

CIRCULAR ON THE RECRUITMENT OF FOREIGN DOCTORS



As the MEC for Health in KwaZulu-Natal, I have directed the acting HOD to withdraw a circular which states that the hiring of foreign doctors has been put on hold.

The matters raised in the circular were not discussed or agreed upon by the 6th administration, and therefore such a decision is not the official position of the Department of Health.

My preliminary investigation reveals that during the 2018-2019 financial year, there were discussions taken to bring into stream young unemployed South African doctors.

As the MEC for Health representing this administration, I want to state categorically that there is no banning or suspension of the recruitment of foreign

doctors. The circular should therefore be regarded as null and void, as it has not been processed through the MEC and the provincial executive. We deeply regret the confusion that has arisen, and the impression created by the dissemination of this outdated circular with outdated decisions.

We value the contribution that all our local and foreign doctors make in building a healthy and productive KwaZulu-Natal.

In light of what has been happening in South Africa, we stand with our African brothers and sisters, and support Government's efforts to deal with the situation.

NATIONAL HEALTH INSURANCE

(NHI) QUESTION & ANSWER

What is NHI (National Health Insurance)?

NHI (National Health Insurance) is a health financing system that is designed to pool funds to provide access to quality affordable personal health services for All South Africans, based on their health needs, irrespective of their socio-economic status.

Why does South Africa need National Health Insurance?

Health care is a human right that every one of us is entitled to; this is also a widely accepted international principle. This right should not depend on one's financial status or where they happen to live.

What are the main objectives of the NHI?

NHI aims to achieve Universal Health Coverage for all South Africans.

How will the NHI work?

Health care is a human right that every one of us is entitled to; this is also a widely accepted international principle. This right should not depend on one's financial status or where they happen to live.

Will the NHI benefit everyone?

The NHI aims to deliver universal access to healthcare. The present reality is that even people who are members of private medical schemes, more often than not, exhaust their benefits before the end of the financial contribution annual cycle due to the exorbitant price structure in the private health system.

How will the NHI be funded?

NHI will be established through the creation of a single fund that will pool financial

resources to buy personal health services on behalf of the entire population who visit contracted health facilities. It will be funded through a combination of general tax, reallocation of funding for medical scheme tax credits, payroll tax and a surcharge on personal income tax

Will there still be private medical aid schemes?

Private Medical schemes will continue to exist, but their role will change. When the NHI is fully implemented they will provide cover for services not reimbursable by the NHI Fund. Medical schemes are voluntary organization and they will remain as such.

Who will be involved in the NHI?

Through the NHI, we envision that both private and public healthcare can share



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resources to accommodate all South Africans who are in need of medical care, without compromising the quality and service standards. It will draw in hospitals, clinics, doctors, specialists and dentists from across the health sector.

Will private health care providers continue to operate?

The NHI is not going to abolish or do away with private health providers.

When will the NHI be implemented?

The NHI will be implemented as soon as the Bill passes through the National Assembly and National Council of Provinces. It will be implemented in phases. An

implementation plan is being finalised in preparation for the passage of the NHI Bill.

Will the NHI hamper the private health sector?

The NHI will create space for both private and public sector to complement each other in serving the health needs of our people.

Will there be public consultation regarding the NHI Bill?

The NHI Bill will undergo a rigorous parliamentary process, which will entail public consultations and will be debated in both the National Assembly and National Council of Provinces



#IAMCAMPAIGN



The #IAM campaign has been kick-started in the wake of heightened violence against women recently. The intention of the campaign is to call on men of diverse ethnicity to break the silence against sexual and gender-based violence in South Africa, with the acknowledgement that some men are the root of domestic violence.

The #IAM campaign encourages men to advocate for the safety of women and children by wearing red lipstick apologizing (on behalf of abusers) to women for the abuse they endured at the hands of men. The red lipstick is associated with danger and is symbolic of the bloodshed of many victims at the hands of their abusers

WHO SAID WHAT THIS WEEK?

"We have established 92 dedicated sexual offences court since 2013, with a further to be opened this financial year to improve conviction rates and provide comprehensive and appropriate support services to ensure survivors of sexual offences are not subject to further trauma". **Nkoana Mashabane, Minister of the Department of women, Youth and Persons with Disabilities**

"We appointed the SANAC Board of Trustees as the legal entity of @SA_AIDSCOUNCIL bringing together government, civil society & the private sector to create a collective response to #HIV and STIs in South Africa. The board is also responsible for the governance of secretariat". **David Mabuza, Deputy President of the Republic of South Africa**

"Africa must unite for its prosperity". **Sihle Zikalala, Premier of KwaZulu-Natal**

Mkhize said that countries which have implemented NHI are in a much better economic situation than they were when they started the programme. He listed Japan as an example. Japan implemented NHI more than 50 years ago. "At that point it was a few years after the Second World War. Japan was almost in ruins. They were in a worse situation than the SA economy is in now. Now Japan boasts the longest life expectancy for citizens. Although South Africa is going through a difficult economic situation, Mkhize said that delaying NHI will not guarantee the economy will improve. **Dr Zweli Mkhize Minister of Health**

Source - News24

<https://www.fin24.com/Economy/nhi-will-boost-sas-economy-says-health-minister-20190830-2>



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KZN HEALTH MEC MS NOMAGUGU SIMELANE-ZULU HANDS OVER A BRAND NEW HOUSE TO THE IMPOVERISHED FAMILY OF QUADRUPLETS AT EDUMBE; JOB ALSO SECURED FOR BABIES' AUNT TO HELP FAMILY PUT FOOD ON THE TABLE



When KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu heard about the plight of unemployed mother Jabu Sangweni who had given birth to quadruplets two years ago, she immediately knew she had to do something to help – and quickly.

The mother of the four babies came from a large impoverished home in deep rural eDumbe's Ward 7, where none of her family works. Ms Sangweni's circumstances were such that, due to not attending ante-natal clinics, she only found out when giving birth at Vryheid Hospital – some 130 km from Dumbe – on 30 August 2017, that she was carrying quadruplets. The babies' safe delivery, led by professional nurse Ms Simphiwe Buthelezi, was hailed as a "miracle" at the time. It also prompted the reiteration of a call for women who are pregnant to

present themselves at healthcare facilities for ante-natal care. This would ensure that any underlying ailments that could potentially threaten the pregnancy can be detected and managed early to ensure safe delivery.

Describing the mother's living conditions, MEC Simelane said, "The few mud structures that they had at home actually had holes in them. You could see the outside, and there was wind coming in. That was not conducive for babies to live in.

"As an MPL deployed here, we had a responsibility to ensure we work together to try and assist the family in bringing up the babies."

The MEC then teamed up with the mayor of eDumbe Municipality Cllr Majuba Mavuso,

and together they secured a donor who agreed to build the family a brand new two-bedroom house.

Yesterday, there were emotional scenes as MEC Simelane-Zulu handed over keys to the family's furnished new home, which will now see the three girls Halala, Halalisani, and Nqobile; and their brother Nqubeko live under a decent roof for the very first time in their lives. The babies also received new clothes, groceries and four cakes to mark their belated second birthday, last Friday, which they could not celebrate due to poverty.

MEC Simelane-Zulu said: "We did this primarily because we believe that these kids need to grow up in an environment that is not the same as the one that their mother was born into and grew up in. We are grateful to all our donors for what they've done."

As if her heart-warming display of generosity was not enough, MEC Simelane-Zulu went further and secured employment in the private sector for the babies' 23-year-old aunt.

"We also took a decision that it is not sustainable to be bringing handouts all the time, therefore it was important for us to try and get one member of the family to be gainfully employed somewhere, so that they are able to feed and sustain themselves.

"We are quite happy about that because it means from now on, the family is not always going to be looking for handouts.... There will be a monthly income, and they'll be able to sustain themselves."

Shy and soft-spoken mother, Jabu Sangweni, said she had mastered the art of looking after her four "naughty" babies. "They wreak havoc and run around all over the place. Yes, sometimes there are sleepless nights, but I do manage with the help of my mother, and other family members."

Overcome with emotion, Ms Sangweni expressed her sincere gratitude to MEC Simelane-Zulu. "I wish I had a thousand mouths to say a proper thank you."



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TOGETHER LET'S MOUNT THE FIGHT ON CERVICAL CANCER



According to our Health calendar, September is a cervical cancer awareness Month. In South Africa, cervical cancer is diagnosed in more than 7 700 women each year, with more than 4 000 of them dying annually of the disease. This is because it was not detected early or no treatment was sought.

Cervical cancer is a type of cancer that occurs in the cells of the cervix in the lower part of the uterus that connects to the vagina. Various strains of the human papillomavirus (HPV), and sexually transmitted infections play a role in causing most cervical cancer.

In a bid to mitigate the impact of this, the Department of Health has got into partnership with the Department of Basic Education and they have embarked on a massive campaign which is done yearly from 06 August to 20 September to provide the Human Papilloma Virus (HPV) Vaccine among school-going girls aged 9 to 11 or those in Grade 4.

For women of child bearing age, a pap smear is a must.

A pap smear is a quick, painless test used to detect early cell changes in the neck of the womb, which may later progress to cancer.

What women should know is that Cancer does not just develop suddenly, it gradually manifest itself through various

levels of abnormality leading to pre-cancer and eventually to cancer. This whole process can take many years. The Pap test is thus used as an important screening exam that's used to check for abnormal cells on the cervix that could indicate early-stage cervical cancer or precancerous cells.

HOW IS A PAP SMEAR DONE?

An instrument is placed into the vagina and the cells are scraped off the surface of the cervix with a wooden spatula. The cells are then put onto a glass slide which is then sent to the laboratory for examination under a microscope. Should abnormal cells be detected, the client will be referred for treatment to prevent development of cancer of the cervix.

WHO CAN GET CERVICAL CANCER?

• Any women who are sexually active can get cervical cancer

POINTS TO REMEMBER

- Mutual one-partner relationships reduce the risk of cervical cancer.
- Use of barrier contraception during sexual intercourse
- See your Doctor or your Primary Health Care Nurse if you have any unusual symptoms such as bleeding after intercourse or an excessive or offensive vaginal discharge.

WHEN TO GO FOR A PAP TEST?

• Pap tests will be available to all women from the age of thirty years, at intervals of ten years (provided no smear has been taken within the previous

five years).

• For HIV positive patients, it is very important to do a Pap smear every year because they have a much higher chance of getting abnormalities due to prolonged HPV infections which eventually lead to carcinoma of the cervix.

• Pap smears will be taken from all pregnant women, 30 years and older, and will be followed up with a repeat

CERVICAL CANCER: SIGNS & SYMPTOMS

- Blood spots or light bleeding between following menstrual periods.
- Menstrual bleeding that is longer and heavier than usual.
- Bleeding after intercourse
- Increased vaginal discharge.
- Pain during sexual

intercourse.

- Bleeding after menopause.
- Unexplained, persistent pelvic and/or back pain

It is now good to note that women in rural hospitals no longer have to travel to specialized healthcare centres for a procedure to remove cervical tissue as of last year 17 hospitals in KZN have now been supplied with a purpose-designed, functioning Large Loop Excision of the Transformation Zone of the cervix [LLETZ] machine that is used for examination and treatment of some precancerous changes of the cervix.

Let women not die of manageable and treatable ailments. Screening and prevention saves lives!



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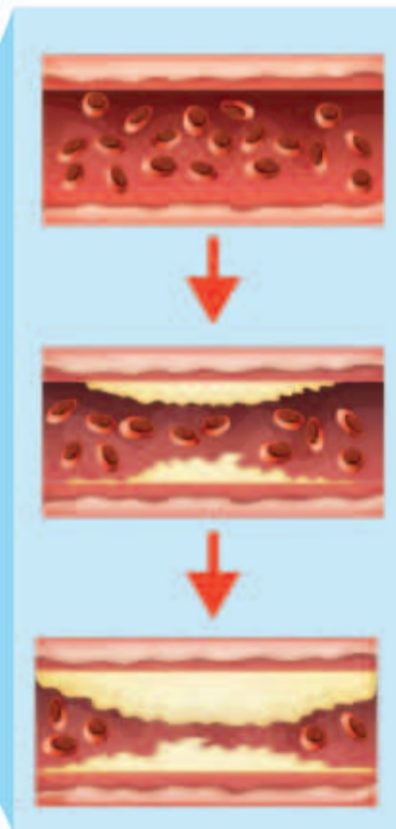
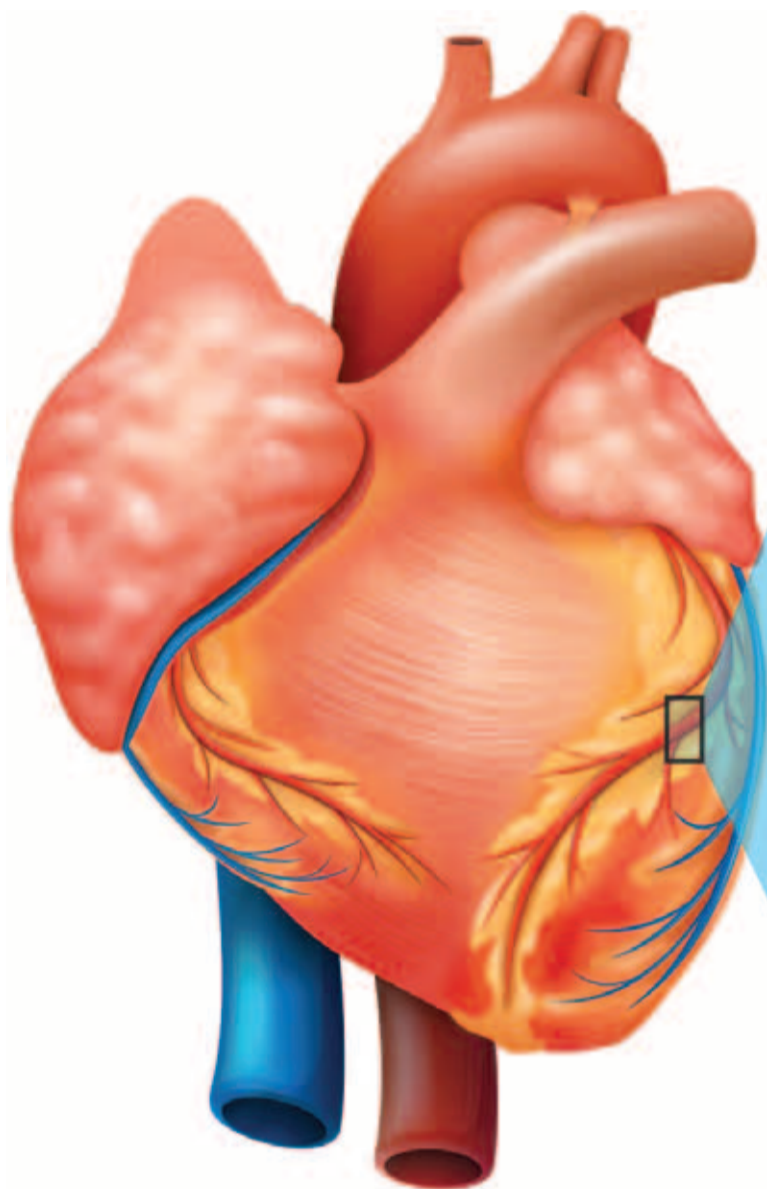
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Absence of a healthy lifestyle **DOES NOT** make the heart grow fonder!



September is Heart Awareness month – the month is dedicated annually to raising awareness about cardiovascular disease and its risk factors in South Africa, and the importance of living a healthy lifestyle to prevent disease onset, crowning with World Heart Day on the 29th of September. The 2019 theme is: ‘My Heart, Your Heart and the hearts of all South Africans’.

Often the heart is linked to intangible things like emotions, love, warmth, and every other characteristic that makes up the psychological and emotional aspect of an individual. The truth is, the heart literally maintains the functions of the entire human body. A healthy heart - means a healthy and efficient body.

How so?

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste

products of metabolism. When the heart stops, essential functions fail, some almost instantly. The tissues of the body need a constant supply of nutrition in order to be active, if the heart is not able to supply blood to the organs and tissues, they'll die. You can do much to keep your heart healthy. Eat a healthy diet, exercise regularly and be aware of the risk factors such as smoking, drinking, drug use, high blood pressure, high cholesterol levels, obesity, and stress.

Why is Heart Awareness Month significant?

- Cardiovascular disease (CVD – which includes heart disease and stroke) is the leading cause of death in South Africa after HIV/AIDS
- Heart disease is responsible for 18% of all deaths in South Africa
- 120 people suffer from a heart attack daily

www.Heartfoundation.co.za

You are not too young to worry about heart attack!

A heart attack can occur at any age. You're never too young to start heart-healthy living. If you're over 40, or if you have multiple risk factors, work closely with your doctor to address your risk of developing cardiovascular disease. Heart attack prevention is critical. It should begin early in life. Start with an assessment of your risk factors. Then develop a plan you can follow to maintain a low risk for heart attack. For many people, their first heart attack is disabling or even fatal. Do everything you can to lower your risk.

According to WHO (World Health Organization) Cardiovascular diseases (CVDs) are disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. Four out of five CVD deaths are due to heart attacks and strokes. Individuals at risk of CVD may demonstrate raised blood pressure, glucose, and lipids as well as overweight and obesity. These can all be easily measured in primary care facilities. Identifying those

at highest risk of CVDs and ensuring they receive appropriate treatment can prevent premature deaths. Access to essential NCD medicines and basic health technologies in all primary health care facilities is essential to ensure that those in need receive treatment and counselling.

FACTS ABOUT THE HUMAN HEART

A human heart is roughly the size of a large fist.

The heart weighs between about 280 to 340 grams in men and 230 to 280 grams in women.

The heart beats about 100,000 times per day.

An adult heart beats about 60 to 80 times per minute.

New born hearts beat faster than adult hearts, about 70 to 190 beats per minute.

The heart pumps about 6 quarts (5.7 litres) of blood throughout the body.

The heart is located in the centre of the chest, usually pointing slightly left.



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GROW YOUR OWN FOOD; IT'S HEALTHY & CHEAPER



The Department is committed to reducing the under-5 year's mortality rate due to malnutrition. Malnutrition is a serious condition that occurs when a child's diet does not contain the right amount of nutrients. Children should be given well balanced healthy foods to avoid malnutrition and other related illnesses.

The planting season is upon us and the KwaZulu-Natal Department of Health urges the community of KwaZulu-Natal to actively

pursue agriculture in their homes and communities by planting vegetable gardens.

This will promote a healthy lifestyle and alleviate poverty among communities by ensuring food security and sustainability for the poor. Having a garden saves a lot of money because seeds and seedlings cost less than food purchased at a supermarket in the long term. Furthermore, food in its rawest, freshest form is not only tastier but also more nutritional, packed with vitamins, minerals and

antioxidants that are needed by our bodies.

Basic vegetable gardening and planning:

- Plant in a sunny location. Most vegetables need at least 6 hours of direct sunlight per day. The more sunlight they receive, the greater the harvest, the bigger they will grow and the better the taste.
- Plant in good soil. Plants' roots penetrate soft soil more easily, so soft, fertile soil is recommended. Enriching soil with compost provides

needed nutrients. Also ensure that there is sufficient drainage that prevents water collecting above or draining too quickly below.

- Plant in a stable environment. Do not plant in a place that is prone to flooding during heavy rains, or in a place that tends to dry out a lot. Don't plant somewhere where strong winds could knock over your young plants.

Choose your plate wisely

- Eating more fruits and vegetables as part of a healthy diet may help you

reduce your risk of chronic diseases such as heart disease and some forms of cancer.

- The fiber in fruits and vegetables helps to lower blood cholesterol levels
- Eating more fruits and vegetables may help reduce your chance of Type 2 diabetes.
- Foods that are rich in potassium like oranges and bananas help to maintain a healthy blood pressure.



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ETHICS:

SALUTING ALL WOMEN WHO ACT AGAINST ALL ODDS



It has emerged over the past few years that South Africa is facing a dilemma whereby valuable and powerful women's lives are cut short in a most bizarre and brutal ways. In many instances this happens at the hands of cruel males who are supposed to be their protectors.

Mlungisi Ndlovu's involvement with gender projects, including Men's Forum, in the Department over the past five years reveals the shocking truth facing the country. This has prompted various voluntary

initiatives in which men are urged to convene with a view to provide a platform to confide about issues that affect them so severely that they react violently towards women and children. A further worrying trend is that very few men turn up to these events.

For someone who has put great effort into such initiatives, it was frustrating for Ndlovu to hear men playing the victim, strangely claiming that they were denied platforms to confide about their challenges.

In contrast many women take it upon themselves to bring young boys to these "Izibaya zamadoda" sessions to identify with critical topics such as "Absent Fathers", "Defining True Manhood" etc.

whilst they are still young. They pay expensive taxi fares just to ensure their boys do not end up becoming like their irresponsible absent fathers.

HOW THEIR PHYSICAL HEALTH IS IMPACTED

Men engage in promiscuous lifestyles which unfairly and negatively affect their sexual partners. Many women die of AIDS and sexually acquired diseases because their male partners would not use condoms. This is because some HIV positive men consciously have unprotected sex. These same men avoid HIV/Aids awareness sessions developed by the government.

HOW THEIR PSYCHOLOGICAL HEALTH IS IMPACTED

In the workplace, many women face stiff opposition from men (and sadly other fellow women) who see their achievement as a threat. This applies back home, at church and right at the workplace. They have to stomach negative comments from their male counterparts who tell them that "they amount to nothing despite their academic achievements".

Not all are strong and brave enough to thwart the psychological warfare aimed at denting their self-worth. Some yield to the traditional habits which look down upon women which were adopted many years back.

Others succumb to depression which manifests into deadly diseases and then ultimately death, leaving children alone and even more vulnerable to social ills.

It is such behaviour which good ethics condemns in the strongest terms. The popular ethics triangle gives an idea how the relationship between two or more people to achieve what is termed as "good". It emphasizes the balance between "self" and "other" in order to achieve this "Good". Most males however lean more to what favours them, leaving poor women as the "other", marginalized. The violence & murder facing women is the result of the fact that most men think more for themselves. The habitual customs historically adopted by other men encourages them to have multi-partners but denies women the same privilege. This despite that some men admit that this selfish behavior rips the country apart. This may be a serious indication that it'll take deep introspection for men to break away from this unethical behavior hiding behind cultural myths.

TRUTH AND HARD ADVICE TO WOMEN

Impressingly enough, many women are still up there against all odds however, their unreasonable patience in tolerating abusive relationships remains their main enemy. Women should know their worth and not tolerate abuse nor make excuses for men. Women are urged to voice abuse to their friends, their families and law enforcement where possible.

This applies to abuse performed by their romantic partners and their male colleagues. Even sexual innuendoes and persistent requests for dates are considered sexual assault.

Men who protect women and children are to be applauded and are urged to educate and eradicate abuse from their communities.

ENOUGH IS ENOUGH!



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HEALTH INVENTIONS: **SUNBLOCK**



In the 1940's a Florida Physician named Benjamin Green, invented the first effective sunblock in the South Pacific during WWII from sunburn. It was called - Red Vet Pet because it was a red colored petroleum jelly like gel. He later improved on this formula and this new jasmine scented cream became known as Coppertone. In 1944, Coppertone sun cream was the first commercially mass-produced sunscreen in the United States. His patent was bought by Coppertone, which later improved and commercialized the substance and sold it as "Coppertone Girl" and "Bain de Soleil" brands in the early 1950s.

Source: Who invented sunscreen?

<https://www.nytimes.com/2010/06/24/fashion/24skinside.html>



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