



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

HEALTH *Chat* BULLETIN

APRIL 2023 / MAY 2023



INTUTHUKO “NGQO” KUBANTU!!!

**KWAZULU-NATALI...
ASISHIYI MUNTU
NGAPHANDLE**



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

- KwaZulu-Natal Department of Health
- KZN Department of Health
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BACHAZWE njengamaqhawe akhathalela impilo nenhlalakahle yomphakathi ngaphandle kokuzibeka wona kuqala abahlengikazi baKwaZulu-Natali ngesikhathi kubungazwa usuku olukhulu lwabahlengikazi emhlabeni jikelele, emcimbini obuseMlazi.



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INTUTHUKO “NGQO” KUBANTU!!!

**KWAZULU-NATALI...
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NGAPHANDLE**



UHULUMENI wakwaZulu-Natali unochungechunge lwezinhlelo zokusondeza izinsiza kubantu, nokuthuthukisa impilo jikelele kwizakhamuzi zakulesi sifundazwe esihle nesikhulukazi.

Nanka amazwibela alezi zinhlelo ngasohlangothini lwezeMpilo:

UKWAKHIWA KWEMITHOLAMPILO EWU-11

Sizokwakha imitholampilo eyi-11

Sesiyaziphothula izinhlelo zokwakhiwa kwemitholampilo emisha ceke ezolekelela ekutheni iziguli ziqale zibonwe khona uma zigula, lemitholampilo izoqala ukwakhiwa ngo Ncwaba (August) 2023. Lokhu kusho ukuthi esifundeni ngasinye kuzokwakhiwa umtholampilo.

Sikholwa ukuthi eThekwini kunesidingo sokwakha isibhedlela esincane (Community Health Centre) ukuhlinzeka abantu baseMbumbulu kanye nezindawo ezisondelene nayo ngezinsiza zezeMpilo. Kanjalo naseMtubatuba nakhona sizokwakha i-Community Health Centre

ngoba sizizwile izikhalo zomphakathi ngokuntula kwawo isikhungo esifana nalesi. Sisazozimemezela izindawo esizozakhela lemitholampilo. Sifuna ukuqinisekisa leyo miphakathi okudala isicela imitholampilo ukuthi sikuzwile ukukhala kwayo, futhi nakuyona siyogcina sifikile.



“ABSOLUTELY!!!” I-KZN HEALTH CHAT IKUTHATHA IKUBEKE NGEZIHLABAHLOSILE EMKHAKHENI WEZEMPILO



Sinohlelo oluyintandokazi, futhi oluwumthombo othembekile wazo zonke izindaba ezihlabahlosile zezempilo, i-KZN Health Chat, engena bukhoma njalo ngoLwesihlanu emini.

Lolu hlelo luhambela zonke izifunda, kanti lubeka uNgqongqoshe wezeMpilo uNksz Nomagugu Simelane estikini ukuze aphendule yonke imibuzo eqhamuka kumalunga omphakathi. Uhlelo lwethu luba nezihambeli eziphuma emikhakheni eyahlukahlukene ngaphansi koMnyango wezeMpilo,

kanti lushayelwa wuNtokozo “Absolutely!!!” Maphisa. Siyajabula ukubika ukuthi loluhlelo selwenze omkhulu umehluko kubantu besifundazwe ngokubagqunguzela ukuba bavikele izifo, bathathe izinqumo eziphusile ngasohlangothini lwezeMpilo, bazijwayeze ukuhlolwa ngisho bengaguli, futhi basheshe basondele emtholampilo uma bengaphilile. Lokhu kusiza ngokuba izifo zisheshe zinqandwe uma zikhona. Lolu hlelo aluhlungi muntu ongena emoyeni, luvumela noma wubani ofisa ukungena emoyeni

azibuzele noma yini kwiziphathimandla njalo ngeviki.

Lutholakala ezinkundleni zokuxhumana ngaphansi kwamakhasi oMnyango wezeMpilo asemthethweni, ku-Facebook naku YouTube, kanti luphinde ludlale kumabonakude waKwaZulu-Natal i-1KZNTV njalo ngoMgqibelo kusukela ngo-14H30-15H30. Ngamasonto uzoluthola kahle kakhulu laphaya kwiVuma FM, usithole kahle kakhulu nakuKhozi FM ngeSonto kusukela ngo-17h30 kuya ku-18h15 ntambama.

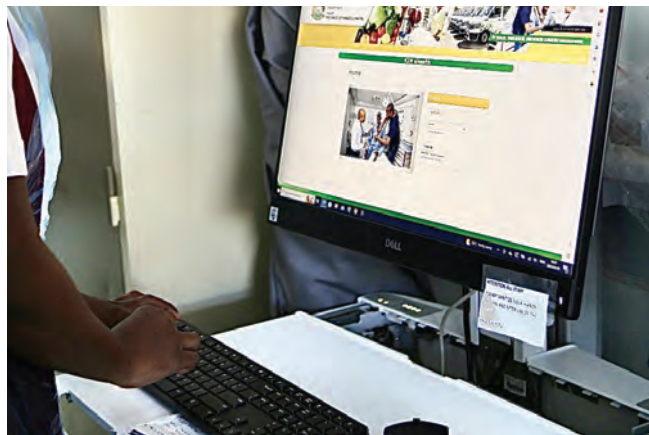
SINGENA ESIGABENI SEZOBUCHWEPHESHE I-E HEALTH

IZONCIPHISA OLAYINI
EZIKHUNGWENI,
YENZE AMAFAYELA
ATHOLAKALE KALULA.



Ngesikhathi singena ehhovisi ngo 2019, sathembisa ukuphucula ezobuchwepheshe sisuka ekusebenziseni amaphepha singene ohlelweni oluyingqayizivele, i-eHealth. Ukusetshenziswa kwezobuchwepheshe sekuqalile ngokwezigaba. Isigaba sokuqala kube izibhedlela ezingu 25 kwezingu 45 esasizikhethile eseziqalile ukusenzisa ezobuchwepheshe esifundazweni.

Ngalolu hlelo sihlase ukuba amafayela eziguli atholakale kalula, angalahleki. Lokhu kuzonciphisa nolayini ezikhungweni zethu, abantu basheshe baluthole usizo.



U "BIKA SIKUSIZE"

YI-APP YETHU ENTSHA
SHA EYENZA KUBE
LULA UKUFINYELELA
EMNYANGWENI
WEZEMPILO

Siyaqhubeka nokusebenzisa ezobuchwepheshe zesimanje ukuthuthukisa ukulethwa kwezidingo. Kungakho kuyintokozo enkulu kithina ukwazisa umphakathi ukuthi i-APP yoMnyango wezeMpilo eyaziwa ngokuthi "Bika Sikusize," (Report, So We Can Help You) manje isiyasebenza. Le APP izolekelela ekutheni noma wubani ofisa ukuxhumana noMnyango – noma ngabe oncomayo noma okhonondayo – akwazi ukwenza lokhu kalula. Izobuye isize uMnyango ukwazi ukuphumela obala ngokwenzayo kuphinde kusizwe labo abadinga usizo uma bengagculisekile ngokuthize.



BANINGI ABANTU ASEBEHLOMULILE NGE "IKHEMISI EDUZE NAWE"

Kumnandi ukubona isibalo sabantu abathatha imishanguzo yamahlalakhona eduze nasekhaya, ngaphandle kokuya esibhedlela noma emtholampilo, ngaphansi kohlelo "Ikhemisi Eduze Nawe."

Lemishanguzo ilandwa emakhemisi, emahholo omphakathi, emasontweni, emitapweni yolwazi, nasezinkantolo zamakhosi, ukubala nje izindawo ezimbalwa.

Zonke iziguli ezingaphezu kweminyaka engu 5 ezithatha imishanguzo yamahlalakhona ziyakwazi ukungena ngaphansi kwalolu hlelo, obelwaziwa phambilini nge-Central Chronic Medicines Dispensing and Distribution (CCMDD). Ukuze nawe ubhalise bese uhlomula ngalolu hlelo, xhumana nomtholampilo oseduze nawe.



SIYAQHUBA SESI SOKE ABANTU ABANGAPHEZU KUKA-1,5 MILLION

Isifundazwe sethu sesikwazile ukufinyelela ku 1,5 million wabantu besilisa asebesokile. Ukusoka sekuqinisekisiwe ukuthi kuyasiza ekuvikeleni isandulela ngculazi, njengoba kwehlisa amathuba okusuleleka ngayo ngo 60%. Sithanda ukubonga bonke labo abaye beza ngaphambili ukuzosoka. Sithi mabaqhubeke nokusebenzisa i-condom, bagqugquzele nabantu ukuba basoke.





SITHUTHUKISA UHLELO LOKUTETISWA KWABASEZIMWENI EZIBUCAYI

Sesiqhamuke nohlelo olusha lokutetisa olubizwa nge-On Site Midwife-led Birth Unit, olubandakanya ukuhlanganiswa kwamathimba abahlengikazi abawongoti kwezokutetisa. Lolu hlelo lwenza kube lula ukuthi abantu abakhulelwe abangekho esimweni esibucayi batete emitholampilo nasezibhedlela ezincane (Community Health Centres), bese kuthi labo abasesimweni esibucayi bakwazi ukuthola usizo olusezingeni eliphezulu, ezibhedlela ezinkulu.

Lolu hlelo sisaluhlola ePrince Mshiyeni Memorial Hospital kanye nasesibhedlela sikaHulumeni sase-Newcastle, ngoba yizo ezimatasa kakhulu ngaso hlangothini lokubelethisa. Inhloso yethu wukulunweba loluhlelo, lube khona kuzo zonke izibhedlela ezinkulu.



DR PIXLEY KAISAKA SEME SIZOVULWA NGOKUSEMTHETHWENI NGUMMENGAMELI WEZWE U **CYRIL** **RAMAPHOSA**

Isibhedlela esihle, nesisezingeni eliphezulu, i-Dr Pixley Ka Isaka Seme Memorial, sesiqalile ukwenza umehluko obonakalayo kubantu abaningi. Umphakathi ohlomula kakhulu kulesibhedlela oseNingizimu yeTheku ikakhulu koNanda, Ntuzuma, KwaMashu, Phoenix kanye nakwezinye izindawo ezakhelene nalezi. Lesi sibhedlela kulindeleke ukuba sivulwe ngokusemthethweni wuMongameli wezwe uMnuz Cyril Ramaphosa ngo Mfumu (October) kuwona lonyaka.

SITHI PHANSI NOKUCWASWA KWABANEZIFO

Sithi kufanele kuphele nya ukucwaswa kwalabo abanezifo njenge sandulela ngculazi kanye negciwane layo (HIV/AIDS), isifo sofuba (TB), isifo somdlavuzi, isifo sikashukela, abaphazamiseke ngokomqondo, kanye nabanezinye izifo.

Kubalulekile ukuthi sonke siwumphakathi sikuqonde ukuthi ukucwasa abantu abavele bebuthakathaka kuyingozi kakhulu. Kuyabahlukumeza, kanti futhi kungabenza bayeke ukulanda imishanguzo ebingabasiza. Abantu abagulayo badinga uthando nokwesekwa, hhayi ukucwasa.

SIXWAYISA NGOKUBHENYWA KWE-HUBBLY- BUBBLY

Sinxusa bonke abantu bakulesi sifundazwe ukuba baziqhelelanise nophuzo oludakayo, izidakamizwa, ugwayi, kanye nalento ebizwa nge “Hubbly-Bubbly.”

I-“Hubbly” baningi kakhulu abayibhemayo, kakhululazi abantu abasha. Iyinto ebukeka isestayeleni, kanti empeleni inobukhulu ubungozi emzimbeni.



KUBUNGAZWE ABAHLENGIKAZI NGEQHAZA LABO ELINQALA KWEZEMPILO



BACHAZWE njengamaqhawe akhathalela impilo nenhlalakahle yomphakathi ngaphandle kokuzibeka wona kuqala abahlengikazi baKwaZulu-Natali ngesikhathi kubungazwa usuku olukhulu lwabahlengikazi emhlabeni jikelele, emcimbini obuseMlazi.

UNgqongqoshe uSimelane wuye obehola ukugujwa kwalolu suku enkundleni i-King Goodwill Zwelithini, ebigcwele phama abahlengikazi abaqhamuka kuzo zonke izinkalo zesifundazwe. Lapha bekulokhu kukhale isigubhu esisho kamnandi, kuviliyela abahlengikazi

abahle, futhi begqoke kahle, abangama-drum majorettes. Umhlaka 12 May wusuku olukhulu lokubungaza umsebenzi owenziwa abahlengikazi emhlabeni wonke jikelele, phecelezi International Nurses Day.



Minyaka yonke lolu suku luqondaniswa nosuku lokuzalwa luka-Florence Nightingale, owumsunguli wobuhlangikazi, owazalwa ngo 1820 ngomhlaka 12 May. Namalunga omphakathi abephume ngobuningi bawo ukuzokwethamela lomcimbi, nokuthola izinsiza zezempilo ezitholakala

mahhala hha, ngaphansi kohlelo Isibhedlela Kubantu. Lapha abantu bebhlolelwa izifo ezinhlobonhlobo, esingabala kuzo isifo sofuba (i-TB), umfutho wegazi ophezulu (High Blood Pressure), isandulela ngculazi negciwane layo (HIV/AIDS), kanye nokuhlolola izinhlobo ezahlukahlukene zomdlavuzo,

kusukela kowebele, owesibelesho kanye nowomshini wabesilisa.

Bekusokwa, kanti nezibuko zamehlo, nezinduku zokudondolozela bekutholakala. Siyababonga futhi siyabathanda abahlengikazi bethu ngoba bangumgogodla wezeMpilo.

SINGABAHLANGABEZA KANJANI ABAHLENGIKAZI UKUZE BAPHUCULE UKUSEBENZA KWABO

UMsebenzi wobuhlelengikazi nokuhlenga umqoka kakhulu empilweni yabantu. Kulomsebenzi bekugqame kakhulu abesifazane, manje nabesilisa sebeqala ukwanda impela. Iningi labaHlelengikazi lisebenza ngokuzikhandla, ngokuzinikela nangokwezibopho zesifungo somsebenzi wabo abasenza ngesikhathi beqeda ukuqeqeshwa. Likhona nokho idlanzana elidembeselayo, lephule imigomo liphinde lingaziphathi kahle bese kuchaphazeleka umkhakha wobuhlelengikazi. Singabambisana kanjani nabaHlelengikazi ukuze umsebenzi wabo ube lula neziguli zeneliseke ngosizo lwabo?

Yingakho umhlaka 12 May umhlaba wonke usuke ubungaza khona umsebenzi wabaHlelengikazi, ubaqhakambisa futhi ubabonga ngomsebenzi onqala abawenzela isizwe ngaphansi kwezimo ezinhlobonhlobo ababhekana nazo mihla namalanga. Umhlaba usuke ubala konke okuhle okwenziwe ngamaNesi futhi uwakhuthaza

ukuba aqhubeke nalo msebenzi onzulu, odinga ubuchule, ubuchwepheshe, ukuzinikela, isineke nothando lokunakekela abantu abalimele, abantekenteke, nababuthaka ngokwenyama nangokomqondo ezikhungweni ezehlukahlukene. SiwuMnyango wezeMpilo kulesi sifundazwe sethu nanjengoHulumeni wonkana, siyababonga abaHlelengikazi nabaHlelengi bethu ezibhedlela nasemitholampilo lapho besebenza khona ubusuku nemini. Izikhungo zethu zokwelapha kusukela emitholampilo emincane, izibhedlela ezincane okungama- Community Health Centres (CHC), nasezibhedlela zonke ngokwezigaba zazo, ngeke zaba lutho ngaphandle kwabaHlelengikazi njengoba kuyibona abemukela iziguli kusukela zifika, basingathe ukwelashwa kwazo, basizane nodokotela nochwepheshe abehlukahlukene, kuze kube isiguli siyasinda. Bangaba khona odokotela kepha kuyaziwa ukuthi kabahlali neziguli ubusuku nemini njengabaHlelengikazi ezibhedlela.



ABAHLENGI NABAHLENGIKAZI BAYAZIKHULUMELA



Umhlengikazi Noxolo Nzimande wase Prince Mshiyeni Memorial Hospital (Labour Ward)

Ngokwami ukubona ubuhlengikazi buwumsebenzi, kodwa futhi buwubizo. Ngoba uma siqeqeshwa siqeqeshwa ezikhungweni zemfundo ephakeme okungamaNyuvesi, nokusenza sibe abahlengikazi ngokugcwele. Isizathu esenza ngithi kuphinde kube wubizo wukuthi, akukho lula neze ukuvuka njalo ekuseni uyonakekela umuntu. Lokho kumele kuqhamuke ekujuleni kwenhliziyo. Angiboni ukuthi kukhona umuntu ongavuka njalo ekuseni eyonakekela umuntu engamazi engenalo ubizo. Ngicabanga ukuthi umsebenzi wobuhlengikazi iwona owakhetha mina. Ngesikhathi ngiqeda u-matric

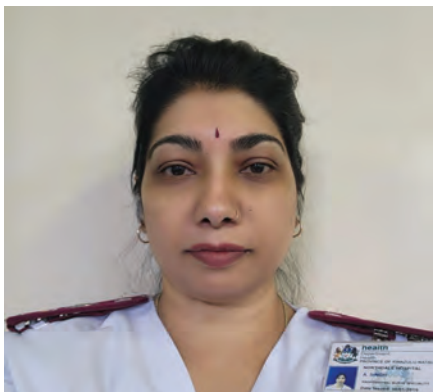
ngangifisa ukwenza okunye, kodwa ngazithola sengifundela ubuhlengikazi. Yingakho ngikhulwa wukuthi kuwubizo futhi kuwumsebenzi. Kuniningi kakhulu engikuthandayo ngomsebenzi wami. Kumnandi ukusiza abantu abagulayo ngenhliziyo emhlophe ngaphandle kokulindela utho kubona. Futhi usizo ubanika lona alufani nosizo obukade ulinike umuntu ngayizolo. Ngifundele ukubelethisa. Omama bafika bekhulelwe sibabheke, siphinde sibheke ukushaya kwenhliziyo yomntwana ukuthi isashaya kahle yini, kuze kube uyabeletha. Siba ngabokuqala ukubamba umntwana ngezandla zethu, bese simdlulisela ku Mama wakhe. Kuba wumuzwa omnandi uma usuzwa umama ethi, "Ngiyabonga mhlengikazi."



UMhlengi Wonderboy Msimanga wase Prince Mshiyeni Memorial Hospital (Ante-Natal Care)

Ngiwumhlengi ngisebenza e-Prince Mshiyeni Memorial Hospital. Ubuhlengi ngibuthatha njengomsebenzi. Lomsebenzi awulula ngoba awenzi into eyodwa njalo. Wenza noma yini engasiza isiguli, ukuze isiguli sizosizakala kowakufundela eNyuvesi.

Ngingathi ubuhlengi buwubizo, kodwa kuncika ekutheni wakwazi yini ukuphumelela ezifundweni zakho waze waqeda. Kusho ukuthi uma wakwazi ukuphumelela impela unobizo



Umhlengikazi Anusha Singh wase Northdale Hospital

Kumele sikuqonde ukuthi ubuhlengikazi abufani uma ububuka ungaphandle noma ungaphakathi. Into enhle ngobuhlengikazi kunemikhakha ehlukeni. Mina umsebenzi wami wukubelethisa. Sinakekela abantwana abasanda kuzalwa, siphinde sinakekele omama abakhulelwe kanye nezingane zabo. Kulomkhakha wethu kumele ugxile kuwona ukuze uthole isitifikethi sawo. Kuphinde kube khona negumbi labagula kakakhulu. Kubalulekile ukukhetha umsebenzi owuthandayo nozowujabulela. Ubuhlengikazi bunemikhakha eminingi eyahlukahlukeni, emnandi ukusebenza kuyo. Mina ngiyawuthokozela owami umsebenzi.

OKUMELE UKWAZI NGOKUBIZA I-AMBULANCE

CISHE wonke umuntu ngesikhathi esithile uyazithola edinga ukubiza i-ambulance nganxa yokuhlangabezana nesimo esithile esiphuthumayo. Ngakho-ke, kubalulekile ukuba sonke sikuqonde okumele sikwenze uma sidinga usizo lwe-ambulance ngoba ezimweni ezifana nalezi umzuzu nomzuzu ubalulekile, futhi akumele ulahleke.

Uma udinga i-ambulance kumele **ushayele le nombolo yamahhala ethi 112**. Lena ethi 10177 isizovalwa. Umphakathi uyanxuswa ukuba uzijwayeze lokhu. Nakuba inombolo u 112 ingeyintsha, ibisetshenziswa kakhulu abasebenzisa omakhalekhukhwini.

Nakhu okumele ukwenze uma udinga abezimo eziphuthumayo:

- Ehlisa umoya ukuze ukwazi ukuxhumana nabesizinda sezokuxhumana.
- Qinisekisa ukuthi unika i-call centre yethu yonke iminingwane okuyiyo ukuze isiguli sitholakale kalula.
- Yisho idolobha noma indawo yesigameko
- Sinike ikheli eliqondile lapho isiguli sizolandwa khona (Inombolo yendlu ohlala kuyo noma usebenzise indawo eyaziwayo ezokwenza kube lula ukusheshe utholakale)

Kuyaye kusize ukusebenzisa izindawo ezaziwayo ezifana nezitobhi zamabhasi, izifolo, izikhungo zikahulumeni ezifana nezikole kanye namahhovisi.

Lindela ukubuzwa imibuzo efana nalena:

- Isiguli sithi sikuphi izinhlungu?
- Sisakwazi yini ukukhuluma?
- Isiguli silimele yini noma siyagula?
- Sekunesikhathi esingakanani isiguli sikhala ngezinhlungu?
- Isimo saso sesishintshile yini noma sisafana?



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