



WORLD AIDS DAY

THE DEPARTMENT CELEBRATES 30 YEAR ANNIVERSARY



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OF THE
MONTH**

**NEW
FUN
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KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



I am very pleased to have the opportunity to have launched the Festive Season Safety Plan this month. The December holiday period is associated with the spirit of goodwill and joy as we relax with our families and loved ones. However, with the national closure of schools, factories and other industries; and the start of the festive season, all major routes throughout KZN experience a remarkable influx of road usage and traffic congestion.

The Festive Season Plan is a joint effort between Emergency Medical Services, Forensic Pathology Services and a multi-disciplinary team made up of the Road Traffic Inspectorate and the South African Police Service (SAPS). Our over-arching key message is: "Road safety is our collective responsibility." Our aim is to remind everyone that we can only achieve road safety and defeat the scourge of crime when we work together.

In this vein, we will be intensifying our campaigns to defeat both the road carnage and crime and also ensure that we have effective and accessible health services in response to any emergencies. We call upon our fellow countrymen and women to do their bit by being cautious and exercising safety at all times. Government has allocated a significant amount of resources, both human and financial, for the successful implementation of the Provincial Operational Plan (POP). This Plan, which has already swung into action, will be in place up to 31 January 2019 and beyond.

Our festive season's strategy is anchored on the following pillars:

- Integration of all law enforcement agencies;
- Partnership with key stakeholder – SANTACO, the bus industry, freight and logistics and other stakeholders including the Interfaith;
- Traffic police visibility and 24/7 visibility in hot spot areas;
- Interaction with road users, including drivers and passengers; and
- Mobilisation of all sectors of our community to work for peace, stability and crime-free festive season.

Let us all remember that safety – both on our roads and in our communities - is our collective responsibility.

Let us work together for a safer and more peaceful festive season.



Dr Sjongiseni 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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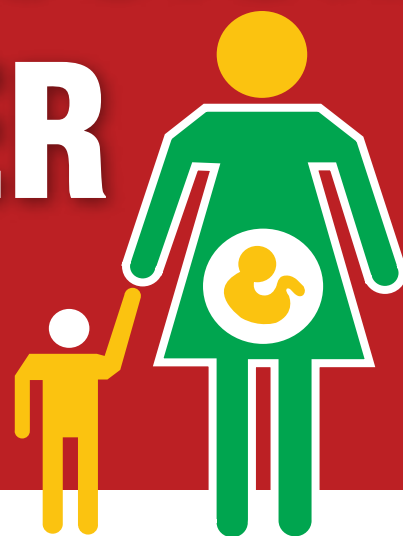
If calling from a cellphone, you can call the number and ask to be called back.

5

THE DEPARTMENT OF HEALTH ALSO HAS A 24 HOUR CALL CENTER. DIAL 0800 005 133



MEC DHLOMO WANTS THE COMPLETE ERADICATION OF HIV TRANSMISSION FROM MOTHER TO CHILD



Although the rate of mother-to-child transmission of HIV has dropped from 20% to 1% over the past 10 years in KwaZulu-Natal, provincial Health MEC Dr Sibongiseni Dhlomo says the focus should now be on ensuring that not a single baby acquires HIV from their mother.

HIV can spread from a woman to her child during pregnancy, childbirth or breastfeeding. However, through early testing and detection of HIV; commencement of Antiretroviral Treatment; and adherence to treatment instructions, the risk of infection can be eliminated.

In line with the theme of World AIDS Day "Know Your Status – Cheka

Impilo," MEC Dhlomo urged all citizens to get tested for HIV at least once a year. He also listed a number of accomplishments that have been made in KZN to curb the spread of HIV and to improve access to treatment.

These include:

- The enrolment of 1,3 million people on the Antiretroviral Treatment (ART) programme;
- The immediate provision of treatment to any patient who tests positive for HIV, without making them wait for their CD4 count to drop (Test & Treat programme);
- The circumcision of more than 1 million men and boys (decreasing the rate of HIV infection by up to 60%) in just 10 years - with not a

single death reported;

- Improving the TB treatment outcomes from a 65 % treatment success rate in 2009 to 88.7 % in 2017. According to the National Institute for Communicable Diseases (NICD) KZN has had the highest decline in the TB incidence, with a decrease from 1 149 per 100 000 people in 2011 to 481 per 100 000 people currently.
- Introducing the Fixed Dose Combination drug, which means that people only need to take one tablet daily instead of three, as used to be the case previously.

TO BE CONTINUED ON PAGE 3>>>

- The training of nurses to initiate patients on Antiretroviral Treatment, which used to be performed only by doctors.
- The training of healthcare personnel in the Adolescent and Youth user Friendly programme. This means that they attend to all the healthcare needs of young people, including supplying them with condoms, other contraceptives and Choice of Termination of Pregnancy services – without passing judgement or making them feel unwelcome in any way.

MEC Dhlomo said, “As we symbolically remember those who lost their lives to AIDS, we also celebrate the massive progress that we have made. HIV and AIDS used to ravage our societies. People used to get sick, and develop all the symptoms that made others start speculating what they were suffering from. It stripped them of their dignity. Our cemeteries became battle grounds for burial space, bursting with groups of sad and heartbroken people burying their loved ones every weekend. “But today, that is no longer the case. The life expectancy of South Africans has now increased from 45.5 years for men and 48.4 years for women from 2001 – 2006; to 57.8 years for men and 63.5 years for women from 2016 onwards. So, people are no longer dying in large numbers.

We have restored people’s hope and dignity, and given them the precious gift of life. “Indeed, having a healthier citizenry means that people live for a long time, until their children are old enough and are independent.” MEC Dhlomo said more focus would also be put on protecting girls and women aged 10 – 24 – who face the highest risk of getting infected with HIV.

“We will continue with the implementation of programmes such as D.R.E.A.M.S and She Conquers, which were launched in 2016 by President Cyril Ramaphosa. They are meant to empower girl children by keeping them in school, and supporting and encouraging them to grow up and be independent and self-sufficient, so that they don’t rely solely on men to get by in life.”

In a bid to further empower women, the Department also launched the new and revised Contraceptives and Fertility Planning Strategy (2019 – 2023), which aims to ensure, among other things, that more women have access to reproductive health services – and that men play an active and responsible role in this regard.





HAVE FUN BUT BE SAFE

The festive season is a time to be happy and celebrate life while surrounded by those who are dear to us. Unfortunately, this is also the time that hospitals and clinics are overwhelmed with a high number of trauma patients and fatalities resulting from road crashes, violence and drownings.

It has been proven that most road accidents happen as a result of human error, including failure to adhere to road traffic rules. During this time, communities also experience a higher incidence of social ills and crimes, which lead to violence and trauma. The net effect of all of these incidents is that they put pressure on government resources as a result of people having to be treated in government hospitals and those who require rehabilitation; and in other cases, people having to receive social grants - let alone those who pay the ultimate price - death.

This festive season, the Department urges you to not be an unfortunate holiday statistic.

- Do not drink and drive. Either have a designated driver who does not drink or use services such as Uber and Taxify.
- Do not overload your vehicle and ensure that your vehicle is roadworthy
- Use caution on the roads

MESSAGE FROM THE SOUTH AFRICAN POLICE SERVICE: **BE SAFE WHEN SWIMMING!**

Members of the public are warned to be extra-cautious while swimming at the sea, dams, rivers or swimming pools. This warning comes after a number of people have drowned recently in KwaZulu-Natal province.

As the festive season approaches, drowning is an ever-present risk when people go on outings to rivers, beaches, dams and swimming pools. Many incidents of drowning are linked to the misuse of alcohol and recklessness.

Below find water safety tips to be followed:

- Before entering the sea, swimmers must take time to watch the waves and must avoid places where there is a strong backwash, obvious rip currents or a danger of being washed onto the rocks.
- Check the weather and the tides before you leave home – if the sea is too rough, you could be swept away.
- Only enter where the waves are straight and gentle.
- If you experience a strong current, get out of the sea, or at least do not go in deep.
- Never swim while you are intoxicated. Alcohol impairs judgement and unnecessary risks are taken. An intoxicated swimmer will tire more easily, increasing the chance of an accident or drowning.

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- Check with the lifeguards on duty what the surf conditions are before entering the sea.
- Only swim in designated areas that are supervised by lifeguards.
- If the lifeguards give you directions or instructions from the beach, obey them.
- Look out for warning signs and flags – a red flag means it is dangerous to swim.
- A red-and-yellow flag means lifeguards are on duty and you should only swim in the area between the flags.
- Avoid swimming immediately after a big meal, as there is a danger of having cramps.
- Do not dive into shallow seawater .
- Do not swim in river mouths, in dirty water, very early in the mornings, early evenings or after it had rained as shark activity increases in these conditions. Also do not swim when bluebottles are present as they are poisonous.
- Never leave a young child unattended near water and never make a child responsible for another child – not even for five minutes. Teach children to always ask permission to go near water.
- If a child is missing, check the water first. Seconds count in preventing drowning or permanent disability.
- Swimming aids, such as water wings or noodles, are fun toys for kids, but they should never be used instead of approved flotation devices.



HERO OF THE MONTH

Dr Lindiwe Sidali, who currently works at Inkosi Albert Luthuli Central Hospital, is this month's Health Hero.

5 FACTS ABOUT OUR DECEMBER HERO

1. She is South Africa's first female African cardiothoracic surgeon.
2. She was born in Dutywa, in the Eastern Cape.
3. She is former beneficiary of the Cuban scholarship programme.
4. She writes romantic fiction stories under a pseudonym in her spare time.
5. She is only 35 years old but has already been a doctor for 10 years.

“Everything is life is possible, dream but create a plan of action in achieving those goals. Don't follow other people's path. Create a new one.”

Do you know a hero of the month you'd like us to cover?
Send their story to
kznezempilo@gmail.com



Retired, But Not Tired

Earlier this month the MEC had meetings with retired nurses at Amajuba and UThukela districts, to discuss how they can plough their knowledge and skills back into the Department.

The retired nurses shared their concern that certain values and cultures that have to do with the nursing profession seemed to be disintegrating, and needed to be revived. MEC Dr Dhlomo said that in addition to emphasizing treating patients with care and advocating for them at all times, the nurses also quipped on nurses' uniforms.

“They're saying a nurse was meant to wear shoes that have laces, not be in high heels, because they cannot predict what will happen during the course of a day. If a nurse has to run and push a patient quickly on a stretcher to theatre, or to casualty, the nurse must be able to do so without fear of the shoes falling off. So, going back to basics is what they're educating us about.

We're going to take a lot of lessons going forward because nurses, among all healthcare professionals, are the people who stay with the patient the longest. They are the



ones who know the patient better than anyone else. So, we must tap into their expertise because they are rich with knowledge and wisdom. All that's left is for us to reach out to them.”

UNPLANNED FESTIVE PREGNANCIES ARE NOT SO FESTIVE



The school holidays also mean that many young people will have a lot of time on their hands. Left unchecked, some of them may experiment with potentially dangerous activities, such as unprotected sex.

During the month where the most prominent health day is commemorated, World AIDS Day, the Department encourages young people to remember the basics of sexual responsibility:

A: Abstain. Abstinence from sex for as long as possible is encouraged—until one is physically and psychologically ready to deal with its consequences. One of such consequences may be falling pregnant or fathering a child.

B: In the absence of abstinence, Be faithful. More sexual partners increase the chances of contracting HIV/AIDs.

C: Condomise. Using a condom, especially in unison with medical male circumcision and the use of female contraceptive methods (Dual Protection) ensures protection against both sexually transmitted infections - including HIV - and unwanted pregnancies.

Unwanted pregnancies can cause many inconveniences, especially for someone still at high school or tertiary. More often than not, children of pupils and students interrupt the young parent's schooling.

Medically, many teenagers face complications during pregnancy or child birth since their body is not ready to carry a baby.

Whilst holidays should be enjoyed, it is important to be responsible. There is life after the holidays.

WHAT'S NEW

IMPLANTS LINKED TO CANCER

Breast implants given to 50 000 women a year have been linked to a rare form of cancer; a type called anaplastic large cell lymphoma which affects the immune system. Estimates of the chances of being affected after receiving a breast implant vary between one in 24 000 and one in 3500.

- *THE STAR*

OBESE KIDS LESS LIKELY TO DEMONSTRATE COPING SKILLS, ACADEMIC INTEREST

Obese Children may be less likely to meet a set of five marks for childhood flourishing that include academic and emotional skills. Researchers found that only about 29% of obese children hit all five indicators of flourishing, compared with 38% of overweight children and 41% of children at a normal weight. Now that we know childhood obesity is linked with poor coping skills and school performance, the time is to act now.

- *THE WITNESS*

REGULAR DOCTOR'S VISITS ARE KEY TO HEALTHY LIVING

The International Diabetes Federation estimates that 3.85 million South Africans have diabetes, with a large portion of them undiagnosed. Weight loss is a common recommendation for the treatment of Type 2 diabetes. Not exercising increases the chances of diabetes. Finding problems early means your chances for effective treatment are increased.

- *THE STAR*

F U N P A G E

Find these 10 words that were in this month's Health Chat:

AIDS, CONDOM, ABSTAIN, PREGNANCY, ROAD, TRAUMA, SWIM, WAVE, SAFE, HOLIDAY

A	A	R	G	C	U	E	F	A	S
K	I	E	R	O	A	M	B	H	A
U	D	W	E	N	M	C	E	O	U
E	S	V	Y	D	U	K	O	L	G
T	A	P	R	O	A	D	E	I	E
W	S	W	I	M	R	E	A	D	F
E	X	N	I	A	T	S	B	A	I
P	R	E	G	N	A	N	C	Y	L

1. What was this year's World AIDS Day theme?

- a) Zero Tolerance
- b) Chek'Impilo
- c) Know Your Rights

2. Dual Protection is using 2 condoms at the same time

- a) TRUE
- b) FALSE

3. In Health, ABC is mostly understood to mean:

- a) Apples, Bananas, Carrots
- b) Anatomy, Biology, Cardiology
- c) Abstain, Be Faithful, Condomise

READ THE ISSUE AGAIN IF YOU DIDN'T KNOW SOME OF THE ANSWERS!

3. AIRTIME VOUCHERS UP FOR GRABS!

Answer this question and you could win R30 airtime:

HOW MANY YEARS HAS WORLD AIDS DAY BEEN CELEBRATED FOR?

Email: KZNEZEMPILO@GMAIL.COM your **ANSWER** with your **NAME, DISTRICT** and **NUMBER** you would like to receive the airtime.



photogallery



WORLD AIDS DAY & RETIRED NURSES MEETINGS AT AMAJUBA & UTHUKELA DISTRICTS



health
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