



TIMES ARE TOUGH: LET'S SAVE STATE RESOURCES BY DECLARING WAR ON ALL DISEASES



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One of the key points that we made during our presentation of the 2022/23 Budget Speech last Tuesday was the reduction in our Budget allocation, and the urgent need for citizens of this province to partner with Government in fighting the burden of disease in the Province.

We made the call for our communities to embrace and practice a culture that is rooted in preventing diseases, getting regular health check-ups, and seeking treatment as soon as ailments manifest themselves.

Early presentation to healthcare facilities is critical in improving the prospects of successful treatment, cure, or management of these diseases - before complications set in.

The need for us to do things differently is especially dire, in view of our diminishing financial muscle, which is influenced by weak economic growth, the COVID-19 pandemic, and other pressures that bedevil the fiscus.

Our Budget allocation has been reduced by an estimated R16 billion over the past three years, which forces us to look inward and re-arrange our priorities. In fact, our Budget for the 2022/23 decreased from R50 billion in the previous financial year to R49 billion.

All of this comes just as we were trying to make a comeback from

the series of disasters that have plagued us in recent years, from the COVID-19 pandemic, to the destruction of property and the Phoenix Massacre in July last year in Phoenix, and the recent floods that left a trail of destruction in our Province.

Therefore, times are tough. But we must find a way to continue working and deliver on our mandate of providing quality healthcare to the people of this Province. As a society, we have achieved a lot, thanks to the co-operation that exists between the citizens of this country and Government, which we highly appreciate. Had this not been a strong relationship, the impact of COVID-19, which is one of the greatest disasters in human history, would have been even more severe than it's been.

We continue to try to overcome adversity as a Province, we call upon every sector of society to help us wage an effective and successful war against preventable illnesses, injuries, and unnecessary deaths. This is the only way we can win.

We can keep ourselves healthy, and alive for a long time, by practicing the following:

- Getting a COVID-19 vaccine: This reduces the risk of severe illness, hospitalization, or death for those who find themselves infected with this deadly virus;

- Follow a healthy and balanced diet, by eating boiled food, fruits and vegetables. Lower your intake of food that contains excessive oil, salt or sugar.

- Exercise regularly: This will help you control your weight and reduce your risk of heart diseases, while helping the body manage blood sugar and insulin levels.

- Avoid alcohol and drug abuse: Heavy drinking and drug abuse are a major cause of many road accidents and chaotic situations where conflicts may arise, leading to injuries that can be fatal. So, it is advisable to avoid venturing out late into the night. Rather stay at home in order to avoid adverse situations;

- Practice safe sex and family planning: Abstinence from sex or using a condom and other family planning methods, at all times, is always important. It can help you avoid acquiring and/or spreading sexually transmitted infections, including HIV or unplanned and unwanted pregnancies.

So, a few tweaks in the way we behave can go a long way in reducing the burden of diseases. It can keep us healthy for a long time, while also saving scarce state resources, so that they can be channeled where they are needed most.

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COVID-19 STATISTICS IN KZN

				
710 285	11 568	682 330	16 176	172
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

TUESDAY
31
MAY
2022

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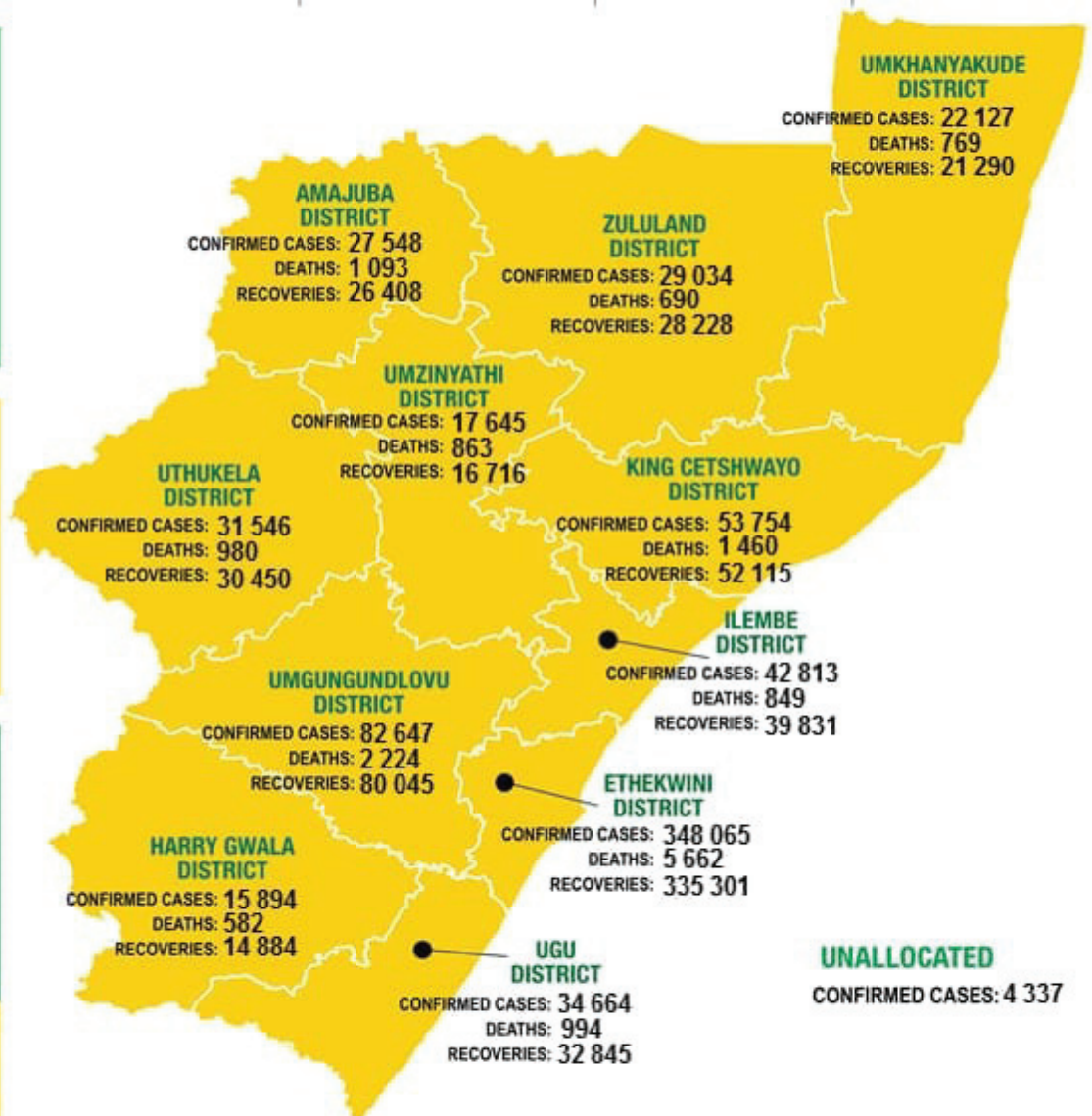
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The COVID Alert SA app can notify you if you have been exposed to another app user with coronavirus. Download it now to protect yourself and others



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BUDGET SPEECH HIGHLIGHTS



COVID-19 INFECTIONS

As of yesterday, the 09th of May 2022, our Province has lost 16 096 due to COVID-19. And, over the latest 24 hour period, we have registered 1 452 new cases, bringing the total number of infections in the Province to 690 202.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



COVID-19 VACCINATION

We remain concerned by the low uptake of COVID-19 vaccines. We've vaccinated 2,767 million people, while a staggering 4,452 million have not even received a single dose.

This is concerning because the vast majority of those who've died due to COVID-19 were not vaccinated.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



COVID-19 PROTOCOLS

We have noted the new COVID-19 regulations, which make it clear that we should all continue wearing our masks indoors, while adhering to all non-pharmaceutical protocols.

This entails maintaining social distancing and washing our hands with soap and water regularly.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



HEALTH AWARENESS

We need to strengthen our systems and ensure that we create health awareness, which must lead to behavioural change.

We need to do this while maximising our capacity for disease screening and testing; providing follow-up treatment; and support

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



MAKE ME LOOK LIKE A HOSPITAL

One of the very effective ways in which we will be improving the quality of care and overall client experience, is through the re-launching of a new and improved "Make Me Look Like A Hospital" initiative, as pronounced during the State of the Province Address by the Premier of KwaZulu-Natal.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



IDEAL CLINIC

We are encouraged by the fact that 39 of our clinics have already attained "Ideal Clinic" status, after being assessed by the Office of Health Standards and Compliance (OHSC), during the past two years.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



HIV/AIDS

Our Province has made a number of strides to promote effective HIV prevention, diagnosis, treatment and care.

HIV infection has become a manageable chronic health condition, which has enabled many people living with HIV to lead long, healthy, and productive lives.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



90-90-90

Four districts have achieved the 90-90-90 targets for HIV management. These are Harry Gwala, UMzinyathi, UMkhanyakude and UGU.

Two districts are very close to achieving the 90-90-90 targets, and these are Umgungundlovu and Amajuba.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



ANTI-RETROVIRAL TREATMENT

We do deserve a pat on the back for keeping the number of people on Anti-Retroviral Therapy at 1.617 million, despite COVID-19 and the social unrest that we saw last year.

To achieve the 90-90-90 targets, the province will increase the number of clients on ART by almost 100 000.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



HUB SYSTEM

In a bid to improve the management of health infrastructure in the Province, we have also adopted a 'hub and spoke' model. This entails decentralisation of head-office personnel to the three Infrastructure Management Hubs, which are being established in the Province.

The pilot project in this regard commenced with the EThekweni Management Hub, which focuses on Health facilities in EThekweni, Iilembe and Ugu Districts.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



HUB SYSTEM

At the beginning of the new financial year, we commenced with the management hub in Umgungundlovu, focusing on Umgungundlovu, Amajuba, Harry Gwala and Uthukela Districts.

The hub in Empangeni will focus on King Cetshwayo, Zululand and Umkhanyakude Districts.

We will be adding more capacity to these hubs in 2022/23.

BUDGET VOTE 7 2022

#KZNDHOBUDGET SPEECH2022/23



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NURSES UNIFORM SOCIAL MEDIA POST IS FAKE NEWS

The KZN Department of Health would like to state categorically that the circulating pictures of maroon uniform for nurses are not known to the Department, and therefore do not form part of the approved uniform list for the staff.

The pictures and the captions attached to it are fake and being circulated with a malicious intent to create confusion about the MEC's announcement on the new uniform for nurses, which she made during her Budget Vote Speech on the 10th of May 2022.

The announcement merely made mention of a declaration by the National Department of Health to standardize uniform for our nurses to have white and maroon colours.

The statement as read on the day of the Budget Speech further clarified that, "The National Department of Health is still finalising specifications; however as a Province we have directed that the uniform at the new Dr Pixley ka Isaka Seme Memorial Hospital must have white and maroon colours."

The Department is concerned that this announcement is now being taken completely out of context and interpreted in ways that seek to cause an unnecessary hype, alarm and confusion.

As things stand, all provinces are still awaiting finalisation of the specification by the National Department of Health and therefore not even the pattern of the uniform exists yet.

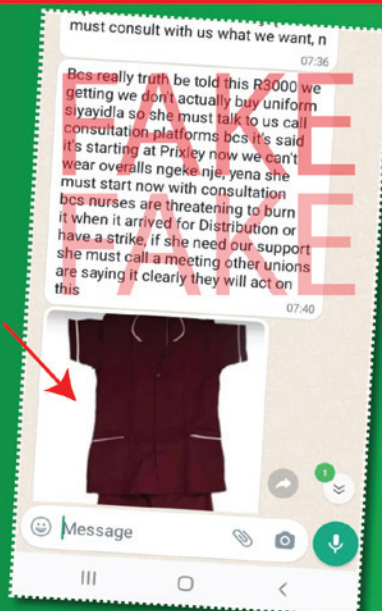
The Department wishes to distance itself from this fracas and reiterate that communication on this issue will be through the correct official processes and platforms.

WARNING

KZN Department of Health would like to state categorically that the

CIRCULATING PICTURES OF MAROON UNIFORM FOR NURSES ARE NOT KNOWN TO THE DEPARTMENT

and therefore not part of the approved uniform list for the staff.



“RESPECT PATIENTS; BUT REFUSE TO BECOME CASUALTIES OF ABUSE,” KZN HEALTH MEC URGES PROVINCE'S NURSES, AS THEY CELEBRATE INTERNATIONAL NURSES' DAY



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KwaZulu-Natal Health MEC Ms Nomagugu Simelane has cautioned the few nurses who mistreat patients to get their act together and stop tarnishing the image of nursing profession and the majority of their colleagues, whom she described as loving, hardworking and empathetic people.

The MEC commemorated International Nurses' Day at Umfolozi TVET (eSikhaleni Campus) on the 12th of May 2022. Proceedings kicked off with a door-to-door blitz through the Bhambatha Hostel at Esikhaleni, where the hostel-dwellers were urged to get vaccinated against COVID-19.

Later at the TVET, when addressing a sea of nurses clad in white, MEC Simelane said: "Our nurses must never make patients feel like they're being a nuisance when they come to our clinics, Community Health Centres and Hospitals for help. At the same time, we are not saying that nurses must just roll over and allow people to abuse them.

They must waste no time, but call security and/or law enforcement authorities, who must apply the relevant standard operating procedures when confronted by adverse situations. Respect is a two-way street," she said. The MEC also thanked all of the Province's nurses for rising to the occasion

in the face of great adversity brought about by the COVID-19 pandemic, the rampant looting and the Phoenix Massacre of July 2021, as well as the recent floods that caused a trail of destruction across the Province.

"We are quite pleased at having the opportunity to acknowledge and recognise the impact made by the nursing profession in the provision of healthcare to our communities.

"This is especially so, given our recent past, where we've been confronted by a number of public health emergencies.

"During these tough times, nurses have displayed immense courage and resilience. They have given true meaning to sentiments that describe them as the "backbone" and "heartbeat" of our health care system.

We really can't thank you enough. "It is highly regrettable that our war against the COVID-19 pandemic has cost us the lives of so many of our valued health workers.

"On behalf of the KwaZulu-Natal Department of Health, we dedicate International Nurses Day to all our nurses, especially those foot soldiers who died with their boots on, and became casualties of COVID-19.

"May their collective souls Rest In Peace. We know and understand the devastation that their deaths have caused to those they left behind.

We send our deepest love and sympathies to all their families. Their loss is our loss."

This year's theme for International Nurses' Day was Nurses: A Voice to Lead – Invest in Nursing and Respect Rights to Secure Global Health.

The MEC said, even though the Department's financial muscle was dwindling, it would continue to prioritise the upskilling of nurses, "Because, truth be told, without a suitably-skilled and experienced workforce, there's no healthcare sector."

The MEC reminded nurses about the importance of protecting, loving, and advocating for their patients as much as possible. "You have an assignment to fulfill and you have been mandated by the Department; and your regulatory body, the South African Nursing Council, to preserve lives and promote health.

"Do not compromise your ethical principles and standards. Rise and embrace the nobility of your profession for the rest of your lives. Do not forget to support, love each other, work as a team; and to collaborate with other essential health workers.

"You are supposed to be the light along the path of those who are experiencing dark and difficult days. You must provide comfort and caring to those in need - and you must do so with conscience and with dignity, that is why your profession is highly-regarded."

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PROUD TO SERVE, VOICES FROM OUR ANGELS WHO CARRY THE FLAME OF HOPE

Bongumusa Khumalo

Profession: Professional Nurse (Maternity Section)

Nursing is a professional career path which provides an assortment of healthcare services to people of all ages, in good or bad health. The role of the nurse is to promote good health, prevent illnesses, take care of the sick disabled and dying - and to advocate for patients at all times..

As a person who works in the maternity section, it is my responsibility to facilitate care for mother and baby throughout the stages of pregnancy, labour and post-natal care. Obstetrics is a specialty field in nursing, a profession which requires advanced skills and training, including how to handle obstetric emergencies. In labour ward, over the years that I have worked here, I have many pleasant and unpleasant experiences.

I am able to use my skills and knowledge to independently manage and deliver patients without supervision and within my scope of practice. Since working in obstetrics, I've learnt to cope with resource constraints. I have found my passion and I would like to further my career in obstetrics by enrolling for advanced midwifery course.



Gugulethu Zondi

Profession: Enrolled Nurse (Emergency Section)

A nurse encounters so many different things during a single shift situation, ranging from hope to heartbreak, as well as keeping up with all different patients' charts and care instructions. Nurses are indeed the backbone of the healthcare sector. As a nurse working in the emergency area, I always have to remain calm for each and every urgent situation presenting to my attention. As nurses, we soldier on, no matter how difficult things are.



Thokozani Precious Ngcobo

Profession: Professional Nurse (Pediatrics Section)

Nursing is caring about human life, the sick and helpless. Simply put, nursing is humanity personified. Nursing is comprehensive. It includes the preventive, promotional and rehabilitative aspects of healthcare. Nurse should be caring, loving, honest and trustworthy.

I am motivated by the I have for my patients, my profession, and the Pledge I made when I graduated. I have utmost respect for human life, which is God's creation. It is what motivates me to come back to work every day. Moreover, as a mother and someone who works in the paediatrics department, that is what motivates me. Seeing the look on those innocent babies motivates me to provide excellence service.



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CATCH **HYPERTENSION** BEFORE IT CATCHES YOU, WARNS KZN HEALTH MEC



KwaZulu-Natal Health MEC Nomagugu Simelane has made an appeal to the public to undergo free health screening at least once a year, in order to nip “silent killer” non-communicable diseases such as hypertension in the bud - before they cause irreparable damage.

The MEC’s stern warning came as World Hypertension was being commemorated worldwide on the, 17th of May 2022, under the theme “Measure Your Blood Pressure Accurately, Control it, Live Longer” (as in blood pressure measurements). “Promoting health and wellness is critical to preventing and managing lifestyle diseases, particularly the major non-communicable diseases such as hypertension, heart disease, high blood cholesterol and diabetes.

To become a healthy nation, South Africans need to make informed decisions about what they eat, whether or not they consume alcohol or should smoke, among other factors. Healthy lifestyles, including keeping a healthy diet and regular physical exercise, can make all the difference. Many people are walking with ailments without even knowing it.

But when you undergo health screening, it means diseases can be detected early, which makes it easier and cheaper to treat and/or manage them,” says MEC Simelane. Now in its 17th year, the purpose of World Hypertension Day is to promote public awareness of hypertension and to encourage citizens of all countries to prevent and control this “silent killer”. The KwaZulu-Natal Department of Health provides health screening free of charge at all its health facilities, and at all its community outreach programmes.

The risk factors for Hypertension are:

A family history of high blood pressure, an unhealthy diet, including excessive salt intake, excessive alcohol consumption, smoking, being overweight (especially around the stomach area), which increases the risk 2-6 times, lack of physical exercise, stress levels, old age, pregnancy. The signs and symptoms of high blood pressure include headaches, weakness, dizziness, sore eyes, blurry vision shortness of breath.

The following are guidelines for lowering or normalizing high blood pressure:

- Eat 3-6 small meals per day.
- Eat a healthy balanced diet, low in saturated fat (animal fats found in red meat, skin of chicken and full cream dairy products);

Overweight people are advised to lose. Losing as little as 4.5kg can lead to a meaningful drop in blood pressure.

Limit salt (sodium chloride) intake to one teaspoon per day. “Hidden salt” in processed foods represents 65-80% of our intake of sodium chloride with only 15% coming from the salt we add at the table.

Limit your intake of processed foods, foods high in salt and those containing flavouring salts.

Read labels of products for sodium content before purchase!

Limit or avoid alcohol intake.

Caffeine in coffee, tea, cola drinks and chocolate may cause blood pressure to increase temporarily. Excessive intake is therefore not recommended.

Physical activity should be part of your daily routine. Try to exercise for at least 30-45 minutes most days of the week. Avoid strenuous exercise such as lifting heavy weights, which can raise blood pressure. Rather try walking, swimming, cycling or golf. Consult your doctor for advice on the type of exercise you should be doing.

Important: If you have been diagnosed with High Blood Pressure, take any medication exactly as prescribed. Don’t stop or change it unless advised to do so by your doctor.

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UNDERSTANDING HAEMOPHILIA



Haemophilia is a disorder in which blood does not clot normally.

This can result in excessive bleeding after an injury or damage to the body tissue. It is caused when blood is deficient in one of the clotting factors. Clotting factors are proteins in the blood that assist to control bleeding.

There are two main types of haemophilia. Patients experience similar symptoms with either type.

- Haemophilia A is the most common form and is caused by having reduced levels of clotting factor VIII (8).
- Haemophilia B, also known as Christmas Disease, is caused by having reduced levels of clotting factor IX (9).

Haemophilia is typically an inherited disorder and tends to occur in males. Females can also inherit haemophilia, however, this is much less common. Females with one altered gene can also be carriers and although they are not affected by the disease, they can pass the condition on to any children they may have.

Rarely, a person with no family or personal history of haemophilia may develop acquired

haemophilia. This form of the disease results from an autoimmune condition where the body's immune system starts to attack the clotting factors found in the blood.

Statistics show that haemophilia A occurs in 1 out of 5,000 male births and about 400 babies are born with the disorder annually. Additionally, an estimated 400,000 people around the world have a severe form of haemophilia. About 75% of these people are unable to access adequate treatment or have no access to treatment completely.

Haemophilia requires a diagnosis by a Healthcare professional and patients showing signs and symptoms of Haemophilia should contact a Doctor to have the relevant tests done.

Some of the Signs and Symptoms that patients should look out for are:

- bruising
- haematomas, which is when there is bleeding into the muscle or soft tissues
- bleeding from the mouth and gums
- bleeding after a circumcision
- blood in the urine or stool
- nosebleeds that are frequent and difficult to stop
- bleeding after vaccinations or other injections
- painful swollen joints as a result of bleeding into the joints
- heavy or prolonged menstrual periods

If Haemophilia is suspected then a Healthcare worker will do the following to confirm the diagnosis:

- a review of symptoms including duration and severity
- a clinical evaluation of the patient
- a review of personal medical history, including family history
- blood tests and other diagnostic testing

Once the diagnosis has been confirmed, the Healthcare practitioner can engage with the patient and family regarding treatment options. Though, no cure exists for haemophilia, at present, doctors can successfully treat the condition in the majority of cases.

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Treatment is ongoing and focuses on replacing the missing clotting factors and preventing complications. Clotting factors for replacement therapy can be obtained from human blood or they can be synthetically produced in a laboratory (recombinant clotting factors).

There are two main forms of replacement therapy:

- Prophylactic therapy: Some patients will need regular replacement therapy in order to prevent bleeding. This type of treatment is frequently used for people with severe forms of Haemophilia A.
- Demand therapy: This is when treatment is provided only after bleeding begins and remains uncontrollable. People living with mild haemophilia may only need demand therapy.

Apart from Clotting Factor replacement there are other effective treatment options that may be used, depending on the type and severity of the Haemophilia.

Some of these include :

DESMOPRESSIN (DDAVP):

This is a synthetic hormone which helps the blood to clot by releasing the body's stored factor VIII into the bloodstream. It is used for treating some people with mild haemophilia A and some women with bleeding disorder symptoms.

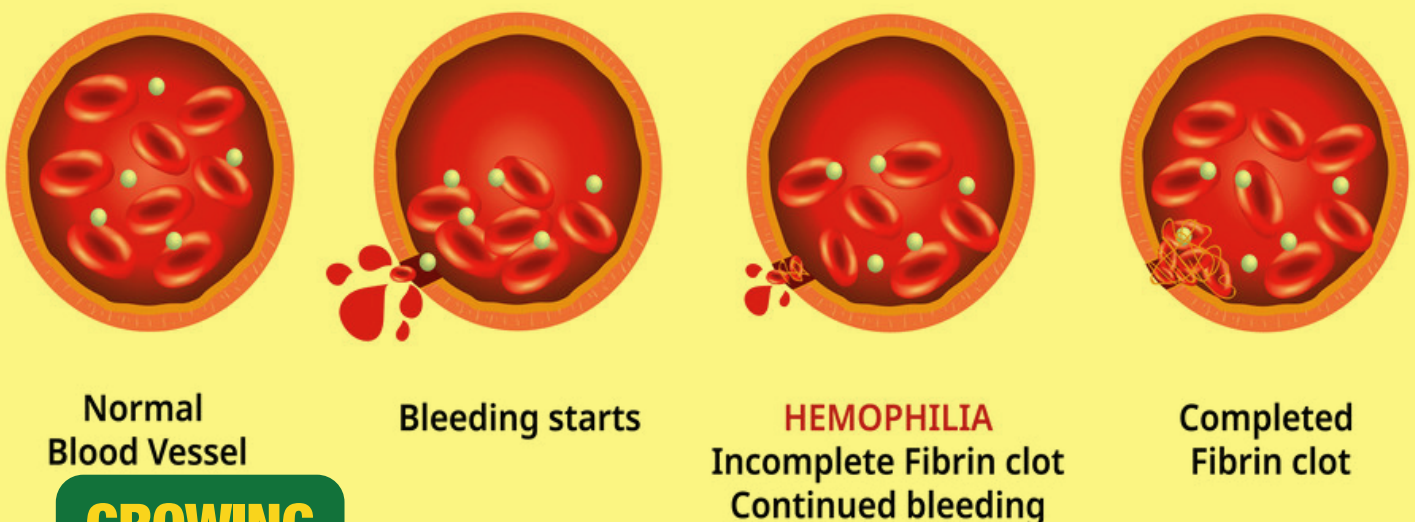
TRANEXAMIC ACID:

This slows blood clots from breaking down after they have been formed. It can help to treat mouth or nosebleeds, gut bleeding or bleeding after dental work. Most commonly it is taken as tablets, syrup or in a mouthwash.

Living with Haemophilia:

Apart from taking the medical therapies outlined above, there are other steps that can be taken in order for patients, living with Haemophilia, to ensure a healthy lifestyle. Information is key in understanding, accepting and living with the diagnosis so it is essential for patients and their families to know as much about Haemophilia as possible. Regular low impact exercise and non-contact sports are encouraged and can strengthen the joints. Patients should avoid any medications that thin the blood such as Aspirin, Non steroidal anti-inflammatory drugs (NSAIDs), heparin and warfarin. It is important to research supplements before taking them, as some natural supplements can also have a blood thinning effects and should be avoided. Good dental hygiene can help to prevent gum disease and possibly reduce bleeding from the gums.

It would also be beneficial for patients and their family members to join the South African Haemophilia Foundation, which is a National non-profit organisation. The organisation is instrumental in outreach and identification of patients with Haemophilia. They also advocate for Haemophilia patients and provide education and family support on a wide range of platforms. The foundation encourages and conducts research on Haemophilia and can provide patients with up to date advancements and guidelines. Contact details for the foundation may be found on their website.



Normal
Blood Vessel

Bleeding starts

HEMOPHILIA
Incomplete Fibrin clot
Continued bleeding

Completed
Fibrin clot

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