



DR PIXELY KA-ISAKA SEME MEMORIAL ONE STEP CLOSER TO OPENING



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The long-awaited opening of the brand new 500-bed Dr Pixley Ka Isaka Seme Memorial Hospital (DPKISH) is now a step closer, following the advertisement of the first batch of posts this weekend. This regional hospital, which will ultimately be staffed by 1513 people, will provide much-needed specialist health services to patients referred to it by neighbouring lower-level healthcare facilities.

KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu says the new hospital will provide equitable and better-resourced health infrastructure to people in the north of the district. As part of efforts to cut costs and improve access to care throughout the province, MEC Simelane-Zulu is also championing a radical process to upgrade several

rural district (smaller) hospitals elsewhere in the province, equipping them to offer a regional (and more specialised) package of services.

MEC Simelane-Zulu says the DPKISH is unique in that all auxiliary services such as cleaning, security, and catering, will be in-sourced - in line with a policy conference resolution of the African National Congress. The MEC has re-iterated that no Government posts are for sale, and also urged the public to report any unscrupulous individuals seeking to solicit money in exchange for jobs.

"The Dr Pixley Ka Isaka Seme Memorial Hospital will be the fourth regional hospital in Ethekewini District, adding to the current RK Khan, Addington and Prince Mshiyeni hospitals. We are very excited that the hospital

is now completed, and we've reached a stage whereby we are working on the staffing aspect," says the MEC.

"From this weekend, we have issued advertisements explaining the various staffing categories that we are advertising for. We have opted to do it in a staggered fashion so that we are able to manage the process because we are expecting a large number of applications to come through."

"What I'd like to emphasise is that not a single person should ever have to pay any money to work at the hospital. If someone comes and says, 'Pay a certain amount so you can get a job,' that's a criminal. We need to understand that if someone asks you to pay 'cold-drink' money... that makes you an accessory to crime. You, too, can be

arrested." "We're aware that some people have started soliciting money from the public. We've referred those cases to the police and they're being investigated."

MEC Simelane-Zulu has also provided clarity on how the community of Inanda, Ntuzuma, and KwaMashu (INK) and surrounds will benefit from the hospital. MEC Simelane-Zulu has also provided clarity on how the community of Inanda, Ntuzuma, and KwaMashu (INK) and surrounds will benefit from the hospital.

"Yes, the hospital is in the INK area, but it's a hospital for the greater eThekewini area. Yes, local people will receive priority for the lower-level posts, but for professional posts, we will look across the province of KwaZulu-Natal."

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HOW THE JOB ADVERTISEMENT AND APPLICATION PROCESS WILL UNFOLD:

- From now onwards, posts will be advertised in a staggered process (new batch of posts each week), in reputable newspapers, and on the Department's official website www.kznhealth.gov.za.
- Notices about the adverts may also be shared on the Department's social media pages (Facebook, Twitter, and Instagram).
- The application process is open for 14 days. There is no need to rush or stand in long queues to drop off applications.
- Acceptance of applications will strictly be from Monday to Friday.
- Application is open to one person per post.
- All applications for posts that are below Level 6 (general orderlies [cleaners], security officers, messengers, porters, and food service aids) can be dropped-off at the hospital, where drop-off boxes will be placed outside the facility for this purpose.
- Advertisements for these posts will also be erected on notice boards at public health facilities, Sizakala Customer Care Centres, local health facilities, local magistrate court, and at Bridge City.
- Applications may also be dropped off at the eThekweni district office (Physical Address: 83 Jan Smuts Highway Mayville Durban). The drop-off facility will open at 07h30 and close at 16h00.
- Applicants will be expected to have their own Z83 forms and staplers.
- All applicants for posts above Level 6 are to post their applications to Head office (Postal Address: P/Bag X9051 Pietermaritzburg 3200), or drop them off at the district office;
- All applications for posts above Level 6 should be addressed to: The Chief Director: Human Resource Management Services KZN Department of Health Private Bag X9051 Pietermaritzburg 3200 OR Hand delivered to: 330 Langalibalele Street Natalia Building, Registry, Minus 1:1 North Tower.
- The recruitment process is expected to be concluded by February 2021, due to the expected high number of applications.



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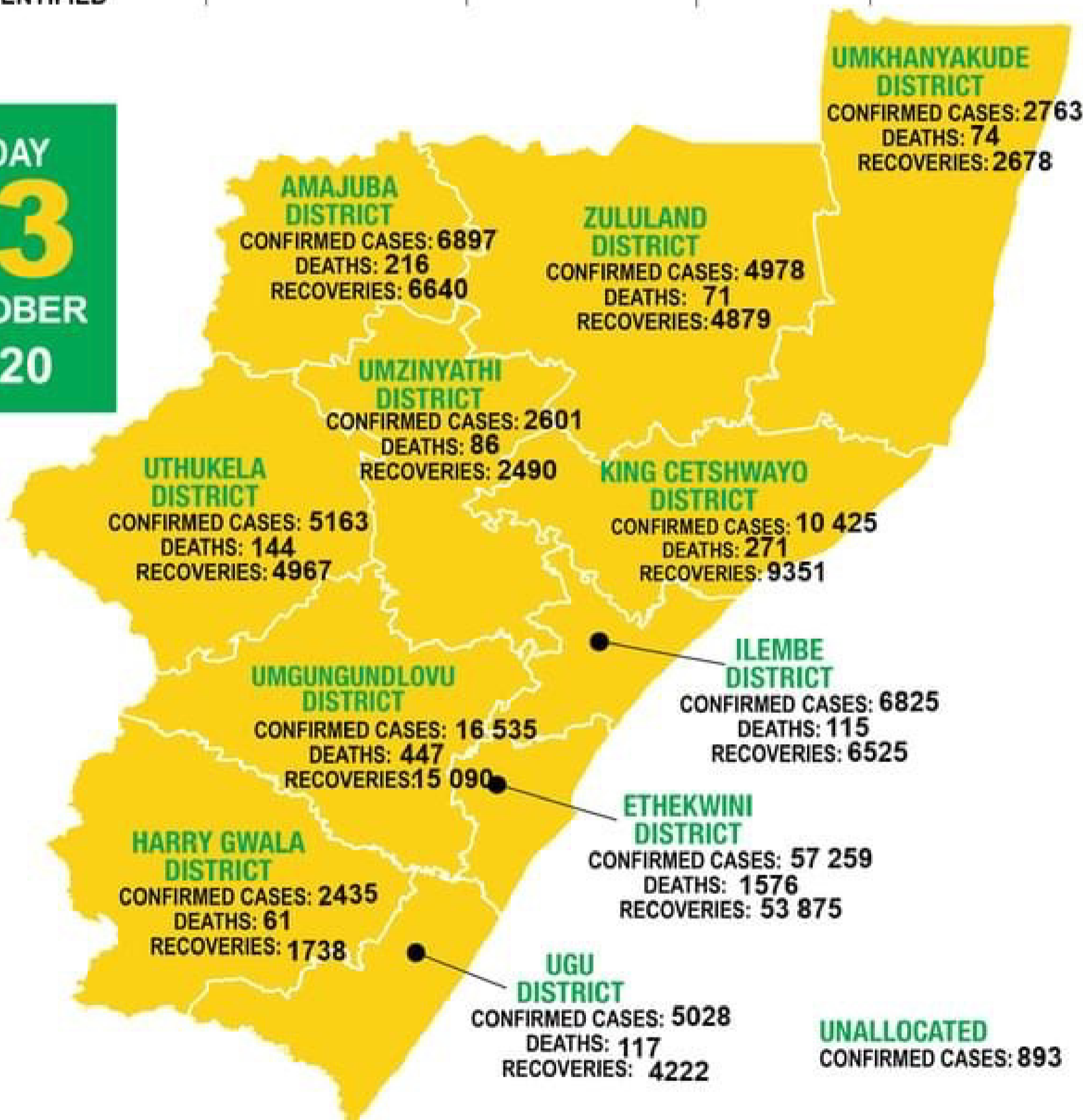


@kznhealth

COVID-19 STATISTICS IN **KZN**

				
121 802	6169	112455	3184	155
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
23
OCTOBER
2020



Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456

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ARE YOU GETTING ENOUGH SLEEP?

Something as simple as getting enough sleep plays an integral role in making sure that your body functions at its best. People often neglect their sleep schedules for commitments such as work, family or just one more episode of their favourite series. However, not including enough sleep in your regular everyday life could lead to obesity, type 2 diabetes, high blood pressure, heart disease, poor mental health and even early death.

One night of tossing and turning could negatively affect you the next day in terms of your energy levels, productivity and mood.

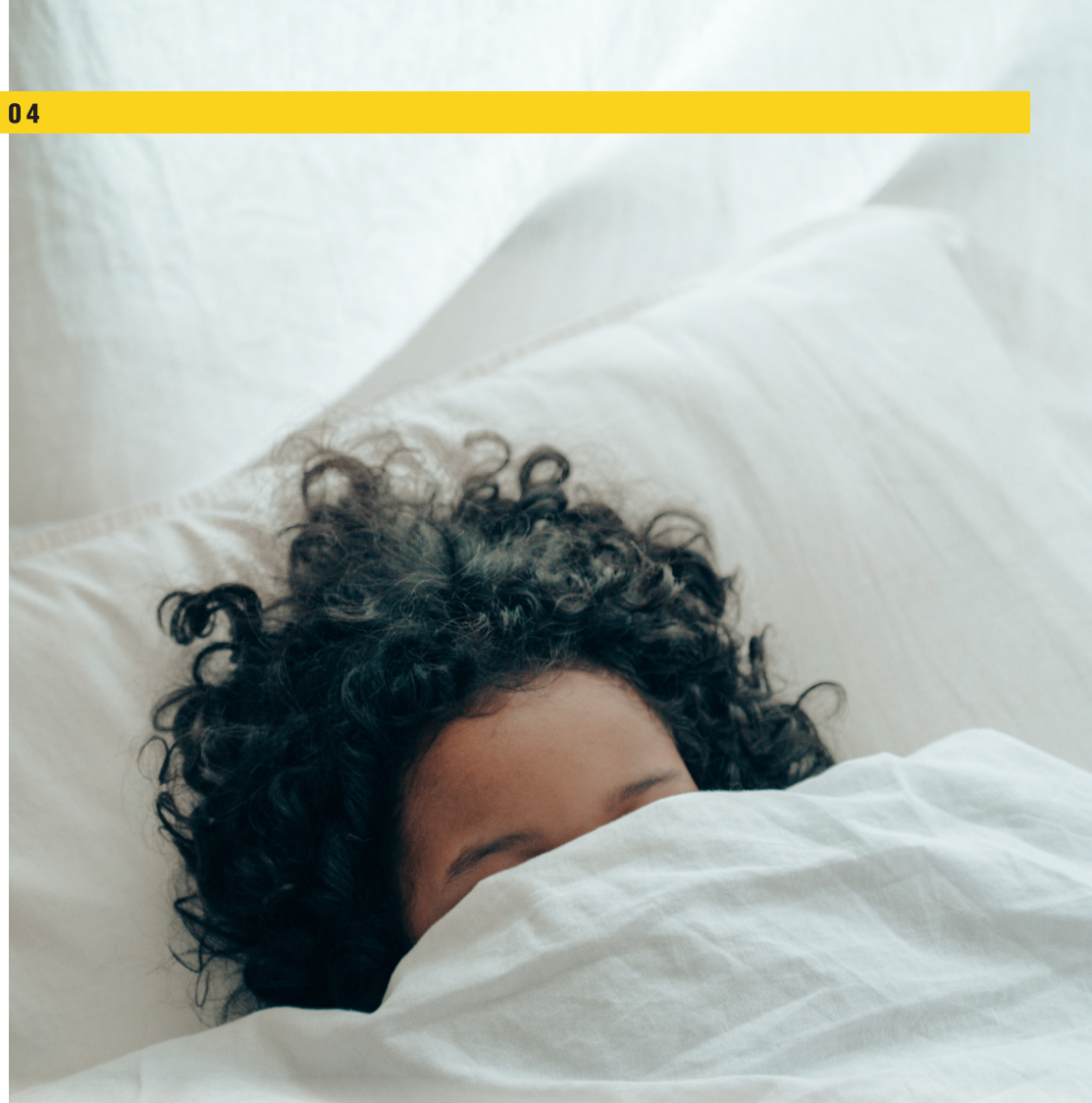
EFFECTS OF NOT GETTING ENOUGH SLEEP

- Weakened immune system – when you have not had enough sleep, it makes it harder for your body to fight against viruses that can cause the common cold or flu, leaving your body more susceptible to the exposure of germs.
- Sleep deprivation is carcinogenic – depriving your body of adequate sleep has the potential to cause an array of cancers such as colon, breast and prostate cancer.
- High blood pressure and a higher risk of heart disease – lack of sleep could lead to increased blood pressure that could lead to inflammation that could ultimately lead to heart disease.

CAUSES

Sleep deprivation could be caused by several factors, some include:

- Stress – stress impacts people's lives in many different ways. It could negatively impact the quality of sleep that you get as constant worrying and feeling anxious can make it difficult to fall asleep.
- Sleeping disorders – sleeping disorders are a group of conditions that affect the ability to sleep well regularly. These



could be caused by stress or underlying health problems. Many people will occasionally have sleepless nights here and there, however, if these occur on a regular basis that could be an indicator of a possible sleeping disorder such as insomnia, sleep apnea or narcolepsy.

- Poor sleeping habits – poor sleeping habits could include things such as sleeping too late, late-night snacking or too much screen time before bed. These could interfere with your sleeping hormones and delay the sleeping process, making your body lose out on hours of sleep and rest.

THE FIX

One of the most effective ways to combat sleep deprivation is making sure you get enough sleep. The Centre for Disease Control and Prevention (CDC) recommends getting at least 7 or more hours of sleep per night.

Here are some tips that you can use for a better night's rest:

- Be consistent. Going to bed at the same time every night. Setting a bedtime allows the brain and body to adjust to the release of sleep hormones that will improve on the quality and quantity of the sleep you get.
- Remove electronic devices such as TVs, cell phones and computers as this suppresses the natural sleep-inducing hormone called melatonin. Also making sure that your bedroom is a quiet, relaxing and comfortable environment to be in to promote better sleep hygiene.
- Avoid large meals, caffeine and alcohol before bed. As much as your body is capable of sleeping and digesting at the same time, it also needs to properly digest the food you eat while you are still awake, as sleeping right after a meal could cause acid reflux, heartburn and indigestion.
- Exercise. Taking part in physical activity during the day may make it easier for you to fall asleep at night and exercise is known to lower blood pressure and is also great for heart health.

BEDWETTING: HOW TO MAKE IT STOP



Every parent of a young child dreads the dreadful yellow puddle. Fortunately, the inconvenience of having to wake up at night to change bedsheets can be avoided by nappies or pull-up nappies for a child still being potty trained.

However, some parents may find their children still experiencing problems even after they have left the toddler stage. Dr Sally John, a psychologist from McCords Hospital offers advice on how to tackle this issue.

Bed wetting (enuresis) might

be the result of a bladder infection or other infection for which there is medication. However, I believe it is usually the result of emotional trauma in the home or insecurity such as separated parents, violence, anger in the child or anger in the home to which the child is reacting to.

Some children have enuresis up to quite a late age such as 6 and above for which there is no particular reason. I hear that the modern thinking is not to put pressure on the child to stop but rather use nappies until the child chooses not to wet his bed or until his urinary mechanisms are matured for

controlling his bladder through the night.

If searching for a faster option, here are some tips you may try:

- With enuresis, parents can stop their child from drinking after 4 pm.
- They can wake their child in the middle of the night to take him to the toilet. There are also bells or some warning device that can signal to the child that he needs to go to the toilet. You can research this.
- If it is a reaction to trauma, then this trauma or the atmosphere in the home or the school needs to be

addressed. The family needs a family psychologist to explore the family's form of relating to the child in terms of discipline, love etc. Alternatively, it may be the school environment that needs to be explored. Perhaps the child is being bullied or not coping with the work.

- If it is unsafe or dark to go to an outside toilet, a child might rather wet his bed. Parents and guardians should ensure that there is sufficient light if children are scared to get up and go to the toilet in the dark.

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NATIONAL DOWN SYNDROME DAY: “WE DECIDE”



National Down Syndrome Day, commemorated on October 20 every year, exists to create awareness about Down syndrome and to communicate facts about the condition.

The global theme for World Down Syndrome Day 2020 in March was "We Decide" which advocated for all people with Down syndrome having full participation in decision making about matters relating to, or affecting, their lives.

What is Down syndrome?

Down syndrome is a chromosomal disorder arising at conception. There is an extra number of the 21 chromosome (Trisomy 21) which causes delays in physical and intellectual development.

Children get it due to a malfunction of cell division during the production of eggs in the mother's ovary or sperm in the father's testes. Although an affected parent may pass it down to their child, most children with Down syndrome are born to parents without it.

Facts about Down syndrome

- People with Down syndrome have mild to moderate mental damage.

- The cause of Down syndrome is not related to age, race, religion or socio-economic situations.
- One in 1 000 babies born in developed countries and one in 650 babies born in developing countries is affected by Down syndrome.
- Although Down syndrome cannot be cured, there is a variety of medical care to treat problems associated with the disease.
- Children with Down syndrome can be included in normal schools with regular academic procedures.

Although children with Down syndrome might be different from other children, they can live long, independent lives as adults without parental assistance. The Department urges parents and families who suspect their children to have the syndrome to visit a nearby health facility for referral to the relevant resources for support and advice.

For pregnant women, the Department urges expecting mothers to speak to their health care professional about their pregnancy and risk of Down Syndrome.

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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

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