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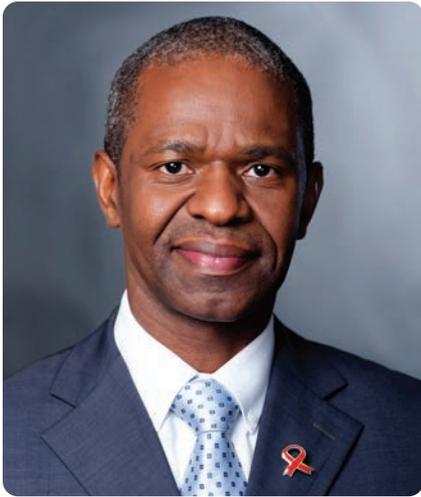
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KZN Department of Health



## MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



### MAKING OUR HEALTH FACILITIES FRIENDLIER AND MORE WELCOMING TO YOUNG PEOPLE

**The mandate of the Department of Health is to ensure a long and healthy life for all South Africans, including young people, who account for a significant proportion of the South African population.**

But, despite numerous interventions that have been implemented to improve the health status of adolescents and youth, the incidence of new HIV infections, teenage pregnancy, sexually transmitted infections, alcohol and drug abuse, to name a few, remain a challenge facing young people on our country.

Furthermore, scientific evidence has shown that for a long time, many young people did not have confidence in our health facilities due to a system that was historically not designed to cater for their specific health needs.

As a result, those who needed services such as family planning (condoms, contraceptive devices); who are pregnant; or have sexually transmitted diseases simply stayed away.

They feared being judged by nurses and doctors for seeking such services which were regarded as being solely for “grown-up people” at such a young age.

It also did not help that our healthcare workers themselves were not adequately trained on the importance of leaving their own personal biases and beliefs at the door, so that they can render assistance to young people without passing judgement on them.

Thankfully, this has begun to change since our caring and responsive Government, working with LoveLife, devised a strategy to respond specifically to young people’s needs. It has been revised and expanded upon to reflect the current priorities for public health systems reform and

relevant strategic and operational plans. The new programme is now known as Adolescent and Youth Friendly Services (AYFS).

The Policies that guide and inform the implementation of AYFS are the National Youth Policy 2015-2020; National Strategic Plan HIV/AIDS/STI/TB 2017-2022; and the Adolescent and Youth Health Policy 2017 -2020. We had the pleasure of launching AYFS in December 2015 at Zululand district, Swart Mfolozi Clinic.

Since launching AYFS, we have introduced the strategy in all 11 districts, having trained nearly 400 Youth Champions to be ambassadors of AYFS. We are pleased to report that this programme is already bearing fruit as thousands of young people can already attest to feeling much more welcome to seek health services from our facilities.

This booklet that you are reading contains a number of heart-warming testimonies from Youth Champions based in all our 11 districts.

We will continue to train many more Youth Champions and to accelerate the AYFS programme to ensure that as many young people benefit from it as possible.

*Dr Ssongiseni 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](mailto:mboneni.bhekiswayo@kznhealth.gov.za)

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

IT'S **FREE**  
from Telkom.

4

**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**



# MINISTER MOTSOLEDI AND MEC DHLOMO PLEASED WITH THE FUNCTIONING OF THE CONDOM FACTORY AT DUBE TRADEPORT



**National Health minister Dr Aaron Motsoaledi and KZN Health MEC Dr Sibongiseni Dhlomo have expressed their satisfaction with operations at the condom factory situated at Dube TradePort, near the King Shaka International Airport.**

MEC Dhlomo recently accompanied Minister Motsoaledi to the condom manufacturing plant, which is a joint venture between SA Health Protection Services and US based company HBM, who have formed HBM-SA.

The facility produces 700 000 condoms per day for the local and export markets, and is expected to double its output soon, as it continues to build capacity. Among the HBM-SA production line is the government's Max condoms, which replaced the Choice brand. The new R 150 million factory is regarded as a coup for KwaZulu-Natal as it will create up to 150 local jobs in its first development phase. Previously, SA Health imported all its stock from a manufacturer in China. However, once government instituted the Special Economic Zone incentives programme, the company decided to locate their production within Dube TradePort's Special Economic Zone. This proves yet again that such zones are an effective means to drive investment in local manufacturing and exports.

MEC Dhlomo says Minister Motsoaledi is pleased with what he saw and is looking forward to coming back for the official launch of the facility, which is expected soon. "The Minister was impressed to see that this factory has the capacity to produce 1,4

million condoms per day. We are looking forward to coming back with the minister for the formal launch of this HBM-SA condom factory. "This company has already started employing locally, and has 35 staff members and will go up to 150 breadwinners. If you multiply that by five, it will contribute to our economy, and in terms of money in the pockets of some of our citizens in KZN.

"Here in KZN, we have reaped the most rewards through this factory, because there will not be a shortage of condoms in KZN. Also, when the condom distribution programme is extended to SADC countries, it becomes very easy for them to be transported, because the airport is right next door." Condoms are still regarded as one of the safest measures to prevent the spread of sexually-transmitted diseases and unwanted pregnancies. Statistics show that in South Africa, women and girls aged 15 – 24 are at highest risk of contracting HIV; while unplanned pregnancies contribute significantly to the high drop-out rate at high schools and institutions of tertiary education.

MEC Dhlomo says Government is continuing to promote Dual Protection as a strategy to curb unwanted pregnancies and sexually-transmitted infections such as HIV and others. Dual Protection entails men and boys undergoing Medical Male Circumcision; using condoms during every episode of sexual contact; and all of this coupled with female contraceptive methods.



# A PASSION TO FIGHT CANCER:

## THE HEARTWARMING STORY OF 33 YEAR-OLD NEWLY-GRADUATED ONCOLOGIST DR NOKWANDA ZUMA

**At the age of just 33, Dr Nokwanda Zuma has become only the second Black African oncologist in KwaZulu-Natal. She graduated last month after completing her training at Tygerberg Hospital in Cape Town and is now based at Addington Hospital, where she is in charge of radiotherapy.**

Last week, she treated the first patient since the restoration of oncology services on 06 June 2018. This process to restore oncology services at Addington Hospital has entailed the repair of one oncology machine and installation of another, brand new one, which will be ready for use in July – giving the hospital capacity to eventually treat between 40 – 50 patients per day.

In this candid interview, Dr Zuma reflects, in her own words, on her long and arduous journey towards becoming a medical specialist; the huge personal sacrifices she had to make along the way; and her hopes and dreams for people who need cancer treatment in KwaZulu-Natal. I was born and bred in Pietermaritzburg. I was a very active child, hence my father named me Phillile (the one who is full of life) when I was born.

I'm the second daughter of Mbali and Christopher Zuma, a deputy principal and retired manager at the Department of Education respectively. My older sister is a chartered accountant and my younger sister is a financial manager, and we are very close. I grew up at Imbali township where my fondest memories are of us playing in the streets from dawn until dusk.

My parents are kind-hearted, ambitious and hardworking people and those qualities I also inherited. However, they were very strict. They encouraged us to study and create the life we wanted to live in order to be happy.

My parents have been very supportive of my career. I think I surprised them a bit when I said I wanted to specialize in Radiation Oncology. They have always been supportive, even making financial sacrifices just so I could study medicine. I want to make them proud.

They didn't completely understand at the time what radiation oncology entailed. But the more they saw friends and family being diagnosed and dying from cancer, the more they understood the need for, and importance of, doctors who could treat cancer. So, my parents are my greatest influencers. I also look up to Ms Judy Dlamini who is a qualified doctor, business woman, mother and wife. She does it all with finesse. She also has overcome class, race and gender discrimination, which is something that black women face every day.

I matriculated at Pietermaritzburg High School for Girls where I was a prefect and vice house captain. I was a nerd in high school, studying all the time. I knew then that I wanted to become a doctor and that the only way I was going to get there was through discipline and studying.

When you are a Doctor you are always studying or on call and when you specialise, the workload makes it hard to have a social life. So I was that

person who was always apologising for not making it to or leaving early at a family or social event.

I decided in 2012 that I wanted to be an Oncologist. A year later, my step-grandmother Peggy Zuma, an ex-Matron nurse from Edendale hospital got diagnosed with malignant melanoma. Oncology has always been my destiny, but my step-grandmother just took away any doubt of anything else. I was working at Greys Hospital Oncology at the time. She chose to be treated in a public hospital as opposed to going to a private hospital because her grand-daughter was there.

My Maternal grandmother Eustacia Gumbi was an orthopaedic nurse at King Edward and Prince Mshiyeni Memorial Hospital. They both had a strong influence and support through my studying. My father's biological mother was also diagnosed with

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cervical cancer and treated at Addington hospital 20 years and she's still alive. That's why it's important for me to see Addington hospital's oncology department functioning well. Oncology is unique in that there's the medical part and then the radiotherapy part. As an oncologist, I have to tell a patient that they have cancer and the immediate thought for them is that, 'I'm going to die.' It takes a Doctor with empathy and soft skills to be able to reassure them that, 'I will be there with you throughout this journey and I will do my best, no matter what the outcome.'

I've trained for 9 years in total. I did my undergraduate studying at the UKZN medical school which I completed in 5 years, then I spent 4 years specialising. I did my internship at Prince Mshiyeni Memorial Hospital and my community service at Krugersdorp, West Rand Health department. I truly enjoy treating patients, interacting with their families as well as the technical part of radiotherapy. We use advanced machines and software to give the best treatment to patients. The biggest challenge in oncology is accepting that the disease is sometimes stronger, stronger than a patient's will to fight... stronger than any chemotherapy or radiotherapy you prescribe. And they will eventually pass away. My role as their Doctor is to make them as comfortable as possible.

The hardest part in my training was when my aunt passed away 2 weeks before my final exams and I couldn't go to the funeral in Durban from Cape Town. I was literally crying while studying. What helped me get this far is my perseverance and knowing that the goal is to become a specialist. I had a community to serve and the only way to do that is by becoming the best at what I do. My friends and family have also been very supportive especially when the studying got really tough. I am ambitious, focused, kind-hearted, hard-working, and I love to dance and laugh. I am a hip hop and R&B fan, so my top 5 artists would be Drake, Kwesha, Nasty C, Sjava and Amanda Zulu.

**My philosophy in life is "Hardships prepare the ordinary for the extraordinary"** - that is what keeps me going. There has been an increase in incidence of cancer both in South Africa and elsewhere. This is due to viruses, immunosuppression, lifestyle choices and genetics. A developing country like South Africa needs to increase the awareness of cancer at the primary health care setting. We need to improve the way we diagnose our patients and I strongly feel that oncology needs to be included as part of undergrad training for doctors. I believe we have only a few Oncologists because cancer wasn't a common disease in the past. But more people are now being diagnosed with cancer and with that, knowledge and technology is advancing accordingly. More doctors are interested in learning and I believe if more centres are created to provide registrar training, there will be more oncologists.

*My advice to people who want to follow in my footsteps would be that nothing is impossible if it's your dream. The road to becoming a specialist is long, but once you get there it's definitely worth it. There is nothing as rewarding as seeing a patient smile or seeing them being cured from cancer. My passion for oncology is what keeps me going. I would like improve the services we currently offer in KwaZulu-Natal. I would also like to continue to study and do my PhD in the next 5 years.*

When the time is right I do plan to start a family. I love children, so I'm hoping to have at least 2 children. I've seen the importance of having siblings and family the older I get, and I definitely want to give that to my children.



# KZN HEALTH EMPLOYEES EXCEL IN SAVING LIVES, HEALTHCARE INNOVATION AND IMPROVING CLIENT EXPERIENCE

A triple bypass on a beating heart, without putting the patient on the standard heart-lung machine. Delivering a set of twins from a high-risk pregnancy at a Community Healthcare Centre instead of a hospital. The graduation of Cuba-trained doctors as specialists. Making strides in the achievement of the 90-90-90 goals for HIV and TB testing, treatment and viral load suppression. These are some of the remarkable stories that emerged from the KwaZulu-Natal Health MEC's Annual Service Excellence Awards (MASEA), which took place in Durban on Friday (01 June 2018). Now in its fifth year, the MASEAs were established to reward individuals and teams who have excelled in various disciplines, having contributed to health service excellence despite challenges.

This glitzy event took place amid a joyful atmosphere, with soul-stirring musical performances which kept the audience, from the length and breadth of the province, enthralled. It was a memorable day, with individuals and teams receiving a pat on the back for their hard work and sacrifice in various categories, in a quest to save lives and improve the overall healthcare system in the province.

There was a sombre moment when KZN Health MEC Dr Sibongiseni Dhlomo read out the names of 40 Departmental employees who lost their lives due to sudden an unexpected death over the past year.

## Winners in the Special Award Category were:

- Three Cuba-trained doctors Dr PG Mthethwa (specialist orthopaedic surgeon, RK Khan Hospital); Dr SS Zikhali (Specialist Obstetrician and Gynaecologist, Edendale Hospital); and Dr SD Ntshalintshali (Specialist Physician, Turton CHC) who all received special recognition for excellence in career progression.

***\*They have now graduated as medical specialists in their respective fields.\****

- Dr EH Abdel Goad from Inkosi Albert Luthuli Central Hospital (IALCH), for leading a team that performed a high tech kidney stone removal operation (known as a mini percutaneous nephrolithotomy surgery), which is regarded as a first in a South African public hospital;

- Dr Sherwin Ramghulam from IALCH for performing a historic landmark health operation: a triple bypass on a beating heart without putting the patient on the usual heart-lung machine, and



saving money for the Department.

- The Emergency Medical Services (EMS) team from EtheKwini, for going the extra mile in attending to victims and survivors of a serious road crash involving a taxi at KwaXimba in August 2017; and separately also battling serious odds to save lives during the heavy storm and floods in October 2017. Special awards were conferred on Ms T Bederson and, posthumously, Mr V Govender – both from ER 24.

- Strategic Health Priority Programmes; the Maternal, Child, Women and Health (MCWH) programme; the University of KwaZulu-Natal's Dr Nelson Mandela School of Medicine; and CANSA for their role in achieving a world record for the highest number of people screened for cervical cancer in one day.

- Prince Nhlenganiso Zulu and Inkosi Phathisizwe Chiliza for their respective contribution in the successful Medical Male Circumcision campaign in KZN (1 million circumcisions done and counting, with no deaths);

- Dr Nomusa Shezi, from IALCH, for graduating as the first female neurosurgeon in KZN.

- Dr Sanele Madela and team from Pomeroy Community Health Centre (CHC) for showing dedication and expertise in the safe delivery of twins, from a pregnancy that had been considered

TO BE CONTINUED ON PAGE 6 >>>

high risk and thus suitable for a hospital, which is better equipped;

- Umzinyashana community members and SAPS for displaying a spirit of humanitarianism in trying to save the life of Dr Sakheni Ncube from Dundee Hospital and a fellow passenger when their vehicle was trapped in a flooding river;

- Teams from Charles Johnson Memorial and Madadeni hospitals and their EMS counterparts from Umzinyathi District; for service excellence in saving the lives of more than 60 people involved in a truck crash in Nquthu in November 2017.

- Dr Andreone and team at IALCH for conducting an innovative technique called spray-on skin to attend to burn wounds, which was a first for KZN. (This procedure is used in conjunction with normal skin grafts: the skin graft is widely meshed and the spray-on skin is used to fill the gaps between the meshed graft.)

- Infrastructure maintenance team at Hillcrest Hospital, for keeping the hospital's infrastructure in good condition;

- Financial Management team at Queen Nandi Regional Hospital for good performance in fiscal management;

- Human Resources Management team at Prince Mshiyeni Memorial Hospital for service excellence in its field.

Also among those who took home top honours were seven employees with a minimum of 45 years of unbroken service. They were Mrs R Nair (nursing assistant, King Edward VIII Hospital); Ms AD Dharumpal (chief radiographer, Osindisweni Hospital); Mrs S Archery (professional nurse, RK Khan Hospital); Mr S Seeram (professional nurse, RK Khan Hospital); Mrs ES Roskrudge (staff nurse, Wentworth Hospital); Ms LM Abrahams (nursing assistant, Wentworth Hospital); and Mrs K Sarjoo (operational unit manager, Verulam Clinic).

- Maphophoma Clinic from Zululand District took first place in the Ideal Clinic Realisation and Maintenance category, while Chatsworth Township Centre under Ethekezi Clinic took second place; while Newcastle Primary Healthcare Clinic took third place.

- The award for best performance in upholding the National Core Standards went to Townhill Hospital, while Fort Napier Hospital were runners-up; and Ekuhlengeni took third place.

- The Joint United Nations Programme on HIV/AIDS (UNAIDS), has set a target that by 2020, 90% of all people living with HIV must know their HIV status; 90% of those with diagnosed HIV infection must receive sustained antiretroviral therapy; and 90% of those receiving antiretroviral therapy will have viral suppression. This is known as the 90-90-90 strategy.

- Umgungundlovu was found to be the best performing District in the 90-90-90 Strategy – outcomes category for TB. They were followed by Umzinyathi, Zululand and Ugu districts. But when it came to achieving the 90-90-90 goals for HIV and AIDS, King Cetshwayo took first prize, followed by Ugu and Umkhanyakude District.

### **Congratulating the winners, KZN Health MEC Dr Sibongiseni Dhlomo said:**

***"We are extremely pleased by the increasing performance of our clinics and hospitals and individuals in various categories, including Ideal Clinics, 90-90-90 strategy on HIV and TB; Improving on maternal and child mortality and improving on general Office of Healthcare Standards Compliance. That is very encouraging and we are happy. To see the best doctors in the province from our hospitals performing extraordinary operations, open heart surgery in the public sector... All of these are accolades that when you put together you see a functioning Department of Health.***

***Notwithstanding certain challenges and programmes... this is an opportunity to thank the staff, motivate them, and say, 'You have done well, thank you very much, but you can still do more.' Those who also won are extremely happy, and those who have not won are hopefully motivated by seeing other people winning and are going out there to do even more. Maybe next year, they are going to be recognised."***

# IT'S ALL SYSTEMS GO FOR THE **HISTORIC RETURN** OF **260 YOUNG** **CUBA-TRAINED DOCTORS** TO KZN



FROM **HAVANA**



TO

**KING SHAKA**  
INTERNATIONAL AIRPORT



**ON the eve of the commemoration of Youth Day, KwaZulu-Natal MEC for Health Dr Sibongiseni Dhlomo expressed his delight that the 260 young Cuba-trained medical students will be returning home in one chartered flight.**

In a departure from the norm, the students will travel from Cuba in one chartered flight to King Shaka International Airport. Normally, when students come back from Cuba, they do so in a staggered process, flying in via Paris and then catching a connecting flight to Johannesburg, and then to KZN. But, following a successful meeting between representatives of the Department this morning (15 June 2018); the Airports Company of South Africa; and management of King Shaka International Airport (KSIA), a special arrangement has been made whereby a single chartered flight will bring the students to KSIA, where their parents and other loved ones will be waiting for them in scenes that are sure to bring joy to all. They will then proceed to complete the remaining 18 months of their studies at local universities across the country.

There are currently 2885 South African medical students in Cuba at various levels of study. No fewer than 590 doctors have already qualified from the training programme, while 98 students are doing their final year at South African medical schools. The returning students are part of the 825 who have been awarded bursaries to study Medicine in Cuba between 2009 and 2015. This is in addition to 1320 health bursary awardees from various health disciplines who have studied, or are currently enrolled, in South African Universities. MEC Dhlomo said, "As our country prepares to commemorate Youth Day tomorrow, and in the year that we are celebrating 100 years of Nelson Mandela, we wish to thank Presidents Castro and Mandela who made it possible for so many of our young student doctors from poor backgrounds to study medicine and break the chains of poverty in their families.

"This year, in July, KwaZulu-Natal will be receiving back the largest cohort of qualified doctors returning from Cuba (260), compared to other provinces. Their return is a historic, memorable and proud moment for KZN as it will have a massive impact in improving our ability to render quality healthcare to the citizens of this province. Some of these students have not seen their loved ones in years. "Regarding the travel and logistics side of the returning student doctors, the Department has successfully negotiated with South African Airways to accommodate all these students in one aircraft at the same time from Cuba to King Shaka International Airport.

This will make it possible for all their parents to converge and be present when we welcome them. We are also extremely grateful to the Airports Company South Africa (ACSA) and airport management for creating a platform where we will be receiving these doctors who left their homes at a very young age and are now almost ready to become fully-fledged doctors.

"Indeed, these giant and revolutionary arrangements through the Cuba medical doctor training programme have proven to be an invaluable catalyst in the continuous upskilling of our Medical Students.

"For the first time, the student doctors would be placed in various hospitals throughout the province, as opposed to the erstwhile approach where their training was mainly concentrated in the metropolitan areas of eThekweni and UMsunduzi municipalities," he said.



# A M A N D L A !

## she conquers

### **What are your dreams? Do you have a passion for solving the world's problems? Do you want to be a musician? Do you want to be a renowned surgeon?**

The world is full of examples of women who have gone before have paved a neon pathway where everything is possible. You too can be one of them. She Conquers is the National HIV prevention campaign that seeks to empower adolescent girls and young women with knowledge to steer them away from social ills such as unplanned pregnancy, dropping out of school, intergenerational relationships and HIV.

Launched by the then Deputy President, Mr Cyril Ramaphosa, in 2016 the campaign has five objectives, three of which fall under the Department of Health's responsibility:

- Decrease new HIV infections in girls and young women by at least 30% from 90 000 per year to less than 60 000
- Decrease teen pregnancies , especially those who deliver children before the age of 18, by at least 30% from 73 000 to 50 000
- Increase the number of girls who remain in school until grade 12 by at least 20 %

Equipping young women in every sphere of their lives, especially regarding their health, ensures that they finish their studies, protect themselves and pursue their dreams.

Areas such as Vulindlela, Taylors Halt, outside of Pietermaritzburg, have already witnessed the success of She Conquers. The uptake of condoms and contraceptives has grown exponentially among young people after its launch, meeting all three objectives.

However, since She Conquers is a collaborative effort of various Departments, it does not only focus on health but every area of life, targeting topics such as sexual and gender based violence and entrepreneurship.

**Be a She Conquers girl by simply using dual protection. Dual protection is the use of a condom and a contraceptive for women and medical male circumcision (MMC) for men.**

**Dual protection makes sure that you are protected from**

- \* An unwanted pregnancy
- \* STIs
- \* HIV/AIDs

**Visit**

<http://sheconquerssa.co.za/>  
for more information about this initiative.

**Read about and get support for:**

- **HIV**
- **Education**
- **Sexual and Gender Based Violence**
- **Careers and jobs**
- **Emergencies**
- **Volunteerism**

# BE THERE FOR SOMEONE ELSE GIVE BLOOD SHARE LIFE



Every year on 14 June countries around the world celebrate World Blood Donor Day. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood. It also raises awareness of the need for regular blood donations to ensure the quality, safety and availability of blood and blood products for patients in need. The theme for Blood Donation Day in 2018 is 'Be there for someone else. Give blood. Share life'

Blood donation is one of the most significant contributions that a person can make towards society. It is not harmful and the body of the donor can regenerate the blood within a few days. Young people, who tend to be healthy, usually make for good voluntary blood donors. Recruiting and retaining young donors not only improves the long term safety and sufficiency of a country's blood supply, but can also reduce the prevalence of HIV/AIDS by promoting safe lifestyles among young people.

**Q: Why should I donate blood?**

**A: Safe blood saves lives and improves health.**

**Blood transfusion is needed for:**

- Women with complications of pregnancy, such as ectopic pregnancies and haemorrhage before, during or after childbirth;
- Children with severe anaemia often resulting from malaria or malnutrition;
- People with severe trauma following man-made and natural disasters.

Transfusion of blood and blood products helps save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with a higher quality of life, and supports complex medical and surgical procedures. It also has an essential, life-saving role in maternal and child care and during the emergency response to man-made and natural disasters.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. An adequate supply can only be ensured through regular donations by voluntary, unpaid blood donors. However, in many countries, blood services face the challenge of making sufficient blood available, while also ensuring its quality and safety.

# SANCA DRUG AWARENESS WEEK



**24-30 June was Drug Awareness Week. Young people are exposed to drugs and alcohol which results in them becoming drug addicts and tarnishing their bright future.**

Government, together with partners such as the South African National Council on Alcoholism and Drug Dependence (SANCA), have created various programmes to give awareness about danger of drugs.

According to SANCA, parents who drink in front of children and of liquor outlets that sell alcohol to minors are some of the factors contribute to the rising incidence of alcohol and drug abuse among teenagers.

## What are the signs that I may be a substance abuser?

- Sudden change in personality or unusual behaviour.
- Rampant mood swings.
- Unusual violent or aggressive responses.
- Withdrawing from family life.
- Change in peer groups.
- Breaking rules deliberately or tends to be rebellious.
- Making excuses for own behaviour or for friends.
- Telling lies about own whereabouts and activities.
- High levels of anxiety and depression.
- Suicidal tendencies.

**If you suspect that you may be a substance abuser and need help in beating your addiction, there are a number of support groups available that can help you.**

**You may contact the following SANCA bases:**

SANCA Durban  
185 Vause Road,  
Berea, Durban  
031 202 2274  
sancadbn@mweb.co.za  
www.sancadbn.co.za

SANCA Nongoma  
(next to Magistrate Office,  
Nongoma Main Rd)  
035 831 0677  
sancangoma@lantic.net

SANCA Newcastle  
57 Paterson street,  
Newcastle  
034 312 3641  
sancankzn@telkomsa.net

SANCA Zululand  
12 Jenner Road, Inyala  
Park, Empangeni  
035 772 3290/3201  
shireen.sanca@gmail.com

SANCA  
Pietermaritzburg  
136 Hoosen Haffajee  
street, Pietermaritzburg  
033 345 4537/4173  
sancapmb@mweb.co.za

# ETHICS TALK

A few months ago, on Ethics Talk we focused on Remunerative Work Outside the Public Service (RWOPS) and the Prohibition on conducting business with the State or Organ of State. Through these Health Chat articles, all officials were advised of the directives and further the processes to be followed in each instance. In addition HRMS circulars were issued with respect to these two aspects. Despite all this, there are many Departmental officials who persist to disobey these directives.

We want to remind all officials that if you wish to perform any work, in your own time, or own a company, run a tuckshop, sell products through direct marketing, provide taxi/transport services, be a Director in any business, teach part-time, etc ( please read the circular) you must apply for RWOPS. If you do not, you are committing misconduct and disciplinary action must be taken. Please also note that as an employee of the state you cannot be an owner or an active director in any business that is registered on the Central Supplier Database.

In other words, you cannot be applying to do any business with the state or organ of state. You will have to choose to remain employed in the Public Service or and resign if your business interests are more important to you. If you apply for RWOPS through the screening process it is discovered that you have an active business, the RWOPS will not be approved and you will be requested to consider either resigning from the state or quit being a director/owner.

**Any officials wishing to perform RWOPS must apply on the Prescribed form is completed by the employee and submitted to HR at facility level. Application is made 30 days before the envisaged commencement of RWOPS.**

**The form itself has a declaration which is duly completed by the applicant. This declaration sets out the conditions for the performance and further provides for the Employer to rescind approvals if there is any evidence that there has been a breach.**

The Public Service Regulations Code of Conduct is very clear in terms of the above and all employees must all familiarize themselves with the provisions therein.

**See the following documents or contact HR at Facility level or contact the Ethics Officers through 033 395 2148/2994/2799**

[http://www.dpsa.gov.za/dpsa2g/documents/iem/2016/directive\\_rwops\\_30\\_09\\_2016.pdf](http://www.dpsa.gov.za/dpsa2g/documents/iem/2016/directive_rwops_30_09_2016.pdf)  
[http://www.dpsa.gov.za/dpsa2g/documents/iem/2017/27\\_01\\_2017.pdf](http://www.dpsa.gov.za/dpsa2g/documents/iem/2017/27_01_2017.pdf)

# WHAT'S NEW

**a**

## **W.H.O LAUNCHES NEW CLINICAL HANDBOOK HIGH-QUALITY HEALTH CARE FOR GIRLS AND WOMEN LIVING WITH FGM (FEMALE GENITAL MUTILATION):**

Girls and women who have been subjected to female genital mutilation (FGM) need high quality, empathetic and appropriate health care to meet their specific needs. In nine easy-to-read chapters, the new WHO Clinical handbook – Care of girls and women living with female genital mutilation gives essential information to health care professionals on how best to provide care to girls and women who have been subjected to any type of FGM, either recently or several years previously. (WHO)

**b**

## **FISH IS BEST**

Eating fish twice a week reduces your risk of a heart attack, the American Heart Association (AHA) says. The AHA recommends eating two servings of non-fried fish, or about ¾ cup of flaked fish every week. People are advised to eat fish with high omega-3 fatty acids.

*(Independent on Saturday Pg12 16/0618)*

**c**

## **DRINKING COFFEE CAN WARD OFF LIVER-RELATED DISEASES**

More good news for coffee lovers; having three or more cups of coffee each day may help ward off serious liver ailments, new research suggests.

*(Independent on Saturday Pg12 16/06/18)*

**D**

## **50 ARV CLUBS TO ROLLED OUT: ARV ADHERENCE CLUBS COULD BE GAME CHANGERS IN FIGHTING HIV**

A total of 150 ARV adherence clubs are to be rolled out around the country, in what could be a game changer in the fight HIV in South Africa. The programme by Right to Care, an organisation that provides HIV and TB service, is aimed at increasing adherence to HIV treatment, thereby curbing drug resistance caused by non-adherence to treatment.

*(Afro-Voice Pg2 8/06/18)*

# PHOTO GALLERY

Healthy Lifestyle at Ark Fellowship Centre International Church at Umlazi F





**health**  
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