

YOUNG HEALTH PROFESSIONALS REFLECT ON THE YOUTH MONTH THEME

“Youth Power, Growing South Africa Together in the Period of COVID-19”



Youth Day (June 16) commemoration is only a few days away and thousands of young people across the country are called upon to reflect on how they can play a meaningful role towards the realization of this year's Youth Month theme.

Health Chat Bulletin caught up with some young health professionals who are already playing a role at various health facilities in the province just to get their insight on the significance of the call to the youth of this country which is embedded in the theme.

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DR NOMCEBO BIYELA MEDICAL INTERN

NORTHDALÉ HOSPITAL, UMGUNGUNDLOVU DISTRICT

As we celebrate youth month, I reflect on the weight of these celebrations for us as the youth of South Africa, amidst an international pandemic.



I can't help but draw parallels, and receive inspiration, from the youth of 1976 - who, themselves, were faced with an unthinkable and unpredictable evil, yet persevered - for freedom's sake. We can be certain that this legacy has been passed down to generations, and we as the youth of today strive to run with that baton with as much hope and diligence, as we face unprecedented times of our own.

Navigating work as a junior doctor in this time has been scary and uncertain at times. However, here at Northdale Hospital, there's been a great amount of support, and a working system in place - and this has helped dissolve a few anxieties. Just like the youth of 1976, we as today's youth have before us the great task of remaining united in hope and faith for a better tomorrow. We can draw courage and

inspiration from our predecessors. Remembering to never take freedom for granted, and that together we can conquer even the unthinkable. I encourage the youth, and all who are reading this, to continue to practice the stipulated measures in order to curb the spread of the coronavirus. Remember to stay physically healthy by exercising, eating

well, and continue doing the (healthy & legal) things that help you keep your mind healthy. Seek information from reputable sources - such as official government websites so as to stay aware - but do not give in to anxiety. Talk to friends and family about any fears and anxiety you may be experiencing. Seek health care, should you need it. Happy Youth Month! Together, we can achieve anything.

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DR NKOSINATHI MLAMBO
MEDICAL OFFICER - COMMUNITY SERVICE PROGRAMME

**MSELENI DISTRICT HOSPITAL
UMKHANYAKUDE DISTRICT**

I am Nkosinathi Mlambo, a Community Service Medical Officer at Mseleni District Hospital.



It is an amazing experience that as a young person I'm given the opportunity to make a difference in this Global pandemic of Covid-19. As youth, the future of South Africa is in our hands. We dedicate ourselves every day to provide the best possible quality of care to our patients.

As everyone runs away from patients with Covid-19, we run towards them because our primary purpose is to save lives. We make a difference inside and outside the hospital premises; it is our duty as young professionals to grow South Africa to be what we would love to see in the future.

**AS YOUTH,
LET'S JOIN OUR
HANDS TOGETHER
AND BUILD OUR
SOUTH AFRICA**

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KHAYELIHLE ZINHLE CELE ENROLLED NURSE INTERN

OTHOBOTHINI CHC UMKHANYAKUDE DISTRICT

My name is Khayelihle Zinhle Cele, I'm employed as an intern enrolled nurse at Othobothini CHC and am currently working in the community to screen and test for Covid19 under the PHC nursing stream.

I have learnt that COVID-19 is SARS COV2 that is transmitted through droplets from one person to another, and or by physical contact with the person who has been confirmed as having the virus. The important thing to prevent the spread of the virus is through social distancing and following infection and control

guidelines at all costs. The community has been educated strongly on issues of health and correct measures to apply to prevent unnecessary spread, like practicing social distancing, wearing face masks at all times when in public places, sneezing and coughing through the elbow, just to mention a few.

Being part of the Community Screening and Testing Team has enlightened my knowledge widely as far as the outbreak response at a community level. I have learnt that it is not an easy task to convince the community to adhere to the principles of infection and control guidelines since people, especially in the deep rural areas, have their own beliefs.

I therefore began to understand the importance of giving health education to the community to address any fears and concerns. This is where there is space for every young person to contribute to building consciousness about all the aspects of this virus as we collectively seek to control and manage it.

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ADDINGTON HOSPITAL ETHEKWINI DISTRICT

The medical internship, for many, is a long awaited time. It is the exciting new chapter of what hopefully will be a rewarding career.



LEFT TO
RIGHT:

DR MABASO, DR MOTHILAL, DR NZAMA, DR MARALACK & DR HADEBE MEDICAL INTERNS

It presents an opportunity to explore new places, new people, learn immensely and contribute meaningfully to the field we've entered. Being a young doctor during a pandemic is terrifying. It has been a difficult time for healthcare workers (HCWS) around the world, and as newly

qualified doctors we find ourselves at the frontline of a current crisis. It has been mentally, physically and emotionally exhausting dealing with the uncertainty of not only our own well-being but that of the loved ones we go home to, and for many, loved ones we haven't seen in months. In terms of exposure, we have

an altered internship experience due to COVID-19. Thus the normality of the internship has swung to dealing with a pandemic rather than the usual training we receive as interns. This is across the board, across departments and across hospitals. In times like these we are tested, we reflect on why we

became doctors. We look to our peers, our seniors and ourselves to forge a path ahead; to stand safe and strong in the eye of the storm. Even though these are scary times and indeed the system is not perfect and is strained, we acknowledge and appreciate measures to keep us safe.

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CUBAN DOCTORS DEPLOYED AT GENERAL JUSTICE GIZENGA HOSPITAL ALSO WEIGHED IN ON THE YOUTH MONTH THEME



Jorge Olivares

Young people are the hope of the world and are present in all daily activities fundamentally supporting the prevention and control of this disease. Always comply with the measures of social distancing and the use of masks so as not to get sick.

Katiuska Londres

Youth play an important role in the Department; health promotion activities are organized and carried out through them, and they participate in research in the collection of information on the Covid-19 virus.

Without the youth we would not achieve health promotion goals on how to avoid the Covid-19 throughout the population.



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YOUNG PEOPLE SPEAK OUT ON YOUTH MONTH

Health Chat Bulletin also solicited views from young people about the Commemoration of Youth Month, the significance of Youth Day (June 16) and today's youth agenda.



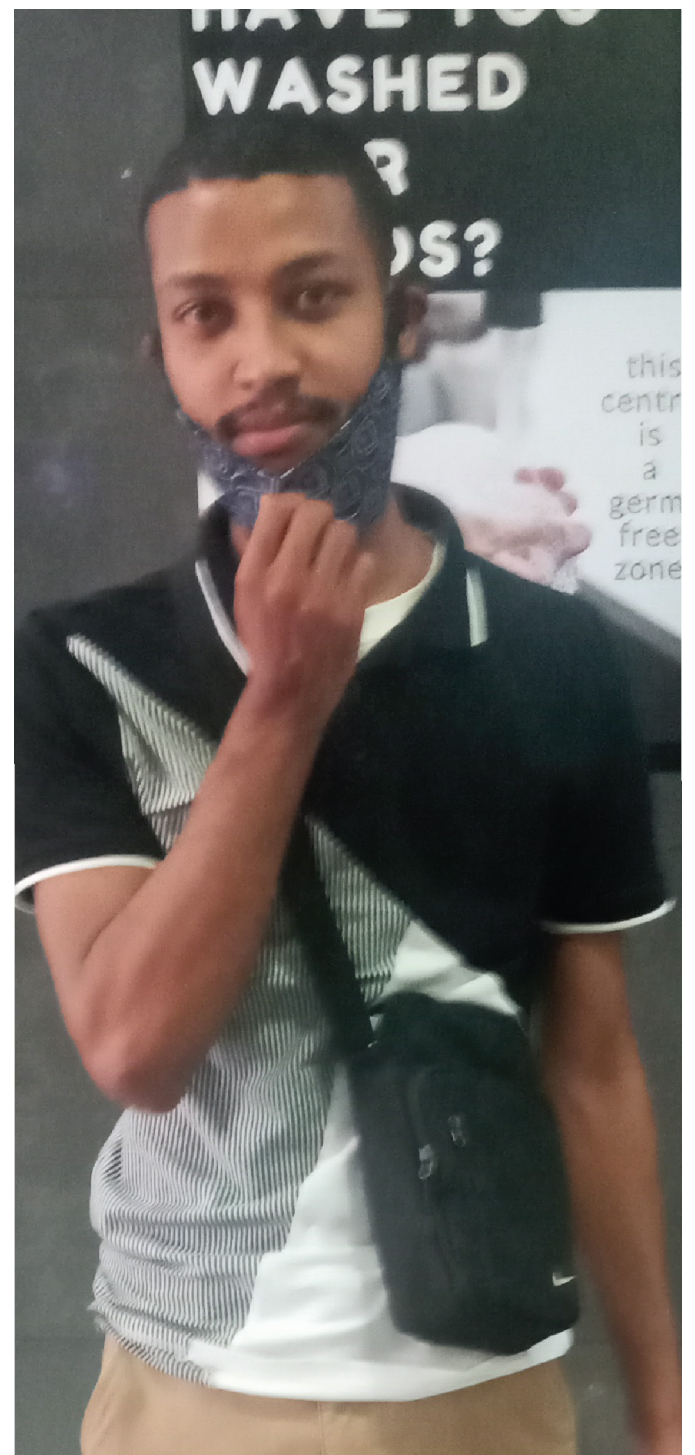
My name is Pearl Ntibane, 25 yrs old, from uMlazi.

A lot of things have changed compared to the environment of the youth of 1976, in terms of technology and how things work. But youth are still having problems with finding jobs, we go to school and study but getting a job is still a challenge. I am not sure how the Department of Health can help us, but they have been programmes in place. As much as we are struggling for jobs, I think we should strive as the youth to open more businesses. The Government can't carry us all. At the end of the day we should have plans on what to do and which businesses to open, things like that. With regards to COVID-19, it has affected us big time because people are losing jobs.



My name is Siyathemba Zungu, 23 yrs old.

I am staying in Seaview, originally from uMlazi. I am very concerned about the opening of taverns, because people are dying in car accidents. If I were to be given the opportunity to be the president in the present moment, I wouldn't allow the selling of alcohol. This makes women and children more vulnerable. Many families are devastated because of alcohol. Today we have a high number of women who are dying because of alcohol. I am very concerned about the youth of today because they indulge in alcohol. Today we have unplanned pregnancy because of alcohol. Young people are being infected with STIs daily because of alcohol. The government should close the selling of alcohol until the pandemic goes away.



My Name is Sundries Pius, 24 yrs old, from Durban central.

Nothing much has changed for us compared to the youth of 1976. Even though there is a rainbow nation, there are those who are superior than others. There is still racism; we can convince ourselves by saying we are one but that one does not exist. In terms of job opportunities, South Africa is bad. We go to school to study but there are no job opportunities. I am afraid that in the next 6 months crime might be worse because of COVID-19.

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DETERMINED TO IMPROVE THE QUALITY OF HEALTH SERVICES

Last week MEC Nomagugu Simelane-Zulu delivered the KZN Department of Health’s 2020/2021 Budget Speech, where she focused on key areas that the Department would be focusing on until the end of the current financial year in March 2021

“The Budget Speech is always an important time for the government because it’s a time where we sort of renew our contract with the people and re-commit ourselves to better the lives of the people of KwaZulu-Natal,” she said.




BUDGET VOTE 2020

REPRODUCTIVE HEALTH

The Department is promoting “Safer conception” to all women of child bearing age - especially young women in and out of school. This campaign **also targets men** as they have a role to play in safer conception through consistent and regular condom use, and encouraging their partners to discuss the use of contraception until they are ready for another child. We also encourage men who no longer wish to father a child to consider opting for **vasectomy**.

The Department has also re-introduced the **intra-uterine** device into its package of contraceptive methods.

MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH



BUDGET VOTE 2020

MENTAL HEALTH

Access to mental health in communities is being improved through the recruitment of district specialist mental health teams for all our 11 districts. These teams are meant to have psychiatrists, psychologists, social workers, Occupational therapists and psychiatric nurses. But due to the scarcity of psychiatrists, we are starting with psychologists and social workers. Advanced psych nurses and child and adolescent nurses in our employment already will be seconded to the District Specialist Mental Health Teams.

MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH




BUDGET VOTE 2020

NEW PROTOCOLS FOR THE MANAGEMENT OF INTRA-UTERINE DEATHS

With the new protocols that we have put in place, mothers who have an I.U.D are removed and placed in a ward away from other mothers; where they are offered continuous counselling, and given a chance for induction of labour – if they choose to.

We firmly believe that this is a much more humane way of dealing with such situations, and it reduces emotional distress, trauma and stigma to mothers who are already bereaved.

MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH



BUDGET VOTE 2020

MEDICO-LEGAL CENTRES OF EXCELLENCE

As part of our ongoing efforts to reduce our medico-legal bill, we have come up with a strategy that will include establishing five centres of excellence, which will attend to the healthcare needs of children who are born with Cerebral Palsy and other ailments.

Because we will be able to prove that we can provide continuous care for these children, we are confident that this will reduce our litigation bill.

These centres will offer the following services, among others: Occupational therapists, physiotherapists, audio therapists, speech therapists, and dentists.

MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH

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DR PIXLEY KA ISAKA SEME MEMORIAL HOSPITAL READY TO COMBAT COVID-19 AND BEYOND

KwaZulu-Natal MEC for Health, Ms Nomagugu Simelane-Zulu has announced the upcoming opening of a brand new state-of-the-art hospital in the province to fight the COVID-19 increase. Dr Pixley Ka Isaka Seme Memorial Hospital, in KwaMashu should be ready for use by the end of this month.

"We have worked extremely hard to ensure that progress goes off smoothly towards the completion of this brand new R2.8bn facility. This 500-bed hospital, with state-of-the-art equipment that is not found in any regional hospital in the country, is now 99% complete," said Simelane-Zulu.

She said that the new projected date of conclusion for this facility is now 26 June 2020. "We'll be using 450 out of the 500 beds. Out of the 450 beds, we will have 40 ICU beds. Due to the urgent need for bed

capacity caused by COVID – 19, we have enlisted the services of this Dr Pixley Kalsaka Seme Memorial Hospital," said Simelane-Zulu.

Simelane-Zulu added that: "This is a major boost in the fight against this virus, particularly in the event of a massive outbreak. When the COVID – 19 epidemic subsides, this hospital will be closed, decontaminated, commissioned, and re-opened to serve its original purpose." Simelane-Zulu further said that then the process of recruiting new, dedicated hospital staff, would subsequently follow.



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SPOT AND MANAGE SIGNS OF STRESS IN CHILDREN

As the fight against coronavirus continues, parents are understandably fearful about their children returning to school. Children too may be concerned or stressed by what they see, hear or read on the media platforms about coronavirus (covid-19).

Since children trust adults and turn to them for comfort when they are concerned, it's advisable that parents and guardians have calm conversations with their children about what is going on and not disregard or shield them from what is happening.

Signs your child may require help.

It's important for parents to know about the side effects children show when they are stressed. The severity and frequency of these symptoms can be useful in assessing how children are coping.



PARENTS SHOULD LOOK OUT FOR THE FOLLOWING SIGNS:

- Changes in sleeping patterns. Sleeping less or more for days could be an indication of stress. Children may show difficulties of falling asleep, waking in the night or early morning and not being able to fall asleep again.
- Isolation. Many children respond to anxiety by separating themselves from others. Signs parents should look for include children beginning to occupy themselves too much in their rooms and failing to interact with friends and family, even during activities they normally enjoy.
- Changes in mood and behaviour. Watch for frequent sadness, irritability, anger, and anxiety as well as increased oppositional, violent responses and less enthusiasm in partaking in their favourite games.
- Eating disorder. Children may experience change in appetite such as not feeling hungry and consequently skipping meals or eating smaller portions. Some may show less enthusiasm for their favourite foods. Others may begin requesting food more frequently and eat large portions.
- Difficulty concentrating. You may notice your child is not completing school assignments or even losing interest in their favourite television programmes.
- Increased worry. It is natural for children to express worries about the current pandemic. However, if they spend a lot of their day talking about these worries, or find it difficult to stop focusing on these worries, then this is a sign they may need help with their feelings.

What can parents/guardians do to support your children:

- Speak to them about what's happening. Keep in mind; you don't have to know all the appropriate answers, simply talking things through can assist them to feel calmer.
- Urge them to reflect on the things they can do to make them feel more secure and less stressed.
- Prioritise your time and energy for your children and engage in positive and constructive activities such as; playing educational games, reading or doing house-work to help them calm their anxiety. This is also a method of creating a safe space for them to easily share their emotions.
- Keep however many routines constant as much as possible, so your children have a sense of security.
- Give them lessons on how to take care of themselves. For instance, tell them the best way to wash their hands appropriately, and remind them when they ought to do it.

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TAKING CARE OF YOURSELF WHEN LIVING WITH HIV

Having HIV doesn't have to stop you from living a healthy life. With the right treatment and care, you can expect to live a long life like anyone else who doesn't have HIV. Find out how you can look after yourself and stay healthy.



Eating healthily

Eat a balanced diet, without too much processed fat, sugar or salt. This will also help your body to absorb the treatment and fight off everyday infections.

You may benefit from talking to your healthcare team about your diet if you:

- are underweight (perhaps because HIV was already making you unwell by the time you were diagnosed)
- are overweight
- have any particular dietary problems
- are experiencing side effects that make it hard to eat well.

Exercising regularly

Being active is a part of maintaining your health – it builds muscle, keeps your bones strong, your heart healthy and burns fat. Some people who are living with HIV lose muscle mass and strength - exercising regularly helps prevent this. Exercise also reduces feelings of stress and symptoms of depression.

Avoid excessive alcohol or drug use

If you are living with HIV, there are specific risks associated with alcohol and recreational drug use that you should be aware of. Alcohol can damage the liver which the body uses to process anti-HIV drugs, so it is good to keep your alcohol consumption within the recommended limits. Heavy

drinking and taking recreational drugs can also weaken your immune system, making it harder for your body to recover from infections.

Certain anti-HIV drugs can interact with recreational drugs and alcohol to cause unwanted side effects, some of which can be severe. For example, you could feel dizzy or pass out, making you potentially vulnerable. If you have a drug addiction, have an honest conversation with a healthcare professional and they will be able to advise you. You should also be aware that being under the influence of alcohol or other drugs may stop you from taking your HIV medication properly, for example, you may forget to take a dose or vomit from overdrinking.

Managing stress and getting support

Finding out you have HIV can be a shock, and it may take you some time to adjust. Talking to your friends and family, and other people living with HIV, can really help when things get difficult. You could look for a Mpilonde club or support services in your area.

Once you adjust to living with HIV, it's a good idea to think about what you want in life.

**What are your goals?
What's important to you?**

DON'T LET HIV STOP YOU, THERE'S NO REASON WHY IT SHOULD.

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THINGS TO APPRECIATE ABOUT THE MALE ANATOMY



In honour of June also being Men's Health Month, we've compiled a few facts about the male body that you may not know:

1. Men typically have thicker skin—by about 25 percent. This may contribute to why they tend to be warmer in cold temperatures.
2. Men have higher densities of the protein collagen. This structural substance, found in many parts of the body such as bones, skin and muscle, is responsible for giving a younger looking skin.
3. Tobacco smoking can lead to impotence in men; the inability to conceive children.
4. Men have denser, stronger bones than women.
5. Generally men have more muscle mass than women
6. Medical Male Circumcision (MMC) reduces the risk of heterosexually acquired HIV infection in men by approximately 60%
7. The daily calorie requirement is higher for men to accommodate higher muscle mass, stature, and basal metabolic rate.
8. According to the World Health Organisation (WHO), the harmful use of alcohol killed nearly 3 million people in 2016; 75% of whom were men. Excessive alcohol drinking can also cause impotence and some cancers.

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