

KZN DOH WELCOMES NEW DOCTORS ON AN INTERNSHIP AND COMMUNITY SERVICE PROGRAMME



The KwaZulu Natal Department of Health has made a significant stride towards its Strategic Goal of "Strengthening Human Resources for Health" by welcoming a new cohort of 564 Medical Intern Doctors and 232 Medical Community Service Doctors into its fold.

Medical Intern Doctors

Medical interns are graduates who have just completed their post-matric qualifications. Placements have been done for doctors, pharmacists and clinical psychologists. Internship is done under strict supervision for a period of two (2) years.

Medical Community Service Doctors

Community Service is an intense 1 year training programme for fully qualified

professionals who have already completed their internship programme. The training goes beyond the clinical aspects but also encompasses different social and economic dynamics of a society the professional is exposed to.

These include; Medical Officers, Dentists, Pharmacists, Clinical Psychologists, Professional Nurses, Dieticians, Physiotherapists, Occupational Therapists, Audiologists, Speech Therapists,

Radiographer Diagnostics, Environmental Health Practitioners.

Most of these doctors have already been integrated to the Departmental workforce through successful placements in various facilities across the province. This means that they have already begun with their public service where they bring in expertise knowledge and skills that are highly needed to advance health outcomes. Another important aspect of the community service program is that besides the benefits accrued by the public in a skilled health worker; community service has also proven to provide young

professionals with an opportunity to develop skills, acquire knowledge, behavior patterns and critical thinking that greatly helps them in their professional development.

The whole concept of the Compulsory Community service program can be seen as an instrument of social justice, an exercise in health equity, which enables government to direct or augment health services to geographical areas that are not well served within our communities.

In South Africa, the introduction of compulsory community service in health started under President Mandela in year 1998/1999 with doctors and dentists. Later, it was introduced to other cadres of health care workers, including therapists, psychologists, Medical Officers and Nurses.

This proved to be a great achievement for the public health sector as the previously underserved and under-privileged areas of our society would be getting services which would otherwise not be available, especially in rural areas.

continues on page 02



2020 PLACEMENTS IN KZN MEDICAL COMMUNITY SERVICE DOCTORS

kz Appelsbosch Hospital	3
kz Benedictine Hospital	5
kz Bethesda Hospital	3
kz Catherine Booth Hospital	3
kz Cato Manor CHC	1
kz Ceza Hospital	2
kz Charles Johnson Memorial Hospital	4
kz Christ the King Hospital	4
kz Church of Scotland Hospital	5
kz Dannhauser CHC	1
kz Dundee Hospital	4
kz East Griqualand and Usher Memorial Hospital	4
kz East/Boom CHC	6
kz eDumbe CHC	1
kz Ekhombe Hospital	3
kz Emmaus Hospital	6
kz Eshowe Hospital	4
kz Estcourt Hospital	6
kz Gamalakhe CHC	4
kz GJ Crooke's Hospital	4
kz Greytown Hospital	3
kz Hlabisa Hospital	5
kz Hlengisizwe CHC	3
kz Imbalenhle CHC	4
kz Inanda C CHC	5
kz Itshelejuba Hospital	4
kz Jozini Clinic	2
kz KwaDabeka CHC	2
kz KwaMagwaza Hospital	2
kz KwaMashu Poly CHC	5
kz Ladysmith Hospital	1
kz Madadeni Hospital	9
kz Mahatma Gandhi Hospital	5
kz Manguzi Hospital	3
kz Mbongolwane Hospital	2
kz Montebello Hospital	2
kz Mosvold Hospital	3

kz Mseleni Hospital	3
kz Murchison Hospital	5
kz Ndwedwe CHC	3
kz Newtown A CHC	3
kz Ngwelezana Hospital	8
kz Niemeyer Memorial Hospital	3
kz Nkandla Hospital	3
kz Nkonjeni Hospital	2
kz Northdale Hospital	7
kz Nseleni CHC	2
kz Osindisweni Hospital	5
kz Phoenix CHC	4
kz Pholela CHC	3
kz Pomeroy CHC	2
kz Port Shepstone Gateway Clinic	2
kz Rietvlei Hospital	4
kz St Andrew's Hospital	5
kz St Apollinaris Hospital	2
kz St Chads CHC	3
kz St Margaret's TB MDR Hospital	1
kz St Mary's Hospital (Mariannahill)	4
kz Stanger Hospital	5
kz Sundumbili CHC	1
kz Tongaat CHC	4
kz Turton CHC	2
kz Umphumulo Hospital	3
kz Umzimkhulu Hospital	1
kz Untunjambili Hospital	3
kz Vryheid Hospital	4
kz Wentworth Hospital	2

Grand Total **232**

MEDICAL INTERN DOCTORS

kz Addington Hospital	71
kz Grey's Hospital	114
kz King Edward VIII Hospital	60
kz Ladysmith Hospital	30
kz Madadeni Hospital	38
kz Ngwelezana Hospital	44
kz Port Shepstone Hospital	33
kz Prince Mshiyeni Memorial Hospital	80
kz RK Khan Hospital	54
kz Stanger Hospital	37

Grand Total **561**



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KNOW YOUR HEALTH PROFESSIONS: THE NURSE

When one thinks of a health professional, it is difficult to not conjure an image of a doctor or a nurse.

This is because nurses make up the bulk of health professionals in the world and are largely covered in TV series and films such as in the critically acclaimed *Nurse Jackie*, *Sister Bettina* from *Soul City* and more. Nurses sometimes are erroneously perceived as the "sidekicks" of doctors but are actually qualified and trained professionals in their own right.

What does a nurse's job entail?

As the first contact in health services, nurses play an important role in the delivery of primary health care services in South Africa.

They;

- diagnose certain illnesses and prescribe the relevant medication, even antiretroviral drugs thanks to NIMART training (Nurse Initiation and Management of Antiretroviral Treatment)

- perform emergency resuscitation
- administer basic procedures such as inserting drips
- provide a holistic care of patients ; bathing and feeding patients who are unable to do so themselves
- assist doctors in various tasks from offering aid during surgeries to monitoring a patient's progress whilst following a doctor's treatment plan
- provide psychiatric counselling if trained
- provide health education
- are patients' advocates

What are the qualifications of a nurse?

There are different types of nurses and consequently the number of years in training differs. Nurses can also add skills to their qualification through additional courses.

Nursing Category	Qualification Type	Minimum Duration
enrolled nursing assistant	certificate	one year
Enrolled staff nurse	certificate	Two years
Registered Professional nurse	Diploma	three years
Registered midwife	Advanced diploma	one year
Registered professional nurse, midwife and community health nurse	Bachelor's degree	four years
Nurse specialist*	Post-graduate diploma	one year
Advanced specialist nurse	Master's degree	one year
Doctorate in nursing	Doctoral degree	three years

*there are so many post-basic specialities

What are the attributes of a nurse?

In addition to Government's policy of "Batho Pele" principles, a nurse should also have the following attributes:

- **Fast Thinker;** Nurses are faced with unique medical challenges almost on a daily basis and need to be able to think on their feet on how to

resolve them.

- **Patience;** Nurses work long hours with patients who can often be agitated, it is important to be able to practice patience.

- **A Keen Interest in the Medical Field;** Nurses are constantly exposed to new medication and equipment due to the high rate of technological advancement in the medical field.



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KZN DRIVER WHO HELPED A WOMAN DELIVER SAYS "LIFE IS NOT THE SAME"



Nhlonipho Zulu, who helped Ntombenhle Mthembu give birth to her baby after she was chased from a clinic in KwaNongoma. Picture: SANTACO KZN

Nhlonipho Zulu, the 31 year old taxi driver who helped a pregnant woman give birth in his taxi says the praises he has received from the public have overwhelmed him.

Zulu, who was travelling from Richard's Bay to Nongoma, was about to finish his shift when an 8 month pregnant passenger informed him that she was about to go into labour.

Panicked, he dropped off the other passengers and rushed the pregnant mother to the nearest clinic. On their arrival at Buxedene clinic the nurses allegedly disputed that she was about to go into labour.

They have also been accused of not only being dismissive and using rude language but also refusing to call an ambulance; instead they instructed the taxi driver to take the patient to Benedictine Hospital, which is about 30 km away.

On their way to the Hospital the patient insisted that the baby was coming. The taxi driver had to stop and switched on the internal lights near the sliding door. He helped her deliver. Afterwards, Zulu had to drive for another kilometres to seek help at the nearest homestead.

Last week KwaZulu-Natal South African National Taxi Council (SANTACO) rewarded

Zulu with R20 000 to thank him of his deed, King Cetshwayo Region rewarded Zulu with R2000 and Richard's Bay Taxi Association rewarded Zulu with an amount of R10 000. Zulu also received a certificate to commend him on his deed from the Taxi Association which cost R3000. The total amount Zulu has received is more than R40.000.

Zulu says the respect he is earning from the people is unbelievable: "When people see me see , they see me as a hero. I am very delighted and humbled to be treated in that manner. Everybody greets me when I am walking by the taxi rank and the malls. I am currently on leave, my boss

said I deserve a two months break".

Zulu says he never dreamt of being a nurse one day, but he did dream of being a Doctor but due to background his family couldn't afford it. "My dream was to become a doctor, from my childhood. I am happy that the KZN Department Health has requested me to submit my matric results. I am hoping something positive will happen".

Zulu is originally from Richard's Bay. He is in negotiation with the KZN Department of Health where he may be given an opportunity to study for nursing.



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HEALTHY WALLETS IN JANUWORRY



January is known for being the longest month with overspending coming back to haunt us. Many of us were caught up in the festive spirit of shopping and buying gifts, partying and just enjoying the festive vibe. We all remember Umlilo by Dj Zinhle, Jerusalem by Master KG and Thank you Mr DJ by DJ Tira, but we don't quite remember what we spent our money on. Now here we are stuck in JanuWorry sinking in debt with no way out.

Here are a few tips that can help you survive during this time of financial misery and make your wallet health:

- Always carry lunch to work, avoid buying takeaways
- Park your car and take a taxi to work (Walk If you can)
- Join a lift club
- Do not use any clothing accounts
- Always look for specials or deals
- Do not throw away left over food



NEW YEAR, NEW YOU

It's that time of the year again where we take a step back into introspection, pondering where we are headed and what outcomes we anticipate for the year.

Finances, relationships, employment, and even spirituality; and all of the mentioned areas of life cannot be sustained without a **HEALTHY YOU!** Apart from eating well (a nutrition-balanced diet) we also need to retain a level of physical activity in our day-to-day lives. Yes, we need to exercise.

EXERCISE:

Activity requiring physical effort, carried out to sustain or improve health and fitness. Exercise and physical activity fall into four basic categories - endurance, strength, balance, and flexibility.

ENDURANCE:

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

Endurance exercises include:

- Brisk walking or jogging

- Manual labour (mowing, raking, digging)
- Dancing or any type of full body sport

STRENGTH:

Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

Strength exercises include:

- Lifting weights
- Using a resistance band
- Using your own body weight

BALANCE:

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises will also improve your balance.

Balance exercises include:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

FLEXIBILITY:

Flexibility exercises stretch

your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities, including driving and getting dressed.

Flexibility exercises include:

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

**The following insert has been supplied by MEDLINE PLUS- found on www.medlineplus.gov **

How can I make exercise a part of my regular routine?

- Make everyday activities more active. Even small changes can help. You can take the stairs instead of the elevator. Walk down the hall to a co-worker's office instead of sending an email. Wash the car yourself. Park further away from your destination.

- Be active with friends and family. Having a workout partner may make you more likely to enjoy exercise. You can also plan social activities that involve exercise. You might also consider joining an exercise group or class, such as a dance class, hiking club, or volleyball team.

- Keep track of your progress. Keeping a log of your activity or using a fitness tracker may help you set goals and stay motivated.

- Make exercise more fun. Try listening to music or watching TV while you exercise. Also, mix things up a little bit - if you stick with just one type of exercise, you might get bored. Try doing a combination of activities.

- Find activities that you can do even when the weather is bad. You can walk in a mall, climb stairs, or work out in a gym even if the weather stops you from exercising outside.

BENEFITS OF EXERCISING:

- Help you control your weight.
- Reduce your risk of heart diseases
- Help your body manage blood sugar and insulin levels.
- Help you quit smoking
- Improve your mental health and mood.
- Help keep your thinking, learning, and judgment skills sharp as you age
- Strengthen your bones and muscles.
- Improve your sleep. Reward yourself and your loved ones with excellent health by maintaining a healthy lifestyle.



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MAKE EASY HEALTHY LUNCHES FOR YOUR LITTLE ONES



They spend most of their time in school and so their lunch should be a daily balanced diet. Make it a priority to pack a healthy and enjoyable lunch box for your children. Avoid packing the same boring food; make it exciting so they can have something to look forward to everyday. Always remember that children need food with high energy and vitamins, especially during early development and to fight away bacteria that cause colds and flu.

HERE ARE SOME FRESH IDEAS THAT YOU CAN USE TO PACK A HEALTHY AND ENJOYABLE LUNCH BOX FOR CHILDREN:

- 2 slices of high-fibre bread.
A slice of cheese, 2 sardines, mayonnaise, a slice of tomato, lettuce, cucumber.
A green apple.
Orange juice.
- 4 Wholemeal biscuits
Slice cheese
Slice ham
A small bowl of salad
Orange
Water.
- Brown bread
Left-over cold meat
Tomato or tomato sauce
Apple
Water
- A salad sandwich
A bottle of water
A green apple.

LUNCH IS AN IMPORTANT MEAL FOR THE LITTLE ONES.

An apple a day keeps the doctor away

Raw fruit and veggies are good for your teeth

**A salad sandwich
A bottle of water
A green apple.**



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WHO SAID WHAT THIS WEEK

"Given the challenges of outstanding admissions, I have directed the Head Office District and circuit offices to remain fully operational on Saturday". **Kwazi Mshengu, KZN MEC of Education**

"Back to school. Reminder to parents to be vigilant on scholar transport for our kids. Ensure its safety before paying. On our side, we will continue to use law enforcement to ensure all vehicles abide by our law. #backtoschool2020". **Fikile Mbalula, Minister of Transport**

"Learning has no age. Learners need to work hard to realise their dream #backto school" **Gwede Mantashe, Minister of Mineral Resources and Energy**

"Meeting with senior clinicians and management of Mankweng hospital for a briefing on the operations and successes of the facility. #NHINow #limpopoVist". **Dr Zweli Mkhize, Minister of Health**



HEALTH INVENTIONS THAT SHAPED THE WORLD: THE MENSTRUAL CUP



The first modern menstrual cups, similar to the cups we know today, were invented in 1937 by American actress Leona Chalmers.

She patented a design of menstrual cup which was made from latex rubber. Her patent application states that the design won't cause "uncomfortableness or consciousness of its

presence." It also allowed women to wear "thin, light, close fitting clothing" without belts, pins or buckles that could show.

During World War II, a shortage of latex rubber occurred and the company was forced to stop production. After the war, in the early 1950's, Mrs. Chalmers made some improvements and patented new design.

Menstrual cups were reintroduced in the late 1980's with the creation of "The Keeper." This cup is made

from latex rubber and is still sold today. In the beginning of 21st century a new material, medical grade silicone, was integrated into the design of many menstrual cups brands with great success. Now women with latex allergies could safely use menstrual cups.

Source:
<https://www.lunette.com/blogs/news/short-history-of-menstrual-cups>



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