



## EMERGENCY BIRTH OF TWINS: YOUNG MOTHER THANKS POMEROY CHC STAFF FOR THEIR DEDICATION AND EXPERTISE

PAGE  
02



EMERGENCY BIRTH OF TWINS:  
YOUNG MOTHER THANKS POMEROY  
CHC STAFF FOR THEIR DEDICATION  
AND EXPERTISE

PAGE  
2-3

LAUNCH OF 15 NEW MACHINES TO  
STRENGTHEN EFFORTS TO ENSURE  
EARLY DETECTION AND TREATMENT OF  
CERVICAL CANCER IN KZN

PAGE  
5

KZN HEALTH UROLOGISTS MAKE HISTORY  
THROUGH HIGH-TECH KIDNEY STONE  
OPERATION

PAGE  
7



KwaZulu-Natal Department of Health



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## MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



**We are very pleased at the massive success of the mass Pap Smear campaign recently held at Inkosi Albert Luthuli Hospital, where more than 2000 women showed up and waited in a line to get screened for cervical cancer. We are immensely grateful to our partners the University of KwaZulu-Natal and Cancer Association of South Africa for their massive contribution in making this day such a resounding success.**

We had aimed to break a record by performing 1000 Pap Smear tests in one day, but ended up achieving double that target. This number of Pap Smears (2000) has never been done in one place on the same day in South Africa or on the African continent. Fortis Hospital at Vashi, Mumbai, screened over 751 women in an 8 hour marathon screening, setting a Guinness World Record for the highest number of cervical cancer screenings, on 23 December 2012. They beating the earlier record of 350 participants held by Kaiser Permanente, San Diego (USA) achieved on the 29th of January 2011.

This Pap Smear drive is part of our "Phila Ma" campaign, whose objective is to create public awareness about the deadly breast and cervical cancers (cervical cancer causes more deaths among women in South Africa than any other cancer), while promoting screening to ensure early detection and treatment of cancer. Both cervical and breast cancer are preventable and can be successfully treated if women present at health facilities.

Regular screening can greatly reduce a woman's risk of dying from cervical cancer. In our quest to detect cervical cancer early, we are using Liquid-Based Cytology (LBC), which is considered to be an alternative to conventional cytological investigations. With LBC, a spatula or brush/broom-like device is used to collect cells (in the same way as for conventional cytology), and then the cells are put into a liquid medium and transported to the laboratory for processing and reading .

This ensures a good quality and clean slide which is easier to interpret, and reduces the need for repeat pap smear thus saving costs. With the strengthening of early

detection, there will be fewer cases of advanced cancer that will require chemotherapy, radiotherapy and surgery. We would also like to express our heartfelt thanks to the scores of women who came to get screened as well volunteers, including specialists, doctors, nurses and ordinary citizens who all made the day a success. The women who got screened were issued a return slip and asked to return to their local clinics in six weeks' time to get their results.

Those whose Pap Smear test results show abnormalities (signs of cervical cancer) will be booked for a procedure to remove the cancer using the Large Loop Excision of the Transformational Zone (LLETZ) machines.

**We will continue to accelerate the Phila Ma programme so that we reach as many women as possible.**

*Dr Sthangiseni Dhlomo*





# PATIENT RIGHTS

1

## IT IS YOUR RIGHT TO BE RESPECTED EVERY PATIENT HAS THE RIGHT TO:

A healthy and safe environment

Participation in decision-making regarding his/ her treatment

Access to health care

Knowledge of one's health insurance / medical aid scheme

A choice of health services

Be treated by a named and qualified health care provider

Confidentiality and privacy

Informed consent to assist in their decision making

Refusal of treatment

Be referred for a second opinion

Continuity of care

Complain about health services

2

## PATIENT AND FAMILY RESPONSIBILITIES

To provide accurate information pertaining the health of the patient

To ensure the patient follows the medical recommendations given

To respect other patients, visitors and health employees

To understand that other patients and their families might need more attention than them

To inform the health facility on a patient's information such as their address and contact details

To ensure payment is made for the services

3

The Department of Health urges patients and their families who have visited public health facilities and have not been serviced in a satisfactory manner to return to that health facility and file a complaint with the public relations officer (PRO), the CEO or operations manager.

If you are still not satisfied, contact the KZN Health ombudsman, Mboneni Bhekiswayo, by writing to him at: 330 Langalibalele Street, Pietermaritzburg 3201 or email him on; mboneni.bhekiswayo@kznhealth.gov.za

or call him on **033 395 3275.**

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5

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# EMERGENCY BIRTH OF TWINS: YOUNG MOTHER THANKS POMEROY CHC STAFF FOR THEIR DEDICATION AND EXPERTISE



**A 23 YEAR-OLD mother of newborn twins from Pomeroy, on the KZN midlands, is full of praise for the medical staff at Pomeroy Community Health Centre (CHC), who came to her aid when she went into emergency labour.**

Due to concerns about the growth of the twins that she was carrying, Nonjabulo Buthelezi had been booked to deliver as a high-risk patient at Grey's Hospital on 30 April 2018. However, on Wednesday, 25 April 2018, while at home at Pomeroy, she started experiencing mild cramps earlier in the day. She did not think much of it. But in the evening, it became clear that she was going into labour. She was rushed to Pomeroy CHC. As a safety precaution, women who are expecting twins are referred to district or regional hospital, as these normally have better resources, such as medical theatres, more skilled staff and emergency blood stocks. Cuba-trained Dr Sanele Madela, CEO of Pomeroy CHC, says he had been on call when he was informed that Ms Buthelezi had been admitted at the facility, fully dilated, and needed to deliver her twins. "We had no choice but to deliver her immediately," said Dr Madela, who has also thanked the team of nurses who helped him during the delivery. "If a person is expecting

twins, we prefer them to give birth in a hospital that has a theatre, because if there are complications during the labour and delivery process, you can rush into theatre and save her and the baby's life. It is always safer in a district or regional hospital. He said that when a woman is expecting twins it means that her cervix will be bigger, and after giving birth, it may not return to its normal size early enough, which makes her more susceptible to bleeding after delivering. "Bleeding is one of the main factors that lead to mothers dying after birth," said Dr Madela.

Describing the birth of the twins and the precautionary measures that were taken, Dr Madela said: "We prepared everything to ensure that we are ready. We were proactive. We anticipated everything. We did not want to start looking for things that we knew we would need. We made sure the necessary drugs are in place so that the second baby is out, and we have removed the placenta, we administer them. We did not want to wait for the mother to bleed. We prevented it from the word go." Ms Buthelezi gave birth to Siyabonga and Zenande, a boy and a girl, weighing 1350g and 1950g, respectively. She was immediately transferred to Church of Scotland Hospital in a specialised obstetrics

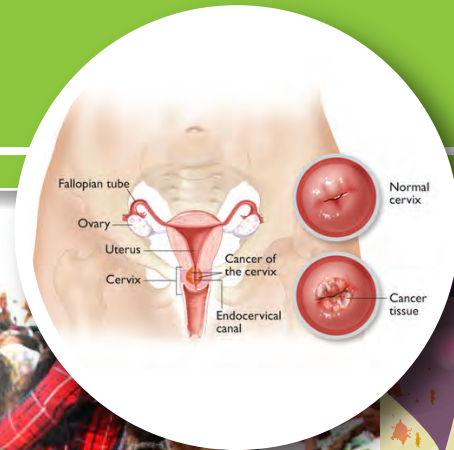
ambulance, where one of the babies, Siyabonga, was put in a nursery because of his low birth weight. Ms Buthelezi, who also has a four year-old child and wants to become a social worker, said: "My message to the doctor and medical staff at Pomeroy is that they must continue helping others, and treat them as well as they treated me. Even though I was scared, they were able to put me at ease and help me. I even asked them why I was told I needed to go to Grey's Hospital when they were so well-equipped to help me."

KwaZulu-Natal Health MEC, Dr Sibongiseni Dhlomo, has congratulated the medical team at Pomeroy CHC, and also urged expectant mothers generally not to travel too far away from health facilities when they are due to deliver.

"We are proud of what Dr Madela and his team have managed to do to help the mother of the twins. It takes nothing less than expertise, passion and dedication of all concerned to ensure that such a risky operation goes smoothly. Although it is difficult to predict accurately when Mother Nature will take its course, we urge expectant mothers to make use of the mothers' lodges, which are available at some of our hospitals, when they are close to their date of delivery. In cases of hospitals that do not have mothers' lodges yet, we urge mothers not to travel too far from home, so that if they go into labour, they can be transported easily to the nearest health facility."



# RESOUNDING SUCCESS AS MORE THAN 2000 WOMEN SHOW UP FOR PAP SMEAR DRIVE



**THE mass Pap Smear campaign held at Inkosi Albert Luthuli Hospital on 21 April 2018 was a resounding success, with more than 2000 women arriving early and waiting in a line to get screened for cervical cancer.**

The KZN Department of Health and its partners, the University of KwaZulu-Natal and Cancer Association of South Africa, had aimed to break a record by performing 1000 Pap Smear tests in one day. Excitement was palpable throughout the hospital as the target was not only surpassed but doubled.

This Pap Smear drive is part of government's "Phila Ma" campaign, whose objective is to create public awareness about the deadly breast and

cervical cancers (cervical cancer causes more deaths among women in South Africa than any other cancer), while promoting screening to ensure early detection and treatment of cancer.

This number of Pap Smears (1950) has never been done in one place on the same day in South Africa or on the African continent. (Fortis Hospital at Vashi, Mumbai, screened over 751 women in an 8 hour marathon screening, setting a Guinness World Record for the highest number of cervical cancer screenings, on 23 December 2012. They beat the earlier record of 350 participants held by Kaiser Permanente, San Diego (USA) achieved on the 29th of January 2011.)

Both cervical and breast cancer are preventable and can be successfully treated if women present at health facilities regularly, and get screened so that interventions can be made early if cancer is found.

One of the mechanisms of testing for cervical cancer is the Pap Smear, which is a simple screening for precancerous cells which could lead to cervical cancer if left untreated. Regular screening can greatly reduce a woman's risk of dying from cervical cancer.

In its quest to detect cervical cancer early, the Department uses Liquid-Based Cytology (LBC), which is

TO BE CONTINUED ON PAGE 3 >>>



considered to be an alternative to conventional cytological investigations. With LBC, a spatula or brush/broom-like device is used to collect cells (in the same way as for conventional cytology), and then the cells are put into a liquid medium and transported to the laboratory for processing and reading.

This ensures a good quality and clean slide which is easier to interpret, and reduces the need for repeat pap smear's thus

saving costs. With the strengthening of early detection, there will be fewer cases of advanced cancer that will require chemotherapy, radiotherapy and surgery.

MEC Dhlomo expressed his heartfelt thanks to the scores of women who came to get screened as well volunteers, including specialists, doctors, nurses and ordinary citizens who all made the day a resounding success.

The women who got screened will be issued a return slip and asked to return to their local clinics in six weeks' time to get their results.

**Those whose Pap Smear test results show abnormalities (signs of cervical cancer) will be booked for a procedure to remove the cancer using the Large Loop Excision of the Transformational Zone (LLETZ) machines.**







# LAUNCH OF 15 NEW MACHINES TO STRENGTHEN EFFORTS TO ENSURE EARLY DETECTION AND TREATMENT OF CERVICAL CANCER IN KZN



**DESPITE** the efficacy of screening for cervical cancer to ensure early detection and treatment, at least 3500 women – or 10 per day – die in South Africa due to this disease.

However, the unveiling of 15 new Large Loop Excision of the Transformation Zone of the cervix [LLETZ] cervical cancer machines in Durban will go a long way towards clearing the backlog and reducing waiting times for those who require cervical cancer treatment.

Speaking at the official unveiling of the machines, held at Durban's Inkosi Albert Luthuli Central Hospital, MEC Dhlomo said the key to winning the fight against cancer is still screening through Pap Smear and Liquid-Based Cytology (LBC), in order to ensure early detection and treatment of cervical cancer.

Currently, 17 hospitals in KZN have a purpose-designed, functioning LLETZ machine (mainly specialist hospitals).

Until now, women have had to be referred to health facilities far from home to access the life-saving LLETZ procedure, sometimes having to join a significant waiting list.

However, with these machines, which cost R60 000 each, the Department's plan is to make

access to the LLETZ service easier by increasing the number of hospitals which can provide the LLETZ service.

**“These LLETZ machines use a small surgical procedure on the woman’s cervix to remove that part of the cervix where the cells are becoming abnormal (dysplastic), which might otherwise develop into cancer. What we have to keep in mind is that an important feature of cancer of the cervix is that the disease has a long pre-cancer phase which lasts for several years.**

**“From now onwards, with the advent of LLETZ procedure, particularly in rural based hospitals, we are sure to treat this form of ailment before it progresses to cancer, which again, we emphasise, is preventable,” said MEC Dhlomo. The distribution of the new LLETZ machines is as follows:**

Sites where new LLETZ machines will be placed from April 2018	Expected impact	Training for New sites
Nkandla Hospital	Reduce case burden at Queen Nandi	Queen Nandi team
Eshowe Hospital	Reduce case burden at Queen Nandi	Already trained
Benedictine Hospital	Reduce case burden at Queen Nandi	Queen Nandi team
Nkonjeni Hospital	Reduce case burden at Queen Nandi	Queen Nandi team
Osindisweni Hospital	Reduce case burden at Mahatma Gandhi	Mahatma Gandhi team and EThekweni DCST
King Dinuzulu Hospital	Reduce case burden at Addington and Mahatma Gandhi	Already trained
Murchison Hospital	Reduce backlog at Port Shepstone	Port Shepstone team and UGU DCST
Christ The King Hospital (LLETZ provided by NGO)	Reduce case burden at Edendale	Edendale team
Rietvlei Hospital	Reduce case burden at Edendale	Edendale team
Church of Scotland Hospital	Reduce case burden at Grey's Hospital	Grey's Outreach Specialist
Charles Johnson Memorial Hospital	Reduce case burden at Newcastle	Newcastle team and Grey's outreach specialists
Northdale Hospital	Needs to reduce it's own backlog	Already trained
Manguzi Hospital	UMkhanyakude would be able to manage all its backlog and that of Queen Nandi	Queen Nandi and those already running the service at Bethesda and Mseleni
Bethesda Hospital		Already trained

MEC Dhlomo said: "The vast distribution of these LLETZ machines will now add more impetus to our efforts of preventing, detecting and managing cervical cancer. We are also happy to announce that as soon as the LLETZ machines are installed – they will start servicing the patients as we have already trained personnel in their use. They are ready to hit the ground running."

MEC Dhlomo says the launch of the machines is a part of efforts to bring relief to the four (4) functional linear accelerators at Grey's Hospital (1), and the three at Inkosi Albert Luthuli Central Hospital. MEC Dhlomo also took the opportunity to provide an update regarding the repair of oncology machines which treat advanced cancer at Addington Hospital; and the general management of cancer in the Province. "Today, we are able to report that the new oncology machine that was ordered has arrived and we have been made to understand that the first patients will be seen at the end of June 2018 after its installation. "I may as well add that the maintenance service

contracts of these machines are being finalised by the National Department of Health on behalf of the KZN Department of Health. Meantime, Addington Hospital continues to attend to an average of 450 patients per month who are managed for chemotherapy and follow-ups. "Please be also informed that at Grey's Hospital, it is business as usual as we still have four (4) oncologists based there and are able to attend to a total of about 140 new patients and 500 follow up patients per month.

"For Inkosi Albert Luthuli Central Hospital, we signed a six (6) month contract with the Wits Health Consortium to offer us Oncology services. Wits Health Consortium undertook to provide three (3) Oncologists that will be based at the hospital for eight hours per day, five days a week. According to this contract, Wits Health Consortium will see a total of 150 new patients and 300 follow-up patients per month. "In the Northern Region, for the first time, we now have successfully established collaboration with the Joint Medical House of Oncologists, based at the Richards's Bay Private Hospital, to

treat our public sector cancer patients. "This is a 'New Satellite Site' which now operates at the Ngwelezane/Queen Nandi Hospital complex. Patients referred from King Cetshwayo, Zululand and UMkhanyakude Districts are treated here. Currently our patients there are receiving Radiation Therapy every month at an agreed upon rate. Previously, these patients would have been attended to at Inkosi Albert Luthuli Central Hospital but are now being treated closer to their homes.

**MEC Dhlomo appealed to the media to help support the extraordinary "LLETZ drive" which is being initiated this month with the aim of cutting down the LLETZ waiting times to one month or less. "Please help us to make our people understand that the key to winning the war against cancer is to get screened regularly, so that problems can be picked up early to allow for early and timeous interventions."**



# KZN HEALTH UROLOGISTS MAKE HISTORY THROUGH HIGH-TECH KIDNEY STONE

## OPERATION

**KZN Health MEC Dr Sibongiseni Dhlomo has congratulated a team of urologists at a top Durban hospital for performing the first ever removal of kidney stones by using a needle, in a South African government health facility.**

Known as mini percutaneous nephrolithotomy surgery and done by urologists at Inkosi Albert Luthuli Central Hospital, this kind of surgery involves needle-puncture of the skin to get to the stones and remove them, rather than using the riskier "open" surgery where inner organs or tissue are exposed. Patients who undergo kidney stone removal through traditional open surgery are normally hospitalised for an additional seven to 10 days post-operation, compared to two to three days the case of the percutaneous approach, as performed by the urologists at IALCH.

Kidney stones form when a person's urine contains more crystal-forming substances — such as calcium, oxalate and uric acid — than the fluid in the urine can dilute. Urine may also have fewer substances that prevent crystals from sticking together than necessary, which creates an environment for kidney stones to form. Dr EH Abdel Goad, who led the operation of three patients last week, said: "Our hospital carries the major burden of the management of urinary tract stones.

"Traditionally, percutaneous surgery (PCNL) was only done as an

alternative to open surgery. However, access to the kidney was via a bigger 35f hole, due to the available instruments size. "Again the risk of bleeding, losing the kidney and at least some loss of nephrons was the major obstacle for such surgeries. "In the recent years, the instruments were modified to reach the smaller size of 12f (in comparison to 35F) which significantly minimised the risks associated with the traditional PCNL.

"I attended several meetings on improving the surgeries of MiniPCNL. The procedure is technically challenging. However, with the help of one of the local and international experts in traditional PCNL, Dr Haroon Patel, we were able to successfully operate on three patients. They were discharged after just two days," said Dr Goad.

The patients, who are aged 58, 66, and 62, were operated on recently and are all doing well. Dr Goad also paid tribute to the surgical team in Urology, the Nursing staff in Operating Theatre 4 and the anaesthetic department who were very supportive throughout the procedure.

"I would like to thank my supportive team with Dr K Singh specialist urologist, and medical officers Dr D Naidoo, Dr N Munoo. Anaesthesia is an important component of this type of surgery. The anaesthetic team lead by Dr S Verwey and Dr Y Seilbea, and nursing staff which was led by Sister RT Shabalala, all contributed to the success of these operations.

"The support and encouragement of the management of IALCH is one of the factors that assisted the urology department to reach such achievement," he added.



MEC Dhlomo has expressed his delight at this achievement, and urged the urologists to continue working hard.

"I commend our team of urologists who have made this ground-breaking operation of removing kidney stones using this high technique of just inserting a needle in the skin and getting them out. It's the first of its kind and we welcome it. We would want to say to our people, yes we are focusing on primary healthcare, but we are still very happy to see such procedures that use such a high level of technology. We thank the doctors for the good work that they've done. May they continue doing well and being an inspiration to others."

**MEC Dhlomo also called upon South Africans to take heed of the call to avoid foods that increase the chances of having kidney stones.**

**Kidney stones can be prevented through staying hydrated by drinking more water; eating more calcium-rich food (such as raw milk, kale sardines and broccoli) and less sodium (Smoked, cured, salted or canned meat, fish or poultry including bacon, cold cuts, ham, frankfurters, sausage). Eating food with less animal protein (meat, fish, poultry, eggs and dairy) also decreases the chances of having kidney stones, and so does avoiding supplements with vitamin C.**

# Autism in children



One of the most important dates in the health calendar is World Autism Day, which is commemorated in April. This day was established to encourage awareness about the challenges faced by people living with Autism throughout the world. Autism is a mental condition which is present from early childhood. It is characterized by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

Autism's first symptoms can vary extensively; some children with Autism show hints of future problems within the first few months of life. In others, symptoms may not become obvious until 24 months or later. Some children with Autism appear to develop normally until around 18 to 24 months of age and then stop gaining new skills or start losing skills. Every child is unique in how the condition manifests. Autism Disorder cannot be prevented as it happens during the early development stages of a child.

## Warning signs

- Has no single words by sixteen months
- Does not respond when his/her name is called
- Does not babble or point by his/her first birthday
- Does not put two words together by age 2
- Avoids eye contact

The KwaZulu-Natal Department of Health is devoted to bringing awareness and serving its citizens to realize and manage Autism. The Department has designated centres of care in KwaZulu-Natal that mainly deal with mentally disabled people. These centres are locally and internationally recognized and fully deliver service excellence.

## Government Centres of care

**The Fort Napier Hospital is categorized as a specialized hospital based in Pietermaritzburg, serving only mentally challenged patients. The hospital mainly admits three types of patients namely:**

- Chronic high functioning patients: Patients that are admitted permanently, they stay for 15+ years
- State patients : Patients are admitted for +10 years and then go for trial at court
- Observation cases : Awaiting trial prisoners are admitted assessment by specialized doctors for not more than 30 days

Town Hill hospital is also a specialised hospital in Pietermaritzburg. The hospital's main aim is achieving excellent, holistic, transformed mental health care services for KwaZulu-Natal communities.

## Clinical Services

- Child and Adolescent Psychiatric Services
- Psychiatry
- Psychology
- Pharmacy
- Occupational Therapy
- Social Work
- Infection Control

## Parents of children with Autism

If you have recently learned that your child has or might have Autism Disorder, you are probably wondering and worrying about what comes next. You may be unsure about how to best help your child, or confused by conflicting treatment advice. You may have been told that Autism Disorder is an incurable, lifelong condition, leaving you concerned that nothing you do will make a difference.

While it is true that Autism Disorder is not something a person simply "grows out of," there are many treatments that can help children acquire new skills and overcome a wide variety of developmental challenges. From free government services to in-home behavioural therapy and school-based programs, assistance is available to meet your child's special needs. With the right treatment plan, and a lot of love and support, your child can learn, grow, and thrive.



# NEW HOSPITAL FOR UMBUMBULU “NOW BEYOND DOUBT” - SAYS KZN HEALTH MEC

KZN HEALTH MEC Dr Sibongiseni Dhlomo says that the building of a brand new hospital to serve Mbumbulu and surrounding areas is now an issue that is beyond doubt.

Speaking shortly after briefing amakhosi at a meeting held at Mbumbulu earlier this month (09 APRIL 2018), MEC Dhlomo said that although construction of the new hospital is still in the planning stage, it will ultimately bring a significant improvement to the lives of an estimated 1,4 million-strong population from areas such as Adams, Mfume, Nhlazuka, Mbumbulu, Folweni and others.

Those who need hospital care currently have to travel long distances to Prince Mshiyeni Memorial Hospital. MEC Dhlomo said:

“It will be remembered that when former President Jacob Zuma visited this area four years ago, he did indicate that people in Mbumbulu are raising the matter of a hospital very sharply. We have Prince Mshiyeni Memorial Hospital that is big enough to

support Umlazi. But areas such as Adams, Mfume, Nhlazuka, Mbumbulu, Folweni (that’s about 1,4 million people) who do not have a hospital to themselves. I haven’t been prioritizing this area because, as you know, I come from Mbumbulu [and I did not want it] ... seem like I’m prioritizing my area.

But really, there is a dire need of a hospital here.”

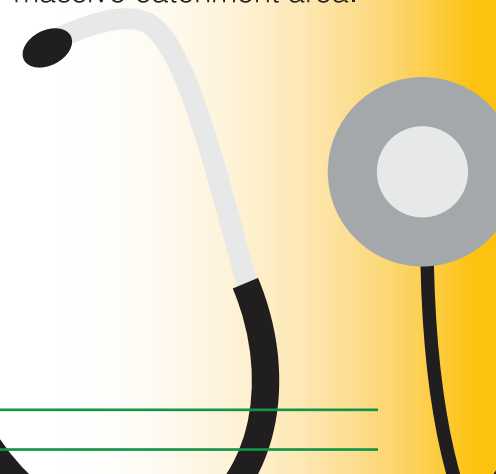
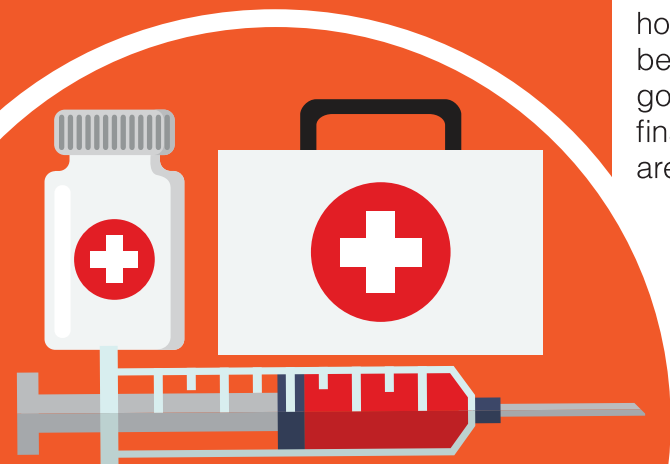
“Now, getting a strong instruction from amakhosi to come forward with a report on this matter is something that I take seriously. Even though we have constraints, I had to come back and give a report of where we are in terms of this process. The hospital is very necessary, because it is very far to move from Mfume, Ilovu, coming into Prince Mshiyeni and finding long queues because there are many patients there. It is a matter of priority that we must look into a hospital in and around Mbumbulu.”

“I made it clear to amakhosi that the matter of a new hospital for this area is now beyond any doubt. I must now go back and look at our financial affairs, to see how we are doing financially, and

establish from our Honourable Premier where we are insofar as this new hospital is concerned. But it is our wish that more concrete plans on the construction of this new hospital will soon be revealed. At the meeting, I promised amakhosi that I will report back to them soon in this regard. I wish to emphasise, however, that [the building of the new hospital] will not happen tomorrow.”

Meanwhile, the brand new 500-bed Dr Pixley Ka Isaka Seme Memorial Hospital is set to open its doors in the middle of next year, bringing quality healthcare service delivery to more than 1,5 million people of Inanda, Ntuzuma, KwaMashu (INK) and surrounding areas.

The R2,5bn level 2 regional hospital, near Bridge City mall, north of Durban, will serve as a referral centre for all surrounding public health care facilities, and will alleviate pressure from the Mahatma Gandhi Memorial Hospital, which currently has a massive catchment area.



# Fight Against TB Receives Major Boost From Amakhosi



**EFFORTS by the KwaZulu-Natal Department of Health to halt the spread of TB and intensify awareness about it have received a major shot in the arm in the form of support by the provincial House of Traditional Healers.**

At a meeting with senior traditional leaders at Mbumbulu, KZN Health MEC Dr Sibongiseni Dhlomo expressed his delight about collaborating with amakhosi to maximise awareness about this disease.

“Since the massive TB awareness campaign was announced by His Majesty, our King on 24 March this year, we have taken it upon ourselves to come and work out a plan with amakhosi. Today we had a successful meeting with Chairperson Inkosi Phathisizwe Chiliza, the provincial Chairperson of all amakhosi and other amakhosi at Mbumbulu. We worked out a plan that the success that we see on medical male circumcision is embedded on the fact that it was announced by our king and with the support of amakhosi. It was run, and supervised by Izinduna and amakhosi. We want to piggyback on that same principle in pushing this campaign as announced by our king.

“This has been a very successful meeting. In the next two days, inkosi Chiliza is going to invite the Department to come in and share this bigger plan with all amakhosi and then it will kick off throughout KZN.” TB remains a global public health challenge and South Africa’s number one leading cause of natural deaths especially among men. It’s an infectious but preventable and curable disease caused by the bacillus *Mycobacterium tuberculosis*. It typically affects the lungs (pulmonary TB) but can also affect other sites (extrapulmonary TB). The disease is spread when people who are sick with pulmonary TB expel bacteria into the air, for example by coughing. South African has set a target of finding 100 000 undiagnosed TB patients and put them on treatment by the end of March 2019.

Commenting on the outcome of a meeting, as well as on efforts to fight the spread of TB, Inkosi Chiliza said: “On behalf of amakhosi in KZN, we wish for the whole province and South Africa at large to know that today’s meeting has borne significant fruit. We had a meeting with MEC Dhlomo to drive home the point that His Majesty, the King, has spoken out and expressed his concern that TB is decimating the people of this province, and to consider what can be done to halt this. Today, we took an extremely important decision that in our next meeting with all traditional leadership structure (including portfolio committees that deal with health, all the way to indunas and all relevant committees) that everyone must understand that the fight against TB should not be waged by government alone, but rather the whole community.

***“As the House of Traditional Leadership, we will stand up and ensure that this message reaches all the relevant structures to map out a well-co-ordinated way forward.”***



# WORLD MALARIA DAY

## WHAT IS MALARIA?

Malaria is a disease of the blood that is caused by the Plasmodium parasite, which is transmitted from person to person by a particular type of mosquitoes. World Malaria Day is commemorated on April 25 annually, to highlight the need for continued investment and sustained political commitment for malaria prevention and control. This year's global theme for World Malaria Day is "End Malaria for Good".

This theme underscores the collective energy and commitment of the global malaria community in uniting around the common goal of a world free of malaria. It highlights the remarkable progress achieved in tackling one of humanity's oldest diseases. In the lead up to 25 April, the World Health Organisation (WHO) shone a spotlight on prevention, a critical strategy for reducing the toll of a disease that continues to kill more than 400 000 people annually.

On this World Malaria Day, WHO continues to call for greater investment and expanded coverage of proven tools that prevent, diagnose and treat malaria. Although the disease is not prevalent in KwaZulu-Natal, it is important to have a general awareness of the disease if you intend on travelling to malaria prevalent areas in the country or other countries. Symptoms of malaria may include Fever, chills, sweats, tiredness, headaches, diarrhoea and generalized pain throughout the body. Treatment of malaria depends on the species of malaria, as well as on the severity of the disease.

**The World Health Organization's guidelines for the treatment of malaria provides recommendations on topics such as:**

- Mass drug administration,
- Treatment of uncomplicated p. falciparum malaria,
- Treatment of uncomplicated malaria caused by p. vivax and
- Treatment of severe malaria effective treatment remains a vital component of malaria control and elimination strategies.

# ETHICS TALK

## WHY SHOULD WE BE ETHICAL

Ethical employees are critical to ensuring the sustainability of resources in their work place. The sustainability of resources increases effectiveness in service delivery as the Department can impact more lives if resources are not wasted.

Whilst ethical behaviour has collective value such as, benefiting the Department's image and building the public's trust in the Department, it has personal benefits. It is self-fulfilling and instills a sense of pride in oneself. Ethical behaviour or lack thereof, is also a reflection of your character.

## — SIX PILLARS OF CHARACTER —

**The Six Pillars of Character** are the core ethical values of **CHARACTER COUNTS!** Articulated in the Aspen Declaration, these values were identified by a nonpartisan, nonsectarian (secular) group of youth development experts in 1992 as "core ethical values that transcend cultural, religious and socioeconomic differences. The six pillars you should aspire to attain are: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

### TRUSTWORTHINESS

Think "true blue" • Be honest • Don't deceive, cheat or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends, and country

### RESPECT

Treat others with respect; follow the Golden Rule • Be tolerant and accepting of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults, and disagreements

### RESPONSIBILITY

Do what you are supposed to do • Plan ahead • Be diligent • Persevere • Do your best • Use self-control • Be self-disciplined • Think before you act • Be accountable for your words, actions and attitudes • Set a good example for others

### FAIRNESS

Play by the rules • Take turns and share • Be open-minded; listen to others • Don't take advantage of others • Don't blame others carelessly • Treat all people fairly

### CARING

Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need • Be charitable and altruistic

### CITIZENSHIP

Do your share to make your school and community better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment • Volunteer

-Character Counts.org



# WHAT'S NEW

a

## Fight Disease and Live Longer with a Polyphenol -rich diet

Powerful plant-based compounds called polyphenols-found in superfoods such as green tea and in the Mediterranean diet-may protect against heart diseases, diabetes, cancers and help prolong life, according to extensive research. Polyphenols are found in green tea, fruits, vegetables, seeds, nuts, herbs, olive oil, omega 3 fats, dark chocolate and turmeric, and are believed to be behind the incredible success of the Mediterranean diet, shown to promote longevity, good health and weight loss.

*-The Independent Online, March 31 2018*

b

## Crèche for Children with TB

Young TB MDR patients admitted at King Dinuzulu Hospital will now have the opportunity to go to school like normal children. This is following the opening of a crèche that caters to children who are forced to spend 6 months in recovery in hospital. Dr. Julia Amber, from Umduduzi Hospice Care for children, said the initiative was created so that children could continue with their normal life even when discharged from hospital.

*-Isolezwe 29 March 2018, Pg 8*

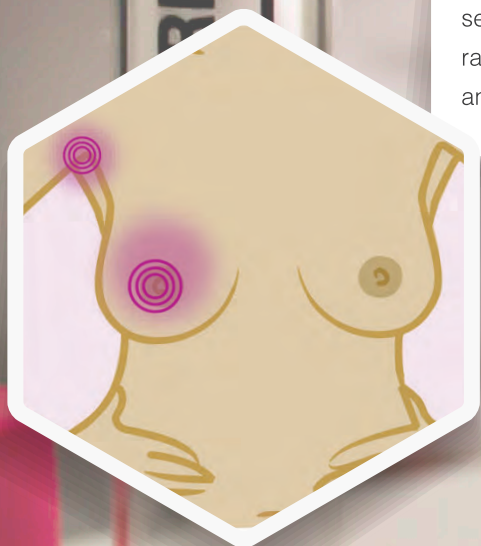
c

## Breast Cancer Fight Boost

A study led by Cambridge University and the Institute of Cancer Research in London has found that targeted treatments or lower doses are just as effective in treating breast cancer.

The study showed that irradiating a tumour, rather than a whole breast, came with fewer side effects. A second approach, bathing the whole breast with radiation but using a lower dose, was also effective and also reduced side effects.

*-The Independent 14 April 2018, Pg 12*





**health**

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