhasini 05*

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Isibalo sabantu abahlaselwa yilezi ezinye izinhlobo zomdlavuza sabayi-52 759 (noma amaphesenti angama-49.1) senani eliphelele.

Ekhuluma ngesikhathi kudluliselwa lo mshini womdlavuza kubaphathi besibhedlela i-Grey's uMphathiswa uSimelane-Zulu uthe: "Sikuthole kuyinselelo enkulu kabi ukuthi njengamanje isifo somdlavuza sesingesesithathu kwezihamba phambili ezibulala zonke izinhlanga (emva kwesifo sofuba nesikashukela). Siphinde sakuthola futhi kuyinselelo enkulu emphakathini wabantu abamnyama ngoba kusenzima ukuthi indlu empisholo ikwamukele kalula ukuthi umdlavuza ungesinye sezifo ezingomashayabhuce esibhekene nazo. "Akumele sibulawe yisifo somdlavuza. Kumele sihambe siyohlololwa lesi sifo ukuze uma sitholakalile bese siqala ukwelashwa. Uma singasisukumeli lesi sifo kusenesikhathi, size sizofuna usizo ngesikhathi lesi sifo sesisabalele kakhulu emzimbeni, thina njengoMnyango wezeMpilo sikuthola sekunzima kakhulu ukuthi sikusize. "Sidinga umphakathi wonke ukuba uqwashisane ngalesi sifo, ukuze siqinisekise ukuthi bonke abantu bakithi bayaphuma bayohlololwa lesi sifo". "Ngakho-ke sinxusa bonke abantu bakithi ukuthi basheshe basukume kusenesikhathi ukuze sisheshe sitholakale lesi sifo somdlavuza bese siyelashwa."

**Ngaphambi kokwethula lo mshini omusha ngokusemthethweni, uMphathiswa wakhonjiswa futhi wachazelwa ngendlela osebenza ngayo lo mshini nokwakhombisa ukuthi ukufika kwawo lo mshini kwakuzoba nalezi zixazululo:**

- Isibhedlela sase-Grey's sesizokwazi ukwelapha iziguli ezingaze zifike ema-75 njalo ngosuku, okuqinisekisa ukuthi iziguli sezizosheshe zithole ithuba lokwelashwa ngokushesha kunangesikhathi sangaphambilini;
- Lo mshini uzokwehlisa umthwalo ezisebenzini zasesibhedlela ebezibhekana nawo ngesikhathi iziguli zisalindiswe ukuthi kuvele ithuba
- Lo mshini uzokwenza ukuthi ukwelashwa kweziguli kusheshe futhi kube lula kanti futhi ungakwazi lo mshini ukuthi uphinde usetshenziswe ekuhlinzweni kweziguli obekuyinto ebingenzeki kulo mshini omdala.

UMphathiswa wahlabeka umxhwele kakhulu ngendlela lo mshini osebenza ngayo nawuchaza njengomunye wemishini eseqophelweni eliphezulu esetshenziswa ezibhedlela ezizimele. Wathi ukufakwa kwalo mshini kulesi sibhedlela sase-Grey's kukhombisa ukuthi uMnyango unawo amandla okuhlinzeka ngezempilo ezisezingeni eliphezulu futhi lesi kuseyisiqalo sezinto ezinkulu nezinhle ezizayo. "Lo msebenzi omuhle kangaka owenzeke kulesi sibhedlela kumele wenziwe nakwezinye izingxenye zakulesi sifundazwe. Sidinga isibhedlela sesine eselapha umdlavuza (esizokwelama isibhebhelela i-Addington, Inkosi Albert Luthuli Central, nesibhedlela i-Grey's). Ngoba uma singahleli ngendlela efanele, sizozithola sesibhekene nomthamo weziguli esingekelwe sisakwazi ukumelana nawo ngendlela efanele.

"Iqiniso lokuthi sikwazile ukuba nalo mshini omusha kuchaza ukuthi singakwazi ukwenza izinto zenzeke... bese siqinisekisa ukuthi yonke imisebenzi kulesi sibhedlela sase-Grey's yenziwa ngeqophelo eliphezulu, bese sinyukela enyakatho yesifundazwe ngomfutho ofanayo. "Njengengxenye yalezo zinhlelo, sesivumelene ukuthi sizoba naso isibhedlela esizoba nawo lo mshini wokwelapha umdlavuza kuleya ngxenye

yesifundazwe."

Esekhuluma ebhekise kongoti bodokotela ababekade bekhona kulo mcimbi, uMphathiswa wathi: "Uma sisebenza ngokubambisana futhi nani nisilekelela ukuthi sithole ongoti abazoyosebenza laphaya, lokho kuzosethula umthwalo wokuba nomsebenzi omningi futhi kwehlise nesibalo esikhulu seziguli lesi esibonakala lapha". "Ngisho noma ngabe ongoti laba esibadingayo bangasinika izinsuku ezimbili noma ezintathu nje kuphela esikhathini sabo, lokho ngabe kwanele ukuze sigweme ukuthi iziguli zihambe isikhathi eside ziyofuna usizo. Ngethembe nina-ke bongoti ukuthi nizohamba niyoheha ninxenxe ozakwenu egameni lethu, ukuze nani nizoba nesibalo seziguli esilingene."

UMphathiswa wengeze ngokuthi: "Ukutholakala kwezinsiza zezempilo kuyilungelo lesintu. Uma wonke umuntu engakuqonda kahle lokho, futhi nathi sivunyelwe ukuthi siqinisekise ukuthi umphakathi wakithi uhlinzekwa ngezinsiza eziseqophelweni eliphezulu, kungaba yileso sikhathi abantu bakithi bengazibona nabo behlomula." "Ngokwethulwa kwalo mshini, sithi akusibona kuphela abantu abadla izambane likampondo... akusibona kuphela abantu abanemishwayilense... abanelungelo lokuthola ukwelashwa okusezingeni eliphezulu. "Labo abangenayo imishwayilense, njengeningi labantu bakithi – abeza ezikhungweni zethu zezempilo - nabo banalo ilungelo lokuthola ukwelashwa okusezingeni eliphezulu."





# UMPHATHISWA WEZEEMPILO E-KZN UDONSE NGENDLEBE IZIKHULU UKUBA ZILUNGISE AMABHUKU AZO EZEZIMALI NOMA ZIBHEKANE NOKUTHATHELWA IZINYATHELO



**UMphathiswa woMnyango wezeMpilo KwaZulu-Natali uMhlonishwa Nkz. Nomagugu Simelane-Zulu ukhiphe umyalelo oqinile ewubhekise eziKhulwini eziPhezulu (CEOs) nakubaPhathi beziMali esifundazweni: Lungisani amabhuku enu ezezimali ukuze nimize uMnyango ukuthi ube nomphumela omuhle wokuncwaningwa kwababhuku noma nibhekane nokuqondiswa ubugwegwe.**

Ekhuluma emhlanganweni wokucobelelana ngolwazi obuhanjelwe yiziKhulu eziphezulu zezibhedlela (CEOs), abaphathi bezimali nezikhulu ebezivela ehovisini likaMgcinimafa obuseThekwini ngoLwesithathi lomhla we-18 kuLwezi 2020, uMphathiswa uSimelane-Zulu walwemukela lolu hlelo lokucobelelana ngolwazi nokuzikhumbuza uqeqesho okufaka phakathi kokunye uhlelo olusha sha "losomqulu wokubika kwabaphathi" nohlelokubonisana oluwumhlahlandlela weziKhulu eziPhezulu (CEOs) nabaPhathi bezimali futhi usize ekuthuthukiseni indlela okuphathwa ngayo imali ezibhedlela abasebenzela kuzo.

Yize kunjalo, kodwa uMphathiswa, akazange angabaze ngezinyathelo ezizothathelwa labo ababe nobudedengu ekusetshenzisweni kwemali kahulumeni bavumela ukuxhashazwa kwayo le mali encane kahulumeni bebhekile. Uthe uNdunankulu waKwaZulu-Natali, uMnu. Sihle Zikalala wakubeka kwacaca ukuthi emva kweminyaka umnyango ulokhu uthola umbiko wabancwaningi mabhuku onogcobho ngenxa yokusetshenziswa budedengu kwezimali zikahulumeni, uMnyango kudingeka ukuthi uguqule indlela olawula ngayo izimali ngokushesha – ngale kwalokho kukhona abazowotha ubomvu.

"Le mibiko engemihle yoncwangingomabhuku isiqhubeke iminyaka yaze yaba yi-10 ngenxa yokuthi abekho abantu

abebethathelwa izinyathelo. Ngesikhathi uMnyango uqala ukuthola le mibiko, abanengi benu base bevele bekuzo lezi zikhundla enisekuzo namanje. Kodwa akukho namunye wenu osewake wathathelwa izinyathelo. Lokho sekufike ekugcineni-ke namhlanje. UMphathiswa waveza ezinye zezinto eziningi naye aseke wazibonela zona lapho uthola khona ukuthi iziKhulu eziPhezulu zezibhedlela (CEOs) kazazi lutho ngesimo sezimali zezibhedlela eziziphethe. "Sengike ngavakashela izibhedlela eziningi... Kodwa uma ubuza isiKhulu esiPhezulu sesibhedlela (CEOs) umbuzo olula ophathelene nezezimali uthola ukuthi iningi lazo kaliyazi impendulo. Esikhathini esiningi uthola ukuthi abaphathi bezibhedlela bavele bayekelele yonke into ezandleni zabaphathi bezimali kobe ngathi bona kabekho nhlobo. "Kwesinye isehlakalo, isiKhulu esiPhezulu sesibhedlela (CEO) kasishaywanga ngisho nangamahloni, ukuthi sisho phambi kwami ukuthi, 'Yebo, ngasayina, kodwa angizange ngifunde ukuthi yini le engangiyisayinela'... Akukho noluncane ayelubona olungalungile ngokuthi athi wasayina engazange afunde njengoba sekumele aphenyule ngakho manje. Ngakho-ke lokho mina kungitshela ukuthi ngisho izimali zezibhedlela kazaziwa ngisho nayisiKhulu esiPhezulu saso isibhedlela ngenxa yokuthi kuhlale njalo kuthiwa kukhona othile ozobhekana nalokho. Lokho sekufike ekugcineni-ke namhlanje.

"Wonke umuntu ongumphathi wesibhedlela ngokwesikhundla sakhe uzobhekana nohlelo lokuthathelwa izinyathelo ngokwesikhundla akuso. Ukuthathelwa izinyathelo ngokwesikhundla okuso ngolunye lwezinhlelo okumele siluqale ukulusebenzisa njengoMnyango wezeMpilo. Ngempela akumele sithole imibiko yoncwangingomabhuku emibi evela kuMncwaningimabhuku Jikelele ngenxa yendlela esiphethe ngayo izikhungo zethu zezeMpilo. Kunethimba elincane elilodwa labaphathizibhedlela elizinze enhloko hovisi, kodwa lapha ningama-73 njengeziKhulu eziPhezulu zezibhedlela (CEOs).

"Ngakho-ke uma unikezwe umsebenzi, isibophezelo, noma isikhundla bese wena ungawenzi lowo msebenzi, thina kumele senzeni ngawe? Kungani kungamele siqhubeke nokukugcina? Ngeke sikwenze lokho. Lesi yisibophezelo engisenza lapha, njengamanje. Ngeke sesabe nhlobo ukuthatha izinyathelo."

UMphathiswa uSimelane-Zulu futhi ukubeke kwacaca ukuthi ubengasabisi abasebenzi kodwa ubenxena abantu ukuba benze imisebenzi yabo. "Ngilapha ukuzothi kubaphathi bezibhedlela, kumele nenze umsebenzi wenu wokuphatha. Niholelwa ukuthi niphethe. Aniholelwa ukuthi nibe yizikhulu ezingathintwa ezihlala emahhovisi amakhulu. Akumele ukuthi uma ngifika esibhedlela esithile njengoMphathiswa, uma ngibuza imibuzo ngokwenzekayo... kodwa kube ngomunye

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umuntu onikeza izimpendulo, kodwa isikhulu esiPhezulu sesibhedlela (CEO) sona sibe singazi lutho. "Akumele ukuthi uma ngifika esibhedlela, ngithole ukuthi kunezinsizakusebenza ezingalethiwe esibhedlela ngenxa yokuthi azikakhokhelwa futhi nesiKhulu esiPhezulu sesibhedlela (CEO) kasazi naso ukuthi kungani zingakhokhelwe.

"Akumele ukuthi uma sifika esibhedlela sithole ukuthi kunomsebenzi owenziwe kanye esibhedlela kodwa osukhokhelwe kwaze kwakabili, kodwa isikhulu esiPhezulu sesibhedlela (CEO) sibe singazi ukuthi lokho kwenzeka kanjani. Empeleni isikhulu esiPhezulu sesibhedlela (CEO) kasikwazi ngisho ukusichazela ukuthi kungani lowo msebenzi wakhokheleka kwaze kwaba kabili. Akumele kube kanjalo." UMphathiswa uthe usebhalele iNhlako yoMnyango, uDkt. Sandile Tshabalala, incwadi esemthethweni, ebuza ukuthi yiziphi izinyathelo okumele zithathwe ngalo mbiko osukhona woncwaningomabhuku loMnyango onogcobho.

"Umbuzo wami uthi... labo bantu ababhekene nawo lowo msebenzi... zinyathelo zini abazothathelwa zona? Kumele siqale manje! Siyaqala njengamanje nje. Akusho ukuthi ngisiqinisa kakhulu isandla ezibhedlela... Senza ngendlela efanayo naseNhlakohhovisi, ngoba ezinye zezinto uMcwaningimabhuku Jikelele aphawule ngazo azenzeki ezibhedlela kodwa ngezenzeka ngaphakathi enhlakhovisi"

UMphathiswa wayebonakala ukuthi uzwa ubuhlungu uma echaza ukuthi akusizo zonke izikhulu eziPhezulu nabasebenzi

boMnyango abahlulekayo ukwenza imisebenzi yabo ngendlela efanele, kanti empeleni nje abaningi babo basebenza ngaphezulu kakhulu kunalokho okulindelekile, besebenza nje bengaphansi kwezimo ezinzima.

UMphathiswa uqhube wathi: "Wonke uMphathi wesibhedlela ongawenzi kahle umsebenzi wakhe wokuphatha uyoyikhotha imbenge yomile. Lokhu kuchaza ukuthi nawe njengoMphathi wesibhedlela unomsebenzi wokuthi ulusebenzise lolu hlelo lokuthathela abasebenzi izinyathelo ngokwezikhundla noma ngokomsebenzi abawenzayo esibhedlela osiphethe. Siphinde sidinge abaphathi bezibhedlela... abangezokwesaba ukulawula abantu abathile ngoba nje kuthiwa bafunde kangcono kunabo.

"Silapha ukuzonitshela ukuthi izinto kazihambi neze kahle. Kumele nenze umsebenzi wenu wokuphatha ngendlela efanele futhi ninethuba lokuthi ningenza uguquko olubonakalayo. Sidinga ukuthi nonke njengoba nilapha niyamukele le nselelo futhi nigijime nayo." UMphathiswa uthe kwamkathaza kakhulu ukuthi abasebenzi abaningi bezempilo okwatholakala ukuthi bahaqakeke ngegciwane le-COVID-19 bahamba bayokwelashwa ezibhedlela ezizimele. Ukuchaze lokhu njengokubukela phansi isimo nezinga lezinsiza ezisezibhedlela zikahulumeni, le ndlela yokucabanga kanjena kumele iguqulwe.

"Niyasazi yini isibalo salabo abeza ezibhedlela zethu ukuthi babangaphansi kwamaphesenti ama-5? Abaningi babo abazange bazithembe izinsiza zethu ukuthi bangeza kuzona bezokwelashelwa

ezibhedlela zethu. Labo abangayanga ezibhedlela ezizimele beza bazocela imibhede ezibhedlela zethu ukuze beyozihlaliswa ngabodwana emakhaya abo. Kwase kuthi labo ababedinga ukulaliswa esibhedlela ngokushesha bona babefuna ukulaliswa esibhedlela Inkosi Albert Luthuli Central kuphela, lokho kwasenza saba nemibuzo... ngoba zazikhona ezinye izibhedlela eziseduze nalapho behlala khona."

Uthe ukuphatha isibhedlela ngendlela efanele kuphinde kufake phakathi ukuthi abaphathi bezibhedlela kumele bethi ukuqinisa isandla kulabo basebenzi abangenayo impatho enhle ezigulini. "Kubuhlungu ukwazi ukuthi abanye babasebenzi bethu kabaziphathi kahle iziguli zethu. Isizathu esivelayo sokuthi kungani lesi simomqondo silokhu siqhubeka sithola ukuthi yingoba azikho izinyathelo ezithathelwa lezo zisebenzi ezikwenzayo lokhu.

Isizathu esisitholayo sokuthi kungani umhlengi noma umhlengikazi ekwazi ukuthi avele athuke ugogo ngenhlamba isinoma yikanjani nje ukuthi yingoba bayazi ukuthi vele akukho zinyathelo abazothathelwa zona. Isizathu esisitholayo sokuthi kungani ukuthi uma isiguli sicela itiyi kumhlengi noma kumhlengikazi bese yena esiphendula ngokuthi athi, 'Ucabanga ukuthi wena usehhotela la, awungiyike phansi...yingoba usuke azi ukuthi akukho lutho oluzokwenzeka kuye. Vele akukho zinyathelo abathathelwa zona ngenxa yokuthi niyehluleka ukuphatha. Yinina enihlezi lapha enehlulekayo ukuphatha. Ngakho-ke isimo sezikhungo sezempilo silapho sikhona nje kungenxa yokuthi nina nikhokhelwa umsebenzi eningawenzi.

Yebo siyavuma ukuthi kunezinsizakusebenzi ezimayelana nokushoda kwabasebenzi okuyinto esizamayo ukuyisombulula. Kodwa uma sifika esibhedlela osiphethe asifuni ukuthi siphinde sikhombe wena ngeminwe ngokuthi awukwenzanga obekumele ukwenze."

UMphathiswa uSimelane-Zulu ugcizelelele ukuthi lukhona usizo kulezo zikhulu eziPhezulu zezibhedlela (CEOs) nakubaPhathi bezimali abasadonsa kanzima noma abazizwa ukuthi umsebenzi ungaphezu kwabo ngezizathu ezahlukene. "Sicela ukunxusa zonke izikhulu eziPhezulu zezibhedlela (CEOs) nabaphathi bezimali ukuthi nenze umsebenzi wenu, futhi nenze nesiqiniseko sokuthi amabhuku enu ezimali ahleleke ngendlela efanele.

Uma ningakuqondi okumele kwenziwe, nibuze. Izingcingo zethu zivuliwe. Xhumana nomphathi wakho wesifunda. Uma ungakagculiseki, khuluma nesifunda. Uma ungakutholi nakhona ukwesekwa, ungaya enhlakhovisi. UMphathizimali Omkhulu (CFO) uzomthola, kanjalo nePhini likamQondisi Jikele kanye nenhlako yoMnyango.

"NjengoMphathiswa, nami ngiyazemukela izingcingo nemiyalezo ebuya kunoma wubani, futhi ngiyayiphendula sonke isikhathi. Size sibalapha nje ngokubambisana. Kumele siyiqhube le nqola ngokubambisana. Ngeke iqhutshwe ngumuntu eyedwa nje vo. Ukube bekunjalo phela lokho bekungachaza ukuthi kwanani anidingeki. Iqiniso lokuthi waqashwa liyinkomba ecacisayo yokuthi ukuze sikwazi ukugcina le nqola isemgwaqeni, sonke siyadingeka."

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# AKUSIKO UKUDLA OKUNOSHUKELA OMNINGI KUPHELA OKUNGAKUDALELA ISIFO SIKASHUKELA!



**Usuku lomhla we-14 kuLwezi kwakuwusuku okwakugujwa ngalo isifo Sikashukela emhlabeni wonke jikelele olugujwa minyaka yonke ukuqwashisa ngesifo sikashukela. Kulo nyaka umkhankaso wosuku lokuqwashisa ngesifo sikashukela emhlabeni ubugxile ekugquzeleni iqhaza "labahlengi nabahlengikazi" ekunqandeni nasekulawuleni isifo sikashukela.**

Isifo sikashukela siyisimo sokuba nokusashukela omningi egazini okudalwa wukuhluleka komzimba ukuzikhiqizela noma ukusebenza kwesidambisishukela (insulin) ngendlela efanele. Isidambisishukela (Insulin) siyisigqa esithwala okusashukela kusuka emithanjeni yegazi kuya ezicutshini zomzimba lapho kufike kusetshenziselwe ukwakha noma ukukhiqiza amandla. Uma isidambisishukela (insulin) sisincane kakhulu emzimbeni izinga lokusashukela egazini lilokhu likhula njalo emgudwini wegazi.

## ZINE (4) IZINHLOBO ZESIFO SIKASHUKELA:

Isifo sikashukela esibizwa ngo-"Type 1", lesi sifo siphinde saziwe ngokuthi yisifo sikashukela esincike kakhulu ekusebenzeni kwesidambisishukela (insulin) emzimbeni. Ngokujwayelekile sihlasele izingane (ezakhiwe zaba nemizimba emincane), kodwa futhi kujwayeleke ukuthi lesi sifo sihlonzwe kumuntu ngaphambi kokuthi afike eminyekeni engama-40 yobudala. Isifo sikashukela esibizwa ngo-"Type 2", sona siphinde saziwe ngokuthi yisifo sikashukela esingancikile kakhulu ekusebenzeni kwesidambisishukela (insulin) emzimbeni. Lesi sifo sikashukela ngokujwayelekile sihlasele abantu abadala, futhi yilona lolu hlobo lwesifo sikashukela esihlasela abantu kakhulu ngenxa yokuthi sona sihambisana nesifo sokukhuluphala ngokweqile (obesity).

**Isifo sikashukela esaziwa ngokuthi yi-"Gestational diabetes":** Lolu hlobo lwesifo sikashukela sihlasele kakhulu abesifazane ngesikhathi besakhulelwe/besazithwele kanti futhi kujwayeleke ukuthi siphinde siziphelele sona uma sebetetile/sebebelethile. Uhlobo Olungavamile Lwesifo Sikashukela (Other specific types) Lolu hlobo lwesifo sikashukela ludaleka ngenxa yesifo senhlanganisela yezithwalafuzo ezithile emzimbeni womuntu, ngokuhlizwa, ngokusebenzisa izidakamizwa, ngenxa yesifo

sokungondleki (malnutrition), nangenxa yezinye izifo. Izimpawu zesifo sikashukela zibandakanya ukuhlala wonyiwe njalo, ukulamba ngokweqile, ukuchama ngokweqile kunokwejwayelekile, ukuba ndikindiki kweminwe nezinzwane, ukukhathala, ukuvele wehle emzimbeni, ukubaluvindi kwamehlo, isifo sesikhumba ngenxa yokungasheshi kokuphola kwezilonda kanye nokuhlala ukhathele njalo. Noma kunjalo-ke, kodwa lezi zimpawu zingehluka kumuntu nomuntu.

Ngeshwa-ke, alikho ikhambi lokwelapha isifo sikashukela, kodwa ngokuzinakekela nangokuzibophezela ekulandeleni imiyalelo zingagwemeka izinkinga ezingadalwa yisifo sikashukela bese uyayithokozela impilo futhi uphile isikhathi eside.

## IZELULEKO EZIJWAYELEKILE ZOKUNQANDA NOKULAWULA IZINGA LKASHUKELA EMZIMBENI

- Qikelela ukuthi unesisindo somzimba esinempilo.
- Yidla ukudla okuncane, izikhathi eziningana futhi ungaseqisi isikhathi sesidlo sakho.
- Qinisa ekudleni ukudla okuyizininikimandla (carbohydrates) ezigqakazekile/ eziwumhahlahliso (fibre) njengokudla okuyimikhiqizo kakolweni, amabhontshisi, izilimo nezithelo.
- Zijwayeze ukudla okuyizininikimandla ezingahluziwe.
- Faka okungenani izinhlobo ezi-5 zezithelo nezezilimo esidlweni sakho nsuku zonke.
- Gwema ukudla okunamafutha amaningi, ikakhulukazi amafutha ezilwane bese uyawasusa wonke amafutha abonakala enyameni ngaphambi kokuthi uyipeke (njengasenyameni yenkukhu).
- Pheka ukudla kwakho ngendlela enempilo njengokuthi ukugqume ukudla kwakho, ukupheke nge-oven, nge-microwave, ukubilise, inyama uyose emlilweni – kunokuthi uyichochombise ngamafutha.
- Ushukela, usawoti/iswayi notshwala kumele kusetshenziswe ngabantu abakwazi kahle ukulawula amazinga abo oshukela futhi bangakusebenzisi ngokweqile.
- Phuza okungenani izingilazi eziyi-6 kuya kweziyi-8 zamanzi njalo ngosuku.
- Hlala ngokuthi udamane unyakazisa umzimba isikhathi esingaba yimizuzu engama-30 okungenani ka-3 ngesonto. Uma kukhona uhlelo oluthile lokuzivocavoca ofisa ukululandela, kuyancomeka ukuthi uqale ngokuthola imvume kudokotela kanti okuhle kakhulu ukuthi umuntu onesifo sikashukela aqale ngokuya kungoti oweluleka ngezokudla ukuze ameluleke, laba ongoti bayatholakala kuzona zonke izibhedlela zaKwaZulu-Natali.

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# U-DKT. TSHABALALA UXWAYISA NGOBUNGOZI BEZIPHUZO EZIHLOHLOZELAYO

Igama lami u-Dkt. Wanda Tshabalala wasesigcemeni sesi-4 eMadadeni. Nginothando lokwenza ucwaningo ngokuguquka koshukela emzimbeni nokwenziwa yimithi esetshenziselwa ukwelapha abantu abanesifo sikashukela emizimbeni yabo. Uqeqeshongqangi lwami ngolokusebenza kwemithi ngaphakathi emzimbeni nezindlala nezigqa bese kuba nangesifo sikashukela. Ngigxile ekulawulweni kwesifo sikashukela kuye nangendlela esiqondakala ngayo. Uthando lwami lokucwaninga ngesifo sikashukela lusuka ekusebenzeni neziguli ezisezindaweni zasemakhaya osekuzithathe iminyaka zihluleka ukusiqonda nokusilawula lesi sifo sikashukela

## IZIPHUZO EZIHLOHLOZELAYO NALEZO EZINGENAWO USHUKELA

Iziphuzo eziningi ezihlohlozelayo zinoshukela omningi kakhulu kanti ukuziphuza kakhulu kungakuholela ekutheni uhlaselwe yisifo sokukhuluphala ngokweqile (obesity) nokusheshe uhlaselwe yisifo sikashukela (diabetes). Ngokwejwayelekile ingilazi eyodwa nje yesiphuzo esihlohlozelayo iqukethe isilinganiso sikashukela esingaphezulu kwezinkozo zokudla ezingaphezulu kwezinyisi-9 zoshukela okuyinto enzima ukuthi umzimba umelane nayo.

Iziphuzo lezi ezibhalwe ngaphandle ukuthi kazinawo ushukela ngokwejwayelekile zona zifakwa lolu hlobo lukashukela olwaziwa ngokuthi yi-“corn fructose syrup” esikhundleni salo shukela ojwayelekile. Lolu hlobo lukashukela lugayeka kalula emathunjini uma ungemuningi kakhulu kodwa uma usumuningi kakhulu uguquka ube yilo shukela ojwayelekile futhi ube ngamafutha anobungozi uma unesifo sikashukela nasekulawuleni amafutha asegazini. Lawa mafutha angakudalela ukuthi ube nezifo zemithambo yegazi engakudalela ukuthi usheshe uhlaselwe yisifo senhliziyo futhi unqanyulwe nonyawo.

## IZIFO EZIDALWA YISIFO SIKASHUKELA

- Isifo semithambo yegazi esiholela ekutheni unqanyulwe unyawo, uhlaselwe yisifo sohlangothi, nesifo senhliziyo
- Isifo senhliziyo esingakudalela ukuthi uhlaselwe yisifo sokuma kwenhliziyo
- Isifo sezinso
- Isifo semizwa

## UHLELOKWELAPHA

Uhlelokwelapha lwesifo sikashukela lusingathwa kahle yithimba longoti bemikhakha eyahlukahlukene elihlanganisa ongoti abeluleka ngezokudla, abahlengi/abahlengikazi, odokotela abangozifozonke nongoti beminye imikhakha eyahlukene. Uhlelokwelashwa lwesifo sikashukela esaziwa ngo-“Type 1” lubanzi kakhulu kanti futhi kubancono uma lwenganyelwe ngodokotela abangongoti bemikhakha ethile. Izindlela zokulawula ushukela ziya ngokuthi yiziphi izifo ezihambisana nesoshukela esezike zahlasela isiguli nokuba sengcupheni kwaso isigulil. I-HBA1C yinsizakuhlola izinga likashukela egazini ngokubuyekeza isikhathi esiyizinyanga ezi-3. Izinga loshukela elincomekayo elitholakala ngensizakuhlola i-HBA1C ngelingaphansi kwamaphesenti ayisi-7. Kuyancomeka uma lokhu kuhlolwa kuzokwenziwa kabili ngonyaka ezigulini ezihambisanayo nemibandela yokwelashwa kwabantu



abanesifo sikashukela. Amazinga kashukela amukelekile ami kanje: ngaphambi kokudla izinga loshukela kumele libe phakathi kuka-4.4 kuya ku-7.2mmol/dL bese kuthi uma sekuphele amahora ama-2 emva kokudla kumele libe ngaphansi kuka-10mmol/dl.

Okunye futhi, iziguli ezinesifo sikashukela kumele zikwazi ukulawula kahle umfutho wegazi lazo, okumele ube ngaphansi kuka-20/80 kanti futhi kumele nezinga lamafutha egazini libe ngelifanele ukuze kugwemeke izifo zemithambo yegazi. Kubalulekile ukusiqonda kahle lesi sifo njengesiguli nanokuthi isifo sikashukela kumele silawulwe ngeqophelo eliphezulu ezinyangeni eziyisi-6 zokuqala emva kokuhlonzwa kwaso ukuze kugwemeke imithelela emibi nokulahleka kwempilo.

## IQHAZA LONGOTI BEMIKHAKHA EYAHLUKENE:

### Umeluleki Wezokudla

- Usiza ngokweluleka ngezinhlobo nezinhlelo zokudla
- Unika ulwazi mayelana nezinkomba zezinhlobonhlobo zokudla

### Ungoti Wezokuzivocavoca

- Angakusiza ngokuthi akugqugquzele ukuthi uzivocavoce futhi akunike namasu okugcina isisindo sakho singesifanele
- Angakusiza ukuthi wenze uhlelo lokuzivocavoca

### Umhlengi/ Umhlengikazi

- Ukuhlola nohlahlosifo
- Ukugwema ukuhlahselwa yisifo sikashukela nokufundiswa kwesiguli ngaso

### UDokotela Onguzifozonke

- Ukuhlonzwa kohlobo lwesifo sikashukela
- Ukuqala ukusebenzisa imithi/imishanguzo yokwelashwa
- Ukuqaphela ukuthi isiguli siphatheka kanjani ngemithi esilashwa ngayo
- Ukuhlonzwa kwemithelela emibi
- Ukuhlola ukuthi sikhona yini isidingo sokwedluliselwa kodokotela abangongoti

### ODokotela Abangongoti

- Ukwelapha lezo zifo ezikhombisa ukuba nenkani
- Ukwelapha isifo sikashukela esingu-“Type 1”
- Ukuhlonza ezinye izinhlobo zesifo sikashukela ezingu-type 3 ezinjengalesi esibizwa ngokuthi yi-LADA nalesi okuthiwa yi-MODY

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# NGOKUBAMBISANA NGEZINGANE EZIZALWE SINGAKASHAYI ISIKHATHI



**Usuku lomhla we-17 kulwezi bekuwusuku Lwezingane ezizalwe singakashayi isikhathi lomhlaba wonke olugujwa emhlabeni wonke minyaka yonke. Indikimba/Ingqikithi yakulo nyaka ithi: "World Prematurity Day 2020, Together for babies born too soon – Caring for the future".**

Ngokwenzazelo ingane ezalwe singakashayi isikhathi wumntwana ozalwe esikhathini esingaphezulu kwenyanga ngaphambi kosuku olufanele (ngaphambi kokuphela kwamasono angama-36). Kodwa uma umntwana eseze wafika kulesi sigaba esibizwa ngokuthi yi-"gestation" (okuyizinyanga eziyi-9 noma amasono angama-40) usuke engasathathwa ngokuthi uzalwe ngaphambi kwesikhathi.

ENingizimu Afrika umntwana ozalwe enesisindo esingama-500g noma ngaphezulu uthathwa njengophile saka kodwa abantwana abazalwe benesisindo esingaphansi kwesiyi-1000g yokuthi babhekane nezinkinga ezahlukahlukeni ezifana njengenkinga yokuphefumula futhi basengcupheni enkulu yokuhlaselewa yizifo. Yize kunjalo, kodwa uma bekwazile ukuphila kuleso simo bangahlala esibhedlela isikhathi esingaze sifike ezinyangeni ezi-3.

Kunezizathu ezinhlobonhlobo ezingadala ukuthi ingane izalwe isikhathi singakashayi futhi kwesinye isikhathi akuqondakali ukuthi kungani ingane izalwe singakashayi isikhathi. Izizathu ezihamba phambili ezidala lokho kuba wukukhulelwa

kwentsha, izifo ezihlasela abesifazane abazithwele/abakhulelwe, isifo somfutho wegazi ophakeme ohlasela abesifazane abakhulelwe/abazithwele, izinkinga zomzimba ezenza kube nzima ukugcina umntwana ngaphakathi esiswini sikanina (inkinga yomlomo wesibelethe) phakathi kokunye.

#### **Ukugwema ukubeletha ingane ngaphambi kwesikhathi kuyinselelo kodwa kufaka nalokhu:**

- Ukungabhemi ugwayi nokungaphuzi utshwala ngesikhathi usakhulelwe
- Ukunakekela impilo kanina womntwana (ikakhulukazi uma enesifo esingamahlala khona njengesifo (TB) sofuba nesandulelangculaza (HIV) njengoba zithathwa njengezinengcuphe enkulu ekudaleni ukuzalwa kwezingane ngaphambi kwesikhathi)
- Ukuvikela ukukhulelwa kwezingane ezincane,
- improving early and ongoing clinic attendance from when mother first knows she is pregnant (preferably before 5 months), preventing selective caesarean section births before 9 months.

#### **Izinto okumele zenziwe ukunakekela ingane ezalwe ngaphambi kwesikhathi:**

- Unakekelo oluvela kunina



**USista Dhanalutchee Padaychee**

oyizalayo (Skin-to-skin care)

- Ukusheshe yekelele ngezinsizakuphefumula
- Ukuqiniswa kwamaphaphu engane ukuze ikwazi ukuphefumula
- Ukuyelapha izifo ngokusebenzisa isibulalimagciwane emzimbeni
- Ukuvikela ukwehla kwezingakushisa lomntwana
- Ukumuncelisa ibele likanina

USista Dhanalutchee Padaychee, oneminyaka yobudala engama-54, uthe usebenze njengomhlengikazi iminyaka engama-30 kwathi engama-20 yona wayisebenza esewodini labantwana abazalwe singakashayi isikhathi esibhedlela i-Northdale eMgungundlovu. U-Padaychee uthe abantwana abazalwe ngaphambi kwesikhathi kudala babefakwa kwisifukamelisi, kodwa manje sebenzeniswa egunjini labagula kakhulu (ICU). "Ukunakekela umntwana ozalwe ngaphambi kwesikhathi kuthatha isikhathi sethu esiningi. Kumele sihlale siqaphele izingakushisa (temperature) nomoyampilo (oxygen) womntwana. Sizama ngakho konke okusemandleni ukuthi sibagcine besongeke ngehembu noma ngengubo yokulala ukuze bafudumale, ngisho nangocwazi (nangoplastiki), ukuze umntwana engezukuzizwa engaphathekile kahle.

"Ngesikhathi umntwana eqeda kuzalwa nje", echaza, "Sivele simfake esiqukathini esiyisifudumalisi bese simfaka nedriphu isikhathi esingamahora angama-48 ukuze sibone ukuthi uzokwazi yini ukumelana nayo bese siyixhuma ngeshubhu aze abe nesisindo esiyikhilogremu eli-1.35." "Sifundisa onina babantwana ukuthi kumele babanakekele kanjani abantwana babo, ngonakekelo lolu lubizwa ngokuthi yiKanga nokuthi akumele babancelise ibele abantwana babo baze babenesisindo esiyikhilogremu eli-1.5. Umntwana size simkhiphe esibhedlela uma esenesisindo okungenani esiyikhilogremu eli-1.7 siphinde simthathe isisindo sakhe uma eba nezinye izinkinga, bangaya esibhedlela noma emtholampilo noma ngabe ngasiphi isikhathi uma befuna ukuyomhlola isimo sakhe sempilo. "Ngokwakhe izingane ezizalwa ngaphambi kwesikhathi ziphila kahle kakhulu.

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# UMNYANGO WEZEMPILO KWAZULU-NATALI EMKHANKASWENI WOKULWA NOKUHLUKUNYEZWA KWABESIFAZANE NEZINGANE

*Izwe liyakuqonda futhi liyezwelelana nezisulu (nabagilwa) zokuhlukunyezwa ngalesi sikhathi sezinsuku eziyi-16 zokulwisana nokuhlukunyezwa kwabesifazane nezingane esiqala ngasekupheleni kwale nyanga (25 kuLwezi-10 kuZibandlela).*

UMnyango wezeMpilo KwaZulu-Natali ubambe iqhaza elibaluleke kakhulu ekuvikeleni nasekwesekeleni labo ababuthaka, njengokusungulwa kohlelo oluzobhekana ngqo nezidingo zentsha olwaziwangokuthi yi-“Adolescent and Youth friendly Services (AYFS)” oselutholakala emitholampilo eminingi. U-Joslyn Abrahams umele intsha yasemtholampilo waseNgogo ongaphansi kwesifunda saseMajuba. Yena nabanye bozakwabo kulindeleke ukuthi baqhamuke nohlelo oluzoba yinkundla lapho intsha yakuloya mphakathi ingezukugcina nje ngokuzizwa iphephile ngokutholakala kwezinsiza zezempilo nje kuphela kodwa baphinde baluthole lolu hlelo seluyinkundla lapho bona njengentsha bezokwazi nokwethula khona izinselelo ababhekana nazo empilweni.

“Sinezithangami zethu njengentsha lapho sikwazi khona ukudingida izindaba eziphathelene nezempilo. Sijwayelele ukuqala ngokwenza izinto ezilula njengokufunda amaphephabhuku (magazines) bese sixoxa ngezihloko (topics) eziphakathi bese emva kwalokho siqala-ke ukudingida izihloko ezithe ukujula neziphathelene nezempilo,” kusho u-Abrams. Uyaqhubeka nokusixoxela udaba lwakhe olulodwa phakathi kwezinye eziningi ezinhle abazenzayo kulezi zithangami ababanazo. Ngesikhathi ethola ukuthi kunengane eneminyaka eli-10 eyayihlukunyezwa esingakhaya (foster home) layo, washeshe wayolubika lolo daba emaphoyiseni zase zisuswa zonke nezinye izingane ezazihlala kulo leliya singakhaya, emva kwalokho kwase kuqalwa ngophenyo.

Izinhlalo ze-AYFS zingatholakala kuzo zonke izifunda eziyishumi nanye futhi ziyaqhubeka nokwanda. Zibandakanya nezinye izinhlelo ezifana nalolu olwaziwa ngokuthi yi-“Happy Hour” – (Ihora Lenjabulo) (lesi yisikhathi esiyihora elilodwa lapho kusizwa intsha kuphela emtholampilo) ukwenza izingadi, ukwelulekwa ngokwengqondo nezinye eziningi.



Ngonyaka odlule, emva kokuthola izigameko/izehlakalo eziyi-12 zokuhlukumeza/zokunukubeza ngokocansi, iithimba lasemtholampilo waseNgogo laba nemashi yokuqwashisa ngokuhlukunyezwa kwezingane. Ukulandela leyo mashi, amalungu omphakathi afundiswa ngokuthi angayibona kanjani ingane ehlukenyeziwe/enukubeziwe, ukugcina ubufakazi nokuyobika isigameko/izehlakalo kudokotela, emaphoyiseni nakwabakwa-“Lifeline”.

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