HEALTH MATTERS

Ezempilo

MAHHALA

FUNDISA || NIKEZA ULWAZI || NIKEZA AMANDLA

UNHLANGULANA • 2015

Yiba mncane, uziphathe kahle ube nolwazi!

Ubuchwepheshe obusha bentsha

Impilo yabesilisa ◉ Yiba ngonikela ngegazi

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Nokunye ngapha-kathi!

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

Anesu & Bongani

NGIYAZIQHENYA NGOKUBA NOMYENI OSOKILE NGOBA SINAMATHUBA AMANCANE OKUTHOLA IGCIWANE LENGCULAZI.

Ziqhenye. Sokwa.

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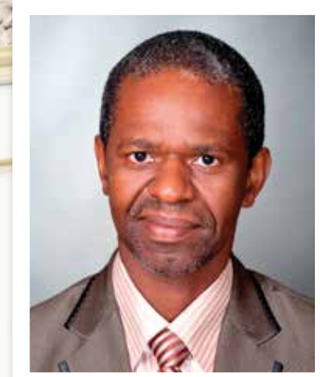
SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA



Umyalezo ovela ku

MEC WezeMpilo e-KZN, uDkt Sibongiseni Dhlomo

NGIFISA UKUQALA ngibongele bonke labo abaphumelele eMiklomelweni kaNgqongqoshe Yaminyaka Yonke Yokusebenza Ngokwedlulele (MASEA) eyenziwe uMnyango Wezempilo KwaZulu-Natali. Abaphumelele benze ngokwedlulele kulokho kokuthola umklomelo. Ngifisa ukuthatha leli thuba ngibonge bonke labo ababambe iqhaza ekuguquleni lesi sifundazwe ebese saziwa ngokungesezifo sibe yindawo okuza kuyo zonke ezinye izifundazwe zizofunda ngokuthi zilawulwa kanjani futhi ziqedwa kanjani izifo.

NJENGAYO YONKE iminyango kahulumeni, uMnyango Wezempilo usubhekane nezinselelo eziningi njengoba sizama ukuba sethenjwe ngumphakathi. Njengabo bonke abantu siyawenza amaphutha kepha lokho kusifundisela ukuba senze kangcono esikhathini esizayo njengabasebenzi bomphakathi.

NJENGOBA SIGUBHA ezinye izinsuku ezibalulekile kwezempilo ngifisa ukucela wonke umuntu ukuba anikele ngegazi njengengxenye yeNyanga Yokunikela Ngegazi. Akubuhlungu kanti kungukwenza okuhle futhi kuphephisa impilo.

NJENGOBA UNHLANGULANA kuyiNyanga Yempilo Yabesilisa, ngifisa ukukhuthaza bonke abantu besilisa ukuba benze okuhle ngokuziphatha kahle okubandakanya nakwezocansi. NjengoMnyango Wezempilo kuyasikhathaza ukungalingani kwezibalo ngokobulili zabantu abeza ezikhungweni zethu. Abantu besilisa bayadembesela ukuya kohlolwa okwenza bagcine sebefika emva kwesikhathi sekunomonakalo empilweni yabo. Kumele siyeke umqondo wokubheka ukwelashwa kunokuba siphile impilo yokugwema izifo, kumele kuhambe phambili abesilisa kulokhu. Uma sinesifiso sokukhulisa abaholi abaqotho, kumele sibe yisibonelo ngokwethu. Abesilisa kumele bahambe nomaqondana babo ezikhungweni zezempilo ukuyohlolwa. Lokhu kubandakanya ukuhlolelwa igciwane lengculazi, isifo sofuba, isifo sikashukela, ukuyohlolwa amehlo, nokunye. Ngokwenzenjalo uba sethubeni lokusheshe ubhekane nesimo sempilo kungakabi kubi kakhulu.

EKUGCINENI, NGIFISA ukucela bonke abantu abasha ukuba bafunde ukuba ngabaholi ngoba bangabaholi bakusasa. Ngokuthola ulwazi nenkululeko yokuzikhethela kumele bawalinganise la malungelo ngobuchule. Ucwaningo luveza ukuthi abantu abaneminyaka ephakathi kwe-15 kanye nama-35 basengcupheni enkulu yezifo zocansi kanti ziyagwemeka. Njengengxenye yomnyakazo wethu wokuqinisekisa ukuziphatha kahle kwezocansi, sikhuthaza wonke umuntu, kubandakanya nabantu abasha ukuba bazivikele kabili. Lokhu kungukuhlela umndeni kanye nokusebenzisa amakhondomu. Uma kusetshenziswa kokubili kuyosiza hhayi kuphela ekugwemeni ukukhulelwa okungadingekile kepha nokuvikela ezifweni zocansi.

Bamba elakho iqhaza ekwenzeni i-KZN ibe ngenempilo! UNkulunkulu Anibusise

okuqukethwe

... **UKUNIKELA NGEGAZI**
Uma usudinga igazi ukuze uphile?

... **INTSHA** Ukwethulwa kobuchwepheshe obusha bentsha!

... **UNHLANGULANA YINYANGA YEMPILO YABESILISA**
Yazi ukuthi ukungahlolwa kungayilimaza kanjani impilo yakho

... **UMFANEKISO** Kugujwa Inyanga Yentsha

... **IZINSUKU ZOKUQWASHISA**
Izinsuku zikaNhlangulana zezempilo

... **IZINDABA ZEZEMPILO E-KZN**
Okwakamuva eMnyangweni Wezempilo

... **UKUHLUKUNYEZWA KWABADALA** Vikela abadala

... **ISABELOMALI SEZEMPILO 2015**
Ukuqonda ukusetshenziswa kwemali yezempilo.

... **UKUPHEPHA EMLILWENI**
Iseluleko sokuphepha ngalobu busika.

Siyababonga laba abalandelayo ababe neqhaza:

UMNYANGO WEZEMPILO E-KZN: UPHIKO LWEZOKUXHUMANA

U-ZOHRA MOHAMED TEKE (UMHLELI)

COLIWE ZULU

THANDI ZULU

THEMBA MNGOMEZULU

SARA AULD

DR GUGU MAZIBUKO

Sinike uvo lwakho, noma usitshele ukuthi ucabangani ngalo magazini! P O Box 25439, Gateway, 4321, UCINGO-031 825 6790. I-EMAIL: editor@ezempilohealthmatters.co.za ILUNGELO LOBUNIKAZI

Konke okushicilelwe kulo magazini kuyilungelo le-Ezempilo... Health Matters futhi kungase kuphinde kukhiqizwe futhi kusakazwe mahhala ngezinjongo zokufundisa kuphela.

Zonke izikhangiso ezikulo magazini akukona ukuthi zisekelwa ngokusemthethweni uMnyango Wezempilo Wase-KZN, uMasipala WasEthekwini noma Ezempilo Health Matters

Imifanekiso esetshenziswe **KWEZEMPILO** *eyokucacisa kuphela, ayiqondile ukuveza abantu bangempela futhi ayimele lokho okuqukethwe ushicilelo.*

UMA USUDINGA IGAZI UKUZE UPHILE?

UNHLANGULANA YINYANGA KAZWELONKE YOKUNIKELA NGEGAZI

Nsuku zonke kufa izinkulungwane zabantu ngenxa yokungalitholi igazi okubangelwa ukwentuleka kwalo. Iningi labo kuba omama abatetayo abashona ngenxa yokulahleka kwegazi eliningi ngesikhathi beteta.

Uma uphilile futhi ukwazi ukunikela ngegazi, sicela wenze umehluko ngokunikela ngegazi.

Esekela lesi sicelo, uNgqongqoshe uDhlomo naye ohlala njalo enikela ngegazi, unxuse bonke abantu baseNingizimu Afrika ukuba bajwayele ukunikela ngegazi, ethi lokhu kuyinto enhle futhi "enobuNkulunkulu." Njengoba uNhlangulana kuyiNyanga Yokunikela Ngegazi, kungani ungenzi le nyanga kube eyokwenza umehluko bese wenza okuthile ukuphephisa impilo yomunye? Ukuze uqaliswe njengonikela ngegazi, nakhu okumele ukwazi:

Izinhlobo zegazi

Zine izinhlobo zegazi ezikhona – u-A, B, AB kanye no-O. Lezi zibuye zehlukaniswe ngo- – kanye no-+. Ukuba – nokuba + kwegazi lomuntu akuhlanganise lutho nesimo sakhe segciwane lengculazi. Uhlobo lwegazi olungu-O luhlale ludingeka njalo ngoba lunikezwa iziguli zanoma yiluphi uhlobo lwegazi ezimweni eziphuthumayo.

Kulula, kuphephile futhi kumahhala

ENingizimu Afrika ukunikela ngegazi kwenziwa Kwabenhlangano YaseNingizimu Afrika Yokunikela Ngegazi (SANBS). Kulula, kuphephile futhi kumahhala ukunikela ngegazi – futhi kuthatha imizuzu engama-30.

NGOKUNIKELA NGEGAZI NGEKE UTHOLE IGCIWANE LENGCULAZI! Igazi elinikelwa eNingizimu Afrika, lingelinye kwaphephile emhlabeni jikelele. Kungenxa yobuchwepheshe obusetshenziswa uma sekuhlolwa izifo ezithathelanayo. Lokho kuqinisekisa ukuthi uma kumele ufakelwe igazi, uthola elingenazifo. **Akukho lapho okwabikwa khona ukuthi kukhona owathola igciwane lengculazi ngokunikela ngegazi.**

Ukunikela ngegazi eliphephile

Naphezu kobuchwepheshe bokuhlola igazi, kepha akumele unikele ngegazi ngaphandle uma wazi ukuthi liphephile. Laba bantu abalandelayo akumele banikele ngegazi ngenxa yobungozi bokwedlulisa:

* Abanegciwane lesandulela ngculazi
* Abane-Hepatitis B, hepatitis C noma i-syphilis
* Labo abalala nabantu abaningi
* Abazijove ngezidakamizwa

Kukhona imithi engakuvimba ukuba unikele ngegazi. Yazisa lowo othatha igazi ngalokhu, uyokweluleka ngokumele kwenziwe.

Ukuze unikele ngegazi kumele:

* Ube neminyaka engama-50 nangaphezulu
* Ube phakathi kweminyaka eyi-16 nengama-65
* Ube ngophilile
* Uziphathe kahle kwezocansi
* Wazi ukuthi igazi lakho liphephile.

AKUMELE UZE UBE UDOKOTELA UKUZE UPHEPHISE IMPILO.
NIKELA NGEGAZI.

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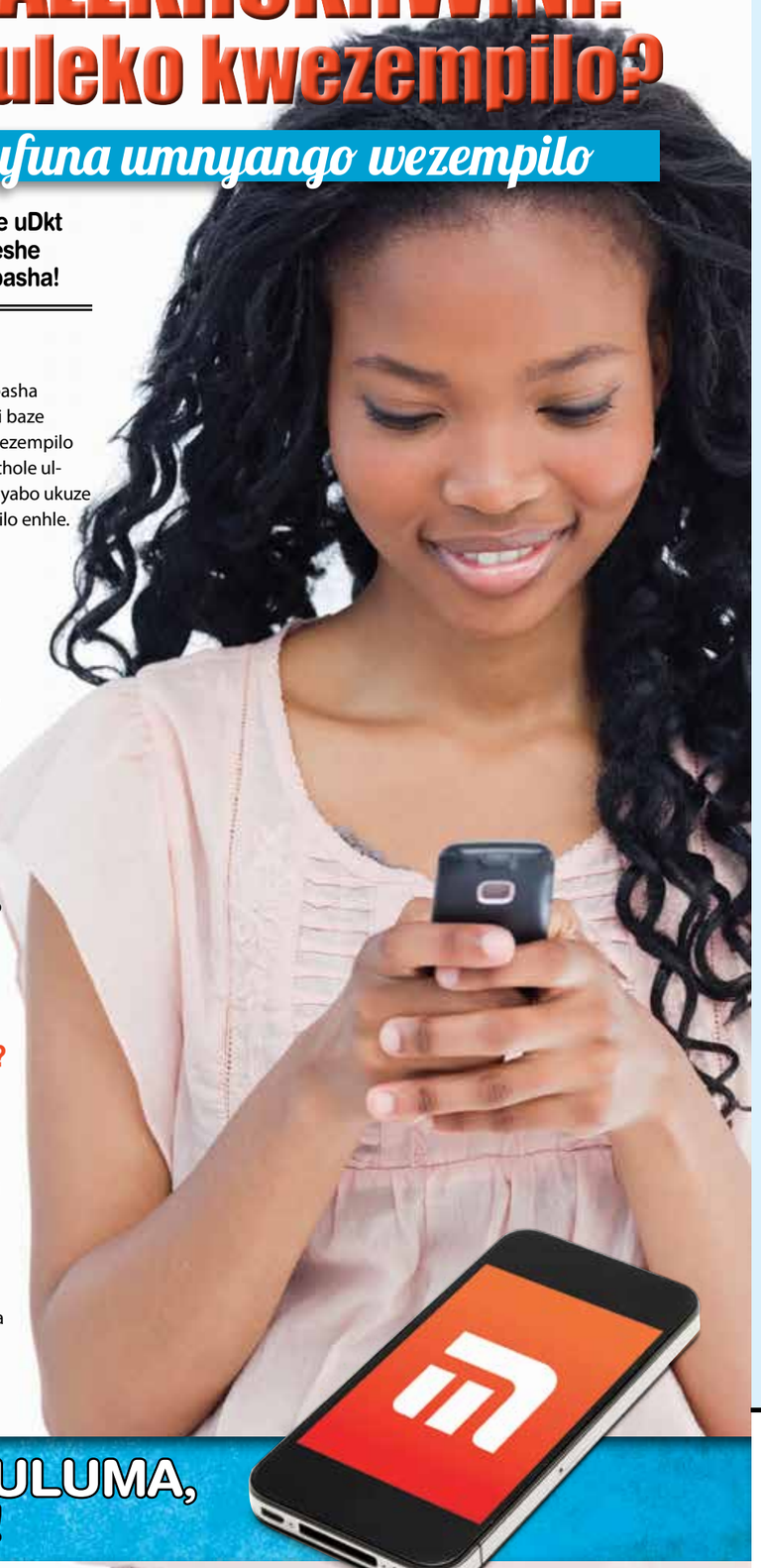
UNOMAKHALEKHUKHWINI? Udinga iseluleko kwezempilo?

Faka u-Mxit bese ufuna umnyango wezempilo

UNgqongqoshe Wezempilo Kuzwelonke uDkt Aaron Motsoaledi wethula ubuchwepheshe obusha ngale nyanga enzela abantu abasha!



Benzani

Lobu buchwepheshe obusha buvumela abantu abasha ukuba belulekwe ngezempilo, bakhuluma nongoti baze bathole nethuba lokukhuluma nongqongqoshe wezempilo uqobo lwakhe! Inhloso eyokuthi abantu abasha bathole ulwazi, amathuluzi kanye nokwelekelelwa empilweni yabo ukuze bathathe izinqumo ezifanele bese bethokozela impilo enhle.

Kusebenza kanjani

Faka u-Mxit kumakhalekhukhwini wakho bese ubheka igama lalobu buchwepheshe ngale nyanga. Uyobe usukulungele ukuxhumana ngo-Mxit. UNgqongqoshe ucele abantu abasha ukuba bethe igama lobu buchwepheshe obuphothulwayo ngale nyanga, ngaphambi kokuba bethulwe.

Ukwenzelani lokhu uNgqongqoshe?

UDkt Motsoaledi wethula ngempumelelo u-MomConnect, ongubuchwepheshe obuhlinzeka ngezeluleko komama abakhulelwe, wabona ukuthi lolu hlelo lungasebenza kahle ekunikezeni izeluleko ngezempilo kubantu abasha. "Likhulu igebe lokuxhumana phakathi kwethu kanye nabantu abasha, ngakho sizama ukuqeda lelo gebe ngalobu buchwepheshe," kuchaza uDkt Motsoaledi.

Abakuyiphi iminyaka abahlosiwe?

Esigabeni sokwethulwa kuhloswe kakhulu abaneminyaka eyi-10 kuya kweyi-15 ngaphambi kokuthi kwedlulelwe kwabeminye iminyaka. Njengoba kuseyisigaba sokuqala uNgqongqoshe uzobheka imakethe bese enza ushintsho ukuqinisekisa ukuthi lolu hlelo luhlangabezana nezidingo zabantu abasha, kubhekwa ukuthi lubasebenzela kanjani.

Izikhalo

Abantu abasha bangasebenzisa lolu hlelo ukubeka izikhalo zabo kungqongqoshe nganoma yiziphi izinto zezempilo abangathokozile ngazo ukuze zilungiswe.

KUHLE UKUKHULUMA, XHUMANISEKA!

UNHLANGULANA YINYANGA YEMPILO YAMADODA

Amadoda angempela aya njalo ukuyohlolwa!

Ambalwa amadoda aya emtholampilo ukuze ahlolwe njalo ngoba abona ukuthi azobukeka 'entekenteke' kanti lokho akuyona into 'ewubudoda' ukuthi ungabonakala uyenza. Kepha, ngaphandle kolwazi kanye nokuhlolwa njalo, impilo yakho njengendoda ingaphenduka ibe yimbi – ikushiye ungasakwazi ukunakekela umndeni wakho. Le nyanga **YINYANGA YEMPILO YAMADODA**, ngakho-ke qaphela ezinye zezinto zezempilo ezijwayelekile ezithinta amadoda aseNingizimu Afrika, nomlayezo ucacile: Uma kusheshe kwabonakala, namathuba akho okuthi ukunqobe aba ngcono.

UMDLAVUZA WEZINDLALA ZOWESILISA

Izindlala zowesilisa ziyingxenye yohlelo lokukhiqiza lwamadoda kanti futhi zikhiqiza uketshezi olusiza ukuthwala isidoda esiphuma kowesilia uma esechitha. Umdlavuza kule ndlala ukhula kancane uma uqhathaniswa neminye imidlavuza, kanti futhi uvamise ukutholakala ususesigabeni esikude – okuyikhona okwenza kubaluleke ukuyohlolwa njalo ukuze ubonakale kusenesikhathi.

Amadoda aneminyaka engaphezu kwengama-50 kufanele ahlolwe izindlala zabesilisa kanye ngonyaka, kanti amadoda anomlando womdlavuza emndenini kufanele ahlolwe kanye ngonyaka kusukela eminyakeni engama-40. Ezinye izimpawu ezixwayisa ngomdlavuza wezindlala zowesilisa yilezi ezilandelayo:

* Ubuhlungu noma igazi uma uchama
* Ubuhlungu beqolo
* Ukuncipha kokulangazelela ucansi

Kutholaka umuntu oyedwa onomdlavuza wezindlala zowesilisa njalo nje emahoreni amabili eNingizimu Afrika kanti futhi kuyingozi ekhulayo emadodeni amnyama aseNingizimu Afrika azozithola enomdlavuza onolaka olukhulu. Ukushesha ibonakale iyona ndlela ebaluleke kakhulu ukunciphisa ingozi kuwe futhi uthole ukwelashwa.

UMDLAVUZA WESIBINDI

Ukubhema kanye nokuphuza kakhulu kungaholela emdlavuzeni wesibindi. Iziguli ezinegciwane lengculazi zisengozini kakhulu ngoba isibindi sazo sintekenteke kanti futhi nomdlavuza ungaqala. Ukushiswa noma ukususwa kwesimila noma ukufakelwa isibindi esisha kungezinye zezixazululo, kepha kubalulekile ukuthola umgomo we-Hepatitis B kanye no C ukulekelela umzimba ulwe nawo. Qaphela kakhulu ukudla okudlayo, uqinisekise ukuthi udla kakhulu izithelo kanye nemifino nsuku zonke.

ISIFO SIKASHUKELA

Ukuba nomzimba omkhulu kuvamise ukuthi kubonwe njengophawu "lwempumelelo" namhlanje. Ngebhadi lokhu kusho indlela yokuphila engenampilo kanye nobungozi obukhulu konesifo sikashukela okuyinto iningi lethu elingacabangi ngayo kuze kudlule kakhulu isikhathi. Isifo sikashukela siyisifo esihambisana nendlela yokuphila, singavikelwa. Khohlwa ukuthi abantu bakuthatha kanjani, sindisa impilo yakho ngokuthi udle okunempilo, unciphise etshwaleni futhi uzivocavoce kakhulu.

IZIFO ZOCANSI EZITHATHELANAYO

"Ukuba nezintombi eziningi kubukeka kukuhle". La magama abukeka ehlakaniphile ngaleso sikhathi, kepha uSenzo Gwala, 20, uyisisulu sokuziphatha budlabha. Kwaqala kuyinsumpa esithweni sangasese; wabe esethola isifo socansi. Izifo zocansi eziningi zingavikeleka futhi zilapheke uma amadoda engacophelela ngempilo yawo yezocansi. Ngebhadi ezinye izifo zocansi azilapheki kanti lokhu kungaholela ezinkingeni ezinzima zezempilo. Ungazibeki engozini, hlakanipha, ucophelele. Sebenzisa ijazi lomkhwenyana, thembeka kumlingani oyedwa bese usokwa – lokhu kukodwa nje kunganciphisa kakhulu ingozi yokwanda kwesandulela-ngculazi.

Zinike isikhathi ngale nyanga ukushintsha impilo yakho uyenze ibe ngcono. UNGALINDI KUZE KUDLULE ISIKHATHI.

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UNHLANGULANA YINYANGA YENTSHA, MASIYE PHAMBILI!

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UNHLANGULANA

Inyanga Kazwelonke Yentsha

UNhlangulana 16 uwumgubho obalulekile wabantu abasha abalwa nobandlululo ngonyaka we-1976. Njengoba sibheka iqhaza abalibamba kuyisikhumbuziso nakubantu abasha banamuhla njengabaholi bakusasa. Ukunakekela impilo yakho njengomuntu omusha kuchaza isizwe sakusasa esinempilo. Zinike isikhathi ubheke impilo yakho bese uzibuza ukuthi 'ngabe ngiyisibonelo esihle yini ngekusasa lempilo yezwe lethu na? Yisikhathi sokwenza umehluko.

Inyanga Yempilo Yabesilisa

Iningi labantu besilisa emakhaya aliyi kodokotela noma kufanele. Le nyanga eyokufundisa abesilisa ngezingozi zempilo ababhekene nazo kanye nokuthi bangazigwema kanjani izifo eziqondene nabo ngqo. Iningi lezifo lingagwemeka kanti ukusoka kuseyindlela ephuma phambili ekwehliseni ukusabalala kwegciwane lengculazi kanye nezifo zocansi ezihlasela isifundazwe sethu. Hamba njalo uyohlolelwa umdlavuza wezindlala zowesilisa, isifo sikashukela, umfutho wegazi ophezulu kanye nomdlavuza wezinhlavu zowesilisa – ukutholakala kusenesikhathi kungaphephisa impilo!

Inyanga Kazwelonke Yokunikela Ngegazi

Nsuku zonke kuhlinzekwa ngegazi eliyizi-3 000 ezigulini ezidinga igazi ukuze ziphile, kepha lokho akwenele. Ngale nyanga Abenhlangano Yokunikela Ngegazi eNingizimu Afrika banxusa ukuba abantu beze ngobuningi babo ukuzonikela ngegazi. Igazi elinikelwa eNingizimu Afrika lingelinye kwaphephile emhlabeni jikelele ngoba uma umuntu enikela ngegazi lihlolelwa igciwane lengculazi nengculazi, i-Hepatitis B, i-Hepatitis ne-syphilis.

LIPHEPHILE futhi LISINDISA impilo - kungaba ngelakho!

UNHLANGULANA 15-21

Isonto Likazwelonke Lesifo Sokuwa

Umuntu oyedwa kwabayikhulu unesifo sokuwa. Kepha iningi labantu alazi ukuthi isifo sokuwa siyini, babuye bacabange ukuthi ukuthakathwa noma ukuhlanya okwenza babesabe abantu abanalesi sifo. Okuyiyona nto enzima kubantu abanesifo sokuwa yindlela ababukwa ngayo ngabanye abantu. Lolu suku olokufundisa ngesifo sokuwa nokuthi bangasizwa kanjani labo abanaso. .

UNHLANGULANA 17-28

Umkhankaso Kazwelonke Kavendle (Wesibili)

Ngale nyanga, uMnyango Wezempilo usaqhuba umkhankaso wawo wokugoma zonke izingane ezineminyaka engaphansi kwemihlanu zigonyelwa uvendle nesimungumungwana. Imahhala imigomo kuzo zonke izikhungo zikahulumeni zezempilo, iyasebenza futhi iphephile. Ungathathi amashansi, goma ingane yakho ngesikhathi. Khuluma nomtholampilo oseduzane ukuthola eminye imininingwane.

UNHLANGULANA 24-28

Isonto Lokuqwashisa Ngezidakamizwa le-SANCA

Siyanda isibalo sezingane ezidla izidakamizwa okuholela enqwabeni yezingane ezingafundile nezingasebenzi. UMkhandlu WaseNingizimu Afrika Wezokwethembela Otshwaleni Nasezidakamizweni ufisa abazali nemindeni bazi ukuthi bangakwelapha noma bakugweme ukusetshenziswa kotshwala nezidakamizwa. Lolu suku olokuqwashisa ngalokho. Lukhona usizo, cela umtholampilo ukwedlulisele lapho ungathola khona usizo.

1 Usuku Lomhlaba Lezingane

Isikhwama Somhlabuhlangene Wezingane Emhlabeni sibeke lolu suku ukugxila emalungelweni, empilweni kanye nasekunakekelweni kwezingane. Umhla zi-4 okuwuSuku Lwezingane Ezimsulwa, luyingxenye yomnyakazo wokuvimba ukuba izingane zibe yizisulu zokuhlukunyezwa emakhaya. Khuthaza izingane ukuba zibike ukuhlukunyezwa ngaphandle kokwesaba.

2 Usuku Lomhlaba Labaphila Nomdlavuza

Iningi lithi indlela owenza ngayo iyona ebalulekile ekubhekaneni nomdlavuza. Lolu suku olwalabo abakhuthaza ezinye iziguli ezinomdlavuza ukuba zingapheli amandla. Ukudlondlobala kwezokwelapha kanye nezobuchwepheshe kwanamuhla kuchaza ukuthi imidlavuza eminingi inganqotshwa kanti ukutholakala kwawo kusenesikhathi kubalulekile, hlala njalo uyohlolwa.

15 Usuku Lokuqwashisa Ngokuhlukunyezwa Kwabantu Abadala

Sebebaningi kakhulu kunakuqala abantu abadala ngakho ngalolu suku sibheka bonke abadala abaseduze kwethu bese sizibuza umbuzo othi – ngabe bathola uthando nonakekelo okumele bakuthole? Ogogo abanothando futhi abangabi nezikhalo banakekela izingane namakhaya kanti nabo badinga ukuthandwa. Zinike isikhathi bese ubakhumbuza ukuthi babaluleke kangakanani futhi bathandwa kanjani.

5 Usuku Lomhlaba Lezemvelo

UNEP

World Environment Day 2015
Seven Billion Dreams.
One Planet.
Consume with Care.
June 5

Umgomo walo nyaka uhlose ukwenza thina sonke sicabange ukuthi singazikhipha kanjani ekuhluphekeni izigidigidi zabantu. Uma singasebenzisa ngendlela nangobuhlakani izinto zemvelo singabuqeda ubuphofu.

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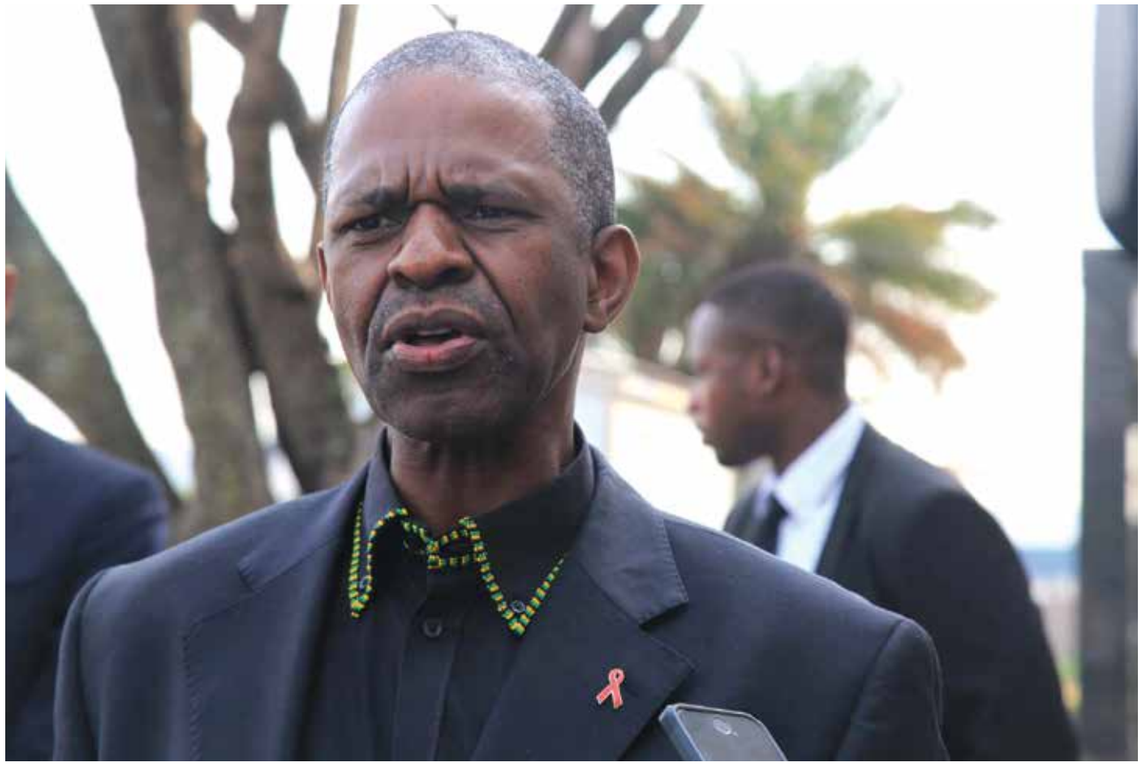
Ukulwa Nezifo, Ukulwa Nendlala, Ukunika Ithemba



IMISHANGUZO YENGCULAZI IKHONA E-KZN

UNGQONGQOSHE WEZEMPILO KWAZULU-NATALI, uDkt Sibongiseni Dhlomo, usenze umnyakazo osheshayo ukuqinisekisa ukuthi izikhungo zezempilo zikahulumeni esifundazweni zinayo imishanguzo yengculazi.

Ngesikhathi ekhuluma nezimenenja zezempilo ezifundeni kanye nosokhemisi uDhlomo ubacele ukuba baqinisekise ukuthi ama-100% eziguli ezinegciwane lengculazi afakwa ku-FDC. IsiFundazwe sinenqwaba yemishanguzo yengculazi i-FDC, ngakho bonke abantu abadala bayayithola imishanguzo yabo. Ngifisa ukukhuthaza bonke abasebenzi bezempilo ukuba basebenzise imishanguzo i-FDC ngoba ishibhile futhi kulula ukuyidla, kanti ibuye yenyuse nezinga lokudla ngendlela imishanguzo.

Ngokombiko bangaphezu kwezi-94 000 abantu abathola imishanguzo esifundazweni okubandakanya nezingane eziyizi-52 000. Abantu abadala abangama-75% abadla imishanguzo yengculazi sebeshintshelwe ku-FDC.

Isibhedlela esincane somphakathi waseDannhauser

KWABA YISIBUSISO UKWAKHIWA kwesibhedlela esincane somphakathi waseDannhauser oyizi-103 389 sakhiwa uMnyango Wezempilo e-KZN. Lokho kuchaza ukuthi ngeke besahamba ibanga elide lamakhilomitha angama-30 beya esiBhedlela iNewcastle noma angama-40 beya esiBhedlela iMadadeni.

Savulwa ngokusemthethweni ngenyanga eyedlule nguNdunankulu wesiFundazwe, uSenzo Mchunu ephekezelwa uNgqongqoshe Wezempilo uDkt Sibongiseni Dhlomo kanye nabanye ongqongqoshe njengengxenye yezinhlelo ezinqala kuhulumeni zika-Operation Sukuma Sakhe.

Lesi sibhedlela esincane sihlinzeka ngazo zonke izidingo ezitholakala esiBhedlela sesiFunda ezibandakanya ukulawulwa kwe-TB; Ezamazinyo; ama-X-Rays; Ezokubeletha; Ikhemisi; Ezezimo Eziphuthumayo kanye namakhaza.

Ngesikhathi kuvulwa isibhedlela, uNdunankulu wathi: "Abesifazane nezingane bathola unakekelo lwezempilo olukhethekile ngokuba khona kukadokotela ogogodile nozinikele wezingane obuye aye kosiza kuzo zonke izikhungo zezempilo esiFundeni saseMajuba."

Ama-ambulensi engeziwe e-KZN

EZEMPILO KWAZULU-NATALI zandiselwe ngale nyanga ngesikhathi uNgqongqoshe uDhlomo ememezela ukwethula ama-ambulensi amasha angama -63.

Lezi zimoto ziyingxenye yezimoto yabezimo eziphuthumayo zomnyango futhi zibamba iqhaza elikhulu emakhaya. Abezimo Eziphuthumayo bethu bangabakhulu kunabo bonke ezweni, benama-ambulensi angaphezu kwangama a-300 bebe beqashe abasebenzi abangaphezu kwezi -300. Akushibhile ukuthenga izimoto ezintsha kule ngxenye kodwa kuyisidingo ngoba bangabokuqala uma ufika esikhungweni sezempilo, " kusho uNgqongqoshe uDhlomo.

UNgqongqoshe uDhlomo wabonga bonke abasebenzi bezempilo abasebenze ngokwedlulele ngesikhathi kunemiklomelo yaminyaka yonke kangqongqoshe ngenyanga eyedlule. Lo mcimbi uyinkundla yokuklomelisa abasebenzi bezempilo kuhulumeni abasebenza ngokwedlulele ukusiza iziguli.

UNHLANGULANA 15 USUKU LOMHLABA LOKUQWASHISA NGOKUHLUKUNYEZWA KWABADALA

Umhlaba wami, umhlaba wakho, umhlaba wethu - ongenakuhlukunyezwa kwabadala

Bangaphezu kwezi 2500 abantu abadala abahlukunyezwa unyaka nonyaka eNingizimu Afrika

Kuyethusa kepha kuyiqiniso. Bayanda abantu abadala abahlukunyezwa unyaka nonyaka. Kanti njengoba simemeza siphikisana nokuhlunyezwa kwabesifazane nezingane sesifikile isikhathi sokuthi sime sithi yonke imiphakathi mayihlangane ime iphikisane nokuhlukunyezwa, noma okwaluphi uhlobo, kwabadala bethu, abalokhu beqhubeka nokuba wumgogodla kanye nokuxhasa imindeni emningi namhlanje.

Njengoba izingane ziba yizintandane noma abazali beya emadolobheni amakhulu beyosebenza, noma behlala khona endaweni behamba beyosebenza, kuvamise ukuthi kube umuntu osekhulile, ugogo, onakekela izingane kanye nekhaya. Pho kungani sivumela ukuthi bahlukunyezwe kube kufanele sibavikele? Ukuhlukunyezwa kuza ngezindlela ezehlukene. Lokhu okulandelayo kuyizindlela ezehlukene zokuhlukunyezwa okungabikwa njengecala elibhekiswe kumuntu omdala.

Uma wazi noma ubona umuntu osekhulile emphakathini wakho enganakekelwa noma uma enanoma yiluphi uphawu lokuhlukunyezwa, uyacelwa ukuthi ukwenze umsebenzi wakho ukuthi ukhulume naye ukuze uthole isiqiniseko. Mlekelele akhulume futhi enze okuthile ngalokho. Ngezwi lakho nje kuphela kunganqandwa ukuhlukunyezwa kwasebekhulile.

1 Emzimbeni

Lokhu kungaba yinoma yikuphi okubangela ukungakhululeki emzimbeni, ubuhlungu noma ukulimala, okuhlanganisa:

* Ukushaya ngempama
* Ukudlikizelisa * Ukukhahlela
* Ukududula * Ukushaya
* Ukushaya ngesibhakela
* Ukushisa

2 Ngokomoya

* Ukuhlukumeza ngomlomo
* Ukwesabisa * Izinhlamba
* Ukusabisa * Ukwehlisa isithunzi * Ukuhlukumeza
* Ukuphatha umuntu omdala njengengane * Ukususa umuntu emndenini noma emphakathini * Ukungacabangeli izifiso zomuntu

3 Ukuhlukunyezwa Ngezezimali

Lokhu kuchazwa njengokusebenzisa ngokungekho emthethweni noma okungafanele kwemali noma impahla yomunye umuntu. Ezinye izibonelo zingahlanganisa:

* Ukuzama noma ukubangela, ukuqola noma ukusabisa osekhulile ukuthi ahlukane nemali yakhe, impahla noma izinto zakhe.
* Ukushintsha isheke lomuntu ngaphandle kwemvume.
* Ukungena kuma-akhawunti ngaphandle kwemvume.
* Ukusebenzisa imali yomuntu omdala kungenhloso yakhe njengokuthenga utshwala noma ukugembula.
* Ukunqaba ukuphuma endlini yomuntu omdala uma ucelwa.
* Ukuhlala nomuntu omdala ube ungayikhokhi ingxenye efanele yezindleko.
* Ukucindezela umuntu osekhulile ukuthi athenge izidakamizwa noma utshwala.

4 Ukuhlukunyezwa Ngezocansi

* Ukusho ngomlomo noma ukuziphatha ngendlela esho lokho.
* Ukungahloniphi ilungelo lomuntu lokuba nemfihlo.
* Ukuhlangana ngocansi noma yikuphi ukuthintana kwezocansi okungadingeki.

5 Ukunganakekelwa

Ukuhluleka ukufeza izidingo zomuntu osekhulile yena angeke akwazi ukufeza lezo zidingo ngokwakhe kuthathwa njengecala lokunganakekeli kanti futhi lokhu kuhlala kubhekene nasebekhulile, kepha akunakwa futhi akubukwa. Kunezinhlobo ezimbili zokunganakekelwa:

UKUNGANAKEKELI NGENHLOSO ukugodla ngenhloso ukunakekelwa kwezidingo zempilo njengokudla kanye nokugodla noma ukunika okunganele kwezidingo zomzimba noma ezomoya kumuntu ongakwazi ukuzifeza lezo zidingo ngokwakhe.

UKUNGANAKEKELI NGAPHANDLE KWENHLOSO ukugodla okungenahloso kwezidingongqangi ngenxa yokwentula isipiliyoni, ulwazi noma amandla okwenza. Ezinye izibonelo zingahlanganisa nalokhu:

* Ukuvalela umuntu osekhulile.
* Ukungamnaki umuntu osekhulile isikhathi eside.
* Ukumnika umuthi kakhulu noma ukumnika kancane.
* Ukungamniki ukudla okwanele.
* Ukungamniki izimfanelo ezanele zokugeza.
* Ukungazinaki ezempilo zomuntu osekhulile.

NOMA YILUPHI UHLOBO LOKUHLUKUNYEZWA KWABANTU ABADALA LUYICALA FUTHI KUMELE LUBIKWE!

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ISABELOMALI SEZEMPILO 2015

UNgqongqoshe uDhlomo usandakwethula iSabelomali Sezempilo sika-2015, sicacisa ukuthi imali isetshenziswa kanjani ekuphuculeni ezempilo esifundazweni. Lesi yisifingqo sokunye okuzuziwe nokuhlosiwe:

IGCIWANE LESANDULELA NGCULAZI NENGCULAZI

IQINISO
I-KZN inabantu abayi-1 622 850 abaphila negciwane lengculazi/ingculazi

OKWENZIWAYO Ukubulawa yizifo ezihlobene negciwane lengculazi nengculazi uqobo sekwehle kusuka ezi-67 429 ngowezi-2008/9 kwaya ezi-54 337 ngowezi-2010/11 futhi kusehla. Ukutholakala kwegciwane lengculazi kwabesifazane abakhulelwe sekwehle kusuka ema-22% ngowezi-2009 kwaya ema-16.8%. Iminyaka yokuphila e-KZN isiseminyakeni engama-60 kuya phezulu kade isuka ema-56.5 ngowezi-2009

Kuzuzwe kanjani lokhu

- Kuqaliswe izikhungo zezempilo ezingama-632 ezihlinzeka ngama-ART.
- I-KZN inohlelo olukhulu emhlabeni jikelele ngokuba neziguli ezingama-904 278 ezithola imishanguzo yengculazi kubandakanya nezingane eziyizi-6 350.
- Kwehle ukwedluliseleka kwegciwane lisuka kumama liya enganeni lasuka ema-22% laya kweli-1.5%.
- Kuhlinzekwa ukwelulekwa nokuhlolelwa igciwane lengculazi kubantu abayizi-2 579 763.

UKUSOKA

AKUKHO NOYEDWA LAPHA KWAZULU-NATALI OWASHONA KADE ESOKA

IQINISO **Ukungasokwa kwabesilisa ngaphambi konyaka wezi-2010 e-KZN kwakungenye yezimbangela zamazinga aphezulu egciwane lengculazi nengculazi esifundazweni.**

OKWENZIWAYO UMnyango Wezempilo e-KZN waqhuba umkhankaso wokusoka owethulwa yiSilo uGoodwill Zwelithini ngowezi-2010 ukuqinisekisa ukuthi abesilisa bayasoka.

IMIPHUMELA UMnyango waqalisa isikhungo sokuqeqeshela ukusoka esiseMgungundlovu. Izibalo zabasokiwe selokhu kwaqaliswa lokhu:

04/10 – 03/11.....**37 234**
04/11 – 03/12.....**100 700**
04/12 – 03/13.....**121 228**
04/13 – 03/14.....**134 146**
04/14 – 02/15.....**143 390**

Okuseza

UNgqongqoshe uDhlomo uqalisa amanye amasu okuqinisa ukuhlinzekwa kwezempilo kulezi zindawo ezilandelayo:

- Ukwenyusa ukusokwa kwabesilisa
- Ukuqinisekisa ukuthi zonke izakhamuzi ziyahlinzekwa ngokwelulekwa nokuhlolelwa igciwane lengculazi;
- Ukuqinisekisa ukuthi onke amaklayenti okumele athole imishanguzo yengculazi ayafakwa ohlelweni
- Ukuqinisekisa ukuthi iziguli ezinezifo eziyisimbelambela ziyidla ngendlela imithi yazo.

ISIFO SOFUBA

Osekwenziwe

- Ukuqinisa imingenelelo edidiyelwe ngohlelo lukaSukuma Sakhe kanye nokuqinisa ubudlelwano
- Ukuhlanganiswa kokusingathwa kokwelashelwa ingculazi kanye nesifo sofuba
- Ukwethulwa kwemishini i-86 GeneXpert esiza ekuhlolweni nokuveza imiphumela ye-TB/MDR-TB emahoreni angama-24 kuya kwangama-48.

IQINISO
I-KZN isenenkinga yabantu abahlaselwa kanye kanye yi-TB/HIV ngama-65%

- Ukwandisa amathimba ayi-102 alabo abalandelela labo abangadli ngendlela imithi yabo ye-TB kanye namathimba ezinhlelo ze-TB/HIV.

IMPILO YOMAMA

IQINISO **Sesehlile isibalo somama abafa ezikhungweni zezempilo zikahulumeni sisuka ema-363 ngowezi-2011 saya ema-274 ngowezi-2015.**

Kuzuzwe kanjani lokhu

- Ukuqalisa Ochwepheshe Besifundazwe kanye Namathimba Odokotela Abangochwepheshe Ezifundeni
- Ukuqeqeshwa Nabasizi abangama-277 ezintweni ezibalulekile Ekusingathweni Kwezimo Ezi-phuthumayo Ekubeletheni ukuphucula imiphumela yokubeletha
- Ukuqaliswa koHlelo lweSiyanqoba Lokukhuphula Izingaqophelo kuwo wonke amawadi okubeletha ukuphucula unakekelo lwababelethayo.

I-KZN iziqhayisa ngesiKhungo esikhulu kunazo zonke soqeqesho kwezomlomo namazinyo esiBhedlela iKing Dinuzulu

EZEMPILO YAMAZINYO

- Izikhungo ezingomahambanendlwana eziyisishiyagalombili zamazinyo ezengeziwe ukubhekelela izindawo ezisemakhaya
- Sekuhanjiswe odokotela bamazinyo abangama-30 ezikhungweni zezempilo ezehlukene.

UKUQEQESHWA KWABAHLENGIKAZI

BEDINGEKA KHONA KAKHULU

Ukwethweswa kweziqu kwabahlengikazi bakahulumeni abayizi-2 523, kuzo zonke izikhungo zikahulumeni.

UMFUNDAZE WOMNYANGO

Imifundaze engama-858 ikhishwe Ezempilo e-KZN kunikwa ikakhulu abafundi basezindaweni ezisemakhaya ukuze bafunde emkhakheni wezempilo ebandakanya:

- 94 Medical Orthotics and Prosthetics
- 119 Clinical Associates
- 15 Wabahlengikazi
- 40 Radiographers

ABEZIMO EZIPHUTHUMAYO (EMS)

- Ukwethulwa kwezibuko zokubuka ebusuku zezindizamshini ezimbili ezindiza ebusuku ezimweni eziphuthumayo, ikakhulukazi ezindaweni ezisemakhaya.
- Abangama-46 abethweswe iziqu zezimo eziphuthumayo
- Abasebenzi abayi-17 abaphothule ikhozi ye-Emergency Medical Technicians.

Okuseza

- Ama-ambulensi amasha angama-63 aguqulwe ngokugcwele
- Amabhasi angama-93 okuthutha iziguli ahlala abantu abangama-23 Abasebenzi abangama-60 abasha abangama-Emergency Care
- Abayi-10 aba-Basic nabayisi-6 be-Intermediate Life Support esiFundeni saseMkhanyakude ukusiza izibhedlela ezimbili ezintsha futhi ezincane.

IZIDINGO ZEZOBUCHWEPHESHE BEZEMPILO

- Ama-CT Scanners amasha amane eziBhedlela i-King Edward VIII, eStanger, eGreys nase-Addington
- Ukuqaliswa kwama-Health Technology Services Satellite Workshops amane eziBhedlela zase-Edendale, eNewcastle, eMadadeni naseLadysmith ukuphucula ukulungiswa ngesikhathi kwemishini yezempilo ezibhedlela nasemitholampilo.
- Ama-Mobile X-Ray Bucky Units ayi-12 eziBhedlela zase-Addington; eBethesda; eCharles Johnson Memorial; e-Edendale; e-GJ Crookes; eGreys; eKing Edward VIII; eLadysmith; eMseleni; e-Umphumulo; eNtunjambili kanye naseWentworth.

EZAMAKHEMISI

UKWEHLA KWEZIKHATHI ZOKULINDA!

UMnyango uqalise uHlelo Olulodwa Lokukhishwa Nokusatshaliswa Kwemishanguzo Yezifo Eziyisimbelambela ngenhloso yokwehlisa izikhathi zokulinda imithi.

Lusebenza kanjani

Kunezindawo ezizimele ezingama-21 zokulanda imithi yezifo eziyisimbelambela ngisho nangezikhathi lapho imitholampilo isuke isivaliwe.

LUYILUNGELO LAKHO UNAKEKELO LWEZEMPILO!

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Ezokuphepha emlilweni kulobu busika

NguMkhulumeli Wabezimo Eziphuthumayo e-KZN, uRobert McKenzie

Abezimo Eziphuthumayo e-KZN babhekana nezimo eziningi minyaka yonke eziphathelene nemililo ezandayo uma kusebusika. Izizathu zalokhu zihlanganisa nabantu ababasa imililo ngoba bezifudumeza, ilanga liyashesha ukushona futhi liphuze ukuphuma, okubangela ukunyuka kokusetshenziswa kwamakhandlela, nezinto ezidinga ukusetshenziswa komlilo isikhathi esiningi zenzeka ngaphakathi endlini ngenxa yokubanda. Izimo eziningi ezithinta umlilo, okusatshelwa kuzona, zihlanganisa imililo, amanxeba okusha, ukuxhilwa yintuthu kanye nokuphuza ngengozi uketshezi olusajeli lokubasa.

Abantu abaningi bathembele emakhandleleni, iziketekete kanye nezimbawula ukuzihlinzeka ngokukhanya kanye nokuzifudumeza. Ingozi enkulu kuyile yokuthi lezi zinto zokukhanyisa nokufudumeza zinelangabi elivuthayo, okwenza kube nengozi yomlilo uma ziwile, noma kukhona utho oluwele kuzona. Cabanga ngalezi zinto uma zisetshenziswa endaweni empintshene futhi endaweni okungangeni umoya kahle kuyo, njengegumbi elincane elineminyango kanye namawindi avaliwe, intuthu ekhiqizwa yila malangabi ingabangela izinkinga zokungaphefumuli kahle.

Esinye isisusa esijwayelekile semililo ukuxhunywa kukagesi okungekho emthethweni noma okungaphephile. Lokhu kungasuka lapho kuxhunywe izintambo kugesi ngokungekho emthethweni noma ukuxhunywa kwezintambo okungaphephile, lapho ukuxhunywa kwezintambo kungenziwanga ngendlela efanele. Amaplaki nawo kuvamise ukuthi athwaliswe okungaphezu kokuvumelekile kuxhunywe izinto eziningi kuleyo plaki.

Uma udinga ukusebenzisa amakhandlela, izitofu zegesi noma izimbawula, cabanga ngala maphuzu ezokuphepha alandelayo:

UNGALINGE

- ✘ Ushiye ikhandlela noma isitofu kunganakiwe
- ✘ Ushiye amabhodwe enganakiwe uma esasetshenziswa esitofini
- ✘ Uvumele izingane zidlale eduze komlilo
- ✘ Usebenzise amakhandlela noma izitofu eduze kwamakhethini noma endaweni engaqondile
- ✘ Usebenzise ukuxhunywa kukagesi okungekho emthethweni noma okungaphephile
- ✘ Ulale kunekhandlela elivuthayo noma umlilo/imbawula esetshenziselwa ukufudumeza
- ✘ Ukhiyele abantu ngaphakathi endlini
- ✘ Usebenzise izitofu zokuzenzela noma izinto zokwenza kufudumale

ONGAKWENZA

- ✓ Qiniseka ukuthi umoya ungena ngokwanele uma usebenzisa imbawula noma injini yokuphehla ugesi kanti futhi kungcono ungakusebenzisi lokhu ngaphakathi
- ✓ Fundisa izingane ngomlilo kanye nobungozi bawo
- ✓ Cima onke amalangabi/umlilo ngaphambi kokuwushiya unganakekelwe noma uyolala

- ✓ Gcina amafutha esitofu kanye noketshezi olushayo ngendlela ephephile
- ✓ Gcina umentshisi endaweni izingane ezingafinyeleli kuyo.

Uma kunomlilo:

- ✱ Hlaba umkhosi/vusa abanye endlini, lokhu kungasho nomakhelwane, kuye ngokuthi kuhlalwa kanjani.
- ✱ Phumani ebhilidini, nigaqe ngamadolo uma kunesidingo
- ✱ Uma izingubo sezithungelekile, lala phansi uzigingqe enhlabathini
- ✱ Thela amanzi kuphela emanxebeni okusha
- ✱ Susa izingubo ezishile kanye nobucwebe ezindaweni ezishile emzimbeni
- ✱ Ungaphindeli kuleso sakhiwo esishayo
- ✱ Biza abezimo eziphuthumayo.

Ukugcinwa koketshezi olushayo (uphalafini, uketshezi olusajeli olushayo) olusetshenziswa ezitofini kanye neziketekete, nakho kubalulekile njengoba izingane zingakuphuza ngengozi futhi kube nomthelela ezingozini zomlilo. Lezi zindlela zokuqikelela ezilandelayo kufanele zithathwe uma kuphethwe uketshezi olushayo:

- ✱ Gcina uketshezi olushayo endaweni eqhelile lapho kusetshenziswa khona lezi zinto
- ✱ Ungagcini uketshezi olushayo ezitsheni zokuphatha okuphuzwayo
- ✱ Sebenzisa izitsha zokuphatha ezivaleka kahle futhi kungcono ezinesivalo esiphephile.
- ✱ Fundisa izingane ezikhona ekhaya ngoketshezi olushayo bese ulugcina lapho zingafinyeleli khona
- ✱ Uma upheka ngegesi, valisisa ivalvu yesigubhu ngemuva kokusisebenzisa.

Hlakanipha, qaphelisisa, uqikelele!

HLALA UPHEPHILE KULOBU BUSIKA.