

KZN HEALTH MEC LAUNCHES 136 BRAND NEW AMBULANCES



The MEC for Health in KwaZulu-Natal, Ms Nomagugu Simelane-Zulu, officially handed over 136 brand new, fully-equipped and fit for purpose ambulances to the KwaZulu-Natal Emergencies Medical Services (EMS) at eThekweni area KwaDukuza, Ward 20 under ILembe District on Tuesday (03 December 2019).

Speaking at the launch, MEC Simelane-Zulu said the Department of health is ready for the December holidays.

"We are here to deliver ambulances that we have bought for this financial year. It's an indication to the people and community that we are ready for the festive season in particular.

Although they are not meant for the festive season, they are ambulances that are meant to upgrade and add onto the vehicles that we already have.

But as we know, December is called silly season for a reason, and at times, accidents that could've been avoided occur and there is an increased need for ambulances."

One hundred and six ambulances are Rapid Ambulance Services (fully-equipped) and 30 are Patients Transport

Services buses. The Patient Transport Services (Non-emergencies and Planned Patient Transport) play a critical role in helping disadvantaged

people access health services across the Province of KwaZulu-Natal.

The MEC said the government is doing all in its power to provide more ambulances.

"In regards to the shortage of ambulances throughout the province, the delivery of these ambulances is an indication that we are ready and we are steadily growing our fleet. We know that we don't have as much as we are suppose to have, but we are working on it as the government because

the reality is that we will never be able to actually purchase all the vehicles at once.

Seeing as we have bought ambulances for this financial year, we are going to buy more in the next financial year." she added.

The unveiling of the new ambulances will improve government's ability to come to the aid of people in emergency situations within "golden hour" including in

continued on page 02 >>>



far-flung areas where the terrain is rough.

Due to the different functions provided by KZN EMS there are different types of vehicles used.

These include:

Ambulances (each staffed with two paramedics), these vehicles are specifically designed and have been converted, so that a stretcher and medical equipment can be carried on board. Some of these vehicles are 4x4 vehicles.

Rapid response vehicles (normally staffed with one

paramedic, but there is space for a second crew member), these are non-patient carrying vehicles but have a full set of medical equipment on board. Response vehicles are normally staffed with advanced life support paramedics and are used to respond rapidly to a scene and start treating a patient, while waiting for the ambulance to arrive. Due to the rural environment that KZN EMS operates in, mostly 4x4 vehicles are used.

Rescue vehicles (staffed by one or two rescue medics) these vehicles do not carry patients but have basic medical equipment on board. These

vehicles are specially designed and configured, to carry the heavy rescue equipment. The most well-known rescue equipment carried is the "jaws of life", a collective term for several pieces of hydraulic rescue equipment. However this is not the only equipment carried on these vehicles, emergency lighting, rope rescue equipment and other pieces of rescue equipment are carried.

Patient transport buses (staffed with a driver and patient attendant), these are standard buses ranging from 16-60 seats, used to transport patients to planned

appointments. A new addition to the fleet of transport buses are buses that have had some of the rear seats removed and replaced with stretchers. A hydraulic lift at the back of the bus lifts the patients on stretchers into the bus.

KwaZulu-Natal's EMS unit is the largest emergency medical service in the country, operating more than 300 ambulances and having more than 2500 dedicated paramedics in its employ. The unveiling of the new ambulances for this component does not come cheap but is crucial as the festive season is upon us.



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MEC URGES THE PUBLIC TO KNOW THEIR STATUS THIS WORLD AIDS DAY

MEC for Health in KwaZulu-Natal, Ms Nomagugu, urged people to get tested and know their HIV status in order to make informed choices concerning their lives. MEC Simelane-Zulu said this at a World AIDS Day commemoration in Emadlangeni under Amajuba District, where she is the Champion MEC.

"The 1st of December is a day where the whole world commemorates World AIDS Day. It's something that is not only commemorated throughout the country, but throughout the world, because it was a decision taken on that level.

However, as the province of KwaZulu-Natal we took a decision that we are going to decentralise the commemoration of World AIDS Day because, when you have one big event you are unable to give the people of KwaZulu-Natal an opportunity

to engage the government and understand what is actually being said, hence we have MEC commemorating in districts where they are champions. I must say, that as a province we are doing quite well in relation to the fight against AIDS and its transmission and we know and understand that as a country, if we are to win this fight against the virus, we need to win it here in the province of KwaZulu-Natal first," said MEC Simelane-Zulu.

World AIDS Day was first commemorated in 1988 and is commemorated each year on the 1st of December. The day is an opportunity for everyone to unite in the fight against the HIV/AIDS epidemic, show support for people living with HIV/AIDS and remember those who have died of HIV/AIDS.

The vision of the government is to make sure that all people living with HIV will know their HIV status. About 90% of all

people with diagnosed HIV infection to receive sustained antiretroviral therapy. The MEC also commended three districts in the province which have achieved the 90-90-90 target.

In KwaZulu-Natal the leading districts in 90-90-90 targets are; Ugu district, Umkhanyakude district and UMzinyathi district. The MEC Simelane-Zulu emphasised the importance of reducing HIV/AIDS, inline with the World AIDS theme for this year, "Ending the HIV/AIDS Epidemic: Community by Community".

The MEC closed off the ceremony by applauding Amajuba district for the reduction of Mother-to-Child-Transmission. "We also appreciate the work that has been done by the government, because in 2008 the transmission of Mother-to-Child was at 20% and by 2010, it was on 5%. Currently we have achieved

1%. We think that is a serious achievement for the people of KwaZulu-Natal, she said.

The province of KwaZulu-Natal has been able to enroll 1.4 million people on the Antiretroviral Treatment (ART) program thus far.



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16 DAYS

of Activism

for no violence against Women and Children

I protect my sister and my wife . I love my family .
 I speak out against Gender Based Violence . I will not deny my children education and shelter .
 I care for the safety of women and children . I don't bully others . I speak out against Gender Based Violence .
 A happy family today is a healthy community tomorrow . I will not call my partner names .
 Count me in . I'm cool, I don't punch others .
 I care for the safety of women and children . I speak out against Gender Based Violence .
 I financially provide for my family . I don't punch others .



#16DaysOfActivism
#EndGBV
#EnoughIsEnough

Enough is Enough

365 days to end Gender-Based Violence and Femicide (GBVF)



25 November – 10 December
Let's Grow South Africa Together



STOP GENDER VIOLENCE HELPLINE: 087 158 3000

HYDRATE!

New Month New Season Woza December!



The weather is finally warmer. This means it's time to head outdoors and enjoy the best of what KwaZulu-Natal has to offer. The hotter it is the more hydrated one needs to be.

Clean water is the healthiest drink. Try to drink at least 6-8 glasses of water a day. Drinking water regularly improves energy levels while preventing constipation. Water is known to be the best and the most natural hydrating liquid. It promotes cardiovascular health, keeps muscles and joints working and helps cleanse toxins from your body.

Staying hydrated also helps balance your blood sugar, helps relieve headaches, and promotes healthy skin for a December glow.

TIPS TO STAYING HYDRATED:

- Drink a glass of water first thing in the morning after waking up and a glass at night before bedtime
- Eat Your Fruits and Vegetables, while drinking fluids is the fastest way to hydrate your body, foods can help as well. Certain foods that contain more water can help you add to your fluid intake. Load up on watermelon, grapes, peaches etc.
- Drinking throughout the day, rather than when you are thirsty, is the best way to stay hydrated. You are much more likely to drink water if it is readily available to you. Carry a bottle of water with you throughout your day, and have pitchers of ice water or coolers with ice and drinks when you are going outdoors. This will make it a lot easier to grab a cold drink often for refreshment.
- Spice up your water add lemons, cucumber or any fruit you love to add a bit of flavor

Staying hydrated will help your body feel good every day, but it will also help prevent major illnesses like heat stroke during the hot summer. Pay attention to your body and give it the fluids it needs to stay healthy.



THINK TWICE BEFORE SELF-DIAGNOSIS

A formal diagnosis from a doctor is often the first step on the road to healing, it provides an illness with a name, and the right diagnosis can provide the patient with a clear direction to wellness.

Often, people visit clinics in order to get this kind of information. Sometimes people skip Primary Health Care (PHC), and visit online websites to diagnose themselves.

Self-diagnosis can be understood as the process of identifying medical conditions

in oneself. It may be assisted by medical dictionaries, books, resources on the internet, past personal experiences, or distinguishing symptoms of a condition that a family member previously had. Although self-diagnosis might seem convenient, the danger with it is that it is prone to error and

inappropriate decisions and treatments can be made on the basis of a misdiagnosis.

The Department wishes to warn the public about the dangers of self-diagnosis and highly promotes the use of Primary Health Care (PHC) services. The Department has multiple facilities available to

the community of KwaZulu-Natal to ensure that people receive comprehensive care, ranging from promotion and prevention to treatment, rehabilitation and palliative care.



WHO SAID WHAT THIS WEEK

"We must tackle head-on all contributing factors to new infections. This includes talking openly and frankly to our young people on issues of sexuality and resultant risks of unprotected sex to potential infections and teenage pregnancies - **David Mabuza, Deputy President Mabuza on World AIDS Day**

"National and provincial 24-hour call centres to deal with complaints against [SA Police Service] SAPS and legal officers in matters of gender-based violence are up and running, and we have

achieved our target of attending to all complaints within seven days."The 21st century is being reshaped by data. If we want to grow the economy, we need to have the lowest possible data prices," **President Cyril Ramaphosa at the launch of 16 Days of Activism**

"We welcome the adoption of the Bill by the NCOP. The department must now increase its efforts to prepare for the establishment of the Border Management Authority. **Trade and Industry Minister Ebrahim Patel**

"The implementation protocols with border law enforcement agencies for the mandatory co-ordination of their respective functions within the border law enforcement area and at ports of entry must be finalised within six months of the Bill being signed into an Act,"-**Minister of Home Affairs, Dr Aaron Motsoaledi, regarding the Border Management Authority Bill by the National Council of Provinces (NCOP)**



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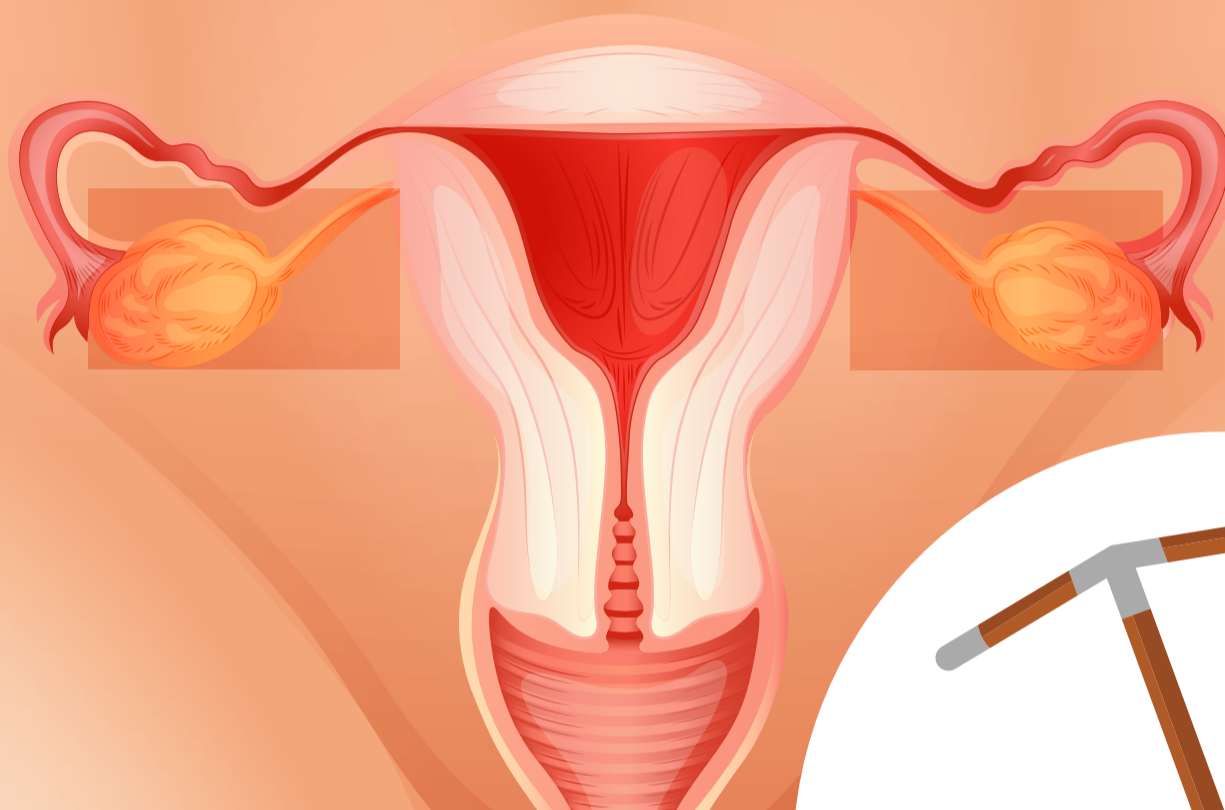


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MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

INVENTIONS THAT SHAPED THE WORLD: THE INTRAUTERINE DEVICE



COPPER INTRAUTERINE DEVICE (CU IUD)

The history of intrauterine devices dates back to the early 1900s.

Unlike IUDs, early interuterine devices crossed both the vagina and the uterus, causing a high rate of pelvic

inflammatory disease in a time period when gonorrhoea was more common.

The first IUD was developed in 1909 by the German physician Richard

Richter, of Waldenburg. His device was made of silkworm gut and was not widely used.[66]

Source:Wikipedia.com



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KZN HEALTH IN PICTURES

COMMEMORATION OF WORLD AIDS DAY @ AMAJUBA DISTRICT



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