

# ELECTIONS 2019: SA READY FOR A NEW DAWN



South Africa's highly awaited National and Provincial Elections Day 08 May 2019 has come and gone with millions of people casting their votes in different provinces.

The day was declared a Special Public Holiday by President Cyril Ramaphosa in order to allow the citizens to vote. Government leaders and Public Servants joined millions of South Africans in casting their votes in the 6th National Democratic Elections.

The day started off well in most parts of the country except for a few areas where cases of public protests, water and electricity challenges were reported. Security forces were on high alert and quickly stepped in where they needed to. For millions of South Africans, it was a day of joy as they exercised their democratic right.



Political leaders voting on election day (PICTURED from TOP LEFT to BOTTOM RIGHT): President Cyril Ramaphosa, Mr. Willies Mchunu, Mr. Mmusi Maimane, Mr. Jacob Zuma, Mr. Julius Malema & Dr. Sibongiseni Dhlomo

## VOTERS SOCIAL MEDIA BLURBS

Social Media was also abuzz with captioned pictures and selfies of enthusiastic South Africans who were excited to vote.



## VOTES TALLY

Counting of votes is underway and they are being tallied as they trickle in from different voting stations to IEC Provincial Result Centers

and the National Result Center. The official announcement of final results is expected to take place over the weekend

PARTY	VOTES	% SUPPORT
ANC	4 385 381	56.88 %
DA	1 761 808	22.85 %
EFF	736 907	9.56 %
VF PLUS	210 244	2.73 %
IFP	183 114	2.37 %
ACDP	74 830	0.97 %
GOOD	46 209	0.60 %
UDM	42 916	0.56 %
ATM	36 878	0.48 %
COPE	24 649	0.32 %
AIC	22 650	0.29 %



# DOH WELCOMES APPOINTMENT OF A 100% BLACK-OWNED WASTE MANAGEMENT CONSORTIUM TO SERVICE KZN HOSPITALS AND CLINICS



**KZN Health MEC Dr Sibongiseni Dhlomo has congratulated a 100% Black-owned consortium that has been appointed to manage medical waste collection and disposal in the province.**

MEC Dhlomo says the consortium – which is led by Buhle Waste, with Makhathini Medical Waste, who have roped in service providers Ecocycle and Microvulintuthuko – is one of the biggest and shining examples of Radical Economic Transformation.

The consortium replaces a single, white-owned monopolistic waste management company that had managed medical waste in the province for the past 20 years.

Ecocycle, a non-burn treatment plant based in Pietermaritzburg, has been engaged to receive, treat and dispose of the waste; while the 100% women-led Micro VBE are providing logistics in support of waste collection.

Mr Bonginkosi Makhathini, whose Makhathini Medical Waste has a fleet of more

than 100 bakkies, says: “I am very happy to be part of this history in the making where Black companies have come together for a good cause, and to service the communities of KZN.”

CEO of Buhle Waste Dr David Sekete says: “Our main objective is to ensure that the critical function of Health Care Risk Waste management services is executed with high standards of professionalism, compliance and operational excellence.”

He says that Buhle Waste services a wide range of customers. In the public sector - including this includes the SA National Blood Service, the National Health Laboratory Service, Departments of Health in Gauteng, Mpumalanga, Limpopo and the Free State. In the private sector, they work for, among others, the Nelson Mandela Children's Hospitals, RH Matjhabeng, private hospitals, old age homes, private medical practices and funeral homes.

Buhle Waste has a 21 year track record in the waste

industry, owns 70 trucks in the fleet and employs 350 people nationwide. The company owns and operates 3 waste treatment plants (one incinerator and two non-burn technologies) based in Johannesburg and Polokwane.

Sekete says the consortium is excited at finally cracking it in a sector that has so far been virtually impenetrable for Black African business operators. He promises nothing but service excellence.

“Across the country there is an emergence of black African players in this specialised sector. However, KZN in particular has long been dominated by a single player. Some basic market-related reasons for this have included high barriers to entry due to the necessity for specialist expertise and the capital intensity of operations. Non-market related reasons include institutional inertia whereby procurement processes favour incumbents.”

He says one of the strengths

of the consortium is his company's impeccable record of on-time collection of waste and compliant disposal thereof.

“We track and monitor all waste containers through a sophisticated GPRS-enabled systems provided by our tech partner Technetium. In addition, we have deployed satellite tracking on all our vehicles. Finally, over and above our own treatment facilities, we have partnered with compliant and well-established treatment facilities. The end-to-end chain of responsibility remains documented, auditable and unbroken from cradle to grave. On-time collections are guaranteed by our trained staff utilising the latest software in route tracking and optimisation. Given the importance of correct handling of waste, we also provide Health and Welfare SETA accredited training for facility staff.”

Sekete says change in the sector can only come from an old but very true adage from South Africa's Struggle history: “each one teach one”.

“Emerging black business must continue to support each other and learn from each other if we are to succeed. This JV and the related partnerships offer a winning formula for the continued progress in having a diversity of players in the sector.

“Our promise is that Blackness will become the synonym for Excellence. We are ready to offer a service that is professional, reliable, safe and compliant but also one that is caring and considerate to the needs of the end user, who is at the forefront of delivering services to our nation's people. We will not let them down.”

MEC Dhlomo met members of the consortium on Friday,

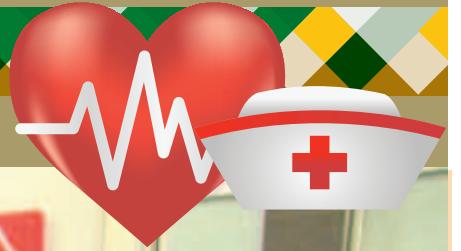
and congratulated them.

“We welcome the hard work of the Department of Health in KZN that has gone towards finding a consortium that will deliver such a critically important programme of medical waste management, from the cradle to the grave,” says the MEC.

“This has always previously been a monopoly of white companies. For the first time ever, we are seeing an entry into the market of Black companies. What is interesting about this new entry is that it's not just an individual, but a consortium of four Black companies, which is very important. When you have a set-up such as this one, you're unlikely to create a monopoly. It is also interesting to note that within this consortium, there is a partner who is 100% female Black-owned. That is something to be commended, for females to actually run such credible companies for over 15 years. We wish them well and hope that they will continue understanding that collaborations in such critical work is the way to go in building up their profile and the legacy that is going to be credited to Black companies. I am really humbled by this Department of Health achieving this Radical Economic Transformation in the way that they did.”



# NURSING PROFESSION ON THE SPOTLIGHT, OUTPOURING PRAISES FOR NURSES ON INTERNATIONAL NURSES DAY



## The Department of Health joins the rest of the world in celebrating International Nurses' Day, which falls on 12 May every year.

The celebration of International Nurses Day is attributed to Florence Nightingale who led the movement of nursing to be recognized as a profession. She was born in Florence, Italy, on May 12 in 1820. Florence and a team of nurses improved the unhygienic conditions at a British base hospital during the Crimean War.

Her courageous actions reduced the death count by two-thirds and her writings sparked worldwide health care reform. She pioneered

development of health facilities like St. Thomas' Hospital and the Nightingale Training School for Nurses in 1860. Nurses today are called upon to remember, honour and duplicate this same level of compassion and devotion to patient care.

The theme for celebrating International Nurses Day in 2019 is "Nursing: The Balance of Mind, Body, and Spirit"

What would the world be without nurses, the largest group of healthcare professionals found right across the globe? The level of functionality of any health institution, public or private, highly depends on the capacity of nurses at various levels of health disciplines. The essential task of

rendering an effective and efficient health care service in KwaZulu Natal and elsewhere in the world, largely hinges on the calibre of nursing personnel that serve in healthcare facilities.

Nursing is a noble profession that needs special characteristics in a person over and above any academic qualifications and professional credentials. Nurses are particularly placed to help communities and are often the most innovative in reaching disadvantaged populations.

They are educated to understand the complex nature of maintaining health and wellness, and the impact of psychosocial and socio-economic factors such as poverty, unemployment

and ethnicity. Nurses are often the generalists in health care, professionals who can work with multiple levels of staff and people who provide a broad range of technical care and coordinate the work of other health care professionals to meet patient goals.

The main focus of this day is on the recognition of all persons who embody the characteristics sighted above. Nurses are the first port of call before patients come into contact with other healthcare professionals at health institutions. Theirs is more than just a job but a calling, given the scope of activities they perform.

The Department continues to uplift the skills of nursing profession through the

provincial College of Nursing. The main aim is to produce a healthcare workforce that caters for the health care needs of the people of KwaZulu Natal.

The Department wishes to thank nurses who have taken this honourable position to spend their time saving lives.

**Happy International Nurses' Day !!!!**



# "RATHER LIVE WITH THE PERCEIVED SHAME OF DIVORCE THAN DIE IN AN ABUSIVE MARRIAGE" - MEC DHLOMO URGES WOMEN



**KZN Health MEC Dr Sibongiseni Dhlomo has urged women to rather live with the perceived "shame" of divorce than die in abusive relationships.**

The MEC was speaking at Edendale Hospital in Pietermaritzburg on Tuesday, where a prayer was held following the murder of 41 year-old nurse Nontobeko Kheswa last Friday.

It is alleged that after the nurse's murder, her husband subsequently shot and wounded a male nurse who works at the same hospital. The male nurse's brother was also shot and

wounded during the incident, which took place on a road near the Edendale Mall. The husband was later arrested at Imbali township.



## SURPRISE VISIT: MEC DHLOMO PLEASED WITH CLEANLINESS AND OVERALL GOOD STATE OF AWARD-WINNING CHARLES JOHNSON MEMORIAL HOSPITAL

**KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo has given the staff and management of Charles Johnson Memorial Hospital in Nquthu a pat on the back for running a tight ship.**

During an unannounced visit earlier this morning, MEC Dhlomo found an extremely clean health facility, with patients brimming with satisfaction and staff and management who enjoy good inter-relations and co-operation.

"It's very heart-warming to make an unannounced visit to a facility and really find them doing the best of their best," said MEC Dhlomo. "As expected, I found a spotless hospital, internally and

externally."

"I visited three areas; one was the Out-Patient Department, where I noticed patients had big smiles, waiting to receive their cards. Within 2 to 3 minutes, patients were getting their files already. I further noticed that the room where files are kept was remarkably neat. This means that even if an adverse incident were to happen in the hospital, you'd be able to retrieve a patient's file and attend to it promptly.

"The second area was the labour wards. The reason I wanted to visit these wards was because at the MEC's Annual Service Excellence Awards (MASEAs) last week, this hospital received the





silver award for maternal outcomes. This was because out of their 3000 deliveries per annum, this hospital recorded only one death. If you observe the synergy between this hospital and the clinics it supports and the prevention programme within the hospital, it's no wonder they have been so successful. This well organised-system is extremely important and is something that not only hospitals in and around Umzinyathi can learn from, but others in the province as well, so that they can also improve."

MEC Dhlomo also commended hospital CEO Mrs Margaret Khanyile for the synergy that she enjoys

with her senior management team and staff.

"This underpins our observation that in any facility, whether in education or in health, where there is good collective leadership you are likely to obtain good results. Something that is to be noticed is that they did not know I was coming, they saw me and I caught them doing good things, which is something you cannot attribute to the visit of the MEC. It is a daily practice of this hospital. It's also the consensus of the patients I spoke to. This is something to be commended and deserves recognition."



## 2 CLINICS OPEN IN UMZINYATHI DISTRICT



**The lives of the people of Msinga and Muden will never be the same again as the KWaZulu-Natal Health MEC Dr Sibongiseni Dhlomo officially opened the luxurious clinics under UMzinyathi District.**

The UMkhuphula clinic which is based in the deep rural area of Gcumeni will provide medical services to over 3000 3000. The R9 m facility, which received a gold status for standard compliance, will refer patients to the Church of Scotland Hospital, which is 30 km away. UMkhuphula clinic provides services that cater to patients with HIV/Aids, diabetes, hypertension, epilepsy, and psychiatric needs.

It also offers emergency care, treatment for minor ailments, youth friendly services, antenatal care, cervical cancer screening, deliveries, child health services, Medical Male circumcision, Sexual Reproductive Health services and the Central Chronic Medicine Distribution and Dispensing (CCMDD) programme amongst others. One of the jubilant community members, Mr Zoh Zuma, who wrote a letter to the office of the MEC for the official opening of the clinic, says it is a victory to the people of

EGcumeni and surrounding areas: "I am very grateful as someone who was born and raised here at Mkhuphula area.

As someone who experienced the sorrows of the people of this area. The people here did not have access to health services. People used to travel a long distance to Church of Scotland hospital for health services. This has changed and consequently, people who are infected with diseases are now declining. We are very grateful to Dinangwe. "

MEC Dhlomo then proceeded to Muden, eMaChunwini to officially opens Muden clinic. Muden clinic received the MEC's Annual Service Excellence Award (MASEA) 2018/19 for the best performance in complaints resolution and In 2017 the received the Platinum award for Standard compliance.



# CHECK YOUR BMI & MOVE YOUR WAY TO A HEALTHY YOU!

This World Move for Health Day, which falls on 10 May 2019 every year, make a commitment to make exercise part of your lifestyle.

Many studies have proven that exercise, partnered with a healthy diet, decreases the chances of contracting diseases such as hypertension and diabetes.

Your Body Mass Index (BMI) is a good indicator of the state of your health. BMI was developed as a risk indicator of disease; as BMI increases, so does the risk for some diseases. Some

common conditions related to overweight and obesity include: premature death, cardiovascular diseases, high blood pressure, osteoarthritis, some cancers and diabetes.

**Calculate it by dividing your weight by your height multiplied by itself.**  
**Eg. 83.2kg ÷ ( 1.6m × 1.6m)**  
**83.2kg ÷ 2.56 m**  
**BMI: 32.5**

The World Health Organisation provides a guideline for what your BMI signifies:

BMI	Nutritional status
Below 18.5	Underweight
18.5–24.9	Normal weight
25.0–29.9	Pre-obesity
30.0–34.9	Obesity class I
35.0–39.9	Obesity class II
Above 40	Obesity class III

Although frequent exercise should be part of everybody's routine, it is especially essential for those in the pre-obesity class and upwards. Simply incorporating 30 minutes of daily exercise will have a great impact on your health. However, those who fall into these groups should also be careful to not do too much too soon; before strenuous exercise, a consultation with a medical doctor is advised.

## ETHICS TALK

**Although the health profession is mostly synonymous with service, it is important to remember that health professionals too have rights.**

**The South African Medical Association states that doctors have a right to:**

- Not to be unfairly discriminated against by any patient, medical scheme, medical faculty or school, government, employer or any other person or institution on the basis of their race, gender, origin or any other ground. Doctors have the right not to be harassed.

- Life, this includes the right not to be placed in disproportional life-threatening situations.
- Freedom and security of the person, which includes the right to physical autonomy and the right to be free from violence.
- Privacy, this includes protection of personal information, communication, family and property.
- Freedom of religion, belief and opinion, which includes the right of doctor to act in accordance with their beliefs. Doctors have the right to reasonable accommodation of their religious beliefs,

short of undue hardship to others. Doctors also have the right to clinical independence.

Patients should be aware that the health professionals that serve them are also protected by the constitution and should be respected accordingly. However it is important to note that a patient's life should not be compromised in the exercise of these rights.



# DIARY

- 10** May Election Results Day

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- 17** May World Hypertension Day

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- 20** May National Epilepsy Week

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- 26**

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- 25** May Inaguration of President Elect

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- 25** May Africa Day

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- 26** May National Child Protection Week

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- 28** May International Day of Action for Women's Health

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- 31** May World No Tobacco Day

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# GALLERY

MEC VOTING ON ELECTION DAY



MEC VISIT AT THOPIA CHURCH



OPENING OF MKHUPHULA & MUDEN CLINICS - UMZINYATHI DISTRICT







**health**

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