



## KZN DEPT. OF HEALTH SUPPLEMENTARY BUDGET SPEECH HIGHLIGHTS



On Friday 18 September 2020, KZN MEC for Health Ms Nomagugu Simelane-Zulu delivered the Special Adjusted Covid19 Budget Speech where she gave an indication on how resources have been utilized in response to the pandemic.

"Before COVID – 19, we only had isolation beds at Addington (8), Ngwelezane (6), Manguzi (4), and Grey’s Hospital (6). This gave us a total of only 34 isolation beds in the entire province of KwaZulu-Natal. Due to COVID – 19, in just six months, we have significantly increased our isolation bed capacity to more than 1452 beds."

"Due to the demands of COVID – 19, and the dire need for healthcare workers, we approached the Provincial Government for permission to employ staff in areas where we were understaffed – even if it was on a temporary basis.

We were therefore granted permission to fill 8456 posts for Covid-19 sites, which was approved by the Honourable Premier on 13 May 2020.

As of 17 September 2020 we have employed more than 6000 employees to work in Covid-19 sites in all districts.

### These appointments have been done as follows:

- 1650 Professional Nurses;
- 1414 Staff Nurses;
- 171 Administrative Clerks;
- 261 General Orderlies;
- 219 Professional Nurses working in ICU and High Care; and Enrolled Nurses to work as COVID -19 tracers.
- The Department has also translated 406 Enrolled Nursing Assistants into staff nurses.
- We have also translated 1030 from Enrolled Nurses to Professional Nurses

The Department continues with the recruitment process to fill the remainder of the posts in the following categories:

- 50 Psychologists
- 44 Physiotherapists
- 33 Pharmacists
- 160 Nurse speciality
- 200 General orderlies
- 200 Administration Clerks
- 400 Staff nurses (tracers)
- 1000 Professional nurses (general stream)
- 44 Radiographers

The authority we were given was to employ staff for six months. However, the challenge we’re faced with is that COVID – 19 has gone beyond six months. It would therefore be self-defeating to release staff and have to re-hire them after a few weeks, in the event of a Second Wave of COVID - 19.

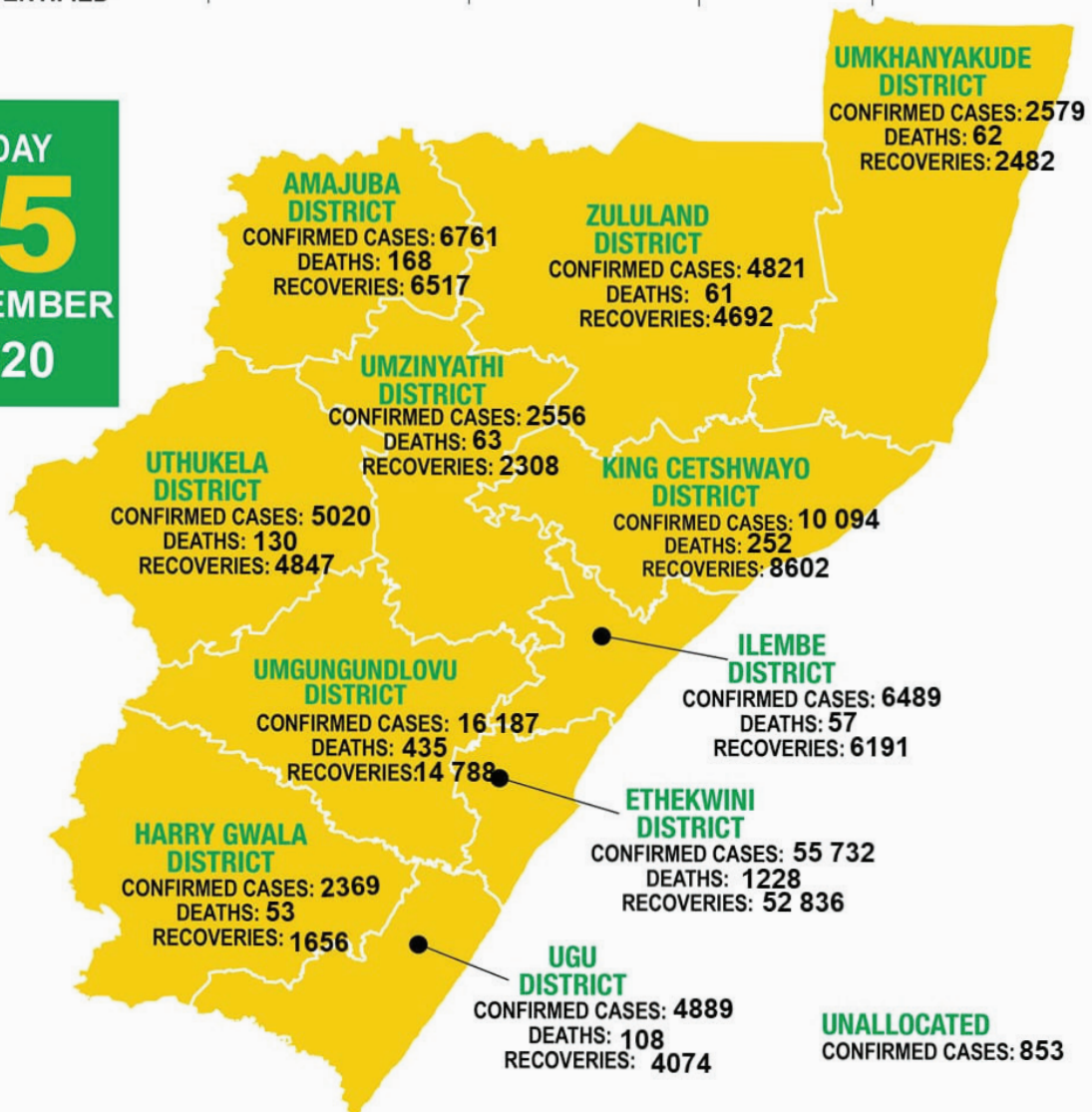
In this regard, we’ve been given authority by the Executive Council to get into discussions with Treasury on the modalities of extending these contracts”

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# COVID-19 STATISTICS IN KZN

				
<b>118 350</b>	<b>6740</b>	<b>108993</b>	<b>2617</b>	<b>175</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY  
**25**  
SEPTEMBER  
2020



Learn more to Be READY for #COVID19:  
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# BREAKTHROUGH SURGERY AT QUEEN NANDI

Today Londiwe Khanyi is beaming with the prospect of having more children. Several months before, this ability was not guaranteed.



Arriving at Queen Nandi Regional Hospital in May 2020, a pregnant Khanyi presented with a severe case of placenta praevia. In this condition, the placenta abnormally positions itself near or over the cervix, which can lead to significant abnormalities in its attachment to the uterus because of it being unusually sited. In minor cases it may lead to light vaginal bleeding that resolves itself but serious cases can lead to fetal growth restriction and excessive bleeding for the mother.

Dr Abdul said, “The standard management for these morbidities of pregnancy is to get the patient delivered by a specific and specialized method of caesarean section which is most often accompanied by the removal of the uterus where saving life is attained at the expense of fertility.”

Finding out she might not be able to conceive frightened Khanyi. However, the surgical team offered an extremely risky alternative; keeping her uterus yet risking her life. She chose the latter. This choice meant intensive care after the delivery of the baby; a prolonged program of treatment over a much longer period of time of up to three months. Even so, the final decision would be made by the team on the theatre table.

On 27 May 2020, the big day arrived. A healthy baby girl entered the world in excellent medical condition through a delicate caesarean section.

“I want to thank the hospital for saving my life. This was my first time being pregnant so I’m grateful that as a patient it was explained to me that my uterus might be removed and that my request was heard because I still want to have more children. They tried their best to help me.

I hope what has been done for me will also be done to others. I thank the nurses, my husband and my family for their support and prayers.”

Thereafter, Khanyi was told she was to await the natural attempt of expulsion of the placenta, which had already started to occur naturally, and counselled on the discomfort, pain and intermittent bleeding she was to face. This was a small sacrifice to her for the cost of being able to mother more children.

Yet, the journey was not over. While Khanyi was being cared for in the hospital’s Intensive Care Unit (ICU), she developed sepsis (infection) in the latter part of June. She was again taken to theatre. This time, for the surgical removal of the septic focus after a partial evacuation of the uterus was done. Her uterus was once again saved. After intense antibiotics and ICU management, Khanyi recovered.

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# WALK YOUR WAY TO A HEALTHIER HEART



**Taking steps to a healthier heart and lifestyle is often a marathon and not a sprint, it takes time and effort. One of the greatest gifts that you can give your heart is taking care of it; this can be done through physical activity. Physical activity can be defined as any bodily movement produced by skeletal muscles that require energy use, such as cycling, doing household chores, running and walking.**

September is Heart Awareness Month and is dedicated to raising awareness about cardiovascular disease, its risks and what you could do to keep your heart healthy.

Cardiovascular diseases are a group of disorders that can affect the heart and blood vessels and they make the heart more susceptible to heart attacks and strokes. That is why it is important to look after our hearts to prevent these from happening.

## What are some risk factors for cardiovascular diseases?

- Genetics – having heart disease in your immediate family may indicate that you are also at risk
- Bad diet – consuming too many foods with saturated fat and salt is bad for the heart
- Smoking – the chemicals found in tobacco can damage your blood vessels
- High blood pressure and high cholesterol levels – both of these can have a negative impact on blood flow through the arteries

- Obesity – this can be linked to, or even worsen other risk factors
- Diabetes – shares risk factors with heart diseases

Often people use being unfit or having chronic illnesses as an excuse for not exercising, however, simple things such as taking a walk now and again opens up the doors for good heart health. According to the World Health Organization (WHO) regular and adequate levels of physical activity can:

- Improve muscular and cardiorespiratory fitness
- Improve bone and functional health
- Reduce the risk of hypertension, coronary heart disease, diabetes and various types of cancer including breast cancer and colon cancer
- It is fundamental to energy balance and weight control

Physical activity doesn't have to be vigorous or intense all the time; you can start off slowly, by walking around in your neighbourhood or park for about 30 minutes,

then increase it gradually to a longer time frame and a faster pace.

While physical activity is recommended, it does not stand alone, it should be followed by other lifestyle changes such as:

- Eating a healthy balanced diet – maintaining a healthy diet that is low in sodium and saturated fats and rich in fruits, vegetables, whole grains, fish and controlled sugar and fat intake is crucial to keeping a healthy heart and having a well-functioning circulation system.
- Avoiding tobacco use – tobacco is detrimental to one's health and is harmful to your heart in whatever form it comes in. The WHO reports that the risk of a heart attack or stroke starts to drop immediately after a person stops using tobacco products.
- Visiting your doctor – have regular check-ups and blood pressure and cholesterol screenings so that if you are found to have a lifestyle disease, you can take care of it before it becomes severe.

While you can never guarantee that you will never suffer from heart disease as there are other factors that we cannot control such as age, gender and genetics, eating healthy and physical activity can help prevent its development and a whole array of other lifestyle diseases.

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# HOW TO CARE FOR YOUR EYES

23 September to 18 October is the Eye Care Awareness Month which is commemorated every year to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness.

Eighty percent of blindness is avoidable either through prevention or through treatment – which is why it is important to get your eyes tested at least once per year.

## Symptoms of eye conditions can include:

- Reduced vision, blurring of vision or loss of vision
- Altered eye movements
- Eye pain, redness, and discharge from the eye.
- Visual field loss
- Bulging eye

Most eye conditions can be successfully treated if detected early.

Get your eyes tested, and take practical measures to protect your eyes like wearing sunglasses and protecting your eyes against injuries.

- Visit an optometrist, doctor or the nurse at the clinic regularly and don't ignore problems with your eyes. This way you can detect and treat eye conditions early.
- Protect your eyes from damage and scratches against foreign objects that can lead to infection or damage. Wear protective eye-wear when working with equipment to prevent objects from entering the eye.

- Wear sunglasses for protection from the damaging rays of the sun.
- Take regular breaks from your computer screen to minimise eye strain and the development of eye focusing problems.

The Department has Maccord Hospital as an eye-care centre of excellence with comprehensive eye-care services for the people of KwaZulu Natal. There are also numerous other partners which work with the Department to assist healthcare users who are confronted or battling with eye-care ailments.

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# REKINDLING EFFORTS TO PREVENT UNPLANNED PREGNANCY



**World Contraception Day takes place on September 26th every year. The day's mission is to improve awareness of all contraceptive methods available and enable young people to make informed choices on their sexual and reproductive health.**

- Male and female condoms
- Copper intrauterine device (Cu IUD)
- Injectable contraception
- Implant
- Oral contraceptive pill

Health Minister Zweli Mkhize spoke at an exclusive Bhekisisa event for editors on 6 August. “We are ready to provide condoms in schools as a part of comprehensive sexual education”.

Mkhize acknowledged that young people do not find health facilities friendly, – “There are reports that when a young person goes to clinics for contraception they are asked to bring their parents. This is unacceptable and we will work with health workers and the organisations that represent them to ensure that young people are not unfairly treated. We have established youth zones in more than 300 clinics so far – clinics set aside 2-4pm daily during which they prioritise youth health. We are

also working with Love-life to train health workers to be sensitive to the needs of youth.”

## Contraception

Contraception simply means using a method (mechanical or chemical) to prevent pregnancy. There are various contraceptives that work in different ways, but they are all designed to prevent pregnancy. Even if you wish to practice abstinence or delay sex, it's important to learn as much as you can about contraception – knowledge is power.

Young people are encouraged to visit their nearest clinics, not only for health screening, but to also get more information about the following methods of family planning which are available freely at public health clinics:

## Methods to be used in case of emergency

- Emergency contraceptive pill
- Emergency contraception should be used within 5 days of unprotected sex, or condom breakage

It is important for youth to have access to contraceptives and fertility care services and information to help them plan their families and protect themselves from various sexual diseases. Healthcare workers must ensure that young people feel welcomed when visiting public healthcare facilities. This will avoid unplanned pregnancies or complications arising from unsuccessful backstreet abortions.

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# THE DANGERS OF OVER THE COUNTER MEDICATION



We've all done it; popped a pill here and there for minor ailments like headaches and stomach aches. Fortunately, a lot of over the counter (OTC) medication has minimal side effects. However, easily accessible medication can have disastrous effects.

## Which People Are the Most Vulnerable?

### • Pregnant women

Almost all medication is prohibited for women who are pregnant since any consumables by the mother are also absorbed by the foetus. Contact a health professional when experiencing pain or fever.

### • Children

Some medication is not suitable for young children whose bodies are still growing.

It is vital to read the instructions provided on the label; some labels may permit half a dosage and some none at all. If a label does not mention children, it is better to not give the medication to your child at all

### • Chronic Patients

People who take medication for chronic illnesses such as diabetes and hypertension are also vulnerable since certain medication can react with the medication that is already taken by the patient or health user. Consult with a health professional first before using over the counter medication that was not checked by your doctor or nurse.

## What Are The Dangers of OTC?

The high usage of OTCs all over the world are presenting challenges for the medical fraternity such as

### • Drug Resistance

Drug resistance occurs when bacteria are attacked by antibiotics and consequently become weaker for a time but become stronger when a person stops taking their antibiotics (before the recommended period by a health professional). This can also happen if someone uses an antibiotic without a medical prescription.

### • Drug addiction

Since consumers can purchase medication without being monitored, people can over-purchase and over-use certain medication, risking becoming drug addicts.

### • Side Effects

Some medication can have side effects, especially when used by the vulnerable groups aforementioned. Prolonged use or incorrect self-diagnosis can also cause side effects.

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# COMMEMORATION OF WORLD ENVIRONMENTAL HEALTH DAY

**World Environment Health Day addresses all the physical, chemical, and biological factors external to a person that can impact behaviour and the health of people. It is targeted towards preventing disease and creating health-supportive environments.**



Government has in place control measures to curb pollution such as air quality limits, control of hazardous chemical substances, waste management and environmental impact assessments where industries and major projects are operating.

The KwaZulu-Natal Department of Health's Environmental Health Unit strives to ensure compliance with Acts such as Hazardous Substances Act, 1973 (Act 15 of 1973) and regulations governing the use and sale of hazardous substances that are harmful to both human health and the natural environment through inspections and licensing of dealers/ industries on a quarterly and annual basis respectively.

The Environmental Health Unit at a Provincial level is responsible for, among others, playing an oversight role on the following programmes predominantly performed at a District Municipality level:

- **Food Control:** Provincial Environmental Health coordinates with the NDoH Food Control Directorate and Nutrition Directorate on Food Safety issues and shares the information with District Municipalities
- **Water quality monitoring:** Provincial Environmental Health interacts closely with the Department of Water and Sanitation as well as Water and Sanitation Units of District Municipalities on water quality related issues;
- **Sanitation:** There are strong linkages between

Provincial Environmental Health and the Department of Water and Sanitation specifically on environmental sanitation issues;

- **Environmental Health Information System:** Coordination of the District Municipality Environmental Health Information is done by the Provincial Environmental Health Directorate – in conjunction with Data management and GIS Unit in the Department;
- **Health Care Risk Waste Management:** Overseeing and coordination of this critical function in the entire Province is carried out by the Provincial EH Directorate.
- **Malaria Control and Prevention:** KZN is one of the Provinces in the country where malaria is endemic.

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This important programme is run by the Provincial Environmental Health Directorate.

**In addition to the aforementioned programmes, the National Health Act, 2003 defines Municipal Health Services in terms of nine competencies namely:-**

1. Chemical Safety;
2. Disposal of the dead;
3. Vector Control;
4. Surveillance and prevention of communicable diseases;
5. Environmental pollution control;
6. Health surveillance of premises;
7. Waste management;
8. Food Control;
9. Water Quality monitoring;

These functions constitute the day to day activities of District Municipality Environmental Health Practitioners at a community level.

Individuals can play a role in taking care of their environment by ensuring proper waste disposal, recycling and good hygiene in their own spaces.



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