

## KZN HEALTH MEC ANNOUNCES **TWO SUSPENSIONS;** REDEPLOYMENT OF ACTING CEO AT NORTHDALÉ HOSPITAL, FOLLOWING THE DEMISE OF A PATIENT



**KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has announced the immediate suspension of the Medical Manager and Nursing Manager at Northdale Hospital; as well as the redeployment of the acting CEO (who has been on sick leave for more than two weeks), to her original position as a maternal health specialist.**

The precautionary suspensions are to allow for an investigation into the demise of a 67 year-old man in a hospital ward in the early hours of Saturday morning (01 August 2020), after he had reportedly received medical treatment in a partially covered flu clinic on the hospital's parking lot.

Following the incident, the MEC has issued an instruction to the Head of Department Dr Sandile Tshabalala to institute an independent investigative team to probe the incident.

The MEC has also given a directive for the urgent installation of a temporary structure at the hospital, with adequate heating - which was erected this Wednesday - while the Department's Infrastructure Development Unit fast-tracks the establishment of a more solid structure.

The investigative team, from the University of KwaZulu-Natal, has already begun its work, and is expected to produce a report by Friday and make recommendations.

continued on page 02 >>>

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

Furthermore, the Department has embarked on an audit to determine the suitability of its flu clinics at other hospitals.

MEC Simelane-Zulu, who convened an urgent meeting about the matter on Tuesday, says urgent and decisive action is needed in such cases in order to send a strong message to managers who apparently abdicate their duties.

Speaking at Northdale Hospital on Tuesday evening, MEC Simelane-Zulu said: "Firstly, we send our condolences to the family. We are saddened by the circumstances under which

their loved one passed away.

"In the province of KZN, we have more than 70 hospitals. All of them were given a directive to establish flu clinics to help screen patients for COVID - 19. They were even informed that if they could not identify the relevant section within the hospital... because some of our hospitals have spatial challenges... they could take money from their budgets and set up a temporary structure in order to ensure that there's space to put in patients for triaging.

"Many of our hospitals have done that. The problem that we're having here at Northdale is that you have people who are employed to do a job, but they do not. They wait for others higher up to do their work. You get to the facility and find that management does not see anything wrong with having a tent with open spaces at the top, which lets in air.

"In a setting such as this, it is not only patients who are compromised, but staff as well, because they work through the night.

"It is unacceptable for managers to look for excuses as to why certain things cannot be done. And when you ask them why if they had challenges, these were not brought to the attention of the Department, they are unable to answer.

"We are supposed to be hospitable to our patients. I do not understand why people are called managers when they do not manage?"

The Department will announce findings of the investigation in due course.

# NATIONAL HEALTH MINISTER IS OPTIMISTIC ABOUT SA'S COVID-19 RECOVERIES

National Health Minister Dr Zweli Mkhize expressed his optimism over his observations of the country's COVID-19 statistics at a media briefing earlier this week. Speaking about the trajectory of the virus, Dr Mkhize said there have been reduced hospital admissions and Persons Under Investigation presenting at health facilities; that the country has not breached hospital capacity; and that despite the surge, we have not seen a significant increase in deaths.

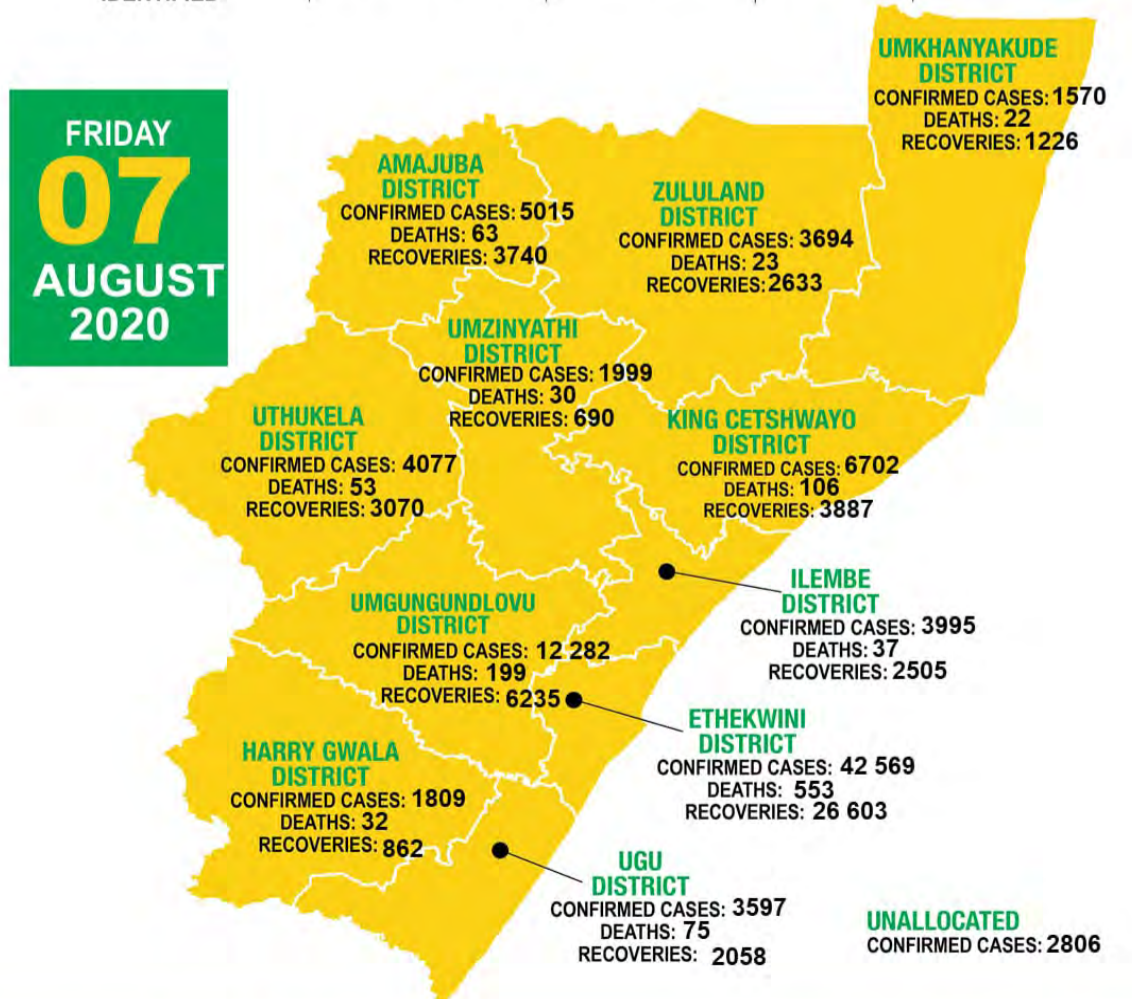
Developments in treatment have also reduced the mortality rate of those admitted to ICU with COVID-19 illnesses. Studies show that ICU mortality has been

reduced by about 25% since the introduction of dexamethasone on June 16 and that ICU survival rates showed dramatic improvement to about 30-40%.

## COVID-19 STATISTICS IN KZN

|   |   |   |   |   |
|---|---|---|---|---|
|  |  |  |  |  |
| <b>90 115</b>   | <b>35 413</b>   | <b>53 509</b>   | <b>1193</b>   | <b>2398</b>   |
| POSITIVE CASES IDENTIFIED   | ACTIVE CASES  | RECOVERIES  | DEATHS  | NEW CASES   |

FRIDAY  
**07**  
AUGUST  
2020



**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# HEALTH MINISTER GIVES KZN THE THUMBS UP



Health Minister Dr Zweli Mkhize has heaped praise on the KZN Department of Health for managing to create capacity expeditiously, to help the province cope with the COVID - 19 epidemic.

The Minister was on a two-day visit to KZN to inspect the province's state of readiness this week. The Minister's tour kicked off at Edendale Hospital, where he expressed his satisfaction with the standard of the flu clinic. He then moved to Richmond Hospital, which has, within just months, been converted from a TB facility into a state-of-the-art COVID - 19 hospital with a total of 95 beds for quarantine and isolation. Briefing the media, alongside KZN Health MEC Ms Nomagugu Simelane-Zulu, the Minister

pleaded with all people who have symptoms of COVID - 19, particularly the elderly, to immediately visit their nearest health facility, before complications set in. He also urged those who test positive to rather get themselves admitted at health facilities than self-isolate at home, saying that this is a better and much safer approach.

The Minister also visited the newly-revamped Clairwood Hospital in Durban as well as numerous other COVID - 19 facilities.

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# INTERVENTIONS TO ENSURE THE SAFETY OF HEALTHCARE WORKERS

National Health Minister Dr Zweli Mkhize has this week made some bold announcements regarding additional interventions which will ensure the safety of frontline health workers. He outlined them as follows:

1

He ordered an investigation into allegations that a doctor at the George Mukhari Academic Hospital, who died from COVID-19 related illnesses recently, did not have adequate personal protective equipment to prevent contracting the virus.

3

As part of improving the records of COVID-19 related deaths, Mkhize announced that government now requires all sudden deaths and those that occur at home have specimens taken for COVID-19 before a death certificate is issued.

2

Provinces have also been instructed to ensure that the Occupational Health and Safety Committees are established and psychosocial counseling to deal with the trauma experienced by health care workers is made available.

4

To bolster South Africa's response to the virus, the WHO sent 43 senior experts to advise on strategies and provide input on decisions the Department has taken thus far.

“

*We can never over-emphasize the importance of good human behaviour and the impact it can have on flattening the curve. The containment measures being implemented are assisting, however, we must not be complacent. The real risk of experiencing the second wave of the pandemic remains; so containment measures must never be abandoned. Until we are completely safe, we will keep reviewing restrictions and, if necessary certain restrictions will still remain in place,*

*Mkhize said.*

”



PHOTO: SOURCED-NDOH/TWITTER

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# TIME TO PROTECT WOMEN NOW AND BEYOND COVID-19



It's time for Women "Amakhosikazi, Basadi, Amanina" of South Africa, young and old, to "Take up Space and advance today's struggle against today's socio-economic ills. The spotlight is on women this month (August), also known as Women's month and the National Women's Day commemoration is only a few days away on Sunday the 09th of August 2020.

"Generation Equality, Realising Women's Rights for an equal society now".

This is the theme of the month which will set the tone for dialogues on a myriad of topics which need their attention and concerted efforts to resolve. This is an opportune moment for women to delve deeper into important issues and emulate the spirit of the women of 1956 who marched to the union buildings to fight for their rights.

On August 9, 1956, over 20,000 women of all races attended a march to the Union Buildings in Pretoria to protest against the Urban Areas Act of 1950 amendments. The law required all South Africans defined as "black" to carry an internal passport that served to maintain segregation, control urbanization, and manage migrant labour during the apartheid.

It was a peaceful protest but it made a difference, the day brings attention to the issues women faced then and still face today, including domestic violence, workplace sexual harassment, unequal pay etc.

The struggle for health needs women to take lead and become health champions for their families, communities and society. With women playing a more active role, we'll stand a better chance to

win the fight against the burden of disease, including the fight against COVID-19.

#ItsInOurHands

**Women's month**

**"Generation Equality: Realizing women's rights for an equal society now."**

**#WomensMonth2020**

**LIVE STREAMING**

www.facebook.com/KZNGOV  
www.twitter.com/KZNGOV  
youtube.com/kznonline

**Ms Nomagugu Simelane-Zulu**  
MEC for Health

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# WOMEN: OUR ROCKS AND NATIONAL FLOWERS



## WARRIORS

Although women are perceived as the gentle sex, women can also be fierce. Many women in history have been leaders of political revolutions and changed the discourse of countries. Today women are still breaking records in politics, sports, business, science and other fields.

To those who oppose us, we say, 'Strike the woman, and you strike the rock.'

-Winnie Madikizela-Mandela  
(anti-apartheid activist and politician)

## EMPOWER

Women are known for their power with words; power to edify or to break down. Shakespeare, myths and even biblical stories tell of the impact that women's words can have. Women use their words to empower their spouses, friends, children, and other family members to rise above their circumstances to attain great achievements.

Leadership is about making others better as a result of your presence, and making sure that impact lasts in your absence.

- Sheryl Sandberg (COO, Facebook)

## OVERFLOWING

Women have big hearts overflowing with forgiveness and compassion. Mother Theresa, Oprah Winfrey, and Florence Nightingale are some of the most famous icons of compassion in the world, displaying the ability of women to give to others.

Women are the people who are going to relieve us from all this oppression and depression.... It is the women who are on the street committees educating the people to stand up and protect each other

-Albertina Sisulu (anti-apartheid activist)

## NURTURE

Almost everyone has had the privilege of being nurtured by their mother, aunt, or grandmother growing up. Women tend to be natural nurturers who have a warm way with children and adults alike.

One of the criticisms I've faced over the years is that I'm not aggressive enough or assertive enough or maybe somehow, because I'm empathetic, it means I'm weak. I totally rebel against that. I refuse to believe that you cannot be both compassionate and strong.

- Jacinda Ardern (Prime Minister of New Zealand)

## MINISTER

Walking up and down and ensuring that everyone's needs are met at a typical family gathering will be a woman. Women serve.

Minister to the world in a way that can change it. Minister radically in a real, active, practical, get your hands dirty way

- Chimamanda Adichie (author and speaker)



**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# HEALTH BATTLE FOR WOMEN, COMMON DISEASES AND DIET



## Non-communicable diseases:

In 2012, some 4.7 million women died from non-communicable diseases before they reached the age of 70 —most of them in low- and middle-income countries. They died as a result of road traffic accidents, harmful use of tobacco, abuse of alcohol, drugs and substances, and obesity. Eat healthy and exercise to curb many types of illnesses.

## Cancer:

Two of the most common cancers affecting women are breast and cervical cancers. Detecting both these cancers early is key to keeping women alive and healthy. The latest global figures show that around half a million women die from

cervical cancer and half a million from breast cancer each year.

## Reproductive health:

Sexual and reproductive health problems are responsible for one third of health issues for women between the ages of 15 and 44 years. Unsafe sex is a major risk factor – particularly among women and girls in developing countries.

## Maternal health:

In 2013, almost 300 000 women died from complications in pregnancy and childbirth. Most of these deaths could have been prevented, had access to family planning and to some quite basic services been in place. It is important to attend antenatal check-ups to detect any potential medical issues with both mum and baby.

HIV & STIs: Three decades into the AIDS epidemic, it is young

women who bear the brunt of new HIV infections. Too many young women still struggle to protect themselves against sexual transmission of HIV and to get the treatment they require. This also leaves them particularly vulnerable to tuberculosis - one of the leading causes of death in low-income countries of women 20–59 years. Young women are urged to access the multiple contraceptive options and condoms available to women at health facilities.

## Mental health:

Evidence suggests that women are more prone than men to experience anxiety, depression, and somatic complaints – physical symptoms that cannot be explained medically. Depression is the most common mental health problem for women and suicide a leading cause of death for women

under 60. Visit your nearest health facility or contact a non-profit organisation near you for help.

## KEEPING HEALTHY

Women process some substances differently and burn fewer calories at rest and during exercise than men do. Essentially, it is easier to engage in an exercise routine to burn calories and to get into a good shape, if you start by jogging or running shorter distances and even walking can be the easiest way to start your exercise without straining your muscles. Getting yourself into different exercises and warm up to get you started and followed by exercising your different parts of your body on different days to avoid getting your whole body to give you pain.

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# 3 SIMPLE TIPS TO EATING HEALTHY



## MAKE THESE THREE SIMPLE CHANGES:

1

Often when we think of changing our eating habits we imagine tasteless food or our bank accounts being emptied in a day. Conversely, healthy eating can mean minor changes to your food preparation.

### Less Oil

Meat lovers can breathe a sigh of relief. You can still enjoy chicken, beef, fish and other meat by roasting or grilling instead of frying it in oil. Also limit your consumption of takeaways since they usually consist of the worst kinds of fat and oil.

### Why?

Excessive saturated fat and trans-fat consumption leads to a higher risk of heart disease and stroke. Trans-fat may occur naturally in certain meat and milk products, but the industrially produced trans-fat (e.g. partially hydrogenated oils) present in various processed foods is the main source.

2

### Less Salt & Sugar

Most of the food we eat already has salt or sugar in it and so adding more is not necessary or should be done minimally. Gradually decrease your salt and sugar intake and you'll be amazed how your tongue can get used to the new taste. You may also use healthier alternatives such as honey or having fruit when craving something sweet instead of processed food.

### Why?

Excess sodium is linked to adverse health outcomes, including increased blood pressure while excess sugar can cause Type 2 diabetes and dental issues. WHO recommends less than 5g of salt and "less than 10% of total energy intake" of sugar per day.

3

### Add More Vegetables

Eat more vegetables than starch which is found in food such as rice, pap, pasta and bread. You can either plant your vegetables or purchase affordable options such as spinach, carrots and cabbages. Avoid overcooking your vegetables as this can lead to the loss of important vitamins.

### Why?

Vegetables have many disease-fighting properties which means the prevention of many non-communicable diseases that are usually linked to unhealthy eating habits.

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth



# IN AN ABUSIVE RELATIONSHIP? GET HELP TODAY.

The World Health Organisation (WHO) recognises that stress, the disruption of social and protective networks, loss of income and decreased access to services can worsen the risk of violence against women.



**Mrs Sally John**  
Counselling Psychologist  
McCord hospital

Mrs Sally John shares how you can stay safe if you're starting to feel uneasy in your relationship, and the steps you can take to escape once and for all.

People all over the world are trapped inside with an abuser. Being stuck indoors with your partner can reveal toxic dynamics that were previously ignored.

Therefore, It is important to know the warning signs of an abusive relationship so that you can keep yourself safe and get out before serious mental or physical injuries occur.

Don't be trapped by confusion, guilt, or self-blame. The only thing that matters is your safety. You can make the decision to leave an abusive relationship.

## Tips to escape an abusive relationship

1. Acknowledge the existence of abuse.
2. Reach out for help.
3. Make every effort to address the underlying

issues that led you to being in a dysfunctional relationship.

Most common thing you hear from survivors of domestic violence is this: **"He/she wasn't always like this."** or **"How did I not see this coming?"** These two statements are very central to the cycle of violence and the common thread running through many abusive relationships

The victim needs to communicate with those who they trust and will help them to take necessary action to alleviate the situation. This can be friends and family members as well as institutional help such as police and other organized bodies which help victims of abuse.

President Cyril Ramaphosa has also extensively spoken against women abuse and

Government's Gender Based Violence Command Centre. This Centre is a 24hr/7days-a-week call centre facility which operates under the Department of Social Development. The facility employs social workers who are responsible for call-taking and call referrals.

Its emergency number is **0800 428 428**. This is supported by a USSD, "please call me" facility: **\*120\*7867#**. A Skype Line **'Helpme GBV'** for members of the deaf community also exists. (Add 'Helpme GBV' to your Skype contacts) as well as an **SMS Based Line 31531** for persons with disabilities (SMS 'help' to 31531).

The Centre is able to refer calls directly to SAPS (**10111**) and field social workers who respond to victims of GBV.

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# HOW TO PRACTISE SAFE STEAMING AT HOME

Steam inhalation, also commonly known as steaming, has been around for many generations and is one of the most widely used home remedies to help soothe and open the nasal passages, and while it might not get rid of Covid-19 or the flu, it may be able to provide relief from the symptoms.



## Benefits

Steaming has an array of benefits, ranging from relief of flu symptoms to hydrating the skin. Benefits could include:

- Providing relief from the common cold/flu
- Providing relief from sinus infections, bronchitis and nasal allergies
- Cleansing and hydrating the skin
- Promoting circulation
- Providing a calming and soothing effect
- It is accessible and affordable

## How

Steaming is the process of inhaling water vapour, the moisture and warmth of the air works to loosen the mucus in the lungs, throat and nasal passages.

This is what you will need to steam:

- A large bowl/basin
- Water
- A towel
- Essential oils such as tea tree, eucalyptus or peppermint (optional)

## The process:

1. Heat water bringing it to a boil and carefully pouring it into the bowl/basin.
2. If you are using essential oils, pour a few drops into the water.
3. Drape the towel over the back of your head and set a timer (Do not steam for longer than 10 minutes).
4. Close your eyes and slowly lower your head toward the hot water until you're about 20-30 centimeters away from the water.
5. Inhale slowly and deeply through your nose for at least two to five minutes. While steaming is considered a

safe home remedy practice if done correctly, it is also easy for one to hurt themselves if they are not careful. Therefore it is important to follow a few safety measures when steaming to avoid burns such as making sure you keep the bowl of hot water away from children and/or pets, not leaning on the bowl, making sure your face is at a safe distance away from the bowl, and making sure the bowl is on a flat and sturdy surface and cannot be knocked over.

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# RHEUMATIC FEVER AND RHEUMATIC HEART DISEASE AWARENESS WEEK

The first week of August (3-9 August 2020) in South Africa is always observed as Rheumatic Fever and Rheumatic Heart Disease Awareness Week and it is aimed at raising awareness of the disease, its symptoms, diagnosis, treatment and prevention.



## What is Rheumatic fever and rheumatic heart disease?

Rheumatic fever is an inflammatory disease that can develop from an untreated strep throat as a result of a streptococcus bacterial infection. It is a serious immune disease that can affect different areas of the body, including the joints, heart, skin, the nervous system and the brain.

Rheumatic heart disease is a complication of rheumatic fever, in which the heart valves are becoming narrower or weaker making it harder for the heart to function normally.

Rheumatic fever can occur at any age, but it commonly affects children aged 5-15 years old.

## Symptoms

Symptoms of acute rheumatic fever may include:

- Fever
- Sore throat
- Joint pain
- Skin rash
- Nodules (lumps under the skin)
- Feeling sick
- Weakness
- Changes in mood

Symptoms of rheumatic heart disease may include:

- Shortness of breath
- Chest pain
- Swelling
- Heart palpitations
- Stroke
- Fainting

## Diagnosis

There are a number of ways one could diagnose rheumatic heart disease and they include:

- Physical examination – such as looking at rashes/nodules on the body.
- Echocardiogram (echo) – a test that uses sound waves to produce live images of the heart, this allows for heart and valve function to be monitored.
- Electrocardiogram (ECG/EKG) – a test that measures your heart's electrical activity.
- Chest X-ray – an X-ray may need to be done to check your lungs to see if your heart is enlarged.
- Cardiac MRI – this is a test that takes detailed pictures of the heart.
- Blood tests – certain blood tests may be used to look for an infection or bacteria that might be present.

## Treatment

- **Antibiotics** – Antibiotics can usually treat strep infections and keep rheumatic fever from developing. Penicillin is the most commonly used and is usually given in the form of an injection spanning over every 3-4 weeks.
- **Blood thinners**
- **Regular checkups**
- **Surgery**

Rheumatic heart disease can be prevented by treating strep infections with antibiotics when they occur. It is important to finish prescribed antibiotics even when feeling better. The awareness of such conditions needs to be raised as educating ourselves about the condition and taking necessary steps to prevent it from worsening plays a role in its eradication.

**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

# KZN HEALTH IN PICTURES

## MINISTER'S VISIT



**GROWING  
KWAZULU-NATAL  
TOGETHER**



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**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](mailto:healthchatbulletin@kznhealth.gov.za)

