

FREE

HEALTH MATTERS Ezempilo

EDUCATE || INFORM || EMPOWER

AUGUST • 2015



Dual protection means putting your future first

Breastfeeding  Rural patient transport

And more inside!



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Health
PROVINCE OF KWAZULU-NATAL

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

You strike a woman,
you strike a rock!

You strike a woman, you strike a rock!



The Department of Health in KZN pays tribute to all the women in our province and would like to call on all men to rise to the challenge of protecting and caring for our women, children and elderly.

BE TODAY'S SOUTH AFRICAN WOMAN

Take charge of your health, take ownership of your body.
Help **STOP** the violence, break the silence and say **NO** to abuse and **NO** to sex without condoms if your partner is sleeping around.



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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

Message from...

KZN Health HOD,
Dr Sifiso Mtshali



A **SWE CELEBRATE** Women's month, it is quite fitting that in this, my first message as the newly appointed Head of Department of Health in the province, that I pay tribute to all the women who have made and continue to make sacrifices for our country, their families and their communities. In particular, I would like to say thank you to all our female health professionals who, despite all the challenges they face daily, continue to make a difference in saving lives and strengthening our commitment towards health care delivery. Your selfless dedication is recognised and commendable, thank you!

WHILST PAYING TRIBUTE to the contributions of our women, we cannot ignore the sad reality that despite our advances in gender equality, women continue to suffer abuse, be it physical, emotional, economic or verbal. As a community we must begin to question why this remains a challenge 20 years post democracy. The fear of standing up and speaking out against women and child abuse remains a deafening silence which needs to be broken. Of significance, is the increasing numbers of elderly women and children who are victims of rape on a regular basis. It is beginning to reach levels where it is no longer uncommon to hear this taking place. As the Department of Health in KwaZulu-Natal, we would like to appeal to all communities to unite and speak out against all forms of abuse against women and children, as they remain

the most vulnerable in our society. Men cannot sit idly in silence if they are aware of the perpetrators within their ranks. If we are to make a difference, we need to ensure that the same united voices which helped us achieve our democracy help in protecting those hard fought for freedoms, including gender equality.

I WOULD ALSO LIKE to take the opportunity to mark some important days this month, beginning with Leukaemia Awareness which is a theme throughout the month of August. The under-25s, which is the mainly affected age group, continue to struggle to find suitable donors, as there remains a massive shortage, particularly donors of African descent. I would like to encourage you to read all about this inside this issue and to please volunteer to make a difference if you can, it could be your moment to save a life!

WITH TRADITIONAL AFRICAN Medicine Week also being part of this month, I would like to pay tribute to all our recognised traditional healers for working with the Department of Health in ensuring the success of our medical male circumcisions. KZN continues to lead the country as the most successful province in safely carrying out medical male circumcisions - with not a single death or complication to date! Traditional Healers play an important role as partners in health care delivery, and I would like to encourage people to ensure that the healers they engage with are recognised by the Department.

I look forward to making this province a shining example of health care service delivery.

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With thanks to the following contributors:

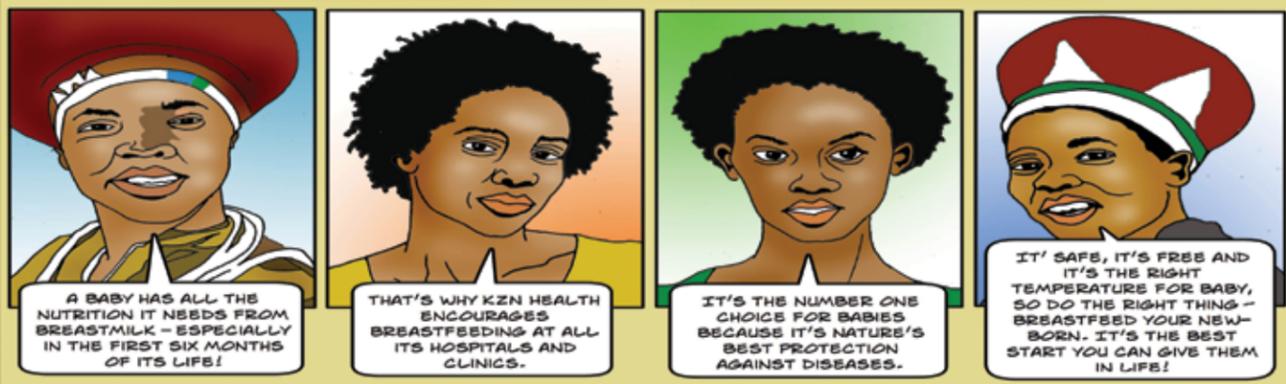
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Your suggestions and comments are welcome, and if you have been impressed by a health worker who provided an outstanding service, let us know and we will feature them!
CONTACT US on 031 562 9803, write to us on PO Box 25439, Gateway 4321 or email editor@ezempilohealthmatters.co.za

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**AUGUST IS BREASTFEEDING AWARENESS MONTH
BREASTFEEDING IS BEST!**



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KZN Health delivers more patient transport vehicles to rural communities

Rural communities received a boost in health services recently, when KZN Health MEC, Dr Sibongiseni Dhlomo handed over 95 new patient transport buses to assist small rural hospitals in transporting patients to other facilities such as Inkosi Albert Luthuli Central, Ngwelezane and Grey's Hospitals.



"Transport helps people get the right care, at the right place, at the right time" – MEC Dhlomo

Transport critical in rural health

Addressing the hand-over, MEC Dhlomo said Patient Transport Services (Non-emergency and Planned Patient Transport) plays a critical role in helping disadvantaged people access health services across the Province of KwaZulu-Natal.

"It's a service that is not as visible or well-known compared to the Ambulance Service but for many disadvantaged people; it is their lifeline to healthcare facilities. It helps people get the right care, at the right place, at the right time," said MEC Dhlomo.

MEC Dhlomo added that the buses would also be effective curbing the defaulter rate for those Tuberculosis patients who need to be taken to facilities.

The following is the distribution plan of the new transport carriers and patients are encouraged to speak to local health facilities to find out more about the time table for pick up and drop off in the areas:

More chronic health care means more demand

The 95 transport vehicles will boost the current ailing fleet in the province, which has been placed under tremendous pressure with the increasing demand on health care services in the province.

An ageing population and an increase in chronic health conditions are seen as major contributing factors for the increase in patient transport services, along with a lack of transportation of Male Medical Circumcision candidates to hospitals and back to their originating locations.

DISTRICT	Allocation	DISTRICT	Allocation
Amajuba.....	7	Grey's Hospital Hub	7
EThekwini.....	5	(UMgungundlovu, UThukela, Amajuba, UMzinyathi and Zululand)	
Harry Gwala.....	4	Inkosi Albert Luthuli Central Hospital Hub	5
ILembe.....	4	(eThekwine, UGu, Harry Gwala, ILembe and UMgungundlovu)	
UGu.....	4	Ngwelezane Hub	7
UMgungundlovu.....	10	(UMkhanyakude, UThungulu and Zululand)	
UMkhanyakude.....	8	UThukela Hub	4
UMzinyathi.....	10	(UThukela, Amajuba, UMzinyathi and Zululand)	
UThukela.....	4	College of Emergency Care	1
UThungulu.....	8		
Zululand.....	7	TOTAL	95



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An EMS view of domestic abuse

By Robert McKenzie
EMS spokesperson,
KZN Department of Health



Most reported victims of domestic violence are women. However, domestic violence is not only a male to female event. Studies of women who reported injury as a result of domestic violence found associations between domestic violence and lack of education, alcohol misuse, unemployment, low income, and recreational drug use. Often victims do not report the abuse that they are suffering, or they delay seeking assistance. Sometimes they are not even aware that they need assistance.

- People who are being abused may:**
- * Seem afraid or anxious to please their partner
 - * Go along with everything their partner says and does
 - * Check in often with their partner to report where they are and what they're doing
 - * Receive frequent, harassing phone calls from their partner
 - * Talk about their partner's temper, jealousy, or possessiveness

- Signs of physical abuse may include:**
- * Have frequent "accidental" injuries
 - * Frequently miss work, school, or social occasions, without explanation
 - * Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer)
- Psychological warning signs of abuse may include:**
- * Have very low self-esteem.
 - * Show major personality changes
 - * Be depressed, anxious, or suicidal

Paramedics are often the first medical personnel to come into contact with someone who has been abused. Sadly, as paramedics we are regularly called to attend victims of domestic abuse and violence.



Due to there being several forms of abuse (other than physical assault) and the fact that there is often repeated abuse, or a delay in a victim seeking help, their symptoms may not be immediately apparent, either to medical or non-medical people. Victims often suffer from other conditions which are the main reason for the victim seeking medical attention. These include anxiety, stress and depression and/or other general medical conditions which can be exacerbated by the abuse. Abuse is often not diagnosed or is attributed to other factors in such circumstances.

Victims of domestic violence are urged to seek assistance, and there are several avenues where help and advice can be sought, which include:



THE POLICE



HEALTH CARE PRACTITIONER, INCLUDING PARAMEDICS



REACHING OUT TO FRIENDS OR TRUSTED COLLEAGUES



HELP LINES

Contact the following helpline numbers for advice and assistance:

LIFE LINE.....(031) 303 1344 CHILD LINE.....(0800) 05 5555
ADVICE DESK FOR ABUSED WOMEN, THOKOZA WOMEN'S HOSTEL, DURBAN.....(031) 208 2263
Y.W.C.A. YOUNG WOMEN'S CHRISTIAN ASSOCIATION, PIETERMARITZBURG.....(033) 386 3930

DOMESTIC VIOLENCE IN EVERY FORM IS UNACCEPTABLE!

ABUSE IS NOT A "PERSONAL MATTER". IT'S ILLEGAL AND VICTIMS ARE NOT TO BLAME FOR THE ABUSE THEY SUFFER, WHETHER PHYSICAL OR EMOTIONAL. IT'S UP TO US NOT TO TOLERATE DOMESTIC VIOLENCE AND TO OFFER VICTIMS OUR SUPPORT AND HELP.

There are several types of abuse which affect both women and men. The following can all be regarded as domestic violence:

- * **SEXUAL ABUSE** (whether you are married to the other person or not)
- * **PHYSICAL ABUSE** or assault (for example, slapping, biting, kicking, and threats of physical violence)
- * **DAMAGE TO PROPERTY** or things you value
- * **STALKING** (when the other person follows or approaches you or your children repeatedly)
- * **ECONOMIC ABUSE** which is when the other person keeps money away from you to which you are legally entitled. Examples would be: refusing to pay rent or mortgage bond for the home you share or disposing of any property (household goods) in which you have interest without your permission
- * **EMOTIONAL ABUSE** (that is, degrading or humiliating behaviour, including repeated insults, belittling, cursing and threats)
- * Any other **CONTROLLING OR ABUSIVE BEHAVIOUR** which poses a threat to your safety, health or well-being.

LET'S BREAK THE SILENCE AND END THE VIOLENCE!



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope



DEPARTMENT CRACKS WHIP ON STANDARDS OF HEALTH CARE

AN ADVANCED MIDWIFERY NURSE from Mkhuze Clinic has been suspended following allegations that she recently failed to provide an acceptable level of care to a pregnant woman who arrived at the clinic in labour.

The latest suspension follows a number of other suspensions from several health facilities across the province where health workers allegedly failed in their duties to provide the standards of care expected of them.

"The Department has no place for healthcare professionals who fail to uphold the rights of healthcare users. We will not hesitate to take stringent action against them. The Department is serious about compliance with patient care protocols and the upholding of Batho Pele (People First) principles," says newly appointed Head of the KwaZulu-Natal Department of Health, Dr Sifiso Mtshali.

MEC Dhlomo applauds TAC's Health Summit

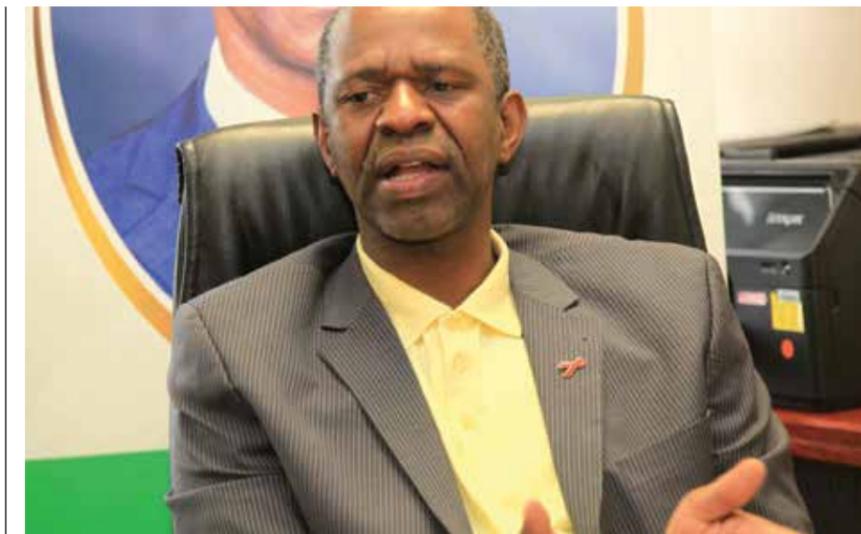
HEALTH MEC, DR SIBONGISENI DHLOMO has committed to supporting the recommendations of a Peoples' Health Summit held by Treatment Actions Campaign in Pietermaritzburg last month. Addressing the gathering, MEC Dhlomo said the resolutions are in line with the Department's goals:

- * More focus on behaviour change interventions among all population groups with focused messages on multiple partnerships, transactional/early/cross generational sex.
- * Continuing new infections is an emergency. Therefore KZN must increase focus on socio-cultural factors that hinder behaviour change.
- * Gender-based violence is a violation of human rights and it limits right of entry to services. Domestic violence and sexual assault fuels HIV infection, stigma and discrimination. Central to prevention efforts is a clear target to reduce actual incidence rate of sexual assault and child abuse.

157 health officials caught doing business with Govt.

AN INVESTIGATION BY THE KWAZULU-NATAL DEPARTMENT OF HEALTH on possible conflict of interests revealed that a total of 157 of its employees conducted business with the Provincial Departments of KwaZulu-Natal during the 2012/2013 and 2013/2014 financial years without permission from the Department to do so. The total value of transactions was R82.1 Million, with the total number of 1,971 payment transactions.

To date, 150 employees have been issued with warning letters. The other 7 employees resigned from the state before the investigation was finalised while 37 employees have begun to make payments to the Department. The payments by employees to the Department are based on the percentage ownership in the implicated companies.



- * Men forums must be expanded in all communities and must encourage positive role-models for men.
- * Traditional leaders must be involved in communities and become leaders in HIV prevention, treatment and care based on human rights for all.
- * Involve women in Voluntary Medical Male Circumcision in VMMC decision making as they are the ones who can influence their partner's decision to undergo VMMC, post-operation care and adherence since VMMC offers direct benefits to women.
- * Ensure that VMMC is performed by trained practitioners in antiseptic settings, under conditions of informed consent, confidentiality, risk-reduction counselling and safety.

"We are open to suggestions from committed partners like the TAC, especially in the fight against new HIV infections. Our message in this regard is clear, calling for abstinence and delay of the first sexual debut, mutual faithfulness to one sexual partner, correct and consistent use of condoms, as well as annual HIV testing" – MEC Dhlomo.

MEC outlines state of medicine shortage

MEC DHLOMO HAS MOVED to reassure health officials around the province that the shortage of certain medicines is being urgently addressed, but is a challenge being faced internationally and not unique to South Africa alone. At a meeting with manufacturers, they pointed out the following problems being experienced internationally:

- * Difficulty sourcing some of the active ingredients and other raw materials
- * Unforeseen delays in the packaging of medicines,
- * Unanticipated increases in demand for a particular medicine.

No ARV shortage

Addressing the Legislature, MEC Dhlomo also confirmed that 977 000 people who are on ARVs in KwaZulu Natal have not had any shortages of their ARVs.

"We are also happy to reveal that already in this Province, over 80% of adult patients on ARV medication have been switched over to the Fixed Dose Combination (FDC) drugs which we have adequate stock thereof. We continue encouraging our clinicians to switch more patients to FDC as it is cheaper, convenient and improves adherence of patients to treatment," added Dr Dhlomo.

WOMEN'S MONTH
EACH ONE, TEACH ONE!



EMPOWERING OUR DAUGHTERS

SIZANI, YOU ARE SO RIGHT! WE HAVE TO BE SO CAREFUL WITH DAUGHTERS THESE DAYS.

I WORK ALL DAY AND I WORRY ABOUT MBALI. SHE IS ALONE AT HOME AFTER SCHOOL AND THERE ARE SO MANY STORIES I HEAR ABOUT THESE OLDER MEN WHO TAKE ADVANTAGE OF YOUNG GIRLS.

EISH, TELL ME ABOUT IT, THAT'S EXACTLY WHAT HAPPENED TO MY ZANDILE YOU REMEMBER?

YES, AND ZANDILE WAS DOING SO WELL AT SCHOOL. WHAT HAPPENED AFTER THAT?

WELL YOU KNOW THIS OLDER BUSINESSMAN PROMISED HER EVERYTHING JUST SO THAT SHE COULD HAVE SEX WITH HIM. WHEN SHE FELL PREGNANT, HE JUST DUMPED HER AND REFUSED TO EVEN SUPPORT HIS OWN CHILD. NOW I HEAR HE'S AFTER ANOTHER YOUNG GIRL AT SCHOOL.

WERE YOU ANGRY AT ZANDILE?

I WAS ANGRY AT FIRST, BUT WHAT COULD I DO? I KNEW SHE NEEDED MY SUPPORT, SO I TOLD HER SHE MUST FINISH SCHOOL AND FIND A JOB. I AM PROUD OF HER BECAUSE SHE FINISHED SCHOOL AND IS NOW WORKING PART TIME AND STUDYING OFFICE ADMIN PART TIME TOO. SHE SUPPORTS HER BABY AND REALISES HER MISTAKE. I JUST WISH OTHER GIRLS WOULD LEARN AND NOT MAKE THE SAME FOOLISH MISTAKE WHEN A MAN TELLS THEM TO LEAVE SCHOOL.

I NEED TO SPEAK TO MBALI SERIOUSLY. SHE SHOULDN'T BE TRICKED BY THESE OLDER MEN, JUST BECAUSE I WORK ALL DAY AND AM NOT THERE TO SEE WHAT THEY GET UP TO. THESE OLDER MEN JUST TRAP OUR YOUNG GIRLS WITH FALSE PROMISES ABOUT HOW THEY WILL MAKE THEM RICH AND GIVE THEM FANCY CLOTHING.

YES! THEY TELL THE GIRLS TO LEAVE SCHOOL. AND AS SOON AS THE GIRL HAS SEX WITH HIM AND FALLS PREGNANT, HE RUNS AWAY. HOW CAN WE STOP THESE MEN?!

WHY DON'T WE GIVE TALKS AT THE SCHOOL AND TELL THE LEARNERS ABOUT THE DANGERS OF TEENAGE PREGNANCY? AS MOTHERS THEY WILL LISTEN TO US.

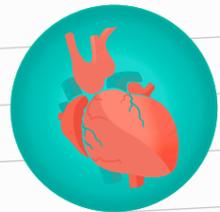
THAT'S A VERY GOOD IDEA. MAYBE I CAN ASK ZANDILE TO JOIN US BECAUSE SHE HAS FIRST HAND EXPERIENCE OF WHAT HAPPENS WHEN THEY FALL PREGNANT BY THESE MEN. LET'S SPEAK TO THE PRINCIPLE, I'M SURE THEY WILL AGREE TO IT, ESPECIALLY BECAUSE WE WILL EXPLAIN WHY EDUCATION IS VERY IMPORTANT.



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AUGUST



Organ Donor Month

Organ donors are desperately needed to save lives of many people who suffer life threatening diseases. However, KZN Health has also warned people not to be tricked into selling any body parts for money – this is illegal. Speak to your health worker if you want to know more about becoming an organ donor – legally.



Bone Marrow Donation & Leukaemia Awareness Month

Leukaemia is cancer of the blood (or bone marrow which is the soft tissue at the center of the bones) and requires a match from someone with the same tissue type to donate a stem cell (stem cells are the foundation for every organ and tissue in the human body and may be able to repair or replace damaged tissue which can help in diseases like cancer, diabetes and other blood conditions). 75% of people suffering from leukaemia are under 25 in South Africa and those of African descent have the biggest problem in finding a suitable donor. Why not make a difference to someone's life and register to become a donor?

It's safe, free and you could save a life!

To find out more, contact The Sunflower Fund toll free on 0800 12 10 82

International Women's Month

Wathint' abafazi wathint' imbokodo - You strike a woman, you strike a rock!

AUGUST 1-7 National Breastfeeding Week

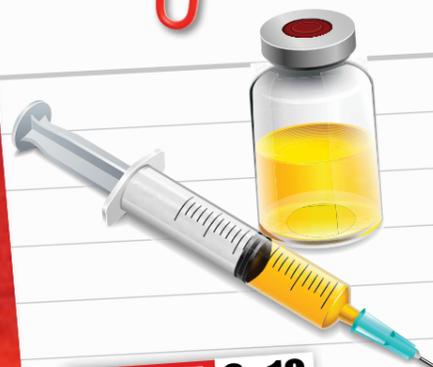
During this week, health organisations around the world repeat their call to new mothers to breastfeed their babies, even if you are HIV positive. But remember it's important to give your baby nothing but breast milk for the first six months to get the most benefit. Breast milk is the best start you can give to your child. **Read more about the benefits inside this issue.**



AUGUST 4-10 Rheumatic Fever & Heart Disease Week

Rheumatic fever is a serious disease that usually affects children and young adults. It affects different areas of the body, including the bones, heart, skin, nervous system and brain. It can develop after a serious infection with a sore throat. There is no actual cure but medication can reduce the pain.

For best advice speak to your health worker or contact KZN Health on 0800 00 5133.

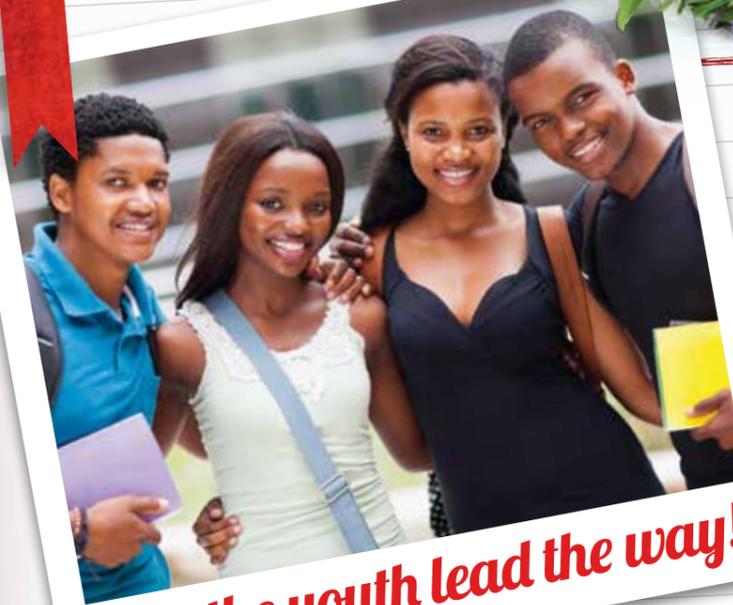
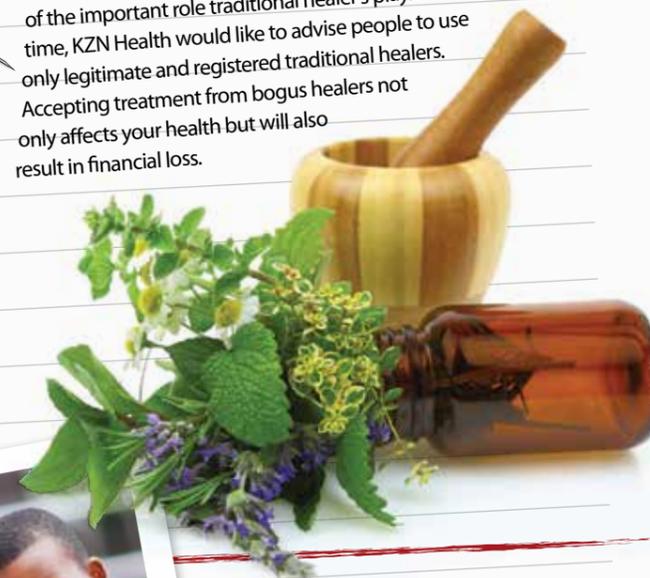


AUGUST 6-10 Polio Awareness Week

Polio is a highly contagious viral infection that leads to breathing problems, paralysis and sometimes death if not treated properly. Those at risk include pregnant women, children and people with weak immune systems. South Africa is currently polio free thanks to government efforts to wipe out the virus, but mothers still need to ensure that their children receive the polio vaccine so that our country remains polio free.

AUGUST 26-31 African Traditional Medicine Week

Modern medicine has an important role to play in treating diseases, but that does not mean we should no longer appreciate the customs and traditional ways of healing people which have worked. This week is aimed at raising awareness of the important role traditional healer's play. At the same time, KZN Health would like to advise people to use only legitimate and registered traditional healers. Accepting treatment from bogus healers not only affects your health but will also result in financial loss.



Let the youth lead the way!

12 International Youth Day

Our youth have an important role to play as future leaders and as a Health Department, we call on them to lead responsibly through their health decisions too! Taking preventative measures to prevent diseases, acting responsibly with your sexual health and encouraging others to do the same all contribute to a healthy society which cares for each other.



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What is leukaemia?



**AUGUST is
Leukaemia
Awareness
Month**

Around 800 children are diagnosed with cancer in South Africa every year and a further 500 die before it is diagnosed. Leukaemia is one of the most common cancers affecting children, so learn more about it so you know when to take your child for further checks.

Childhood cancers

Cancer begins in the cells, which are the building blocks of our body. New cells form as we need them and old cells die. Sometimes, the old cells don't die and become cancerous.

All about Leukaemia

This common childhood cancer begins in the bone marrow (the part of your body where your blood cells are formed). White blood cells help your body fight infection, and in leukaemia, the bone marrow produces abnormal white blood cells making it hard for the blood to do its work. The following signs are some of the symptoms of leukaemia, but remember they can also be a result of other conditions, so always check with

a health professional who will examine your child and let you know exactly what the cause is.

What to watch out for

- * Tiredness (fatigue) and pale skin
- * Infections and fever
- * Easy bleeding or bruising
- * Bone pain
- * Swelling of the stomach
- * Coughing, trouble breathing,
- * Swelling of the face and arms
- * Headache, seizures, or vomiting

Treatment Options

The type of treatment will depend on the age of your child, their overall health and how far the disease has spread. The most common form of treatment is chemo-

therapy (where medicine is given through a drip) and in some cases, through bone marrow donation. But a child needing bone marrow must find the right match for this to work. There is a huge shortage of African donors in South Africa and at least 100,000 African donors are needed to help children with this form of cancer.

Who to Contact

THE CANCER ASSOCIATION OF SOUTH AFRICA.....0800 22 66 22

CHILDHOOD CANCER FOUNDATION SOUTH AFRICA.....086 111 2182

THE SUNFLOWER FUND.....0800 12 10 82

ADDINGTON HOSPITAL.....031 327 2000

INKOSI ALBERT LUTHULI CENTRAL HOSPITAL.....031 240 1000

KING EDWARD VIII HOSPITAL.....031 360 3111

GREY'S HOSPITAL.....033 897 3000

DIAGNOSED EARLY, 70% - 85% OF CHILDREN WITH CANCER CAN BE CURED SO DON'T DELAY!



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Graduate alive!

USE DUAL PROTECTION FOR SEXUAL HEALTH



The Department of Health in KwaZulu-Natal has intensified its call to young people across the province to use more than one form of protection against HIV, AIDS and unwanted pregnancies.

Unveiling the launch of billboards to be posted around the province, Health MEC, Dr Sibongiseni Dhlomo said the campaign was also aimed at encouraging Medical Male Circumcision and the use of female contraceptive methods such as Implanon together with condoms.

"Using dual protection allows youth of our province to live longer and healthier lives, while affording them the chance to graduate alive and without unwanted pregnancies. Most teen mothers lose a sense of direction in life after falling pregnant, and also have a much higher chance of dying from pregnancy-related illnesses. They rarely ever reach their potential in life," says MEC Dhlomo.

"We need to condemn the practice of old men with big cars and money going after young girls. It should have no place in our society," – MEC Dhlomo

Education before sex

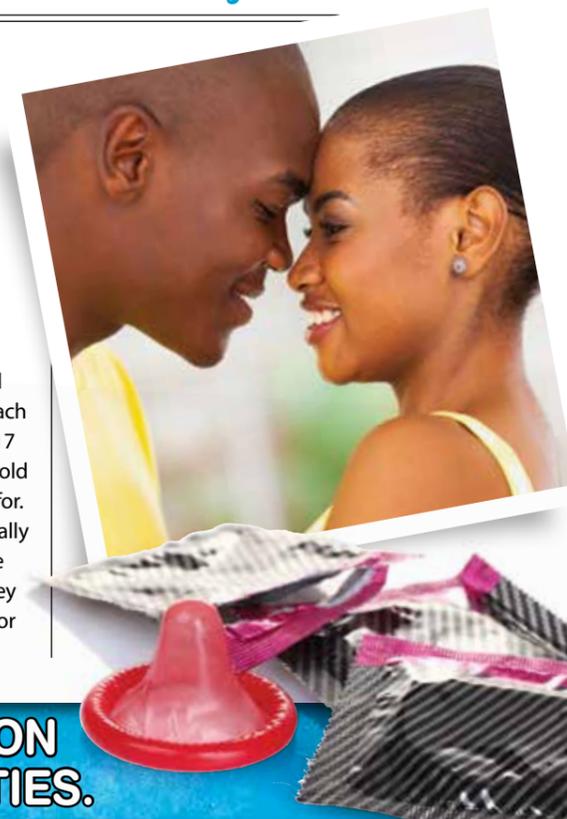
According to recent statistics, most teenagers drop out of high school because of unplanned pregnancies – and around 80,000 teenagers give birth each year in South Africa, with many of these coming from KZN. Of concern were figures which show that teenage girls become HIV infected much younger than male teens, because of sexual relations with older men – often referred to as 'sugar daddies'.

"The research, by CAPRISA, showed that almost all children entering school and finishing at grade 7 are HIV negative, both boys and girls. This continued as they entered high school. But, by the time they complete grade 12, about 7-10% of girls are HIV positive, yet the boys have remained HIV negative. This is because the girls are being infected by the older

generation with whom they are more sexually active. So, when they enter university, 10% of girls are HIV positive. But, by the time they finish their degrees after four years, there is 25% HIV positivity among both boys and girls, which means they are infecting each other.

"Don't judge, help them"

Health workers have been encouraged not to 'scold' young people who approach them for advice on sexual health. "If a 17 year-old comes to your clinic, do not scold them. Give them what they are asking for. They are saying that they are now sexually active. Unfortunately, some of them are engaging in unprotected sex. When they ask for help, please help them. It's not for us to judge," pleaded Dr Dhlomo.



REMEMBER! MEDICAL CIRCUMCISION IS FREE AT PUBLIC HEALTH FACILITIES.



Your complete guide to breastfeeding

Breastmilk offers the most effective protection against diseases, which is why the KZN Department of Health encourages all new mothers to breastfeed their babies from birth – it contains all the nutrients a newborn needs. The Department has also employed specially trained lactation advisors at all state health facilities to assist new mothers with everything they need to know about successful breastfeeding.

Q Can you breast-feed your baby if you are HIV positive?

YES! But remember to make sure you receive your ARV's and breastfeed your baby exclusively for the first six months. This means feeding baby nothing but breastmilk (unless your health worker advises against this because of other health concerns which she will explain to you)

Q What if you can't breastfeed?

The Department of Health in KwaZulu-Natal has 'Human Milk Banks' in several hospitals across the province. These are facilities which store breast milk, donated by volunteer breastfeeding mothers. The Department then tests and pasteurises the milk before using it to feed babies in need, giving them the best start in life! These include pre-term, those with low birth weight and abandoned or orphaned babies. If you can't breastfeed your baby, speak to your health worker about referring you to one of these Human Milk Banks.

WHAT TO WATCH OUT FOR WHEN BREAST FEEDING

Caring for your breasts when breast feeding

Many women think they do not have enough milk to breast feed. But even mothers who do not have enough to eat can generally make enough milk for their babies. The amount of milk your breasts make depends on how much your baby suckles. The more baby suckles, the more milk is produced!



1 Sore or cracked nipples

If you feel pain from breastfeeding, it means baby is not getting enough of the breast in its mouth. If baby only suckles on the nipples, they will soon become painful or cracked and can lead to infection.

PREVENTION AND TREATMENT

- Hold baby so that he gets a good mouthful around the nipple
- Don't pull your breast out of baby's mouth. Let him feed as long as he wants. If you need to stop before baby is done, pull down gently on his chin.
- Treat sore nipples with breast milk at the end of feeding by rubbing some milk over your nipples. Don't use soap or cream – the body makes a natural oil that keeps the nipples clean.
- Avoid rough or tight clothing
- To help sore nipples heal, leave your breasts open to air and sun
- Continue to feed from both breasts.
- If the pain is too much, remove milk from your breasts by hand and feed the baby breast milk with a spoon until the breasts heal – the sore should heal in two days. Your lactation advisor can show you how

to remove milk manually from your breasts.

2 Pain and swelling

When milk first comes in, breasts often feel swollen and hard. If you breastfeed less, your milk supply will reduce, so it is important to keep breastfeeding baby on demand.

PREVENTION AND TREATMENT

- Start breast feeding within the first hour after birth.
- Make sure you are holding baby correctly.
- Feed baby often, and on both breasts, taking turns.
- After feeding, apply cool, wet cloths to the breasts to help with any swelling which should go down after two days.

3 Blocked duct

If there is a painful lump in the breast while breast feeding, it may mean that a duct (the spots around the nipple) is blocked by milk. It's important to continue breastfeeding so that the duct can empty and the breast does not get infected. The milk is still safe for baby.

TREATMENT FOR A BLOCKED DUCT

- Apply warm wet cloths to the painful breast before you breastfeed.
- Continue to feed the baby often, especially from the painful breast, making sure baby is suckling on the breast correctly.
- As baby feeds, gently massage the lump, this will help clear the blocked duct.
- Change feeding positions to help the milk flow from all parts of your breast.
- If you cannot breastfeed, remove the milk by hand to clear the blocked duct.
- Wear loose clothing and rest as much as you can.

Most blocked ducts clear up in 24 hours. If you have fever for longer than this, you may need treatment for breast infection and should contact your health worker at once for advice and assistance.



Remember, breastfeeding is the best start you can give to your baby. It's free and has all the protection baby needs, so do the right thing, for baby and you!



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Ntombizonke Ngobese

26 year old Advanced Life Support Paramedic, Port Shepstone

Zonke, as she is fondly known by her friends and colleagues, grew up in the rural area of Umzimkulu where she dreamt of doing a job to save lives. Today, she is doing just that, and during this Women's month, she shares her journey of achieving that dream and what it means to her.

After I completed my matric I was accepted to study for my national diploma in emergency medical care in Durban where in 2009 I completed my course. I first worked for private ambulance services in Vryheid and then moved to Pretoria. But I realised I was not a city person and that I wanted to do more for rural communities, like the area I grew up in, so in 2012 I took up a post at KZN Emergency Medical Services in Port Shepstone which was relatively close to my home and services a mixed urban and rural community.



"You have to be a people person"

The rewards of working where you are needed

Whilst admitting that working in rural areas comes with many challenges at times, Zonke has no regrets. For her, the greatest reward is in saving lives in a community who desperately depend on their services and skills. "People in rural areas are generally more appreciative of the assistance you provide to them. They are often still surprised when they see the procedures performed by paramedics as many have the impression that ambulance drivers simply drive sick and injured people to hospital. When they see advanced life support procedures being performed on their loved ones, it gives them hope and an insight into EMS which also encourages the young from those communities to consider a career in EMS," explains Zonke.

Women in EMS

With the increase in females entering the profession, Zonke admits it's made it easier for females in a male dominated industry. "Female paramedics are being accepted. There are times when its difficult to give instructions as a female due to certain perceptions but you learn to manage the situation and at the end of the day, it's all about the patient and everyone is happy when the patient is saved. You learn to stay calm and how to effectively handle real stressful situations," adds the mature Zonke.

Advice on becoming a paramedic

Communication is of vital importance, warns Zonke. "You have to be a people person and learn how to speak to people, especially during an emergency. One minute you

are speaking to the patient, then the control centre, then a Doctor and so you also have to understand how the different services and systems that you come across work, like the fire department, police, private ambulance services, referral path ways and hospitals so that the best care for the patient can be arranged. All this comes with a high level of training provided at tertiary level," adds Zonke.

Coping with stress

Having people to 'connect' with and speak to is important in dealing with stress. "There are systems in place and trained people available that you can speak to, who you can confide in. Life is hard enough for everyone and you can't live to try and impress other people, you have to look after yourself and be at peace with your inner self".

WATCH OUT FOR REGULAR BURSARIES ON OFFER BY THE DEPARTMENT OF HEALTH IN KZN FOR EMS STUDIES.

VISIT THE HR OFFICE AT ANY HEALTH INSTITUTION OR CHECK OUT THE DEPARTMENT'S WEBSITE ON www.kznhealth.co.za



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