

HEALTH MATTERS

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MAY • 2013



NHI
PUTTING YOU FIRST



NURSING
A TRIBUTE TO A NOBLE
PROFESSION



ADDINGTON'S SISTER
MYEZA SCOOPS FLORENCE
NIGHTINGALE AWARD!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

YOUR HEALTH
INFORMATION
MATTERS!

THANK YOU TO ALL NURSES

KZN HEALTH wishes to pay tribute to all those hard working, selfless nurses who have dedicated and sacrificed their own lives to heal and save the lives of others. Your steadfast commitment to your pledge of service is appreciated.

NURSES PLEDGE OF SERVICE

*'I solemnly pledge myself to the service of humanity and will endeavour to practice my profession with conscience and with dignity.
I will maintain by all the means in my power the honour and the noble traditions of my profession. The total health of my patients will be my first consideration.
I will hold in confidence all personal matters coming to my knowledge.
I will not permit considerations of religion, nationality, race or social standing to intervene between my duty and my patient.
I will maintain the utmost respect for human life. I make these promises, solemnly, freely and upon my honour.'*



LET US
CONTINUE TO
UPHOLD OUR OATH
OF SERVICE AND
PROMISE TO OUR
COUNTRY AND
PEOPLE.



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Message from

SIBONELO CELE:
DEPUTY CHAIR, DEMOCRATIC
NURSING ORGANISATION OF
SOUTH AFRICA



Happy International Nurses Day!

Democratic Nursing Organisation of South Africa (DENOSA) would like to wish all nurses in the province a happy International Nurses Day this month, and hope this year's theme will motivate them to work towards meeting the Millennium Development Goals.

The day has been celebrated since 1974 by nurses worldwide as a tribute to Florence Nightingale who was considered the pioneer of modern nursing. This year's theme chosen by the International Council of Nurses (ICN) is 'Closing the Gap: Millennium Development Goals'.

MDGs galvanise development effort to set global and national priorities and focus attention, action and resources and take a holistic approach to reducing poverty.

But to succeed in reducing poverty requires that we tackle a range of other social issues such as education, women empowerment and environmental sustainability as they are all linked to poverty.

Nurses are at the forefront when it comes to

implementing health policies that go towards meeting our goals and uniting nurses in the country towards service excellence will ensure the goals are within our reach.

Despite the policies in place, child mortality remains far above the set target of 20 deaths per thousand live births. Collaborations such as public/private partnerships are key in addressing this challenge, including the partnership between DENOSA and the Society of Midwives of South Africa (SOMSA).

With South Africa having the largest Anti-Retroviral Therapy programme in the world, we have managed to stabilise HIV prevalence, which is commendable. Many nurses have been pivotal in this success through their participation in the Nurse-initiated and managed anti-retroviral treatment (NIMART). As a result, United Nations AIDS Programme's 2012 report indicated a considerable reduction of new infection rates.

Meeting these goals will require a collective and collaborative effort from nurses and all role players in health care delivery!

"The progressive world is necessarily divided into two classes - those who take the best of what there is and enjoy it - those who wish for something better and try to create it"
- Florence Nightingale.

inside



DIARRHOEA



CIRCUMCISION



NHI



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JOIN THE NOBLE PROFESSION, BECOME A NURSE!

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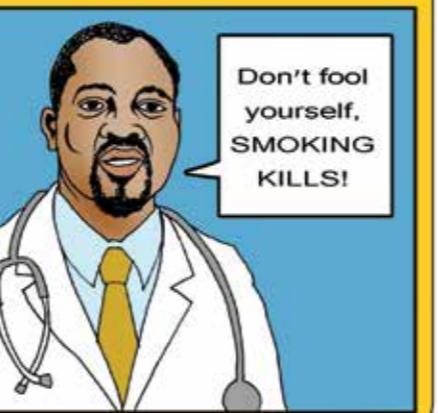
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Your suggestions and comments are welcome, and if you have been impressed by a health worker who provided an outstanding service, let us know and we will feature them! Contact us on 031 562 9803, editor@ezempilohealthmatters.co.za or write to us on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

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SMOKING KILLS!



PREVENTING DIARRHOEA

Diarrhoea is more common than you think and in many cases, it can be prevented by reducing the spread of germs. Anyone can become infected but babies and children are affected more because their natural defense system that helps fight infection is not fully developed. People who are HIV positive also get it more often as their immune systems are also weakened. To help prevent the spread use our handy guide below to educate everyone at home on what they can do to prevent the risk of diarrhoea.

How infection is spread

Germs are spread by touch which includes drinking unclean water and contaminated food.

Diarrhoea can be dangerous

A person with diarrhoea loses a lot of water from the body. If the water is not replaced, there is a danger of the body "drying up" or getting dehydrated as it is known. Severe dehydration can cause death. This happens quickly in babies and children, which is why it's important to make sure that a person who is dehydrated is given liquids to replace their lost fluids.

Drink plenty of fluids

Replace lost water and salts with the sugar, salt and water mixed, soup, weak tea, fruit juice and clean water. Drink the fluid slowly and often. Babies need more breastfeeds.

Breastmilk and vaccinations protect against infection!

For the best protection feed your baby only breastmilk for the first six months and ideally until your child is two years old. Your child will be given a vaccination against rotavirus and measles as part of the clinic immunisation program. Speak to your health worker to make sure that your child is receiving all clinic vaccinations at the right time.



WARNING SIGNS IN SEVERE DEHYDRATION

Get medical help at a clinic or hospital immediately if the person:

- Is under five, elderly or underweight.
- Has blood in their stools.
- Has severe diarrhoea that lasts more than two days.

REMEMBER! BREASTFEEDING HELPS PREVENT DIARRHOEA.



STOP THE SPREAD OF INFECTION

- ✓ Wash your hands with soap and water after using the toilet or changing baby's nappy and before preparing food.
- ✓ Make sure all meat and eggs is cooked well.
- ✓ Wash fruit and vegetables.

EAT TO KEEP UP YOUR STRENGTH

A person with diarrhoea needs to eat the right type of foods to regain their strength. Include the following:

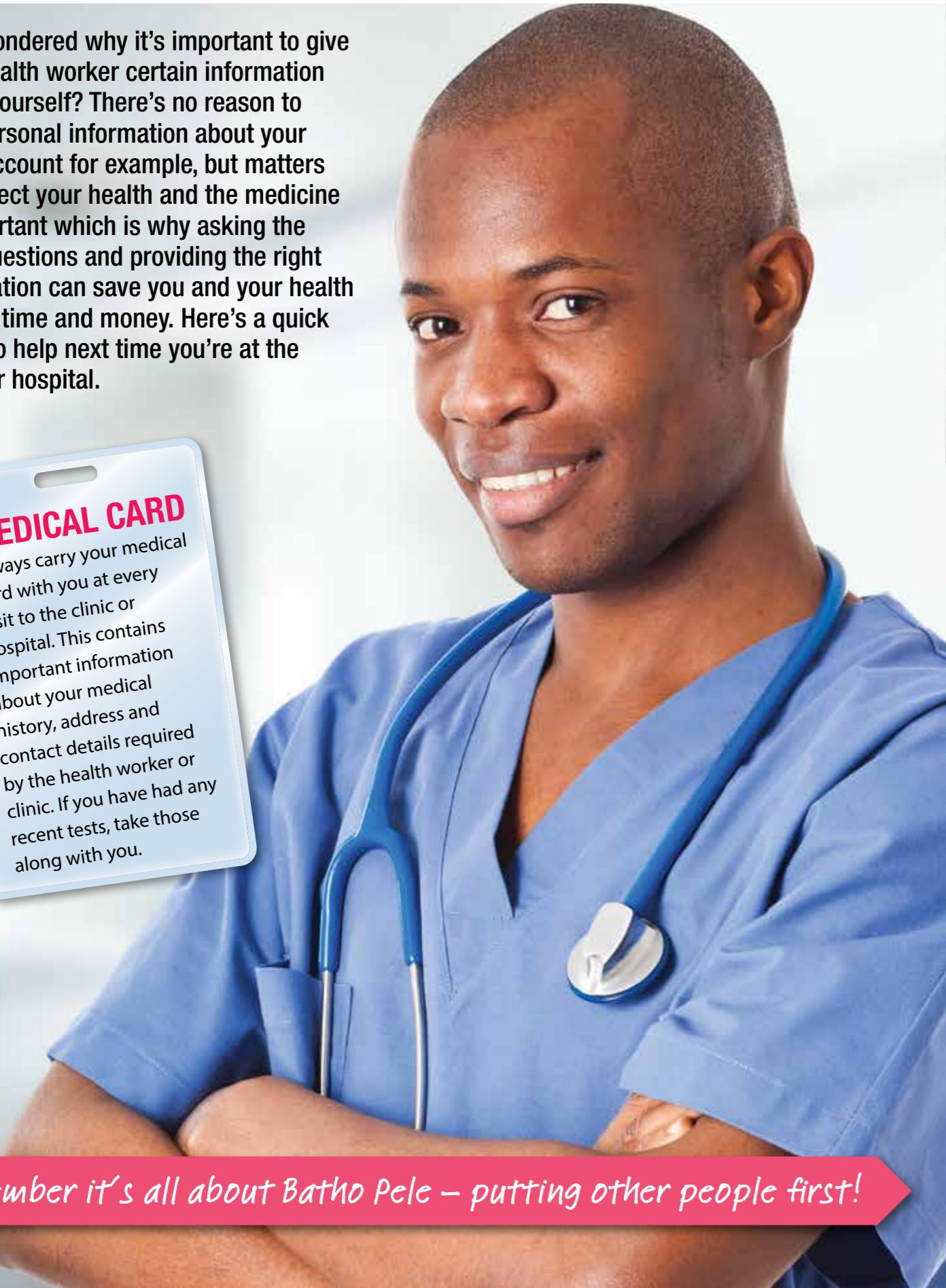
- ✓ Rice water (rice mixed with some water)
- ✓ Ripe or cooked bananas
- ✓ Pap
- ✓ Potatoes
- ✓ Chicken
- ✓ Beans, lentils or peas (well cooked)
- ✓ Fish
- ✓ Chicken soup

FACT!

Diarrhoea kills more children under the age of five years in South Africa than any other disease.

YOUR HEALTH INFORMATION MATTERS!

Ever wondered why it's important to give your health worker certain information about yourself? There's no reason to give personal information about your bank account for example, but matters that affect your health and the medicine is important which is why asking the right questions and providing the right information can save you and your health worker time and money. Here's a quick guide to help next time you're at the clinic or hospital.



Remember it's all about Batho Pele – putting other people first!



Your Health history

Always tell your health worker about your family medical history, previous surgeries, medications, supplements and any reaction to medications. Diseases such as diabetes, asthma and strokes in the family must be recorded so that correct preventative measures are discussed. Don't hide any family history of diseases as mentioning this will ensure that your health worker monitors your health for any risk factors which can save your life!

Ask Questions

Always ask relevant questions to follow the treatment plan correctly. Questions such as: "What do I do if I react to this medicine or can I take different pills together?" Make sure all your questions are answered. If your questions are not addressed fully, ask for a second opinion from another health worker. "Ask questions even if you think they are not important, you never know what complications may arise later," says a health expert.

When, What and Where?

Explain how you feel as clearly and accurately as you can. Try to remember when symptoms started; sometimes the timing and period of symptoms are important when diagnosing certain conditions. "If patients speak, it makes the diagnosis easier. Some diseases might be different in some patients. Depression is a serious condition and many patients admit this because they think it's embarrassing, but if the patient does not talk it makes it difficult to understand the problem," adds another health worker.

Be honest, admit to your weakness

Be honest about your alcohol intake, smoking, drugs or any addictions you may have. No one is proud of this, but your health worker must be made aware so that the correct treatment is started. "Your health worker is not there to judge you, but to make sure

Traditional Medicine

Many patients use traditional treatments.

This is part of our culture and should be respected. But tell your health worker about this because some treatments may not mix well with certain medicines. Bring the bottles to your appointment, or the list of products and exact amounts. Notify the clinic if you skipped your medication. Someone may say: "I stopped taking the red pill but I am taking the white one." It is not helpful, rather bring the medication. Be honest if you have not taken them, otherwise your health worker may over prescribe medicine which will not help you.

you get the best health-care, so be honest. The information you share is private, no one else will know. Some patients die of embarrassment. Lying about Sexually Transmitted Diseases, HIV/Aids status, sexual partners and pregnancies can lead to more complications," says one nurse.

A FRIEND IN NEED

Children and the elderly should always be accompanied by someone who will help to ask and answer questions and take down correct instructions. If you can't make it, take time to understand how the medicine needs to be taken and ensure that it is taken correctly by the patient. Where possible, volunteer to assist someone who is chronically ill and needs help taking their medication.

NATIONAL HEALTH INSURANCE MADE EASY

Putting YOU first!



You may have heard about it. Our health system is moving towards a National Health Insurance (NHI) plan. It's not an insurance policy that you take out (even though it's called National Insurance!) but it means that EVERY South African will have access to health care equally. More importantly, it means our health system will focus more on preventing diseases before they happen. This is the Primary Health Care Approach, and has been used successfully for many years in other countries too.



STILL CONFUSED? LET'S MAKE IT AS EASY AS FISH AND CHIPS TO UNDERSTAND...

Why do we need a new health system?

Healthcare is a human right – and this should not depend on how much we earn. Even though the government has tried its best to undo the damage caused by apartheid which ignored the needs of the majority of South Africans, the reality is large numbers of our people continue to die and suffer unnecessarily from poor health. For this reason, our government wants to make sure that health care is mainly free and that the focus is more on preventing diseases – so that less people get sick!

Our system at the moment is 'curative' – what does this mean?

It means that we focus more on curing instead of preventing diseases. **With the new health plan it will be about making sure that people know what to do to remain healthy so that they don't need to go to the hospital or clinic every time.** This is called a preventive approach – educating communities so that they can prevent certain diseases. Of course there will always be a need for hospitals and clinics, but these should not be used for simple conditions that can easily be treated by a community health worker or nurse. That way, our health facilities won't be overcrowded, and will be able to offer the best possible care to those who really need it.

How will government make sure that people everywhere are educated about health issues?

The Department of Health will establish what they call Primary Health Care (PHC) centers. We have PHC centers at present and there will be many more. That way if someone in the community falls sick, he or she can visit the PHC center. Every PHC Centre will have doctors who will be able to assess whether you need further treatment and will refer you to the nearest hospital. The Department of Health is already recruiting more doctors so that when the new health plan is fully enforced within the next 14 years, our facilities are ready to cope - NHI won't happen overnight without preparation!

So will this only happen in 14 years?!

No, our government is already 'testing' some areas to see how it can work and what needs to be done to improve service delivery so that the NHI works.

Will the new health plan be free for all kinds of services?

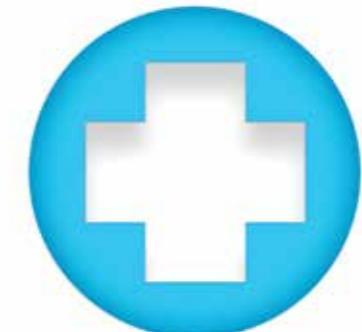
The NHI will offer all South Africans and legal residents access to a wide range of essential health services. It will not include luxury treatments like cosmetic surgeries for example, but will offer all levels of care.

Does it mean that health facilities can treat you anyhow because it's free?

NO. In fact, under the new health plan, government will have strict guidelines that every provider who is on the NHI must comply with. This means they will have to apply certain standards and a watchdog body called the Office of Health Standards Compliance will make sure that standards are met.

Will everyone be expected to pay NHI contributions?

Eventually every employed person will have to contribute something towards the funding of the NHI – but this will depend on your income. Government will not expect you to pay when you cannot afford to do so. It's very common in other countries too for people to contribute towards a National Health plan and that's what makes it work. Ours will be cost effective and affordable, so that everyone wins!



**HEALTH
CARE**

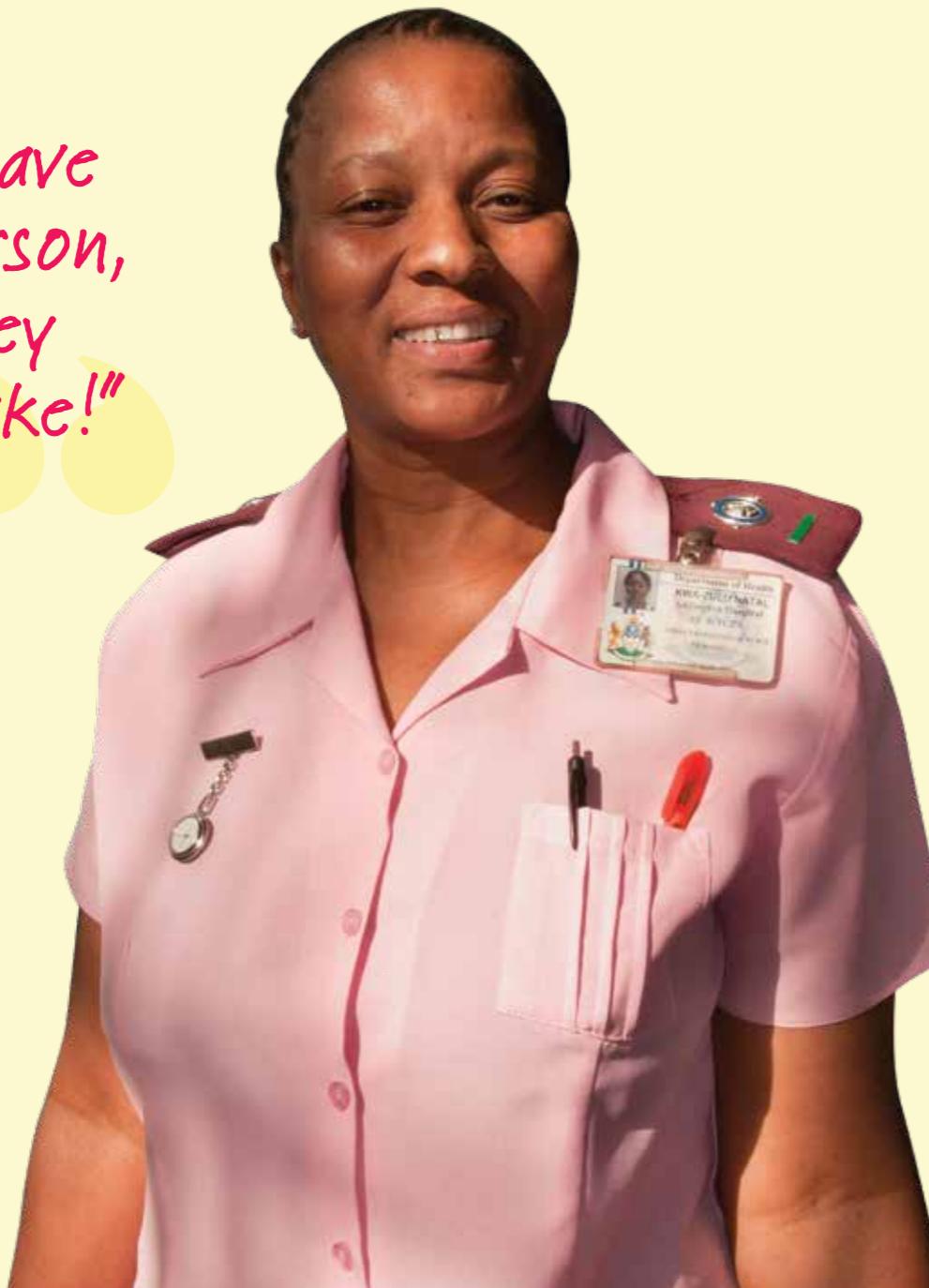
**NHI WORKS BECAUSE HEALTH CARE IS A RIGHT,
NOT A PRIVILEGE!**

through the keyhole

ADDINGTON'S SISTER MYEZA SCOOOPS FLORENCE NIGHTINGALE AWARD!

"They must have the wrong person, I'm sure they made a mistake!"

That's how Addington Hospital's Sister Eugeni Myeza reacted when she first heard that she had won the KZN Florence Nightingale Award for Excellence in Nursing, sponsored by Bio-Oil. It's a humble reaction and proves she's a worthy winner.



Sister Myeza with a patient at Addington Hospital.

The award is given each year to six nurses around the country in recognition of nurses for their tireless work, and Addington Hospital nurses scooped the prize in KZN for the second year in a row. Nurses are nominated by their colleagues and entries are judged on the quality and number of submissions, and each nurse wins R5000 in cash.

One of the nominations for Sister Myeza read: "A hard working and dedicated sister, one who embodies the finest qualities of our profession... The welfare of her patients and the alleviation of their suffering appear to be the driving force behind her actions." Another nurse wrote that Myeza, "doesn't allow her senior standing to interfere with her duties. She will mop the floors if a cleaner is off sick, showing that no task is too low for her to perform."

Despite winning and all the praise, Sister Myeza remained humble. She thanked her colleagues for thinking so highly of her and vowed to work even harder at her job so as not to disappoint.

Sister Myeza has been at Addington for the past twelve years and says the best part of her job is the patients,

"I love my patients, and I take note of each individual and develop a friendship for the time that they are there. This way they are comfortable and often me things that they do not tell the doctors, and I can then make recommendations to the doctors about whether the patient needs to see a psychologist or a social worker," she explains.

While working long hours and nursing more than your share of patients is part of daily life as a public health worker, it's a challenge that many nurses often complain about. But, Sister Myeza accepts it as part of her profession and rarely complains. "I often have to do an unexpected double shift or come back later for the night shift. Working at a hospital is tough and you sometimes have to deal with very difficult patients but you shouldn't let things get under your skin or you will be upset for the whole day," she says with a smile.

Sister Myeza has always seen Florence Nightingale as an inspiration and is honoured to be given an award that holds up her flag and hopes to influence other nurses. "We must carry on doing the good work!"

A huge thank you and congratulations to Sister Myeza for being the kind of nurse every patient wishes they have!



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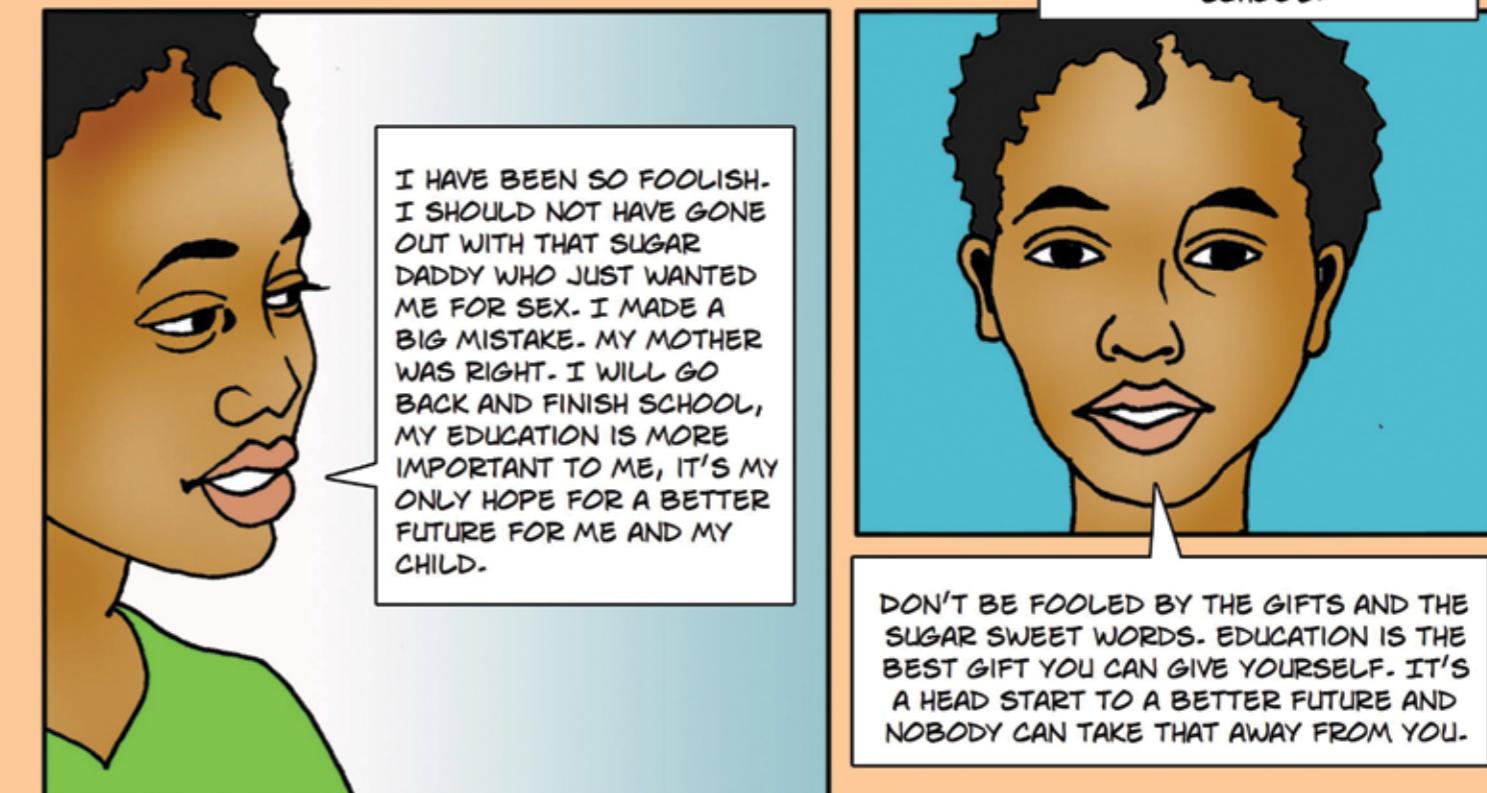
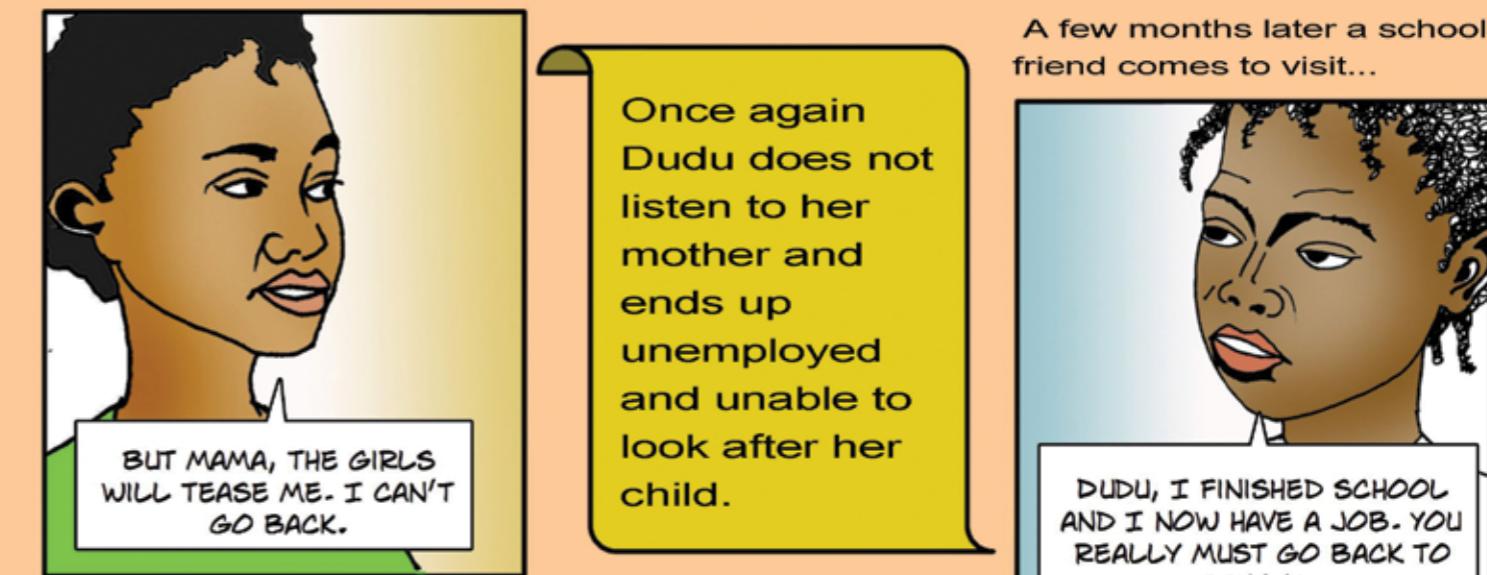
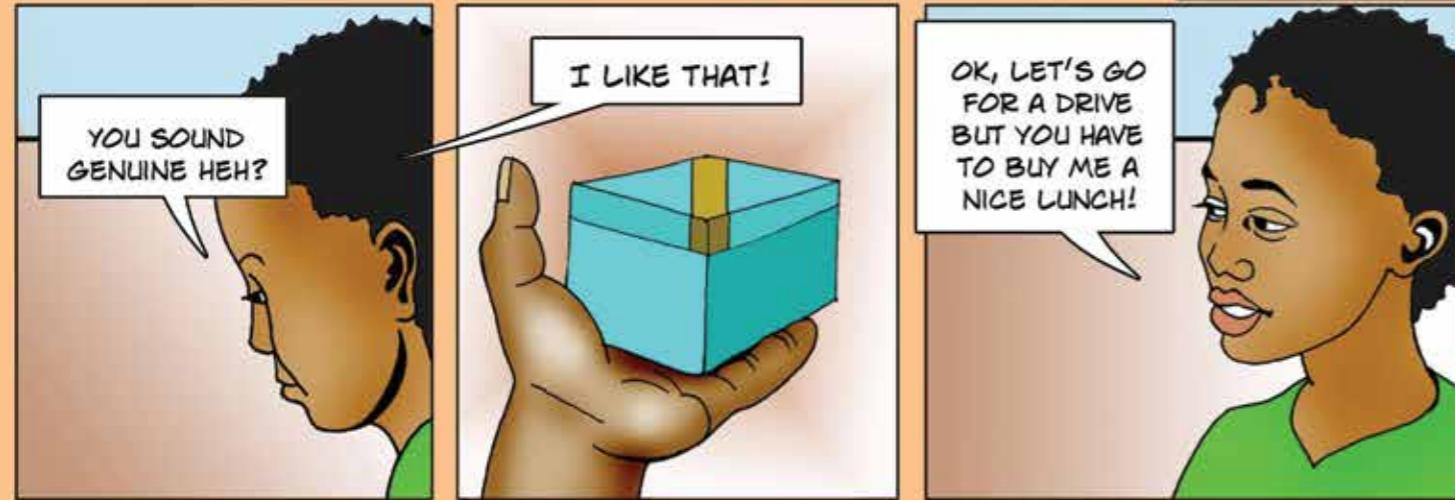
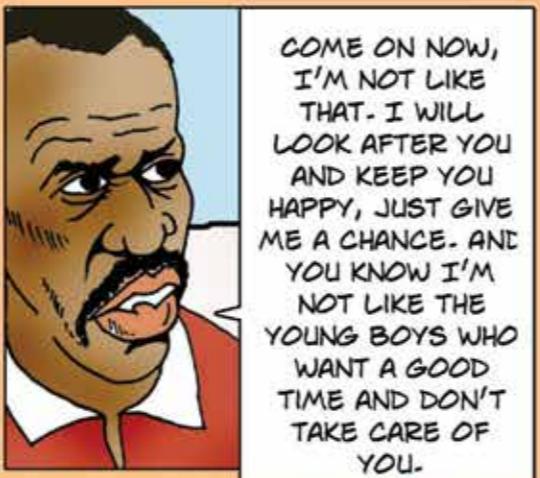
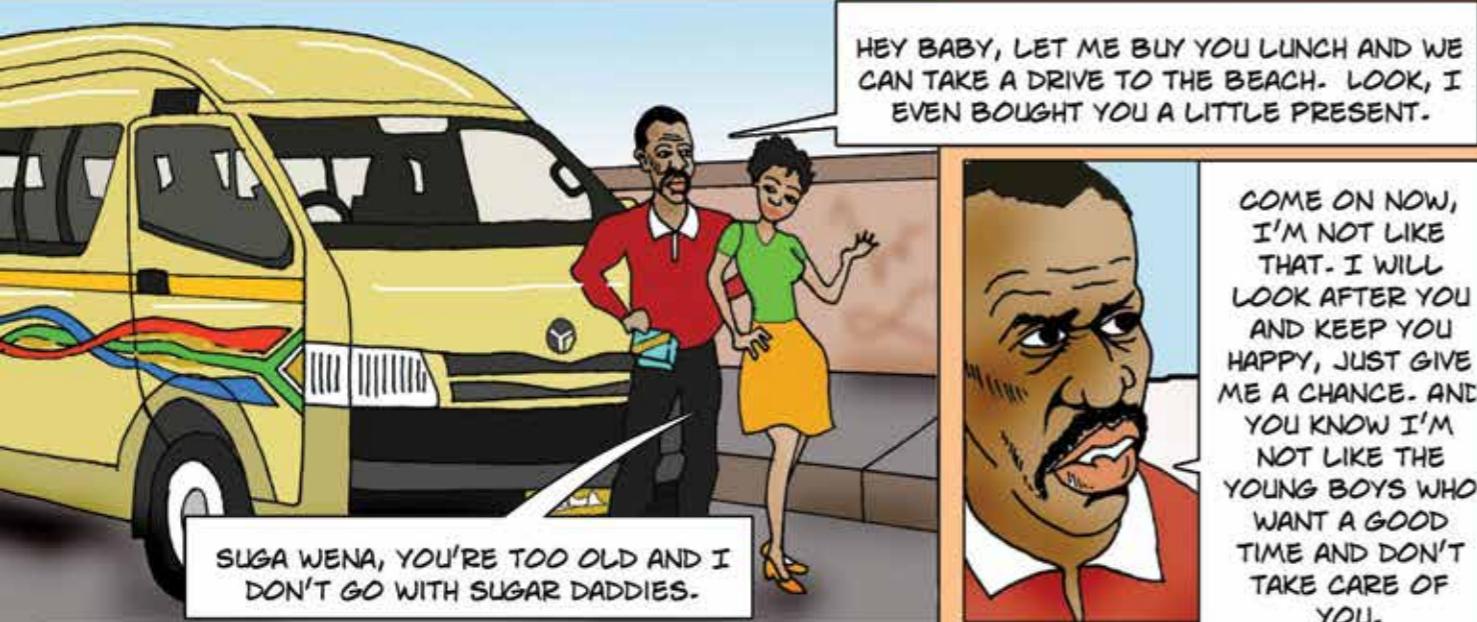
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CHILD PROTECTION WEEK

SAY NO TO SUGAR DADDIES



**SAY NO TO SUGAR DADDIES
SAY YES TO EDUCATION**

KZN HEALTH

NEWS



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KZN HEALTH STEPS UP SERVICE DELIVERY

There's exciting times ahead, as KZN readies itself for the National Health Insurance plan which will see every single South African accessing health care in an equal way. The KZN Health team, under leadership of MEC Dr Sibongiseni Dhlomo and his HOD, Dr Sibongile Zungu, have been hard at work, preparing the ground for the new health plan. Some of the recent progress updates include:

NUTRITIONAL ADVISORS – A FIRST FOR PRIMARY HEALTH CARE

KZN Health has placed around 400 newly trained nutritional advisors in Primary Health Care Centres around the province, as part of preparations towards the NHI. A further 200 will be trained in the coming year. The move forms part of an important feature of the NHI which focuses on education and awareness of disease prevention.

"I'VE JUST BEEN CIRCUMCISED, WHAT ABOUT YOU?"

The Medical Male Circumcision drive was taken a step further recently, with a campaign led by MEC Dhlomo at the University of KwaZulu Natal.

Under the slogan 'I've just been circumcised, what about you?' KZN Health and relevant stakeholders teamed up to conduct medical circumcisions on more than 50 young men at the university as part of health initiatives to reduce the spread of the HIV/Aids virus.

Addressing those involved in the campaign, Dr Dhlomo referred to a study which found that 4.1% of males and 7.8% of females at institutions of higher learning in KZN were living with the HIV virus. "We all have a big responsibility of creating a community of men that take care of their loved ones especially in light of the scourge of violence and rape towards women and children. It will be a victory for the whole country if we succeed in making these future leaders take a leading role in protecting themselves and their loved ones," said Dr Dhlomo. Students welcomed the circumcision on campus, saying it raised awareness on issues relevant to youth.



KZN HEALTH

NEWS



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NEW CLINIC BOOSTS MATERNAL HEALTH CARE

Health care received a boost through the donation by Richards Bay Minerals of a new health unit at Mbonambi Clinic and the opening of the brand new Sokhulu Clinic.

Paying tribute to the company for their generous contribution towards improving health care delivery, MEC Dhlomo said the clinics would go a long way in addressing maternal health care and called on the community to play an active role in positive health outcomes.



"Our task as leadership is to ensure that each person in our ward; church and street knows his or her status; all pregnant women attend antenatal care before 20 weeks of pregnancy; all people are tested for TB; all men are circumcised and women are encouraged to undergo cervical cancer screening."

This is attainable as Richards Bay Minerals has provided us with the facility to accomplish this here at Kwa Mbonambi," said Dr Dhlomo during his address at the clinic opening.

CHILDREN PLAY A ROLE IN FIGHTING TB

Children at Mbilana Primary School near Vryheid were praised for their role in raising awareness of TB through a child friendly card which allows learners to 'spot the signs and symptoms of TB'.

During a recent visit, which included KZN Health HOD, Dr Sibongile Zungu, learners explained how they use a TB Card to raise awareness on TB. Taking the card home, learners observe family members based on the signs and symptoms on the card and return their results to the school after two weeks. The school health nurse then follows up with a home visit for further investigation and treatment if necessary. HOD Dr Zungu praised the school for their efforts in health awareness and said it showed how health promotion schools can be used to effectively educate families on disease prevention.

The school was launched as a health promoting school in 2009 after obtaining 98% in its provincial assessment and in 2011 received the Bronze Award in the Premier's Service Excellence Awards.



MAY AWARENESS DAYS

Anti-Tobacco Campaign Month

Smoking and lung cancer go together. This month focuses on how to give up smoking. It's never too late even if it means taking it one day at a time. You owe it to your health and your life – make a change!



INTERNATIONAL MULTIPLE SCLEROSIS MONTH

Multiple Sclerosis (MS) is a disease affecting the brain and spine. That does not mean a person cannot be successful. The cause of MS is still unknown, but a person can still live a fulfilling life. Contact the MSSA National Helpline on 0860 45 6772 to find out more about the disease.



8 MAY WORLD RED CROSS DAY

The aim of this day is to say thank you to those who risk their own lives to save others around the world. The organisation Red Cross is often called in to help in times of wars and natural disasters.



10 MAY WORLD MOVE FOR HEALTH DAY

Our health MEC Dr Sibongiseni Dhlomo is a keen runner and keeps in shape daily. He leads by example. This day is to encourage us to live a healthier lifestyle, no matter where we live, how we live, or how much we earn. We all need to get out and walk, run, and get fit. A healthy body helps keep a healthy mind and it begins by following some simple rules.

Try the following:

- reducing salt intake
- eating a balanced diet
- avoiding harmful use of alcohol
- regular exercise
- avoiding tobacco use.

12
MAY

WORLD CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME DAY

Chronic fatigue is a serious condition that leads to pain in the muscles and bones, headaches and exhaustion. BUT IT CAN BE TREATED! Consult your health worker if you have any of these signs.



19
MAY

CANDLELIGHT MEMORIAL DAY

The theme this year is Promoting Health and Dignity Together. It aims to raise awareness around HIV and to promote respect for human rights of people living with HIV.

28
MAY

INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH

We often say that when you teach a woman, you teach a nation. That's because women are at the heart of the home. Despite this, women continue to face daily abuse at the hands of their partners, husbands often leading to death. Often women put their health last in the family, because they are too busy taking care of everyone else. It's time to put women first. KZN Health has placed women and children at the forefront of health care. Let's encourage every man to do the same at home.

12 MAY INTERNATIONAL NURSES DAY

Closing the Gap:
From Evidence to Action

International Nurses Day is celebrated around the world on this day and it's an opportunity to celebrate the contribution nurses make, improving the lives of individuals and their families and the health and wellbeing of communities as a whole.

17 MAY WORLD HYPERTENSION DAY

HEALTHY HEARTBEAT – HEALTHY BLOOD PRESSURE

Almost 6.1 million South Africans suffer from high blood pressure and this day is used to raise awareness of the dangers of this. High blood pressure increases the chances of a stroke, heart attack, heart failure, kidney disease and early death. If you're over 50, you should go for regular blood pressure checks too! Speak to your health worker about what you can do to monitor your blood pressure.



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Keep your babies skin as soft and dry as mother nature intended.

The Secure Lockdry System of Huggies Dry Comfort delivers up to 9 hours dryness while the cottony cover allows baby's skin to breathe, giving mom a little breathing room too.



Trust Huggies mom,
to keep baby comfy,
happy and dry.



HUGGIES® Dry Comfort®



HUGGIES
Disposable Nappies

Dry Comfort BABY CORNER

BREAST IS BEST!

Breastfeeding is the best start you can give your baby, but Huggies understands that it's not easy for every mother and sometimes can be frustrating, especially if you're a new mother. So help make it easy for you and baby, we've put together some top breastfeeding tips so that both you and baby can enjoy the time and allows baby to sleep better at night too. A well fed, well rested baby means a rested mom too!



1. Feed baby as soon as you can – straight after the birth is best, if you and your baby are well.
2. Ask your health worker or someone with experience for help with positioning – if it hurts, there's a problem. Initial tenderness is normal. Soreness that gets worse is not.
3. Keep your baby close to you. Skin contact is soothing for your baby.
4. Feed baby often in the early days – offer breastmilk at least every 2 hours, or more often if baby demands it.
5. Offer both breasts at every feed. It doesn't matter if your baby only takes one.
6. Don't give your baby bottles of anything while you're still establishing breastfeeding. The use of a bottle can affect her 'skill' at breastfeeding.
7. If you have pain after a while during breastfeeding, see your health worker, it could be thrush on your nipples and both you and baby will need treatment.
8. Let baby breastfeed until she is full, don't time her!
9. Gently remove your baby from the nipple by sliding your finger into the corner of your baby's mouth and pull baby away from the nipple, gently. Squeeze a little milk onto your nipple and massage this in. If possible
10. leave your nipples to dry in the open air. This helps against infection.

Huggies® Top Breastfeeding Tips

Breast milk is complete nutrition for baby, so give your little one the best start in life.

SO YOU WANT TO BE A NURSE?



“Nursing will remain a noble profession if we all respect human life”
– KZN Health MEC, Dr Sibongiseni Dhlomo.

With our health system preparing towards a National Health Insurance plan, nurses will play a very important role in health care. And if you are considering a career in nursing, then now is the time to stop thinking and start acting on it, because your community and country needs more nurses! To help get you started, here's what you should know:

Who can become a nurse?

You will need to be a natural care giver, be patient and understanding and have the ability to deal with medical situations in a calm manner.

Educational Requirements

You must have a matric senior certificate to study at an institution that has been approved by the South African Nursing Council (SANC) or a matric exemption to study at university. University, nursing colleges and training institutions all offer courses in nursing. University is more expensive and would require four year full time study to become a registered nurse. Training colleges offer one and two year courses, depending on what area of nursing you wish to work in.

Are all nurses the same?

No, there are different types of nurses. A sister is able to undertake any task

that the doctor tells them to do and are considered leaders in the team, a staff nurse works under a sister and is able to give medication while an auxiliary nurse is usually tasked with changing bedpans, helping the patient with a bath or to get dressed etc.

Who to contact for more information...

The South African Nursing Council (SANC)



offers support and advice for all those interested in becoming a nurse. They can be contacted on **012 426 9599** or **012 426 9542**.

WARNING! Always check whether an institution offering a nursing course is approved by the SANC before paying any money. If they are not, they may be illegal and you could waste your money and time as your course will not be recognised.