

# END OF 16 DAYS OF ACTIVISM:

## KZN HEALTH MEC URGES WOMEN TO REPORT ABUSE RATHER THAN "PERSEVERE" IN ABUSIVE RELATIONSHIPS



**KZN Health MEC Ms Nomagugu Simelane-Zulu says the slightest indication of abuse should prompt every woman to walk out of a relationship or marriage instead of turning the other cheek, because what starts as one slap often leads to death.**

a victim of assault, do not wait for the second slap. The day he starts beating you up, he has lost your respect. That slap is the first of many to come. No matter how much he apologises, he will do it again. And when that time comes, it won't just be a slap. So, this tendency of lodging cases and then withdrawing them is problematic because people end up losing their lives. It starts small. Women don't get murdered straight away. It unfolds in gradual steps."

The MEC visited Madadeni SAPS, as well as the Thuthuzela Care Centre (TCC) at Madadeni Hospital, to get a sense of the process that survivors of Gender-Based Violence must follow in pursuit of justice.

During a briefing at the police station, the MEC was informed of a decision to drop the rape case of a three year-old girl, reportedly because the child was too young to testify. She vowed to fight for a re-assessment of the decision, and urged Amajuba District Mayor Dr Musa Ngubane, management of the police station, and hospital-based TCC to work closer together to

The MEC was speaking at Osizweni, Amajuba District (Newcastle) yesterday, at a community outreach programme to mark the end of the 16 Days of Activism on Violence Against Women and Children campaign.

She urged women to report all forms of abuse, and to desist from dropping criminal charges against their abusers. "If you're

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ensure justice for the three year-old, and all survivors of Gender-Based Violence.

"We do not believe the rape of a three year-old should not be pursued just because some people say they will not be able to speak to the child. So, we will intervene. We know that this isn't the only such case."

Addressing a large gathering of local residents, the MEC welcomed a decision by government to launch a behavioural change campaign that will see activism against gender-based violence take place 365 days of the year.

She urged men across the Province to tap into their conscience and treat all women with the same level of respect as they would their own mothers and sisters. "When you rape, it means you've lost your own sense of respect as a

human being. We have to ask ourselves what occurs in the mind of a man who sees a "sexual partner" in a two year-old? What occurs in a man who sees a 'girlfriend' in his own daughter? But also, we as families need to take the blame because sometimes we are the ones who discourage taking action against perpetrators of gender-based violence, just because they 'put food on the table.'

"What is most difficult is that a survivor will register a case of assault, but when the time comes for the matter to go to court, the complainant drops the charges. In some cases, these are victims of multiple instances of abuse. At some point, that complainant will not be the one registering case, but the police opening a murder docket when that person who used to be complainant has been

murdered.

"When we were growing up, there was a school of thought that if your boyfriend didn't assault you, then he did not love you. But that is not true. No-one has a right to assault another. When we enter into a relationship, we do so on an equal footing... that we understand each other. We talk, and we negotiate power relations. No-one has a right to assault another. If you overpower me, then I must back off. If I'm too much for you, then you must back off."

She urged survivors of rape to go to the police station and present at a healthcare facility during the first 72 hours, so that they may receive post-exposure prophylaxis. She called on them not to wash their bodies until they are examined, in order to preserve crucial DNA evidence.

**The MEC also sat down and answered questions on:**

1. The purpose of the day and overall "16 Days of Activism" campaign;
2. Possible solutions to reduce the rate of gender-based violence;
3. Why parents and guardians should remain vigilant so that they can pick up tell-tale signs of abuse from their children and act;
4. What women in abusive relationships should do; and
5. Urged young people to behave responsibly, and avoid temptations and wayward behaviour during the festive season because, in her own words, "iskuni siyabulala."





# HEALTH MINISTER DR ZWELI MKHIZE OFFICIALLY OPENS

## CHEMOTHERAPY ROOM AT KING EDWARD VIII HOSPITAL



The National Health Minister Dr Zweli Mkhize officially opened a chemotherapy room at King Edward VIII hospital on Friday (06 December 2019). The Non-profit organization Igazi Foundation donated towards the upgrade of the room which included adding cupboards, a tearoom and a partition between the nurses' station and the patients' area.

The Foundation also donated 14 recliner chairs to be used during chemotherapy. In total R236 350.00 was donated for the renovation of the chemotherapy room and chairs. Dr Mkhize said the public sector, private sector and civil society must take a responsibility in improving health services: "We appreciate the donation from Igazi foundation. Igazi Foundation was part of our presidential health summit and social-ills combat which was

signed by the President. It's most significant because it creates a social partnership to provide some services that the Government may not be able to provide.

The donation will bring comfort and improve treatment of our patients. At the same time it's important to say that the partnership that is being developed here is part of a whole programme of transformation where every part of the health sector takes responsibility. The public sector, private sector, civil society... all of us are taking responsibility for building our health services."

"I think that going into the future it really offers new opportunities for partnership, collaboration which we believe that as we move towards NHI everyone needs to look at what opportunities they can take to actually strengthen the National Health Insurance to provide services where there might be a need to augment what the Government already doing. I believe that Igazi Foundation will also be able to work with us in the level of healthy information, health promotion where we have to support people who are going through oncology treatment and help them to understand the diagnoses, give them post treatment support, and give them rehabilitation support.

We are also pleased to see that they have not done this only in one province but in several provinces. We want to thank

the foundation together with the hospital for creating this partnership because it's showing us a way forward into the future. I really believe that many people are going to look at where they can partner with the Government."

Igazi Foundation Chief Executive Officer Mr Cole Cameron says they are only dedicated Haematology NPO in South Africa. "We represent all haematology patients in South Africa, and when patients need us we are there. It's a great pleasure to be able to help people in KwaZulu-Natal. We help throughout the country and if there is a need, we will do our best to try and help to make that need go away.

Cancer can be a very emotional thing but can also be very rewarding, because cancer is becoming more and more treatable and more and more survivable. It's just a gift of such a wonderful feeling that you had a little bit to do with that patient's outcome walking away healthy, seeing them years later and coming to the clinic shaking their hands and knowing you had a little bit part to play in that."

Haematology Clinic Staff at King Edward VIII Hospital were pleased with the state of clinic, a new environment they will now come to everyday. The renovations will improve the working conditions and benefit healthcare users.



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# KZN HEALTH MEC'S DIGITAL REVOLUTION CONTINUES: 72-HOUR HACKATHON BRINGS DEPARTMENT ONE STEP CLOSER TO FULL-SCALE ELECTRONIC HEALTH SYSTEM



The KwaZulu-Natal Department of Health is one step closer towards migrating from the archaic and inefficient paper-based filing and data-management system, into the modern, dynamic and infinitely convenient sphere of e-health.

In the early hours of this morning, 12 excited IT students from two teams emerged victors from a first-of-its-kind 72-hour "hackathon" that has been taking place at Inkosi Albert Luthuli Central Hospital since the weekend.

A hackathon is an event whereby computer programmers and/or IT students converge for a short period of time to collaborate on a specific project. On Saturday, KZN Health MEC Ms Nomagugu Simalane-Zulu

gave the 50 mostly local students their marching orders: design a wall-to-wall computer system that will revolutionise the Department's administrative systems and bring it on par with modern digital technology norms and standards. Although two of the students are still studying, 10 will receive three-year contracts to work in the Department's Information Technology unit.

**Speaking at the end of the hackathon, at 03.30am this (Thursday) morning, an excited MEC Simelane-Zulu congratulated the students, and said the new e-health system will:**

- Reduce patient waiting times;

- Address the issue of missing and damaged patient files, while
- Enabling the Department to defend itself against medico-legal claims – saving a lot of money in the process.

The new system is expected to be up and running at Prince Mshiyeni and Madadeni hospitals by February next year, before being rolled out to other health facilities across the province. It will ultimately provide seamless linkage between health facilities, and allow KZN patients ease of access to medical assistance regardless of where they are in KwaZulu-Natal.

Commenting on the benefits of the new e-health system, MEC Simelane-Zulu said: "It is

now common knowledge that we do not have an existing electronic filing system. Instead of putting out a tender, we decided let's give young people an opportunity to create something for government.

"The good thing about this system is that it's going to be owned by government. The issue of information-sharing, and security of information on the system is going to be well taken care of. The intention is that we must have one system as a province. It is not just an e-filing system, but an e-health system because it will look after the patient from the time they walk in, up until they leave the facility, while ensuring that records are well-secured.

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“This Department in particular is in dire need of such a system, because it is going to assist us in cost-cutting and to improve efficiency. Right now, you have long waiting times of our patients, who must wait for four to eight hours, just to get their files retrieved. Sometimes, those files aren't even found, and you have to create a new file.

“That on its own makes it difficult to sustain a healthcare plan for patients. With this system, it means our patients are not going to wait long in the queue. We don't even run a risk of losing files because they're always going to be there. But the most important thing is that this system is going to assist us in the forever-increasing medico-legal bill that we are faced with as a province.

“We know for a fact that by the time you receive a claim, when you go back to the facility to look for a file, you find that either the file is missing or has been stolen, or some vital information from the file has been pulled out, which then makes it difficult for the Department to defend itself in court. We then find ourselves with a forever increasing bill. So, we realise that that is

untenable and we need to change.

The two groups of students will now be given access to the Department's currently fragmented electronic filing system so that, with support from the Department's Information, Communications and Telecommunications unit, they can configure and tailor-make their prototype in a real-life situation, while ensuring that it is ready to start working by early next year.

“Our plan is that by the end of February, we should have two of our busiest hospitals already running on this system. This system will not only be linking hospitals, but also, ultimately, the clinics that they manage,” said the MEC. MEC Simelane-Zulu's quest to fill vacant posts and achieve a 60% minimum staff establishment across the province is ongoing.

Among many innovations introduced by the MEC, is a mobile phone application (app) that will enable any patient or their next of kin to lodge compliments or complaints about the standard and/or quality of healthcare rendered, and receive feedback in real time.

The app, which will be managed by trained Departmental customer care staff, will be launched in due course.



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# INTERNATIONAL HUMAN RIGHTS DAY



**International Human Rights Day is celebrated every year on 10 December with activities led by the United Nations. The day marks the anniversary of the Assembly's adoption of the Universal Declaration of Human Rights in 1948. In South Africa, Human Rights Day is commemorated annually on 21 March to celebrate the sacrifices of South Africans that accompanied the struggle for the accomplishment of democracy in South Africa.**

The South African Human Rights Commission is the national institution established to support constitutional democracy. It is committed to promote respect for, observance of and protection of human rights for everyone without fear or favour.

The Bill of Rights in Section 27 of the Constitution of the Republic of South Africa of 1996 states clearly that access to healthcare is a basic human right.

The right of access to health

care is provided for in three sections of the Constitution. These provide access to health care services, including reproductive health, basic health care for children, and emergency services and medical services for detained persons and prisoners.

The KwaZulu-Natal Department of Health remains dedicated in providing access to healthcare to all people of KwaZulu-Natal.



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# RECONCILIATION DAY: A CALL FOR UNITY & PRIDE IN CULTURE

**Reconciliation Day, which falls on 16 December each year, is a national holiday that was first implemented in 1995. The day marks the end of the apartheid area and a call for the different peoples in the country to unite and be at liberty to express their cultural freedom.**

## Here are some quotes from various governmental officials speaking on this day:

The government is doing everything within its power to preserve, develop and promote all indigenous languages as it is a great transmission line that binds us to our forebears-Arts and Culture Minister Nathi Mthethwa

Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another and suffer the indignity of being

the skunk of the world. Let freedom reign- Former Late President Nelson Mandela

Having brought an end to the heinous crime of apartheid, we set out to put right the wrongs of the past and to build a new society.

An essential part of that journey was the search for truth and reconciliation, which found its manifestation in the TRC under the leadership of Archbishop Tutu.

It was rooted in the understanding that there would

be no peace in our land without justice. The TRC was in itself a key instrument of justice in a country that was in transition from a past of human rights violations to democracy. The TRC required that the perpetrators of gross human rights abuses to account for their actions, but it also provided them with an opportunity to recognise the humanity of their victims and exposed to them the myth of racial superiority. -President Cyril Ramaphosa

# AKUTATAZELWA - KUPHOLIWE!

**The festive season has officially commenced with the Day of Reconciliation approaching this weekend. Are you ready? Are you streetwise? Uyavuth'umlilo? Inkosi inilodolozo bo!**

Nothing says festivities more than being surrounded by friends, family, great food and even better music. We all take the month of December to celebrate the year that we have had with both good and bad times, but we also take

the time to reflect on the things we still wish to accomplish the following year and what we intend to leave behind.

Ushering into the New Year means being there physically, emotionally, and with a healthy state of mind. Quite a few things in the midst of fun could happen from car accidents, mugging, substance abuse, sexually transmitted disease, and the like. The aim is to be responsible in all of our festivities.

## FESTIVE SEASON TIPS:

- Before deciding on where to drive to for your next session of fun, be sure to **ALWAYS CHECK WEATHER CONDITIONS PRIOR TO LEAVING THE HOUSE.**
- When partying and you **KNOW** you will be consuming alcohol – do not drive, use Cab services in groups or have someone who does not drink to be your chauffeur.
- Don't leave your drink/s unattended at parties in case of rape drugs being used against you.
- When leaving parties refrain from leaving with people you have just met- if push comes to shove notify at least 3 people of your whereabouts and the details of the individual you are with.

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- AT ALL TIMES KEEP THE LOCATION ON YOUR PHONE TURNED ON!
- When engaging in sexual activities use protection at all times - better yet, use dual protection. (Condoms and contraceptives)
- Entering into this festive season- do you know your HIV status? Get tested so that you can take charge of your health and prevent your health deteriorating because of possible reckless substance abuse.
- Try to find accommodation early in known and accessible establishments where medical services, SAPS, and any other form of help will be able to reach you without hassle.

We all want to see ourselves in 2020 and that can only be done with caution and vigilant fun. We always lose people during the festive season and most of them through preventable situations. Take a stand this year and vow to yourself:

**"NOT ME, NOT BEFORE MY TIME. A HEALTHY AND MENTALLY STABLE ME IS A MUCH MORE FRUITFUL 2020"**

My Health, Your Health, Our Health – A Healthy KwaZulu-Natal. Let this festive season be smooth sailing –

Ungaphefumuli ngenxeba. The Department of Health wishes you a fun filled, safe, responsible festive season! God speed and may we meet in 2020 with even healthier lifestyles.



# WHO SAID WHAT THIS WEEK

Our struggle will not be over so long as our youth are prisoners of drugs and substance abuse, criminality, gender-based violence, HIV/Aids and other diseases - **Health Minister Dr Zweli Mkhize**

The energy challenges in this country will not be resolved overnight. We have set out on a bold path of restructuring and rebuilding. Despite the setbacks of the past week,

we are making progress and will steadily begin to see the fruits of these efforts - **President Cyril Ramaphosa**

The most important thing we should be teaching young girls today is leadership. It's something that has been lacking in young women and girls for a very long time, not because we don't want to [lead], but because of what society has labelled women

to be. I think we are the most powerful beings in the world and that we should be given every opportunity, and that is what we should be teaching these young girls- to take up space. Nothing is as important as taking up space and cementing yourself - **Miss South Africa and Miss Universe, Ms Zozibini Tunzi**



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# INVENTIONS THAT SHAPED THE WORLD:

## ASTHMA INHALERS



**English doctor John Mudge invented the inhaler in 1778. It was based on a pewter tankard and Mudge used it to inhale opium vapour to treat coughs.**

During the 1800s ceramic pots such as Dr Nelson's inhaler were used to inhale plant or chemical substances. Atomisers and nebulisers were developed in France in the mid 1800s. They were based on perfume devices and delivered drugs in a liquid spray.

The pressurised inhalers we recognise today were not developed until 1955, when American doctor George Maison invented a pressurised metered dose inhaler (MDI). Maison's daughter had asthma, but she struggled to breathe in her medication using a nebuliser.

Maison realised storing asthma drugs inside a pressurised canister meant they could be easily expelled into the lungs with one button push.

Source:  
<http://broughttolife.sciencemuseum.org.uk/broughttolife/techniques/inhalers>



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