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FEATURES



KZN HEALTH DEPARTMENT TAKES GOLD AWARD



BLEEDING DURING PREGNANCY: WHAT DOES IT MEAN?



MENTAL HEALTH AWARENESS MONTH



FOCUS ON WORLD HEPATITIS DAY



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



SPECIAL FOCUS ON HEALTH PROMOTION IN SCHOOLS

**TATA MADIBA HAS GIVEN HIS
ENTIRE LIFE FOR OUR FREEDOM....**

WHY GIVE HIM JUST ONE DAY?

***MAKE EVERY DAY
MANDELA DAY***

***BY MAKING A CHANGE
FOR THE BETTER!***

A HEALTHY AND HAPPY SOCIETY BEGINS WITH YOU!

- ✓ Take responsibility, take ownership of your health.
- ✓ Get tested for HIV
- ✓ Practice safe sex – use a condom
- ✓ Be wise, get circumcised
- ✓ Book early at your clinic if you're pregnant:
it can save yours and your baby's life



health

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Fighting Disease, Fighting Poverty, Giving Hope

Message from

**KZN HEALTH HOD,
Dr Sibongile Zungu**



There comes a time when our Department needs to acknowledge its shortcomings and bravely admit to weaknesses. Often, as government we feel the need to be defensive when criticised – it is our first reaction as human beings. But amid the challenges we face, we need to look at the problems and boldly admit to what went wrong and how we can fix them.

Across our institutions, our MEC along with the rest of the Department and those health workers who work tirelessly despite the challenges, have come up against obstacles, just when we think we have turned the corner. The lack of sufficient manpower is one thing but mismanagement of the limited resources we have creates a tsunami of devastating results for everyone concerned. Patients suffer as a result of compromised care, health workers suffer because they are frustrated at not having all the tools needed to help those in their care and management is often at the receiving end. It's a vicious cycle of trying to stop a leaking pipe only for another to burst open elsewhere.



The point I am trying to make is simple, we need to work together as a team to try and utilise what we have in the best and most productive way. In doing this, it also means trying to stop the abuse of what we have. It hurts me to point out that corruption within our ranks is our number one challenge. It's costing us millions of rands in losses each month – money which can be spent on saving lives – people in your care. It could be your family, friend or someone who needs your help.

Nationally there are plans in motion to source medication and supplies from a central point making it more cost effective. On a local level we need to become the change we want to see.

Speak out if you know someone who is involved in corruption – every effort counts, and in health, it can save a life. Every saving means more help available to those who need us.

*It's time to break the silence.
wouldn't you if your family depended on it?*

INSIDE

JULY 2012

- ✓ **WHAT TO TAKE WHEN GOING TO HOSPITAL TO GIVE BIRTH**
- ✓ **MENTAL HEALTH AWARENESS MONTH: REMOVING THE STIGMA**
- ✓ **SCHOOL HEALTH AWARENESS: HOW YOU CAN HELP**
- ✓ **KZN HEALTH NEWS: DEPARTMENT TAKES GOLD AWARD!**
- ✓ **HOME BASED CAREGIVERS: MAKING A DIFFERENCE, ONE DAY AT A TIME**
- ✓ **BLEEDING IN PREGNANCY: WHAT DOES IT MEAN, WHEN TO GET HELP**
- ✓ **WORLD HEPATITIS DAY**
- ✓ **COMIC: GET TESTED**



With thanks from the following contributors:

KZN DEPARTMENT OF HEALTH: COMMUNICATIONS UNIT
 ZOHRA MOHAMED TEKE (EDITOR)
 COLIWE ZULU (WRITER)
 THANDI ZULU (WRITER)
 DERICK MATSENGARWODZI (WRITER)
 THEMBA MNGOMEZULU (DEPARTMENT PHOTOGRAPHER)
 DUDLEY VIALI (CARTOONIST)
 TANYA CAMPHER (GRAPHIC DESIGNER)

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, editor@ezempilohealthmatters.co.za or write to us on PO Box 25439, Gateway 4321.

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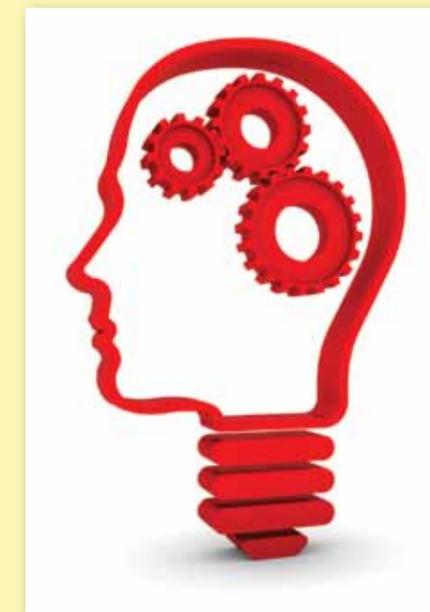
MENTAL HEALTH awareness month

IT'S TIME TO REMOVE THE STIGMA

Society sometimes wrongly labels people with mental health problems as "crazy". This leads to people saying things about mental issues which are not true and discriminates against those affected. Unfortunately because of fear of being stigmatised many patients suffering from mental health issues don't seek medical attention.

IS MENTAL ILLNESS THE SAME AS BEING POSSESSED?

Some people believe that witchcraft or 'bad spirits' causes mental illness. This is not necessarily true. A registered traditional healer can help you understand the issues but you must see a doctor or health worker who can advise you on what medical help is available. Often people with severe mental conditions need to take medication to keep it under control so that they can cope.



MYTHS VERSUS FACTS:

People often make up stories if they are not certain of the facts, and when something is often mistaken to be true when it is just gossip, we say it is a myth. Let's look at some of these in mental health:

- ✗ **Myth # 1: Mentally ill patients have no hope of a healthy life**
- ✓ **FACT:** People with mental health illnesses can live normal and active lives, depending on the severity of the condition. There are treatments available to help with this.
- ✗ **Myth # 2: Society can't do anything to help patients with mental health needs**
- ✓ **FACT:** It starts with the way society speaks and acts. Avoid labelling people with mental health needs as "crazy", respect them and know the real facts. They are people with feelings, needs and require your understanding and support.
- ✗ **Myth # 3: People with mental illnesses are often violent and unpredictable**
- ✓ **FACT:** Most people with a mental health condition are in fact NOT violent. It is only when there is no medical intervention that patients can sometimes lack control of their condition.
- ✗ **Myth # 4: Mental illness is the same as mental retardation**
- ✓ **FACT:** These two conditions are different. Mental retardation limits brain operation while mental illness causes mood and thinking changes just like most people.
- ✗ **Myth # 5: Mental illnesses only affect weak people in our society**
- ✓ **FACT:** Wrong, mental illness can be caused by common factors that affect most people such as depression, alcohol and drug abuse, and loss of job or a relative.
- ✗ **Myth # 6: People with mental illnesses cannot perform at work**
- ✓ **FACT:** All jobs have their own stresses. There is no proven difference in productivity between these two groups.
- ✗ **Myth # 7: Once you develop a mental illness, you will never recover**
- ✓ **FACT:** Studies reveal that with proper treatment and therapy patients with mental illnesses recover completely to lead normal lives.

KZN HEALTH



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NEWS

KZN DEPARTMENT OF HEALTH FEATURE:

KZN HEALTH



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope



Lingelethu Primary School – Sisonke District

FOCUS ON HEALTH PROMOTION IN SCHOOLS AND MOBILE CLINICS

Many of us believe that HEALTH is just the PHYSICAL state and related illness. But the World Health Organization (WHO) reminds us that health goes beyond hygiene. It states:

“Health is the Physical, Emotional, Social and Spiritual Well Being”

WHAT IS HEALTH PROMOTION?

Health promotion is a process of enabling people to take control of their own life and improve their lifestyle – in other words, primary health care, starting with you taking responsibility.

WHAT IS A HEALTH PROMOTING SCHOOL?

- A health Promoting School:

- Strives to improve the health of the school staff, families, community members and its learners.
- Develops its curriculum and life skills programmes to address its health needs.

- Fosters health and learning with all the available resources at its disposal.
- Engages all relevant role player e.g. Health, Welfare, Education officials, NGO's, SGB, community members, parents and community leaders in efforts to make the school a healthy site.
- Strives to create a Healthy environment through school health education (Life Orientation), provide health promotion programmes for staff, learners, and the community.
- Provides many opportunities for success and acknowledges good efforts and intentions as well as personal achievements.

WHY IS IT IMPORTANT FOR SCHOOLS TO PROMOTE HEALTH?

- Schools that promote health and help spread health ideas and practices to the community help the wider school community.
- Helps to network and link with other schools.
- The school becomes a role model for other schools.
- The health status of the learners, educators and the environment is improved
- A sense of ownership of self and school is established.
- Self-respect is reinforced.
- School children are part of a bigger family and help spread good health messages and practises from school to their homes.
- Schools can assist learners/ students to acquire the basic skills to create a healthy environment, which include decision-making, problem solving and communication.
- The Provincial Health Promotion Component has so far accredited 208 Health Promoting Schools in the Province. The process of becoming a health promoting school may be time-consuming but for some schools it's just a matter of formality as they easily meet all the necessary requirements.

WHAT DOES A HEALTH PROMOTING CLINIC DO?

A Health Promoting Clinic is a setting where the staff and the community are enabled to actively take control of their own health in order to promote a healthy lifestyle.

Health Promoting Clinics targets health workers and communities they serve and encourages them to increase control over their health determinants to lead an improved lifestyle and set an example. The program uses community involvement; skills development; develops user friendly policies, networking with other service providers and strives to create a healthy environment and improved quality of health.

HEALTH PROMOTING CLINICS

- WHY THE NEED?

The Health Promoting Clinic program in the Department of Health came about because there was a need to link Health Promoting schools to their nearest Clinics.



Khuluggame Primary School Garden – eThekweni District

KZN HEALTH



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope

KZN HEALTH WINS GOLD AWARD IN KZN PREMIER'S SERVICE EXCELLENCE WARDS!



The Department of Health in KwaZulu-Natal has done it again by winning a gold award during the Premier's Service Excellence Awards which took place in Durban earlier this month!

The Department was the overall winner, beating all other Departments who participated – thanks to the efforts of Manguzi hospital in Umkhanyakude District, which received the gold award.

Through sheer dedication, compassion and hard work Manguzi Hospital proved it was a deserving contender and scooped the prestigious award. KZN Health HOD, Dr Sibongile Zungu paid tribute to the hospital, saying it consistently displayed and demonstrated an attitude of tenacity to achieve the required best practice standards according to Batho Pele Principles, Patients' Rights, Citizens' Charter and Service Commitment Charter. She added that the success of Manguzi Hospital was a result of successful culture

at the facility of collaboration amongst stakeholders and the community.

The event was attended by both KZN MEC for Health Dr Sibongiseni Dhlomo and Dr Zungu who said they were honoured by the achievement which recognised the good work of the Department and its health institutions. The Department is confident that with the level of dedication and commitment in the delivery of quality health care, it will continue to win more awards in the future!

THROUGH THE KEYHOLE

LINDIWE MCAMBI: A DEDICATED HOME BASED CARE WORKER



Everybody in the Nsimbini community knows the way to Lindiwe's house.

Lindiwe Mcambi is a visionary who identifies problems in her community and then finds solutions for them, rather than stand back and complain about not having anyone to help. It all started six years ago, when Lindiwe became concerned about the high HIV infection rate in her area.

"I saw too many mothers dying and leaving their children orphans. These children often ended up stealing and breaking into our houses, because they had nothing to eat. They were also sick. I realized then that they needed my help," she explains.

Lindiwe called a community meeting and decided to start a home based care (HBC) programme and looked at other similar programs for help on getting started.

Soon, Lindiwe and her helpers started caring for the orphans in the community, as well as the elderly and vulnerable. "We started giving bed baths to bedridden

patients and taking care of their needs as soon as they returned to their community from hospital. We also made sure all TB patients in our area took their medication daily. We began taking the orphans to Nsimbini Social Welfare and arranged for their grants so that they could have food and something to live on," says Lindiwe.

Soon after, Lindiwe and her team started a non-profit organisation and opened a soup kitchen which today feeds 300 people four to five times a week.

It's been a challenging and selfless journey for Lindiwe. There is a far look in her eyes as she reflects: "If we start caring for others, our lives are so much better. I have learnt that

I could be starving and poor, but if I give of every little thing I have, I get so much more back. It is like getting something out of nothing – a miracle. Life is a miracle. It is like the joy you feel when a HIV patient realizes HIV does not necessary translate into death."

It takes an ordinary person to do something extraordinary so what's stopping you?

PLAN FOR A HEALTHY AND HAPPY BIRTH...

IT'S IN YOUR HANDS mama



Gogo says it all the time, and you know it's true. Good care during pregnancy is important for both mother and baby's health and to ensure you get the best care for yourself and your baby it is important to go to the clinic as soon as you know you are pregnant. You should have at least four visits during the next nine months, but more if there are any health concerns.

WHY MUST YOU GO FOR CHECK UPS?

Your local clinic or hospital will make sure that you and baby are healthy. During your first visit, the nurse will check for **infections** that can harm you and your baby - these include HIV, TB, syphilis, and bladder or vaginal infections. *Early booking can save yours and your baby's life, because the earlier the problem is identified, the quicker a solution can be found.* Being HIV positive doesn't necessarily mean your baby will also be born HIV positive – speak to your clinic about this, the earlier you book, the better!

Danger signs that you might have complications are:

- Vaginal discharge
- Burning when you go to toilet
- Fevers and night sweats
- Losing of weight

WHAT IF YOU TEST POSITIVE

All pregnant mothers and their partners should be tested for HIV as soon as possible. If you test positive you should start ARV treatment as soon as possible and take them correctly. If you are HIV negative, stay negative - and ask your partner to use condoms during sexual intercourse.

BLOOD PRESSURE

Your pressure will be tested at each visit. If left untreated, it can be dangerous and can lead to seizures. The nurse will test your urine at every visit to make sure everything is fine.

Danger signs that you might have high blood pressure are:

- Bad headaches
- Swelling of the feet
- Blurred vision
- A raise in blood pressure

PREPARE TO GIVE BIRTH IN HOSPITAL

Don't wait until baby is ready to pop out, plan ahead using the guide below:

- Due date - be aware of when you are expecting your baby. Let people in your family and your neighbours know and make plans for your older children.
- Book for a delivery at the hospital, they will need your ID and proof of address.
- Pack your bag – have all your things and clothes for the baby ready in a bag.
- Remember important documents - Take all your clinic cards, your ID book and any medicines you may be on.
- Airtime - keep some airtime and money available and your cell phone charged. You can call an ambulance if you need to for free from your cellphone find out the emergency number for your service provider and /or the emergency number from a landline or a payphone.
- Know the signs of labour – these include a “show” – a watery discharge from your private parts that had blood, regular pains and backache and the breaking of your waters.
- Go to your local health facility as soon as you get the first signs of being in labour.
- If you are in a rural area stay with a family or friend close to the facility, or see if there are boarding facilities at your hospital – KZN Department of Health is introducing these, so check with your clinic.



What to take to hospital:

- **TOOTHBRUSH AND TOOTHPASTE**
- **3 PACKETS OF NAPPIES**
- **2 FACE CLOTHS**
- **1 SANITARY BELT**
- **3 NIGHTIES**
- **3 PACKETS SANITARY TOWELS**
- **2 BATH TOWELS**
- **3 BRAS**
- **CLOTHES FOR THE BABY ON DISCHARGE**

Don't delay, book early to have a healthy birth. It can save your baby's life and yours too...

BLEEDING DURING PREGNANCY OR AFTER CHILDBIRTH

Pregnant women sometimes experience slight bleeding (called spotting), which is normal. But, there are also other kinds of bleeding which is not normal and you need to know when you should see a health worker. To help you, use the following guide to understand the different types of bleeding during pregnancy or after giving birth:

! BLEEDING DURING THE FIRST THREE MONTHS OF PREGNANCY:

If you are in constant pain, your baby could be growing in the part of a woman's body called the fallopian tube (ectopic pregnancy). When baby grows to a certain size, the tube can burst open, causing bleeding.

What to do?

This can be life threatening – go to a hospital or nearest clinic right away!

! BLEEDING DURING THE FIRST SIX MONTHS OF PREGNANCY

If you bleed and have stomach cramps (like birth pains), it could be a sign of a miscarriage.

What to do?

Watch and wait, if the bleeding becomes heavy, go to a hospital immediately.

! HEAVY BLEEDING DURING OR AFTER CHILDBIRTH

This may be caused by pieces of the placenta left in the womb. (A placenta is the part of the body, a flat organ which feeds baby in the womb through the cord which connects mother and baby. The placenta normally comes out after you give birth. If your womb is too tired to squeeze or tightens, the placenta can sometimes remain inside you, causing heavy bleeding.)

What to do?

See a health worker immediately; you need help to remove the placenta.

WORLD HEPATITIS DAY

'IT'S CLOSER THAN YOU THINK'

July 18th

AROUND 50% OF US HAVE BEEN EXPOSED TO THE HEPATITIS B VIRUS (HBV) AT SOME POINT IN OUR LIVES, YET MANY OF US KNOW VERY LITTLE ABOUT THIS VIRUS. THIS DAY IS AN OPPORTUNITY TO LEARN AND TEACH OTHERS SO THAT WE CAN UNDERSTAND AND EMPOWER OUR COMMUNITIES ON THE ISSUE – AND HELP PREVENT THE SPREAD.

WHAT IS HEPATITIS?

It's when there is an inflammation of the liver (an inflammation is when a part of the body becomes red, swollen and painful). It has different causes, but a viral infection is usually the most common (a viral infection means you have a virus in your body). The hepatitis B virus is 50 to 100 times more infectious than HIV because it can survive in some places up to seven days, while HIV survives for only a few minutes outside the human body.



HOW IS HEPATITIS B SPREAD?

The virus is passed on when blood or body fluids from an infected person enters the body of an unprotected person. The most common way is through unprotected sex, infection from mother to child during birth, drug abuse, direct contact with a bleeding wound, sharing of tooth brushes, razors or needles and contact with an infected surface.

HOW CAN YOU TELL WHEN YOU'VE BEEN INFECTED?

Symptoms of HBV can last a few weeks and include the following:

- Yellowing of the skin and eyes (jaundice)
- Dark urine
- Extreme tiredness
- Nausea, vomiting and stomach pain.

PREVENTION IS BETTER THAN CURE

• 95% of people who have been vaccinated against HBV will not contract a serious form of the disease; make sure your child is up to date with the vaccination needed.

- Wash your hands regularly - especially

after contact with lift buttons, public taps and stairs.

- Use condoms during sex - the virus is present in sperm, vaginal fluid and your bloodstream.

- Avoid taking drugs and never share needles or syringes.

- Wear protection when dealing with other people's open wounds or cuts.

- Never share razors, toothbrushes or other sharp instruments.

KNOWLEDGE IS POWER, USE IT TO SAVE A LIFE!

Good moms need a good night's rest too!

That's why they trust Huggies® unique Dry Comfort range to help baby sleep through the night. Secure lock dry system means baby stays dry for up to 9 hours.



... No more uncomfortable wet nappies at night means a peaceful night's sleep for all!



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HUGGIES **BABY CORNER**
Dry Comfort



Thula
Thula
Mama...

A good mom is a tired mom...
right?
Wrong!

Being a good mom is a 24-hour job – it means caring for baby during the day and especially throughout the night, as most babies wake up several times a night for a feed and nappy change. Many moms think that not getting a decent night's sleep and then waking up tired and low on energy each morning is just something that moms have to do...

Wrong!

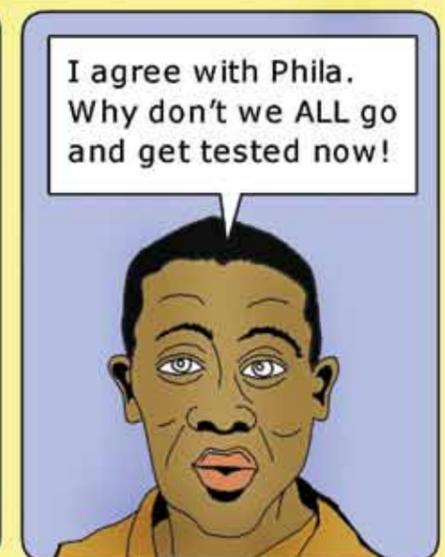
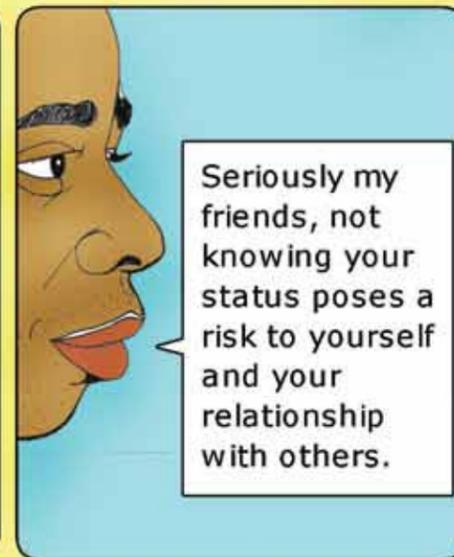
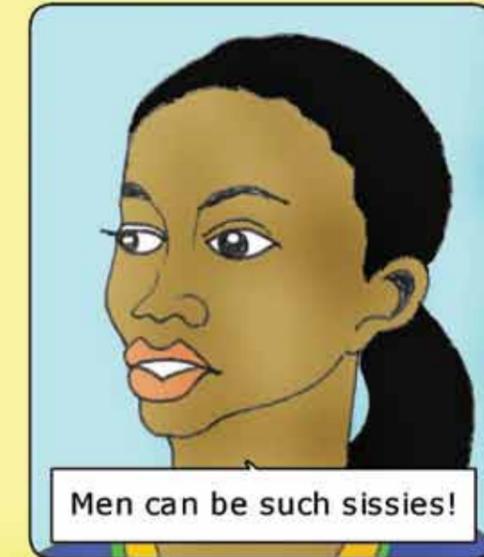
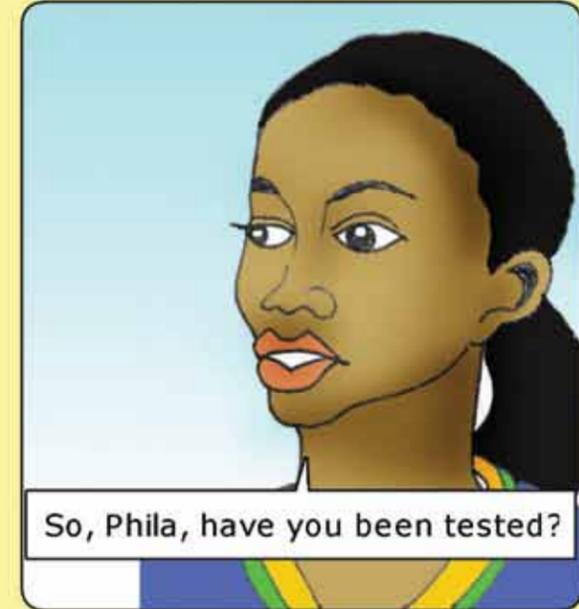
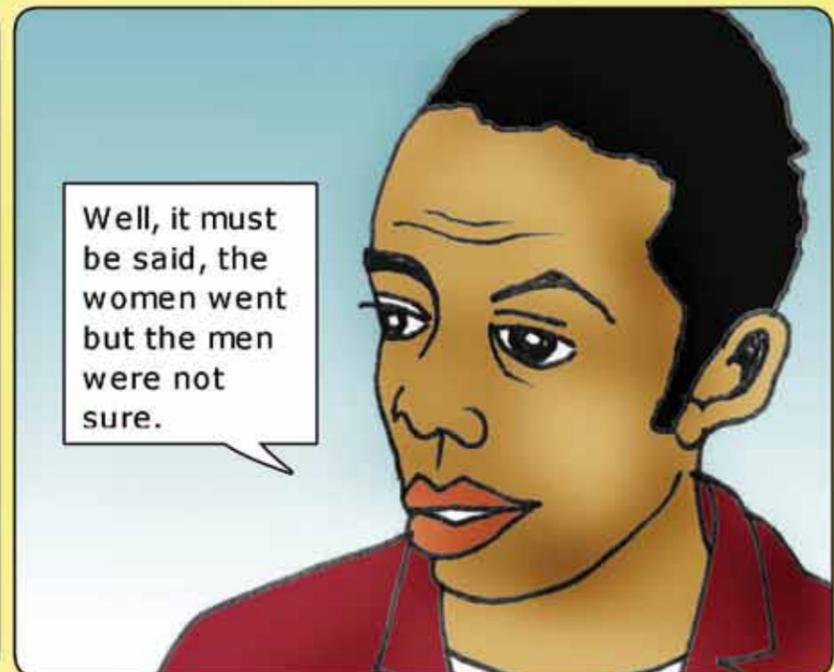
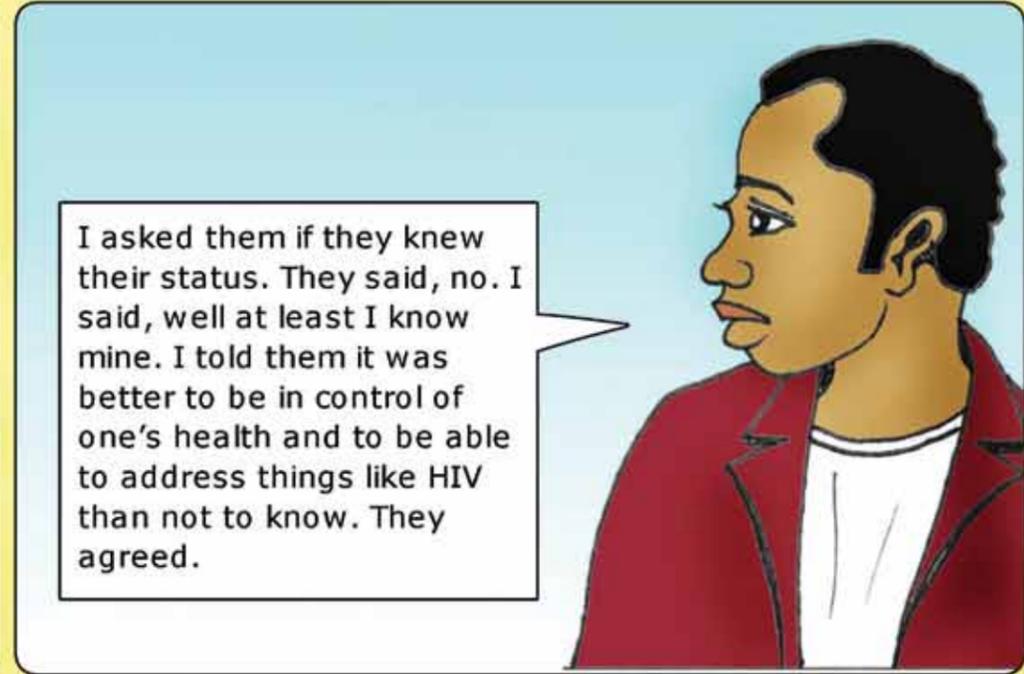
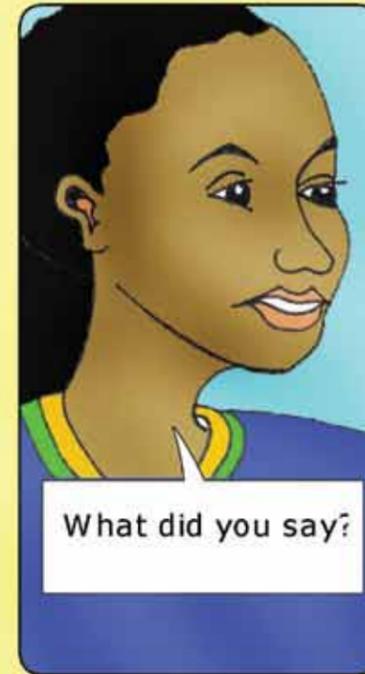
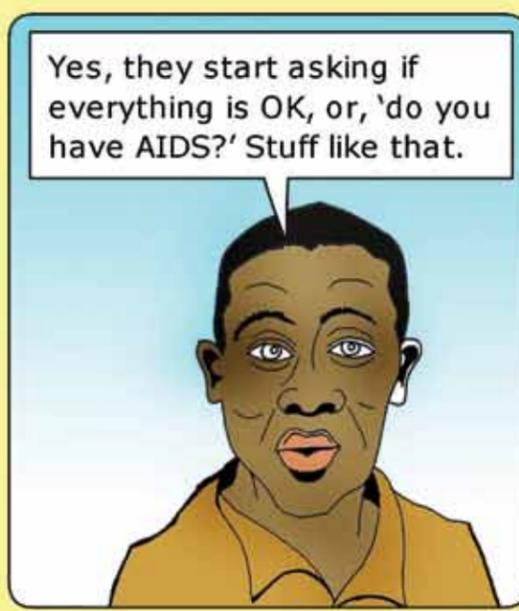
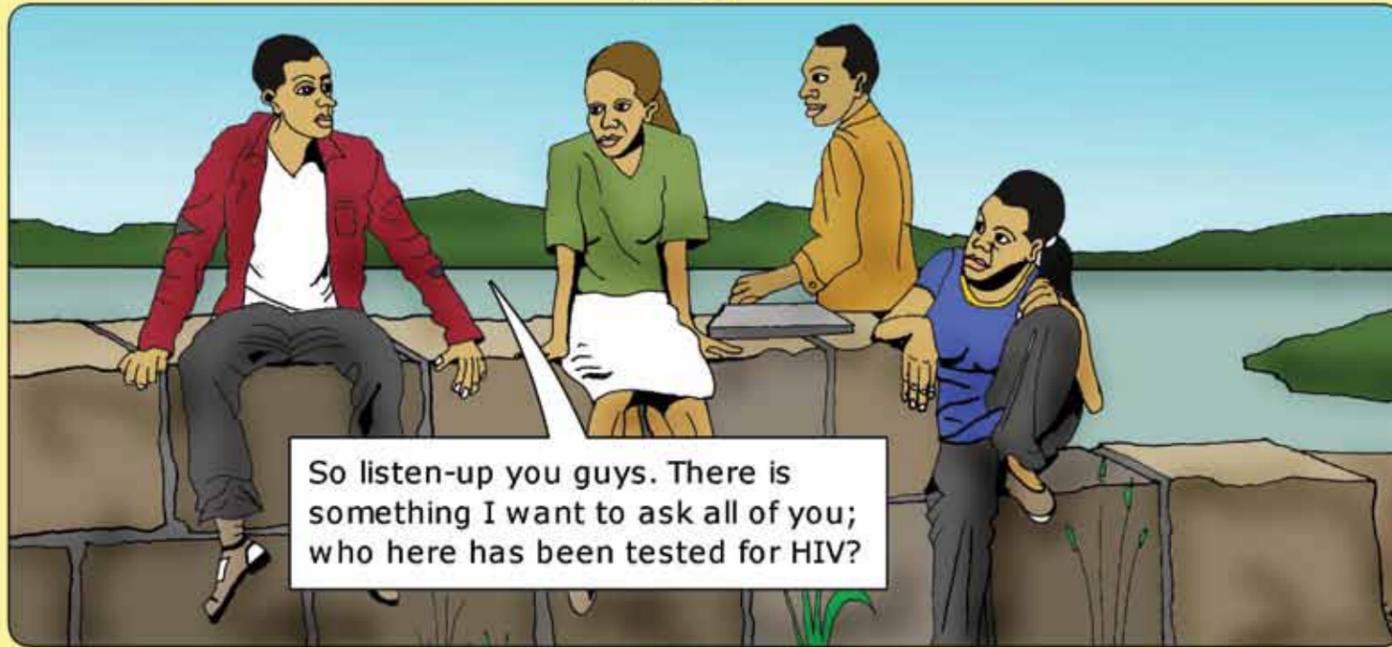
Doing the best for your little one means doing the best for you too! Waking up throughout the night is not good for your or baby. It means being a tired, frustrated mom during the day – and no fun for baby! What's more as a working mother it can leave affect your performance at work too.

That's why clever moms use Huggies® Dry comfort Nappies. The unique Lock Dry system is specially designed to keep baby dryer for longer. Its proven leak-proof technology ensures that baby won't have to wake during the night because of a wet, uncomfortable nappy. This means baby will sleep longer and wake up less often, and when baby sleeps longer, Mom does too!

Good moms and Huggies® Dry comfort keep baby dry and happy!

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Getting Tested



MAKING ALL THE DIFFERENCE!

TRIBUTE
TO COMMUNITY
CARE GIVERS

Nursing and taking care of the sick is one of the most challenging jobs and choosing to do this as a volunteer takes the heart of a servant.

Community Care Givers, sometimes called Home Based Care Givers (HBC) provide a very important service, which often goes unrewarded. For them, it's a calling in their communities, and one that is often lifesaving, as they make sure that patients (especially TB and HIV) take their medicine regularly and on time.

COURAGE IN THE FACE OF HARDSHIP

Some of the challenges they face is walking long distances often while carrying medical supplies and food for those in their care; avoiding poisonous snakes and criminals; and even sexual harassment. "The most difficult thing is when a patient and his family have nothing to eat and you have nothing to give them. When you approach people as a HBC worker, they always think you will give them food. It breaks our heart when we can't," say a group of HBC workers in Nzimbini.

OUR COMMUNITY NEEDS US!

So why do they still do it? They answer together – "It is the right thing to do, our community needs us!" The rewards are emotional, says CBC giver, Xolisile. "We had a patient who thought he was going to die, there was no one to take care of him and he had no food. He is alive today, and thanks us every time he sees us – it is this kind of hope that keeps us going," adds Xolisile.

ALL IN A DAY'S WORK

For most HBC givers, the day starts early. They prepare breakfast for the orphans and needy at the soup kitchen that they've set up and then begin their visits – around 10 a day. Often the challenge is convincing patients to take their medication. A good HBC worker will do everything in her power to ensure a patient understands the need

for medication and takes it, says one worker. "In cases like TB, not taking your medication can lead to the disease becoming more resistant to medicine and it is to the ill health of the whole community," she explains.

Most care givers spend their day preparing food, accompanying patients to hospitals and often helping the sick and elderly with their baths, feeding, medication and general needs.

To all those dedicated care givers who work tirelessly in the community to make a difference...

Thank you for providing this much needed selfless service.

