

AN ASTOUNDING 1249 WOMEN TEST FOR CANCER IN ONE DAY



The Department once again received an overwhelming response from women to take charge of their health by screening for cancer. Women arrived in droves at the recent Pap Drive held by the Department at Othobathini CHC in Jozini, Umkhanyakude District recently. No fewer than 1249 women were screened for cancer in one day.

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. An instrument is placed into the vagina and cells are scraped off the surface of the cervix with a wooden spatula. The cells are 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. Although the Pap Drive

largely focuses on the importance of screening for cancer amongst women, it also encourages screening for other illnesses. Consequently men were also

welcome and 27 screened for prostate cancer and 55 were circumcised. 266 people screened for tuberculosis, 215 for hypertension, 201 for diabetes, 158 for mental health and 99 for HIV. 73 people had their eyes tested and 16 received spectacles as a result.



THUMA MINA:

LEADERS LED BY EXAMPLE AS THEY CLEANED UP PIETERMARITZBURG STREETS



KZN Government Heads joined forces to clean the streets of Pietermaritzburg in response to President Cyril Ramaphosa's latest "Thuma Mina" call. Leaders and employees of various Departments, including the Department of Health and the Department of Cooperative Governance and Traditional Affairs (Cogta), and the Msunduzi Municipality gathered outside the city hall before dispersing to different areas of the city centre to follow in the footsteps of the president.

President Ramaphosa recently

launched the Good Green Deeds Campaign in the Eastern Cape; a ground-breaking initiative that seeks to mobilise all sectors of South Africa to become environmentally conscious.

Acting Head of the KZN Department of Health Dr Musa Gumede said, "Today various governmental departments have taken an initiative to promote cleanliness in areas of living, especially in town. We, as the leaders, divided the city amongst ourselves to do that. I believe we've done a lot since we started this morning. We came across many alcohol bottles that

were discarded in the streets, rubbish thrown in areas without bins, along with weeds that were not supposed to be there."

Amongst other forms of pollution were the infamous illegal abortion advertisements that were pasted on walls throughout the city. When a woman was found distributing them, Dr Gumede and a police officer who was also part of the delegation, confronted her. They informed her of the illegality of her actions and requested the contact number of the doctor that she said she was working for. Dr Gumede then commissioned the present officer to

follow up on the case and advised cleaners to continue with their business.

"We were also startled to find that the business owners here do not have their own bins to dispose large quantities of waste to be collected by the municipality or private companies in the case that they require a special disposal system. For example, you find that salons are discarding hair in the streets, blocking the city drains. Therefore, we went into those stores and explained to them how they should operate and asked them to ensure that they have bins and make sure

they dispose of waste correctly."

Dr Gumede, amongst other leaders such as the MEC for Cogta Nomusa Dube-Ncube and the MEC for Health, Dr Sibongiseni Dhlomo, then ended the campaign by cleaning the main local taxi rank and urged members of the public to also ensure that they too respond to the #Thuma Mina call and take responsibility for the cleanliness of their own city.

DOH REGIONAL QUARTERLY REVIEW ROADSHOWS

A delegation consisting of employees from various components in the Department's Head Office has successfully embarked on a series of roadshows in all the districts in the province.

These roadshows were initiated from January this year by the Department's District Health Services component to improve the participation and understanding of each component's function and performance amongst district and health facility managers.

This is through unpacking each component's performance reviews to the districts, encouraging district and facility management to raise questions and issues related to their own area.

The roadshows were received positively by those in attendance such as CEOs, Medical Managers, Nursing Managers, Systems Managers, Pharmacy Managers, M&E Managers and Finance Managers.

The total number of attendees was as follows:

DATE	REGION	ATTENDEES
22/01/19	EThekweni iLembe	118
23/01/19	Umgungundlovu Harry Gwala Ugu	130
18/03/19	Zululand Umkhanyakude King Cetshwayo	75
19/03/19	Amajuba Uthukela Umzinyathi	50

The following provincial components presented at the roadshows:

- Human Resources Management Services on Audit Findings
- Infrastructure Development on Real Estate
- Legal Services on Contingent Liability
- Monitoring & Evaluation on Overall Performance & Complaints Management Evaluation Results
- Quality Assurance on Clinical Governance Policy
- Risk Assurance Management Services on Special Investigations, Risk Management & Internal Control

The selection of components that present at roadshows was

determined by Departmental priorities, district and provincial needs. In future, the roadshows plan to include community representatives such as clinic committees and hospital boards.

PROCESS FOR APPLYING FOR PERMISSION TO CONDUCT RESEARCH WITHIN THE KWAZULU-NATAL DEPARTMENT OF HEALTH

The Research Unit of the KZN Department of Health has issued guidelines that any individual who may wish to conduct research needs to follow.

SYSTEMATIC DETAIL OF THE PROCESS FOR CONDUCTING RESEARCH AT PUBLIC HEALTH INSTITUTIONS IN KWAZULU-NATAL TO ENSURE THAT THE PROCESS IS STREAMLINED AND EFFICIENT.

1. FINALISATION OF PROPOSAL

Develop the research proposal. Ensure that the proposal undergoes rigorous scientific evaluation and is approved by a scientific committee.

2. APPLY FOR ETHICS

Apply to an Ethics Committee registered with the National Health Research Ethics Council (NHREC). Get Provisional/ Full Ethics Approval.

3. SEEK INSTITUTIONAL SUPPORT

Approach the Manager at the institution/ Site at which you wish to conduct your study at. Provide details of your study so that they can provide you with a letter of support.

4. INSTITUTIONAL SUPPORT

1 - 3 Facilities > Individual Facilities
2 - 4 Facilities > District Manager
2 - 4 Districts Programme Manager

5. APPLY ON THE NATIONAL HEALTH RESEARCH DATABASE (NHRD) <http://nhrd.hst.org.za>

.Research Proposal // Ethical Clearance // Letter of Support // Clinical Trials // SAPHRA Approval (Full Provisional) // DOH Application Form & Checklist // Insurance Certificate // Dispensing License
NB NHRD Reference Number

6. PHREC APPROVAL

Takes 3 weeks. Letter is uploaded on NHRD. Go to "Manage Proposals" >>> "View Documents" >>> "DOH/ PHREC Approval"

7. FULL ETHICS APPROVAL

Submit your PHREC approval to your Ethics Office to obtain Full Ethical Clearance

8. BEGIN DATA COLLECTION

Report to the Institution at which you will be collecting data and begin data collection and analysis.

9. DISSEMINATION OF FINDINGS

>> Send electronic copy of report to HRKM
>> Present findings to research site/ Programme Managers
>> Inform participants of findings

FINISH!

Congratulations! You have successfully completed your research study.

CONTACT DETAILS:

HEALTH RESEARCH & KNOWLEDGE MANAGEMENT (HRKM)

TEL : 033 395 3189/ 3123/ 2805
EMAIL : hrkm@kznhealth.gov.za
WEBSITE : <http://portal.kznhealth.gov.za/components/sps/hrkm/SitePages/Home.aspx>

OUTGOING MS SHAMALA RAJAH LAUDED FOR HELPING TO STRENGTHEN INTERNAL SYSTEMS IN THE DEPARTMENT



Pictured: Ms Shamala Rajah

Ms Shamala Rajah, a Treasury employee and also a key member of the Intervention Team which was brought by Cabinet to the Department of Health, has put down her baton and bowed out of the public service. She has retired after 17 months of leading the Supply Chain Management team in developing and implementing a turnaround strategy.

Some of the successes recorded under her leadership include the implementation of cost-cutting measures through tighter control of the fiscus, to ensure that procurement spend is within the available budget. She also helped improve demand, inventory and contract management. These internal controls and systems have enhanced the effectiveness and efficiency of the Department. At a recent Management Committee (MANCO) meeting, officials of the Department conveyed their heartfelt gratitude to Ms Rajah for her sterling contribution. In echoing their sentiments, KZN Health MEC Dr Sibongiseni Dhlomo praised Ms Rajah for the wealth of knowledge and skills that she had brought to the Department.

"It's sad to bid farewell to a powerful resource such as Shamala. But the Department has been fortunate to benefit from her skills during the time she has been in our midst. We will tap on the knowledge we have gained from her and soldier on. We wish her well in her future endeavors," MEC Dhlomo said.

YOUNGSTER PLEASANTLY SURPRISED TO GET CIRCUMCISED BY MEC DHLOMO; URGES OTHER YOUTH TO GET CIRCUMCISED AND PRACTISE SAFE SEX



On 25 March 2019, Philani Thabethe (21) woke up with one thing on his mind: to finally get medically circumcised. But a pleasant surprise awaited him when he arrived at Othobothini Community Health Centre in Jozini: he found KZN Health MEC waiting to personally circumcise him.

by the community as its new name. KwaZulu-Natal has circumcised more than 1 million men, since the practice of medical male circumcision was revived by King Goodwill Zwelithini in 2009. While waiting to collect his painkillers, Thabethe said: "The circumcision went very well. I did not know the MEC was going to be there, so it was a pleasant surprise. I would like to encourage other young people to do it, because when you're circumcised you're protected from HIV infections and STIs. I urge those those who are not yet circumcised to do so, and for those who are circumcised to continue using condoms."

Thabethe said he was pleased that Government had built a state-of-the-art facility such as this, to improve the quality of – and access to – healthcare.

MEC Dhlomo congratulated the young man for deciding to get circumcised. He said he was pleased that the name of the health facility, which came from the local Nyawo kingship and from the Jozini Local Municipality, was welcomed by the community. The facility, with a comprehensive package of services, will be officially opened within the next two weeks.

The MEC had been attending the Department's "Pap Drive", which promotes the early detection of cancer through screening and testing. The MEC attended a meeting at the newly-built R250 million health facility, where "Othobothini" – the name of a local village - was unanimously adopted

PORT SHEPSTONE HOSPITAL MMC CAMP – A RESOUNDING SUCCESS



Pictured left: Prof. Nurse Nkithemba Sithole (PSH MMC Co-ordinator) preparing food parcels for the boys with Sihle Nyawuza >>> Picture 2 (right): Boys from local school waiting to do circumcision

Port Shepstone Hospital Male Medical Circumcision (MMC) Camp, which was held at the hospital, Clinical Teaching Hall recently was a resounding success with no fewer than 70 men and boys from Ugu district getting circumcised in one day. This campaign has

become one of the most recognizable activities which the hospital runs almost every quarter, assisting men to realise their healthy lifestyle goals.

The Management of Port Shepstone hospital would like to extend sincere gratitude to Professional

Nurse Nkithemba Sithole for co-ordinating the camp and to the JHPIEGO team (Johns Hopkins Program for International Education in Gynecology and Obstetrics) for conducting the circumcisions. The event would not have been such a huge success without their participation.

NORTHDALE HOSPITAL HOLDS AN OPEN DAY TO INFORM THE PUBLIC ABOUT HOSPITAL PROCEDURES



Pictured: Chaplain Mkhize and members of the community at a PHC stand

Last Wednesday Northdale District Hospital in Pietermaritzburg had an Open Day event to inform the public about hospital procedures, as well as its achievements, and how current challenges may be overcome. In attendance were mainly community leaders, patients and ordinary citizens. At the event the

attendees also had an opportunity to ask questions and give comments about the hospital.

The hospital Chief Executive Officer, Mrs Buhle Maphanga, shared an overview of the hospital which included the services that are provided, the hospital being recognized as a center of excellence in the KwaZulu-Natal

Province for Male Medical Circumcision. She also alerted the community about the need to accurately relay their next of kin in patient documents and to visit their local clinics first before visiting the hospital. This would greatly decongest the hospital, especially if chronic patients also registered for the Centralised Chronic Medicines Dispensing and Distribution (CCMDD) programme. CCMDD permits patients to collect their medication at local pick-up-points instead of travelling to far facilities.

The community members encouraged one another to use local health facilities and abide by the hospital efforts which are meant to assist them with faster service and decongest the hospital.

The community was urged to share its suggestions; complaints and compliments with the hospital through the Public Relations Officer and senior staff in charge of certain departments within the hospital.

The Open day also included an exhibition stand that depicted the various services offered at the hospital.

MEC DHLOMO'S "MY JOURNEY TO ROBBEN ISLAND" BOOK IN HIGH DEMAND

NEARLY 200 COPIES SOLD ON THE FIRST NIGHT: NEW ORDERS STREAMING IN



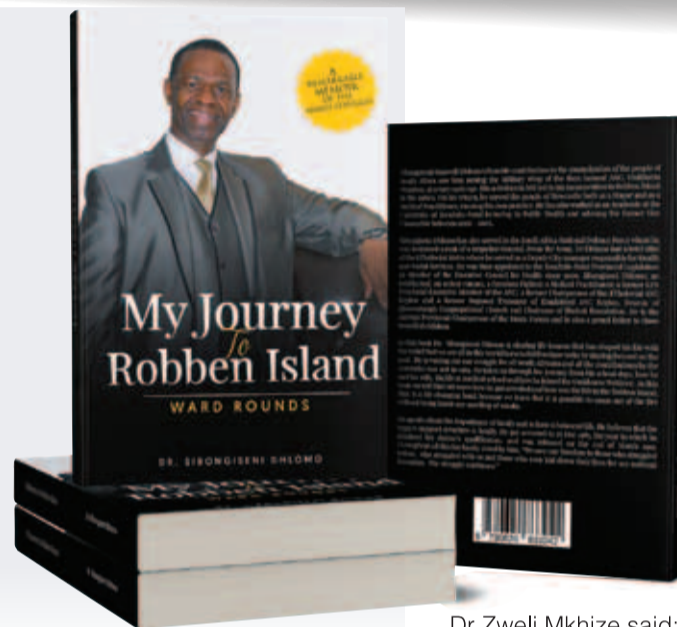
THE launch of KZN Health MEC Dr Sibongiseni Dhlomo's book was a moving occasion, filled with tear-jerking stories about lives torn apart by the grinding apartheid system; the massive human expense of fighting it; and an undying commitment to political freedom by many unsung heroes.

The launch, which saw nearly 200 copies being sold in one night, took place at the University of KwaZulu-Natal's Nelson R Mandela School of Medicine, a familiar venue for the varsity's alumni in the audience. Among the guests were Minister of Cooperative Governance and Traditional Affairs (Cogta) Dr Zweli Mkhize and his wife Dr May Mkhize; Transport Minister Dr Blade Nzimande and his wife Ms Phumelele Nzimande; Deputy Minister of Agriculture, Forestry and Fisheries Mr Sifiso Buthelezi; and Deputy Health Minister Dr Joe Phaahla. Also in attendance was Rev Aiken Zondo, father of liberation hero Mr Andrew Zondo - who was hanged at the tender age of 20 in 1986, in connection with a bombing at

Amanzimtoti.

My Journey to Robben Island is a brilliant, emotion-charged and important read. It charts Dr Dhlomo's early rise from a poor home in Umbumbulu; his time at KwaDlangezwa High School; and his enrolment at the then University of Natal "Black Section." It chronicles Dr Dhlomo's recruitment into the ANC's military wing Umkhonto WeSizwe, and his role in guerilla activities that led to Durban at one point being labelled in newspaper headlines as "The Most Bombed City" - for which he was exonerated by the Truth and Reconciliation Commission.

We get to read about his arrest on Christmas Day in 1985, six days before he was due to start his medical internship at Edendale Hospital - after he had already told his elderly father to retire from work so that his proud son, now a doctor, could support him. Dr Dhlomo was eventually sentenced to 10 years' imprisonment, of which he served four, before he was released on 21 March 1991, Sharpeville Day, which was subsequently renamed Human Rights Day by the democratic government.



There are soul-stirring and eminently remarkable tales about the bravery of young people; the betrayal of the Struggle by some; and absolute loyalty to the cause - such as that which saw Andrew Zondo opting to get hanged alone instead of acceding to an offer from the Security Branch to testify against his comrades.

The book also highlights the sheer courage and resilience of Dr Dhlomo's wife, young nurse Nono MaDlamini from Dambuza in Pietermaritzburg, and how she married a trialist, during a court break, who had already been convicted of terrorism. Instead of going on their honeymoon, the groom went back to prison, while the bride went home to look after the couple's four year-old daughter. It also follows his interactions with - and lessons drawn from - luminary Robben Islanders such as Govan Mbeki, Harry Gwala, Matthews Meyiwa, John Mabulala Nene, Elias Motsoaledi, Truman Magubane and Gen. Gizenga Mpanza.

The book then delves into how Dr Dhlomo had to piece his life together after his release, and follows his re-entry into politics, which culminated with him becoming the mayor of Newcastle District Municipality; a key leader at the SA Military Health Service; a Deputy City Manager at eThekweni Municipality, and ultimately, the MEC for Health in KwaZulu-Natal.

Reflecting on the launch of My Journey to Robben Island yesterday, former KZN Premier and lifelong family friend of the Dhlomos

book should have been, My Journey to Robben Island With Many More Others. I stand on the shoulders of giants who came before me and led me. We are humbled by the leaders who came before us. I have written this book for those who will come after us to reflect on the ANC being the leader of society. I'm one of those people who were bruised while I was in the ANC.

People sold out, but I never had any ill feelings about the ANC. So, I want to say that people must move beyond anger and frustration. At any given time you might be in the ANC and see a leader in front of you doing something you don't like. You must say you are part of the movement that is leading society. Of course mistakes will happen. But there's no mistake by any leader of the ANC that should make us lose focus and our love for the ANC."

Dr Zweli Mkhize said: "The book tells you the story of young people who during the apartheid days had to take huge decisions that, basically, were about choosing the country ahead of their own lives. They went all the way to serve and fight in the struggle for this country to be free.

I think that Dr Dhlomo has been successful in telling the story, because it gives a context of all the challenges that we faced, all the sacrifices that we had to go through, and the numbers of people that we had to lose in the process, probably unnecessarily, but, of course, because of the intensity of the struggle.

So, I believe that it's a kind of story that young people must read. It will also help a lot of us to understand the context of what it means to have a free and democratic South Africa; what it means to be participating in the elections... and some of the choices that young people many years ago did not have, but are now open to all our people... including the Constitution that guarantees our rights. All of this was fought for by young, ordinary South Africans who did so knowing that they could lose their lives in the process. So, we say well-done to Dr Dhlomo. We congratulate him."

Dr Dhlomo said he was extremely humbled by the public's response to the book launch, and thanked his political home, the ANC, and all the people who have helped mould him into the person that he is. "I'm who I am today because of the contribution that the ANC made in my life. In fact, the right title for the

My Journey to Robben Island will be available from Adams, Exclusive Books and Amazon, from Monday, 25 March 2019.

In the meantime, you can also order a copy by sending an email to:

**snedhlomo@yahoo.com
or linda76@gmail.com
with your telephone
contact details.**



60 YEAR-OLD STRUGGLE VETERAN THANKS MEC FOR BRAND NEW R500 000 HOUSE AND 10 LIVE GOATS



Sixty-year-old Gayinkani Mkhwamubi earned the nickname Mabhubhisa (The Destroyer) for his antics as an Umkhonto WeSizwe (MK) guerilla during the Struggle against apartheid, which ultimately saw him convicted for terrorism and sentenced to 10 years' imprisonment in 1986.

However, when he was released from Robben Island in 1991 after serving six years, he found life tough, partly due to his lack of formal education. With no income, Mabhubhisa has until recently been living with his four children and two grandchildren in a small, dilapidated mud dwelling in the Mzondi area of Jozini, on the far north of KwaZulu-Natal.

But, after the plight of his fellow Robben Island inmate was brought to his attention, KwaZulu-Natal Health MEC Dr Sibongiseni Dhlomo sprung to action and sourced assistance from businessman S'bu Ngubane. The result is a spanking new, three bedroom house that cost R500 000, and has brought back dignity to the former Umkhonto WeSizwe combatant. This comes just days after the country commemorated Human Rights Day on 21 March 2019.

Upon receiving the keys to his house on Sunday, Mabhubhisa danced in celebration before proudly leading throngs of guests into his house. "I am very excited about receiving this house. I've now

realised that my struggle was not in vain. I thought they would only thank me after I'm dead. This makes me realise that the ANC is really working. My new house is beautiful and has three big rooms."

Mr Ngubane, who says he has put more than 1500 children through school and tertiary education, said he was pleased at getting the opportunity to once again make a difference in someone else's life, by building the house. He said the goats were bought by his brother-in-law Mr Kwazikwenkosi Magcaba, to help Mabhubhisa earn a living. Mr Ngubane called on other business people who have the means to come to the aid of those who are less fortunate.

MEC Dhlomo said he was pleased that Mabhubhisa finally had a house that he can be proud of. "It was quite emotional to officially hand over this house to Mabhubhisa. One of my dreams, and things that are close to my heart, is to give support to our fellow political prisoners and MK soldiers who are struggling. Mabhubhisa received this house with the support that we got from a very progressive businessman S'bu Ngubane of KwaMyaluza, to whom we are very grateful. It's opportune for him to receive it just days after Human Rights Day, as it brings back the dignity and respect to him as a man, to his children, and in the community where he belongs. We congratulate him, and thank those who have supported us. It is

something that must always be supported, that is very noble... to make sure that those who are very needy, but have contributed so much to our struggle, are supported in bringing back their dignity and respect. This gesture will go a long way towards bringing back dignity to Mabhubhisa."

ETHICS: PROFESSIONALISM AND ETHICS IN NURSING

Nurses are the first entry point into the health system and they are expected to portray the positive image of the Department of Health. Nursing is emotionally demanding, and nurses have to form relationships within a sensitive and often chaotic context while upholding the ethical codes of the profession (Smith, 2019). The International Council of Nurses code focuses on how nurses relate with patients, clients, co-workers, respect of human dignity and ensuring that they practice within the acceptable standards of care. Nurses are expected to act in a manner that shows justice, impartiality at all times and be able to stand for the rights of all the patients without any discrimination.

However, there are areas in the nursing profession that depict a lack of professionalism and ethical culture. The policy on Professionalism and Ethics in Nursing, which was recently approved, seeks to highlight standards of professionalism, ethics and professional conduct of nurses.

The objectives of this policy are:

- to ignite the sense of pride, confidence and passion in nurses
- to inculcate a culture of responsibility and accountability in the nursing profession.
- to provide a modern vision of ethics, professionalism for nurses

LET'S CONNECT: LIBRARY AND WEB

DO YOUR GOOD GREEN DEED BY RECYCLING PRINTER CARTRIDGES

You will find a collection box at the Head Office Library for the recycling of printer cartridges.

In 2006 an arrangement was reached between the DoH and QuadPara Association of SA for the collection of all used ink and laser cartridges.

The printer cartridges collected by GreenOffice are recycled and used to generate much needed funds for the QuadPara Association of SA.

Do the right thing and recycle printer cartridges!



TEST YOUR TB KNOWLEDGE

As the world commemorated World TB Day on 24 March, test how much you know about tuberculosis with this World Health Organization quiz:

1. Tuberculosis (TB) is caused by a virus	TRUE	FALSE
2. People who use drugs who are HIV negative are at an increased risk of tuberculosis?	TRUE	FALSE
3. Tuberculosis only affects the lungs.	TRUE	FALSE
4. Tuberculosis is preventable and curable for people living with HIV?	TRUE	FALSE

Answers

1. False. TB is caused by a bacteria. 2. True. People who use drugs who are HIV negative are at increased risk of tuberculosis 3. False. TB usually affects the lungs but it can spread to other body parts 4. True. TB is indeed treatable and curable, even in

people living with HIV. If you have been diagnosed with TB, it is extremely important to adhere to the TB treatment schedule.

IMPORTANT DATES

- Opening of Umlazi K Clinic at eThekweni >>> **02 APRIL 2019**
- Hospital Boards Recognition at eThekweni - IALCH >>> **05 APRIL 2019**
- Healthy Lifestyle Event at Ilembe - Stanger High School Sports Ground >>> **05 APRIL 2019**
- Radiography Manager's Forum - TBC >>> **25 MARCH**
- Primary Health Care Conference - TBC >>> **05 APRIL**
- Primary Health Care Conference - TBC >>> **05 APRIL**
- Good Friday >>> **19 April 2019**
- Freedom Day >>> **27 April 2019**



GALLERY

THUMA MINA CLEAN UP CAMPAIGN @PIETERMARITZBURG →





health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

**CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)**

Tel: 033 395 2547 **OR** 033 395 2653 | Fax: 033 342 9477

**SEND STORIES YOU WOULD LIKE TO FEATURE ON THE KZN HEALTH CHAT BULLETIN TO:
healthchatbulletin@kznhealth.gov.za**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health