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KwaZulu-Natal Department of Health

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AUGUST 2018

# NEC DHLONG<br/>LAUNCHES 89<br/>BRAND NEW<br/>BRAND NEW<br/>ABBULARCESTO REPLACE<br/>AGEING FLEET

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MEC LAUNCHES 89 BRAND NEW AMBULANCES TO REPLACE AGEING FLEET

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WORLD BREASTFEEDING WEEK:

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

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KZN Department of Health



A Woman of Fortitude



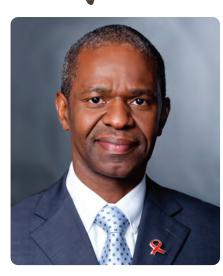
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REPUBLIC OF SOUTH AFRICA



# MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo

August is National Women's Month. We commemorate the fighting and nurturing spirit of women of all races across South Africa. With women being the nurturers and an essential part of the family unit and society the Department of Health calls upon women to get into the habit of undergoing regular health screenings and lead healthier lifestyles.

As we reflect on the Department's upcoming campaigns, and having just emerged from August- which is the month of women, we are going to strengthen campaigns focusing on young women so they grow and become competitive in life. The campaigns are embedded on celebrating the life of our giant uMama Albertina Sisulu, a nurse by profession, who would be 100 years old today. In her centenary we want to strengthen and empower women, and improve the quality of life.

The incidence and continuing battle of cancer in the province can be significantly reduced, and treatment and cure outcomes improved, if more women could conduct self-testing for breast cancer - and present themselves at healthcare facilities early for pap smears to check for cervical cancer. At an outreach programme "Women and Health" at Osizweni, Amajuba District, I felt the need to call for parents and legal guardians - as I am doing now- to ensure that all children, particularly girls, go to school. This I believe will help them grow up to become better informed citizens who are able to take wise decisions concerning their own health. I also urged pregnant women to assist the Department by seeking antenatal care as soon as possible and to not miss clinic appointments; and once their babies are born, ensure that they adhere to the immunization schedule.

Mothers ought to breastfeed their children exclusively for the first six months, as this will help strengthen their growth and boost their immunity to disease. I vow that the Department will continue to strengthen its programmes to vaccinate girls aged 9 and younger against Human Papilloma Virus, which causes cervical cancer later in life. Sadly, unlike in the past, where women used to suffer from post-menopausal bleed (a symptom of cervical cancer) around the age of 60, they are now developing cervical cancer as early as the age of 35. We want to reverse that, and women can help us by checking their own breasts regularly for any irregularities; while also coming forward to get screened and tested for cervical cancer. The Department will be intensifying its other health campaigns that are aimed at young people, such as First Things First, Graduate Alive, and D.R.E.A.M.S, which stands for "Determined, Resilient, Empowered, AIDS-Free, Mentored and Safe".

These campaigns seek to achieve certain objectives such as the decrease of new HIV infections in girls and young women by at least 30%; from 90 000 per year, to less than 60 000. Decreasing teenage pregnancies (under 18) from 73 000 to 50 000. Through these campaigns we would also like to see an increase in the number of girls who finish matric by 20%, increasing youth employment and economic opportunities by 10%.

At Osizweni Community Hall, where people came out in numbers, we held a spirited health awareness march through the township's streets, which was followed by an aerobics class, to promote a healthy lifestyle, emphasizing the importance of a healthy lifestyle – how keeping healthy impacts many other areas of one's life.





# MÉC DHLOMO LAUNCHES 89 BRAND NEW AMBULANCES TO REPLACE AGEING FLEET

THE 89 brand new ambulances that were unveiled in Durban today will improve government's ability to come to the aid of people in emergency situations within the "golden hour" - including in far-flung areas where the terrain is rough.

This is according to KZN Health MEC Dr Sibongiseni Dhlomo, who presented the brand new fleet of ambulances to the province's 11 health districts. Speaking at the launch, outside Durban's Moses Mabhida Stadium, MEC Dhlomo thanked Emergency Medical Services staff for the immense role that they play in the health value chain. He also urged the public to look after these ambulances and respect the emergency crews who use them to bring life-saving healthcare to people in distress.

"Our province is home to more than 10,5 million people, which amounts to 21% of the population of the country. At least 80% of these people depend on public health sector for their medical and health needs. "Our Emergency Medical Service is the largest in the country, operating more than 300 ambulances and having more than 2 500 dedicated paramedics in its employ. "When it comes to our ability to respond to incidents of violence, injuries and trauma as a Department, paramedics play a profoundly critical role in saving lives. They are usually the first healthcare professionals to arrive at the scene of accident or a homestead of a sick patient and quickly assess the situation and determine the proper course of action for that individual. It therefore becomes crucial for paramedics to get to the scene of an emergency as close to this "Golden Hour" as possible. This is the first hour after a traumatic injury, when emergency treatment is most likely to be successful. "Due to the vastness of our province and the rough terrain of some of our roads, our vehicles accumulate high mileage

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 $\mathsf{HEALTH}\;\mathsf{CHAT}\;\;\mathsf{PAGE}\;02$ 

very quickly, which means that they are subject to extraordinary wear and tear, and reach their sell-by date (250 000km) very quickly.

"They constantly need to be repaired and in some cases replaced. And because replacing them does not come cheap, we are sometimes forced to soldier on and continue using them even when they have reached that replacement threshold. "But we are pleased to be handing over 89 ambulances, which are fully equipped to an Intermediate Life Support level, and are in line with the new EMS regulations. They will be distributed to all 11 districts to complement the existing operational fleet. We see investments in new Ambulances as a means to enhance the working environment for this sector whose nature of work is characterised by emergency and urgency."

### The breakdown of the new ambulances is as follows:

- 36 Mercedes Benz Sprinter converted to ambulances
- 35 VW Crafters converted to ambulances;

DISTRICT	BREAKDOWN PER VEHICLE BRAND			ALLOCATION TO EACH
	MERC	VW	ΤΟΥΟΤΑ	DISTRICT
AMAJUBA	2	1	2	5
ETHEKWINI	8	4	0	12
HARRY GWALA	3	3	2	8
ILEMBE	3	3	1	7
UGU	4	2	2	8
UMGUNGUNDLOVU	4	3	2	9
UMKHANYAKUDE	2	3	3	8
UMZINYATHI	2	2	2	6
KING CETSHWAYO	2	5	2	9
UTHUKELA	2	6	0	8
ZULULAND	4	3	2	9
Total	36	35	18	89

### **IMPORTANT INFORMATION ABOUT EMS:**

- Each of the 11 health districts have an Emergency . Management Centre where emergency calls are received, triaged (the calls are placed on order of medical priority, not first come, first serve) and then an ambulance is dispatched to the case. The control rooms play a critical role as this is where the emergencies are co-ordinated. KZN EMS can be contacted by dialling 10177 Advice to the public when phoning any emergency number: Give full details of the reason for calling the emergency number (there has been a car accident etc.) Answer all the questions you are asked; Do not exaggerate the extent of the emergency; Do not hesitate to give a phone number that you can be contacted back on; Provide clear and exact directions to where the
  - Provide clear and exact directions to where the emergency is.

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# MEC DHLOMO AND INKOSI MANDLA MANDELA URGE PRIVATE SECTOR TO HELP FUND MORE HEALTH INFRASTRUCTURE PROJECTS



KWAZULU-Natal Health MEC Dr Sibongiseni Dhlomo has joined Inkosi Mandla Mandela in thanking Absa and the Lion Match company for renovating the children's ward at Edendale Hospital in Pietermaritzburg. Speaking at a ceremony to celebrate this project at the Edendale Hospital, both MEC Dhlomo and Inkosi Mandla Mandela called on the private sector at large to accelerate their corporate social responsibility, by identifying and sponsoring worthy causes in the public health sector. This, they said, would help improve health infrastructure and access to healthcare. The renovation of the children's ward at Edendale Hospital is part

of Absa's partnership with the KZN Government, and the Nelson Mandela Foundation. The refurbishment of the paediatric ward at Edendale Hospital has seen the painting of walls and passages in the paediatric ward into a bright kaleidoscope, and a donation of toys, big curtains, bath towels, teddy bears, tables, chairs and TV sets.

Since its inception in 2012, the Mandela Day Marathon has become one of the fastest growing sporting events in Africa, attracting a loyal international following from both athletes and observers. The main race runs from the Manaye Hall in Edendale where Nelson Mandela made his last public speech before his arrest in 1962 and the Capture Site near Howick where he was arrested by the apartheid police on 5 August of the same year.

MEC Dhlomo, who ran the 21km of the 42km race, said, "This initiative helps us celebrate the centenary of Mama Albertina Sisulu and Tata Nelson Mandela. who dedicated their lives to the Struggle for liberation. It is also part of the legacy that was founded by the Nelson Mandela family. Incrementally, this partnership with Absa and the Lion Match company is improving infrastructure focus of this hospital, targeting the children's ward. We've seen the wonderful work that they've done, and we are grateful for this partnership.

We are grateful that they've decided to honour and respect the contribution of Nelson Mandela, whose love for children was enormous." The MEC paid tribute to Madiba for his compassion for the weak and vulnerable, adding that his gallant fight against HIV/AIDS stigma and for access to antiretroviral therapy had been monumental. He emphasised that it was under Madiba's presidency that pregnant women and children began to receive free treatment in public clinics and hospitals. MEC Dhlomo added that the

partnership with Absa and the Lion Match company should be an eye-opener for other private companies to plough their resources back into the community.

"Inkosi Dalibhunga (Madiba) reminded us that Africa is renowned for its beauty, its natural heritage and prolific resources. But equally so, the image of its suffering children haunts the conscience of our continent, and the world. "I therefore appeal to Absa that wherever they are in the African continent, they must likewise continue this relationship of love and caring, nurtured by the life and the legacy of our founding father and global icon, Nelson Rolihlahla Mandela, to spread access to healthcare for the continent's suffering children. This will be a fitting tribute to this great giant of Africa, and the hero of millions around the world." Absa managing executive Mr Ronnie Mbatsane and Lion Match Company CEO Mr Basie Van Wyk said their companies are proud to be working with the Nelson Mandela Foundation.



The KZN Department of Health is committed to improving the quality of primary healthcare in South Africa through various programmes and initiatives. In keeping with its Constitutional mandate. The KwaZulu-Natal Health Department remains committed to supporting and promoting Child Health in the province. Child Health begins way before a baby is born. As soon as a woman misses her period, it is advisable that she visits a clinic, where she can be screened and tested for pregnancy. Once the pregnancy is confirmed, she must attend ante-natal clinics according to the schedule given by healthcare professionals. When the baby is born, it is extremely important for the mother to have them immunised, again in keeping with the schedule. The Department provides free vaccinations to all infants and children up to the age of 12 years and has recently introduced 2 NEW vaccines onto its Expanded Programme on Immunisation - EPI (SA), thereby providing infants with additional protection from infectious diseases. Vaccinating children protects them from certain infectious disease. The Department also promotes exclusive breastfeeding for the first six months of life, as it strengthens the baby's growth and immunity against diseases. In support of breastfeeding for infant the

KwaZulu-Natal Health Department has designed a MILK BANK initiative that screens, collects, processes and distributes human breast milk. The beneficiaries of the breast milk are vulnerable pre-term and sick babies and special cases where mothers are unable to supply sufficient milk for their babies. This milk is donated by volunteer breastfeeding mothers. Milk banks are available in 15 health facilities around KwaZulu-Natal that are freely available to members of the community.

**NATIONAL WOMEN'S DAY** 

HAPPY

We are compelled to look back and marvel at the great sacrificial lengths that women of all races

At the cusp of National Women's Day on 09 August, we commemorate the triumph and resilience that women across South Africa have managed to maintain since the historic march to the Union Building in 1956. We are compelled to look back and marvel at the great sacrificial lengths that women of all races and ages have undergone, as well as how they have managed to organize themselves for the defense of their best interestssocially, politically and economically. Fighting towards the abolition of Pass Laws in 1956 women today are still battling with issues that affect them holistically. Struggles that range from domestic violence to inequality in the work place, the paradigm shift within the family unit and health related issues. Like Mama Albertina Sisulu

women have managed to become Imbhokodo of note through most unforeseen circumstances and long-standing societal "norms". The Department of Health prides itself with the amount of dedication and programmes it has directed towards the betterment of women's health. Women are the nurturers of the family unit, as well as society and the Department of Health acknowledges their roles through ensuring that they get unsurpassed health advice as well as great health service delivery through its health facilities. During women's month and throughout the year, the Department urges women of all ages to do regular screenings for cancers and NCDs. The Department of Health calls upon women to get into the habit of undergoing regular health screenings and also cajole and encourage their husbands, partners

and children to come along. This is beneficial in that disease will be detected early, which makes it easier and cheaper to treat or manage them. 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. They can do this by ensuring that they lead healthier lifestyles that encourage disease prevention, including regular exercise. To help South Africa become a healthier nation, women need to make informed decisions about what they eat, whether or not they consume alcohol or smoke, among other factors. Many people are walking with ailments without even knowing it. The Department urges women to put their health first- even when it doesn't come naturally to do so. Choose you.

Pretty women wonder where my secret lies. I'm not cute or built to suit a fashion model's size. But when I start to tell them, They think I'm telling lies. I say, It's in the reach of my arms, The span of my hips, The stride of my step, The curl of my lips. I'm a woman Phenomenally. Phenomenal woman, That's me. Maya Angelou

ALBERTINA SISULU

2018

# MEC DHLOMO, KZN FIRST LADY AND ZULU PRINCESS SPEAK OUT IN SUPPORT OF PROVINCIAL PRAYERS



KZN HEALTH MEC Dr Sibongiseni Dhlomo believes the series of provincial prayers taking place throughout the province have the power to mobilise society, bring people closer to God and help strengthen the fight against social ills.

MEC Dhlomo, accompanied by KZN First Lady Mrs Zodwa Mchunu, Zulu Princess Thembi Ndlovu and other dignitaries were among worshippers from different faiths who took part in a mass prayer at Enyonini Mission, at Madadeni Section 2.

Commenting on the significance and success of these provincial prayers, MEC Dhlomo, who is the political champion of Amajuba District, said: "We are very grateful for this series of provincial prayers, which are co-ordinated by the Office of the Premier. In August, the month of women, one must also celebrate our fallen mother, Albertina Sisulu, who was abused by the apartheid system. She was in and out of prisons. But each time they threw stones and insults at her, she rose up once more. Here, we assembled alongside women from the whole province, from different churches and religious houses, to say that women must rise up and lead. We are saying they must be leaders of society, against the abuse of women, the rape of our children... against the killing of people living with albinism, against hijackings, and against political killings. We have had these prayers, and we hope people have listened to God's message. We are here to say, let's give ourselves an opportunity to listen to God speaking to us. We should not point fingers, but rather say, 'We've been given an opportunity to do right where things have not gone right."

Mrs Zodwa Mchunu, the wife of KZN Premier Mr Willies Mchunu, said her wish is for the whole population of KZN to hear and experience the power of these prayers.

"We as women need to return to our rightful place as intercessors and women of prayer. In the past, women knew how to pray, but today we've moved away from that. In the past, women's prayer was so potent that it could end wars, and see sinners such as drug dealers abandon their ways and hand themselves to the police. We need to return to that."

Her sentiments were echoed by Zulu Princess Thembi Ndlovu, who also thanked her brother, King Goodwill Zwelithini and Premier Mchunu for spearheading these provincial prayers.



## WORLD BREASTFEEDING WEEK: MEC DHLOMO URGES MOTHERS TO BREASTFEED IN ORDER TO HELP BABIES FIGHT CHILDHOOD DISEASES (ALSO SAYS DIALOGUE IS NEEDED ON BREASTFEEDING IN PUBLIC)

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KZN Health MEC Dr SibongiseniDhlomo has urged all mothers to breastfeed their children for as long as possible – and for society to stop making women feel uncomfortable to breastfeed in public.

The period from 01 – 07 August is World Breastfeeding Week – and, under the theme Breastfeeding: Foundation of Life, the KZN Department of Health is calling for the promotion, support and protection of breastfeeding.

"We urge mothers to breastfeed their children. There is merit in breastfeeding. If you give your child breast milk, you're giving them food and also medicine to protect them against early childhood illnesses. So, we really want to advocate for this. "We're also not happy about people who are saying babies must not breastfeed in public, and that babies must only eat in the corners, or in the bathrooms and in the toilet" This means when you're in a restaurant, you must deny your baby food, because that is considered a bad space to breastfeed. So, we really want to talk about those issues. We need to get community dialogues on breastfeeding and issues that might discourage women from breastfeeding," says MEC Dhlomo.

Exclusive breastfeeding for the first 6 months promotes the growth and development of babies, and breast milk is the most ideal food for their nourishment during this time.

Exclusive breastfeeding means giving your baby only breast milk with no supplementary feeding of any type (no water, juice, animal milk, and solid foods). At 6 months, mothers and caregivers are encouraged to start giving complementary foods with continued breastfeeding to meet the energy requirements and nutritional needs of the child. Breastfeeding is known to reduce the risks of breast and ovarian cancer later in life and helps women return to their pre-pregnancy weight a lot quicker.

Even despite all these benefits, breastfeeding practices have been undermined by aggressive promotion and marketing of infant formula feeds; social and cultural perceptions; and the distribution of formula milk in the past to prevent Mother to Child Transmission (MTCT) of HIV.



Furthermore, breastfeeding decreases the risk of death from diarrhoea, pneumonia and malnutrition.

TO BE CONTINUED ON PAGE 9>>>

For mothers who cannot breastfeed their children, the Department has established human milk banks at 15 hospitals across the province. A human milk bank is a service that screens, collects, processes, and distributes human breast to these mothers.

This includes mothers of babies who are born pre-term; who may be sick; have low birth-weight; and mothers who pass away. This milk is donated by volunteer breastfeeding mothers who are not related to the recipient babies. Mothers interested in donating their excess breast milk undergo a health screening. All donated breast milk is tested, pasteurised, and frozen and ready to be supplied to vulnerable babies in need. All healthy breastfeeding women can donate breast milk. However, they should be: non-smokers; non drug and alcohol users; live a healthy lifestyle and must be willing to

undergo testing for HIV, Syphilis, TB and Hepatitis B.

# Milk Banks are available at the following KZN health Facilities:

Addington Hospital, Bethesda Hospital, Dundee Hospital, Edendale Hospital, GJ Crookes Hospital, Grey's Hospital, King Edward VIII Hospital, Ladysmith Hospital, Queen Nandi Regional Hospital, Mahatma Gandhi Memorial Hospital, Murchison Hospital, Newcastle Hospital, Port Shepstone Hospital, RK Khan Hospital, and Stanger Hospital. Breastfeeding for mothers living with HIV: Both HIV-positive and HIV-negative mothers should breastfeed exclusively for six months, but may give their babies vitamins, minerals, and medications prescribed by a doctor.

For HIV-positive mothers, breastfeeding should continue until 24 months while taking antiretroviral treatment (ART) as directed. Mothers who are HIV-positive and on ART are encouraged to breastfeed exclusively because of the many health benefits to the baby and his/her survival. During the breastfeeding period the mother or baby should receive antiretroviral treatment or prophylaxis.

Research shows that when antiretroviral treatment or prophylaxis is used by either the mother or baby, HIV transmission through breastfeeding is significantly reduced.

Exclusively breastfed babies whose mothers are HIV-positive are at less risk of dying from diarrheal diseases and malnutrition than mixed-fed babies.







# YOUNG GIRLS ARE FUTURE LEADERS HPV IS THE PRIMARY CAUSE OF CERVICAL CANCER CASES

### Human Papilloma Virus (HPV) vaccination second round

Human Papilloma Virus (HPV) is a sexually transmitted disease that infects sexually active adults. HPV is the primary cause of cervical cancer cases and a major cause of oral, anal, and penile cancers, as well as genital warts. Cervical cancer is the second most prevalent cancer among women after breast cancer.

The HPV vaccination protects girls from being infected by HPV and reduces the risk of developing HPV related cervical cancer later in life. The younger the female is, the better her body's immune system can respond to the vaccine, resulting in the production of protective antibodies against the virus.

# The benefits of the second round vaccination

The World Health Organization (WHO) recommends HPV vaccines as part of routine vaccinations in all countries, along with other prevention measures. The vaccines require two or three doses depending on a person's age and immune status. World Health Organization (WHO)

reiterated support for HPV vaccination to be included in national immunization programmes, emphasizing the potential public benefit of vaccination, exemplary safety profile, and cost-effectiveness among other advantages. For people aged 14 and under, the HPV vaccine is given as two injections in the upper arm. The vaccine works best if the second injection is given 6–12 months after the first.

The vaccines provide protection for at least 5 to 10 years. The vaccine is most effective at this stage, before sexual activity has commenced and when the body produces more antibodies. The vaccine is provided to students of this age for free as part of the National HPV Vaccination Programme.

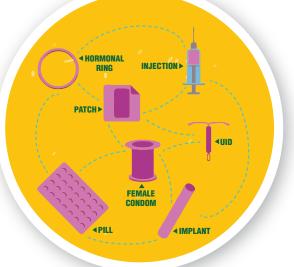
The two dose schedule can be completed with any combination of HPV vaccine brands as long as the dose number one was given before age 15 years. Dose number two should be administered 6 – 12 months after dose number one.

People aged 15 or over, or people who do not receive the injections at least six months apart, will need three injections. Ideally, the three doses should be given at 2 -6 months, the second dose should be given two months after the first, and the third dose four months after the second.

# PUT YOUR HEALTH FIRST



Common sayings such as "Happy wife, happy life" express a societal belief that women are the epicenter of the household, the glue that holds families together. The female figure is admired around the world and acknowledged for her ability to put others before herself, her husband and her children. However, the innate instinct of a woman to sacrifice for others can be detrimental for her health. It is important that women look after their health in all arenas of life; relationally, mentally and medically. The Department offers several services dedicated to women's health.



# FEMALE CONTRACEPTIVES

The Department empowers women to take care of their sexual health by providing them with means to protect themselves from Sexually Transmitted Infections (STIs) and to prevent unwanted pregnancies. This includes condoms, oral and injectable contraceptives as well as other devices.

# Pap Smears

A Papanicolaou (Commonly known as a pap smear) is a procedure to screen for precancerous cells which could lead to cervical cancer if left untreated. Regular screenings radically reduce a woman's risk of dying from cervical cancer.

### Pap Smears are available for free at the Department's clinics, and are advised for all sexually active women as follows:

\* 30 years old or older. If the result is normal, repeat every 10 years until age 50. Women who still have a cervix should continue having two-yearly Pap tests until the age of 70.

\* For HIV infected women, do the first Pap Smear as soon as possible. If the result is normal, repeat every three years for life.

\* Pap Smear can be done anytime if there are symptoms suggestive of a cervical problem (abnormal discharge, bleeding between periods etc);

Once the diagnosis of the cancer has been made, the doctor at the hospital makes arrangements for the patient to UTERUS VAGINA VAGINA CERVIX VAGINA CERVIX (veiwed from below)

CARCINOMA

**HEALTHY CERVIX** 

be referred to the cancer specialist at the tertiary hospital for the appropriate treatment of cancer. The Department has recently acquired more equipment in the fight against cancer. 15 LLETZ Machines were bought earlier this year to increase the number of facilities able to diagnose cervical cancer.

"There is a saying in isiZulu which South Africans know very well, 'Wathinta abafazi, wathinta imbokodo', which means 'You strike a woman, you strike a rock'. As a woman you are the rock of the community.We value you and I urge you to value yourself too. Don't wait until it is too late to start looking after yourself," said MEC Dr Sibongiseni Dhlomo.

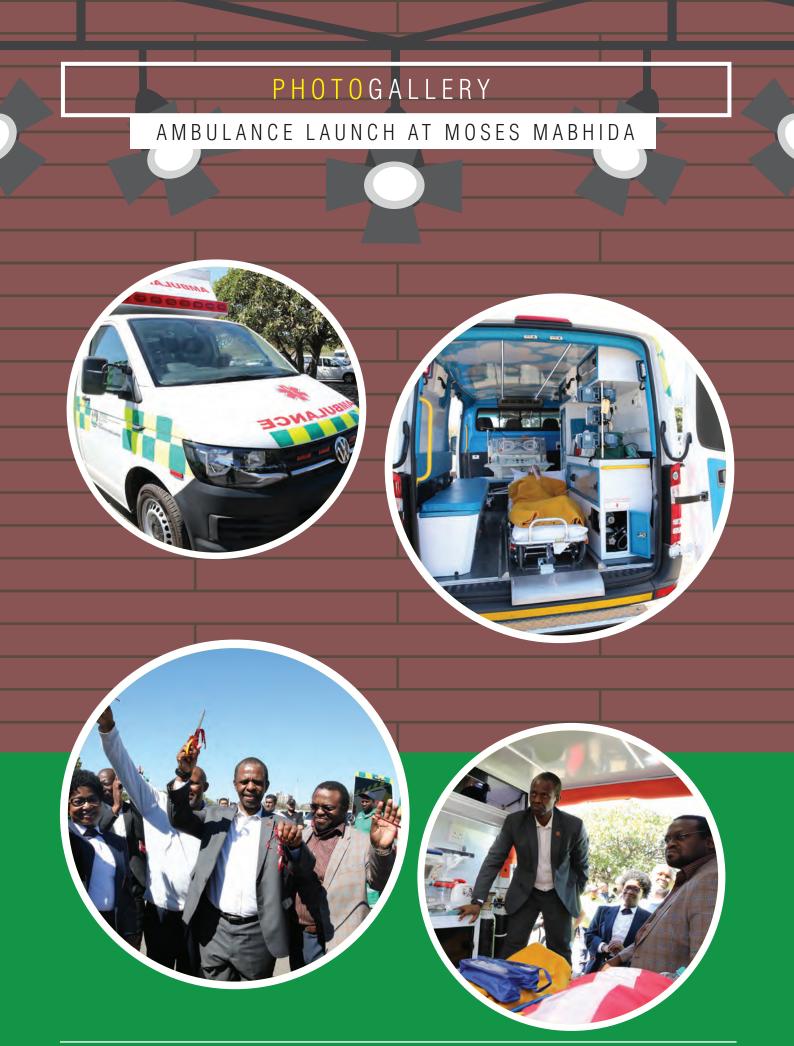
# THE TOP 10 VALUES AND PRINCIPLES FOR PUBLIC SERVICE IN SOUTH AFRICA

As Public Servants we are expected to act in a manner that conforms to the highest ethical standards.Based on this, The Constitution of South Africa (Chapter 10) requires that the Public Service be . . .

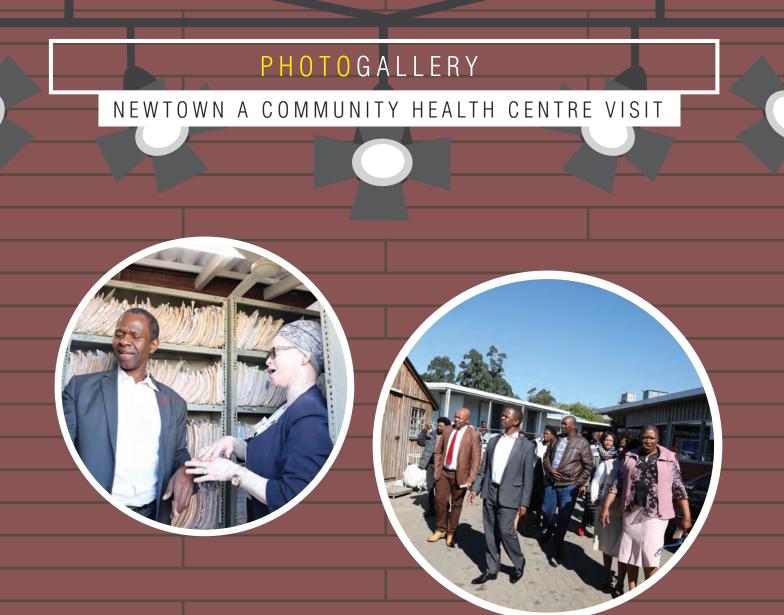
NUMBER 1	Be governed by the democratic values and principles of the Constitution;
NUMBER 2	Maintain and promote a high standard of professional ethics;
NUMBER 3	Promote efficient, economic and effective use of resources;
NUMBER 4	Be orientated towards development;
NUMBER 5	Deliver services impartially, fairly, equitably and without bias;
NUMBER 6	Respond to people's needs and encourage public participation in policy matters;
NUMBER 7	Be accountable for its actions;
NUMBER 8	Be transparent by providing the public with timely, accessible and accurate information;
NUMBER 9	Cultivate good human resource management and career development practices to maximize human potential;
NUMBER 10	Be broadly representative of the South African people, with employment and personnel manage- ment practices based on ability, objectivity, fairness, and the need to redress the imbalances of the past.

### We all have a role to play and ensure an ethical public service.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE













## **PHOTOGALLERY**

### CUBAN MEDICAL STUDENTS AT INKOSI ALBERT LUTHULI CENTRAL HOSPITAL





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