

HEALTH MATTERS **FREE** Ezempilo

EDUCATE || INFORM || EMPOWER

EDITION 11 • 2012

**STOP THE VIOLENCE
BREAK THE
SILENCE**

HERNIA

**WHAT CAN
YOU DO?**

DIABETES

**TIME TO TAKE
RESPONSIBILITY
FOR YOUR HEALTH**

**MENSTRUAL
CRAMPS**



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



Fighting Disease, Fighting Poverty, Giving Hope

**RED RIBBON
MONTH**

MANAGE YOUR DIABETES AND TEACH YOUR FAMILY HOW TO PREVENT IT

GOOD DIET AND EXERCISE IS KEY, IT'S NEVER TOO LATE TO CHANGE!

COMMON SIGNS THAT YOU MAY HAVE DIABETES:

- ALWAYS THIRSTY
- ALWAYS TIRED
- FREQUENT URINATION
- UNEXPLAINED WEIGHT LOSS
- BLURRY VISION
- BRUISES AND CUTS THAT TAKE LONGER TO HEAL
- TINGLING IN YOUR HANDS AND FEET

REMEMBER DIABETES CAN BE PREVENTED AND IS MANAGEABLE – IT'S A LIFESTYLE DISEASE!

WHEN SHOPPING:



- Choose food with reduced sugar or no added sugar instead
- Use skimmed/ fat free/ diet or low fat milk/ Maas, fruit & plain yoghurt and low fat cheese as they contain less fat.
- Avoid or try to eat as little fast food as possible!
- Run or walk briskly at least once or twice a week.

KZN Health MEC Dr Sibongiseni Dhlomo encourages running as a good way of keeping fit



Take Control Of Your Diabetes Before It Controls Your Life!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

Message from



**KZN Health HOD,
Dr Sibongile Zungu**

With the 16 days of activism aimed at bring attention to domestic violence; we need to take a long, hard look at what we are doing to prevent this. It's not a 16 day event, it's an every day calling. Every day a woman in South Africa is being raped, killed, beaten, slapped, kicked and sexually abused.

As a Department we would like to call on all role players to make women and children's safety their priority. Teachers, church leaders, health workers, fathers, brothers, men and women across all sectors need to teach and lead by example. While our programs focus on health, the reality is we need to change our attitudes in communities to make a real difference to the health of our society.

While women in all positions, even independent women, often experience domestic violence, it is often the women who depend on their partners financially that suffer the most. Learning a skill is the first step to economic freedom and it gives a woman greater confidence to be able to walk away from domestic violence, because it means you can support yourself.

Well-designed and properly implemented services for victims will continue to be vitally important and as a department we are increasing access to them, but we should work together to prevent violence as this is crucial not only in reducing the burden of suffering but also in reducing the long-term human, economic and public health costs of such violence.

To the women who took the stand and said no to violence, we salute you and call on you to inspire, encourage and support others to do the same!

South African women have a lot to be proud of. We've played a major role in bringing about democracy; we play a leading role across all sectors and are turning the tide on maternal health in this province. Despite all these achievements, there is one battle we seem to be losing: violence against women, the mothers of our nation. It's considered the worst form of human rights abuse, and yet many of our women continue to suffer at the hands of men they trust and love – often because we confuse what is an acceptable cultural practice and what is a crime. Beating up a woman because she refuses to have sex without a condom is a crime. Beating a woman for any reason is a crime, and has nothing to do with culture.

INSIDE

NOVEMBER 2012

- ✓ **MENSTRUAL CRAMPS**
- ✓ **STOP THE VIOLENCE**
25 NOVEMBER - INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN
- ✓ **DIABETES**
TIME TO TAKE RESPONSIBILITY FOR YOUR HEALTH
- ✓ **KZN HEALTH NEWS**
- ✓ **NOVEMBER AWARENESS DAYS**
- ✓ **HERNIA**
WHAT CAN YOU DO?
- ✓ **THROUGH THE KEYHOLE**
SISTER LEIGH SCOTT



With thanks from the following contributors:

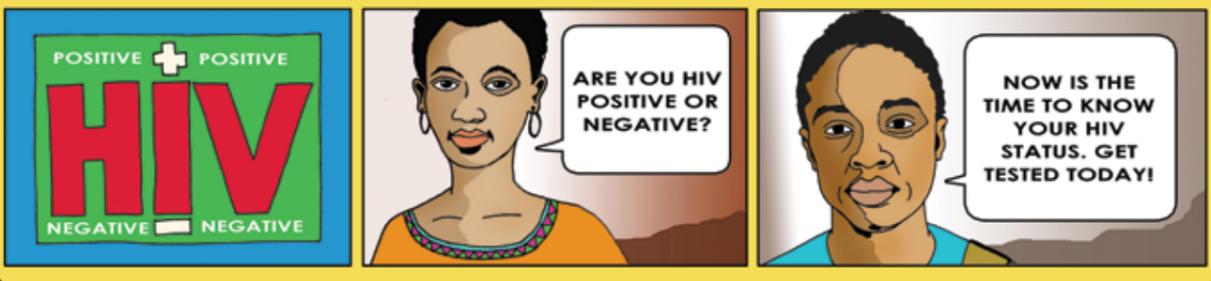
KZN DEPARTMENT OF HEALTH: COMMUNICATIONS UNIT
 ZOHRA MOHAMED TEKE (EDITOR)
 COLIWE ZULU (WRITER)
 THANDI ZULU (WRITER)
 DERICK MATSENGARWODZI (WRITER)
 THEMBA MNGOMEZULU (DEPARTMENT PHOTOGRAPHER)
 DUDLEY VIALI (CARTOONIST)
 TANYA CAMPHER (GRAPHIC DESIGNER)
 DR GUGU MAZIBUKO (TRANSLATOR)

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.

COPYRIGHT & ADVERTISING

All content published in this magazine remains the copyright of Ezempilo...Health Matters and may be freely reproduced and distributed for educational purposes only, with permission.

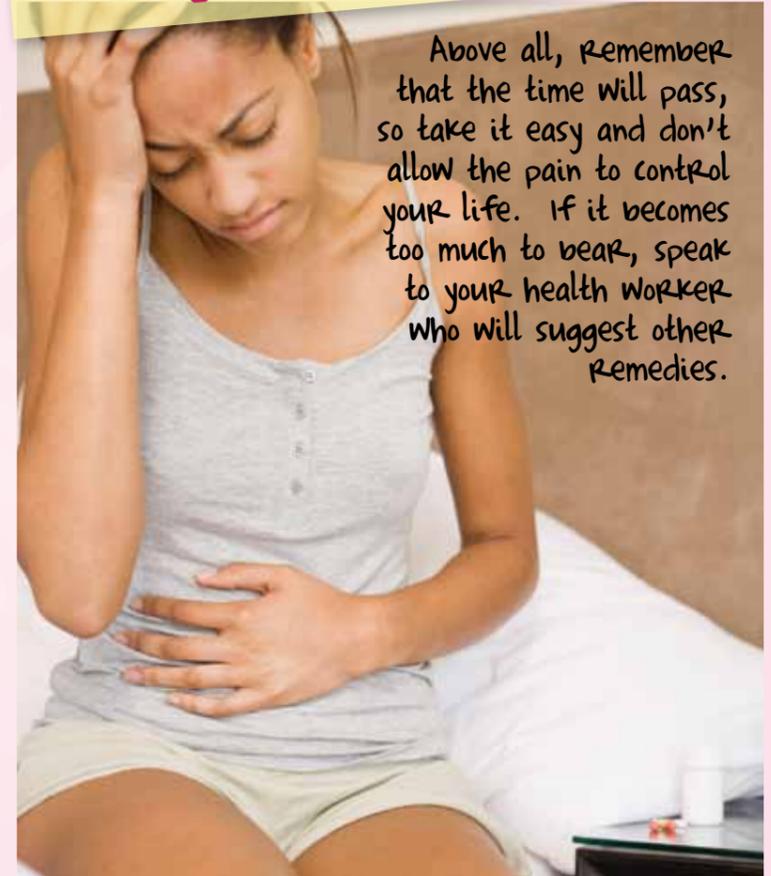
TAKE THE TEST - TAKE CONTROL!



Understanding Painful Periods

MENSTRUAL CRAMPS

If you're a young woman or even not so young, you may be experiencing painful periods every month and wonder why this happens. A menstruation cycle is a natural monthly process that every woman has to go through and almost half of women suffer from severe menstrual cramps each month.



Above all, remember that the time will pass, so take it easy and don't allow the pain to control your life. If it becomes too much to bear, speak to your health worker who will suggest other remedies.

HEAVY BLEEDING

Often females, especially teenagers experience heavy bleeding in the first few days of their period. This is normal and is due to the changes the body goes through during this time of the month. Sometimes the pain can be accompanied by sickness, vomiting, diarrhoea or constipation, headache, dizziness and tiredness all caused by the loss of blood and iron from the body around this time.

TO PREVENT AND EASE THE PAIN, TRY THE FOLLOWING:

- Drink more water to reduce dehydration that causes cramps and warm liquids to promote blood circulation
- Take pain relieving tablets during this period to help you cope at school or work during this time if it becomes unbearable
- Regular exercise such as walking often helps to prevent or at least reduce the cramps in some women
- Using birth control pills may effectively reduce cramps but it's important to consider other side effects, so speak to your local clinic first
- Rest when it's necessary
- Avoid foods containing caffeine such as coffee and salt as they cause irritation
- Avoid smoking and alcohol
- Massage your lower back and abdomen
- Eat vegetables like carrot and cucumber



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

STOP the Violence, BREAK THE SILENCE!

Every day, women are abused and even murdered by their own partners. Yet we often don't hear about this until it's too late because women who are abused feel ashamed, alone and are too scared to speak out. Despite our victory in achieving democracy and being among those countries with the highest number of women in government, too many women continue to be abused by men they trust. It's time to break the silence...



MILLIONS OF SOUTH AFRICAN WOMEN LIVE WITH SOME FORM OF ABUSE DAILY, INCLUDING:

- **Physical** – beatings involving slapping, punching, kicking
- **Emotional/verbal** – making a woman feel useless and destroying her self-confidence
- **Sexual** – rape, indecent assault
- **Economic** – withholding money needed to support the family
- **Damage to property** where the man destroys a woman's property is also a form of abuse.

WHY WOMEN STAY WITH ABUSIVE PARTNERS

When we hear about a woman who is abused this is often the first question we ask – why does she stay? There are many reasons:

- **Fear and threats:** The abuser often threatens to kill her, her mother or children if she leaves. The woman then feels she is protecting everyone else by staying.
- **No money, no place:** This is the biggest reason especially if the man is the only person working. A woman may feel she has no way of supporting herself and her children if she leaves.
- **Shame and Cultural Beliefs:** Many abused women feel (wrongly) that the violence is somehow their fault, and that it is her duty to stay with her husband no matter what.

FINDING THE COURAGE TO LEAVE AN ABUSIVE PARTNER

You don't deserve to be raped or beaten, NO MATTER WHAT. Being afraid is human nature, and most abused women become terrified and lose their self-confidence. It's your life, and there is help out there. Begin by breaking the silence – tell a friend, relative or church counselor, anyone you trust. There are trained people who can help you – let them help.

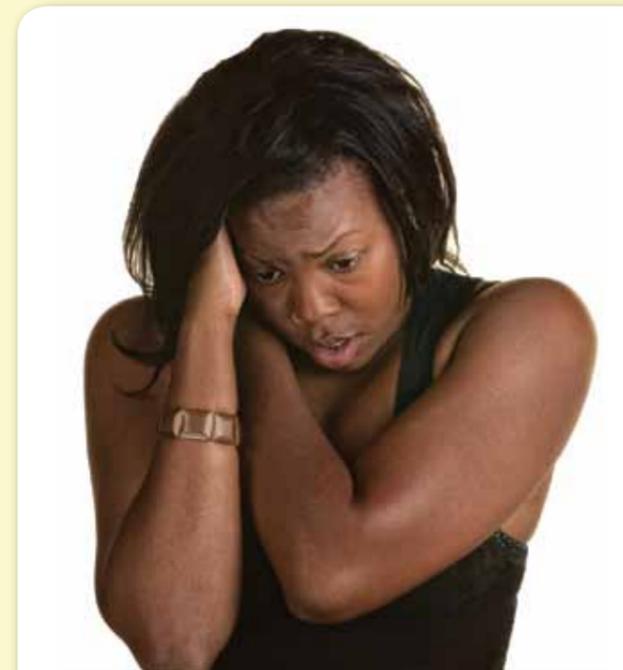
THE SAFETY PLAN

Leaving an abusive partner needs planning because you must be able to be strong enough to look to the future without him. The following will help guide you with what you need to do:

- Contact your local police station or clinic
- They will refer you to a social worker, organisation or safe house close to you which helps women who are being abused. They'll also help you get a court order for protection.
- The court order prevents the abuser from committing any act of domestic violence against you or from entering your home or place of work. If he fails to obey this, he will be arrested.
- The protection order also gives the police permission to remove the abuser's firearms or any dangerous weapons.
- Be prepared
- Keep extra money and clothes in a place hidden from your partner.
- Think clearly
- Try to avoid falling pregnant if you are being abused as this will make it more difficult to leave.
- Take action
- Get a job or quietly develop skills that will help you support yourself when you make the break.
- Keep copies of yours and your children's health reports, id documents and all other papers you would need.

YOUR LEGAL RIGHTS

- Domestic violence falls under the Domestic Violence Act of 1998 and you can apply for a protection order from the Magistrate's or High Court nearest to where you or the abuser lives or works.
- Documents such as your ID book and any medical reports or any reports from any witnesses of the abuse may be required.
- The court will explain your rights and help you fill in the form. Your application is taken to the Magistrate, who'll prepare a notice to the abuser, informing them of the protection order and ordering them to appear in court on a set date.
- The protection order is valid until the victim changes or cancels it, or until cancelled by the Appeal Court.



WARNING SIGNS OF AN ABUSIVE PARTNER

- He gets angry when you go out with other friends and says you are lying.
- He tells you not to see your family or stops you from doing things on your own.
- He insults you in front of other people
- He breaks or throws things when he is angry and threatens or hits you.
- He is known to have hit other women
- He blames his temper on you, alcohol, drugs etc. and denies he is doing anything wrong.

ACT NOW TO SAVE YOUR LIFE BEFORE IT'S TOO LATE!

FOR MORE HELP CONTACT THE STOP WOMEN ABUSE NATIONAL TOLL-FREE HELPLINE ON
0800 150 150

World Diabetes Day | 14 NOVEMBER

Diabetes



Isn't it time YOU took responsibility for your health?

It's time to stop. Think. Take control of your health.



Diabetes kills more people every year than AIDS and breast cancer combined, yet it is preventable.

WHY are people still dying every year due to diabetes when we can prevent this?

WHY do low and mid income earners still have the highest rates of diabetes?

Zakhiti Ngcobo is a diabetic survivor. At age fifty she was diagnosed with diabetes. Not because she ate too much of sweet things like many people think is the cause of diabetes, but because she ate the wrong foods and lived an unhealthy lifestyle. Eventually it caught up with her, and she became diabetic. Today ten years later, she's changed her life around completely. "I decided I was not going to let diabetes take my life away. I changed my lifestyle completely, especially my diet and started exercising every week. Nothing too difficult, just some walking but it all helped. I eat fresh vegetables, no more junk food and fried chicken for me and I'm also a role model to my grandchildren so I feel proud that I am helping them to grow up and live a healthy lifestyle too," explains Zakhiti.

WHY SHOULD YOU CARE?

You should care because diabetes can affect anyone at any time. Diabetes is caused by eating more food than our body really needs – especially the wrong type which then increases the sugar levels in our body leading to overweight and diabetes. With many of us are leaving the rural areas to live in the cities and living stressful lives working all day, fast food and processed food is becoming the way of life. This is the biggest cause of diabetes. It's time to take back control. Time to go back to our roots and encourage our families to eat fresh vegetables, spinach and fresh fruit. Exercise and live a healthy lifestyle – it's the only way we can raise a diabetic free generation.

FAST FACTS YOU SHOULD KNOW ABOUT DIABETES

- There is no cure but once diagnosed, you can manage it and avoid complications from it if you live a healthy lifestyle.
- Diabetics are more at risk of heart disease, stroke and eyesight problems, which is why it's important to check your sugar and other levels regularly at your clinic.
- Type 2 diabetes is the most common form of diabetes - around 85 - 90% of all people with diabetes is type 2.
- Most type 2's are over 40. They are usually overweight and do not exercise.

SIGNS OF DIABETES

- Unusual thirst
- Going to the toilet to pass water often
- Unusual weight loss
- Extreme tiredness or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal, boils and itching skin
- Tingling and numbness in the hands or feet.

Many people who have type 2 diabetes may show no symptoms!

HOW TO PREVENT DIABETES

Easy. Eat a healthy diet, control your weight, exercise, reduce your stress don't smoke are the most important ways you can prevent the disease affecting you. Make a start today. You'll look and feel better.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

Fighting Disease, Fighting Poverty, Giving Hope

KZN HEALTH



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NEWS

Fighting Disease, Fighting Poverty, Giving Hope

The **Department of Health** in KZN held a Provincial Consultative Health Forum this month which brought together important decision makers across the province. At the heart of the debate was the need to accelerate service delivery to those in critical areas of need and discussions around ways to address obstacles. Addressing the Forum, KZN health MEC, Dr Sibongiseni Dhlomo said the department had made a lot of progress in mother and child health but still needed to do more to ensure that the goal of a long and healthy life for all was met across all areas of health care delivery. Some of the highlights included:



STUDENTS HEAD TO CUBA

KZN Health bid farewell to the largest group of students leaving to study medicine in Cuba as part of the two countries partnership in the program. Addressing the students at a farewell dinner, MEC Dhlomo called on them to be good 'ambassadors' of our province. Many of the students said they wanted to return as doctors so that they could make a difference in their own communities! The Department wishes them the very best on their journey.

KZN HEALTH



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NEWS

Fighting Disease, Fighting Poverty, Giving Hope

COMMUNITY HEALTH CARE AND MATERNAL HEALTH

KZN Health HOD, Dr Sibongile Zungu commended the inter-departmental approach in addressing health issues, and outlined the following progress:

- Standardisation of Community Base Care including the monthly stipend of R1500 with 332 Community Caregivers facilitators and supervisors trained
- Increase in School Health Teams
- Increase in exclusive Breastfeeding from 50% to 75% rate
- Strengthening of the family planning programme and ready for implementation
- Availability of infant cereal, paediatric porridge and other supplements to children in clinics where growth faltering is detected.

NATIONAL HEALTH PLAN

South Africa's Health system is changing dramatically. In line with the vision and dreams of the thousands of people who died fighting for the freedoms entrenched in our constitution today, one of the fundamental rights they fought for was the right to equitable and free health care. With this in mind, the new National Health Insurance plan which is being rolled out in phases will every person having access to health care. The Cuban health system is being used as a blueprint to our new health system because that country has been through the social challenges we currently face and has successfully implemented a Primary Health Care approach of preventing diseases before they occur.



HEALTH PROFESSIONAL HAILED

KZN PREMIER Dr Zweli Mkhize along with MEC DHLOMO took time out to pay tribute to retired 80 year old matron, Bongiwe Bolani who made a valuable contribution as a matron at several hospitals including Prince Mshiyeni Memorial Hospital during a very difficult period of political violence. In wishing her a happy 80th birthday, MEC Dhlomo apologised on behalf of the Department for all the suffering Ms Bolani had to endure during her time at Prince Mshiyeni Memorial Hospital, saying her contribution would never be forgotten.



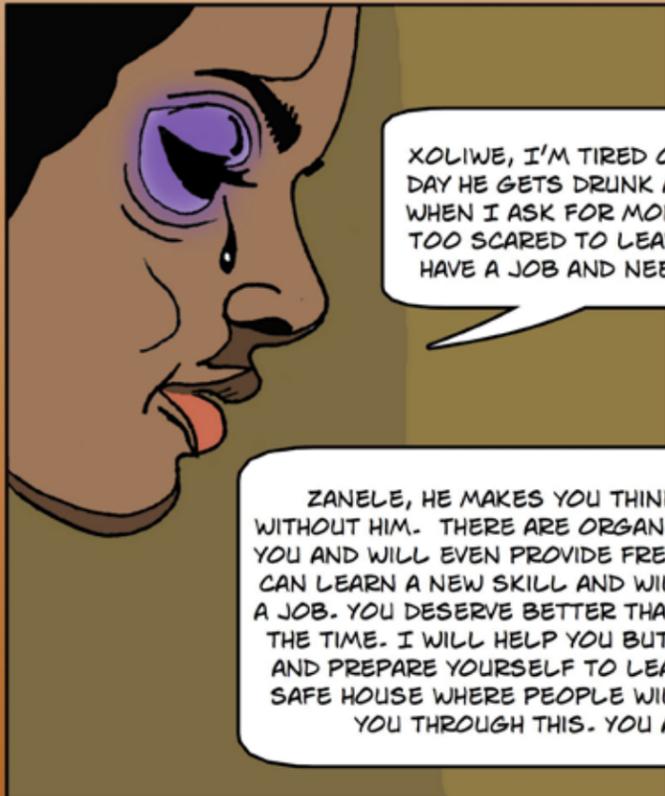
Speaking out can set you free



HAIBO ZANELE, WHAT'S GOING ON, WHY ARE YOU SITTING IN THE CORNER LIKE THAT?



NO... THEMBA HAS HIT YOU AGAIN? ZANELE, YOU CAN'T GO ON LIKE THIS, EVERY MONTH END YOU ARE BEING BEATEN UP, ONE DAY HE WILL KILL YOU.

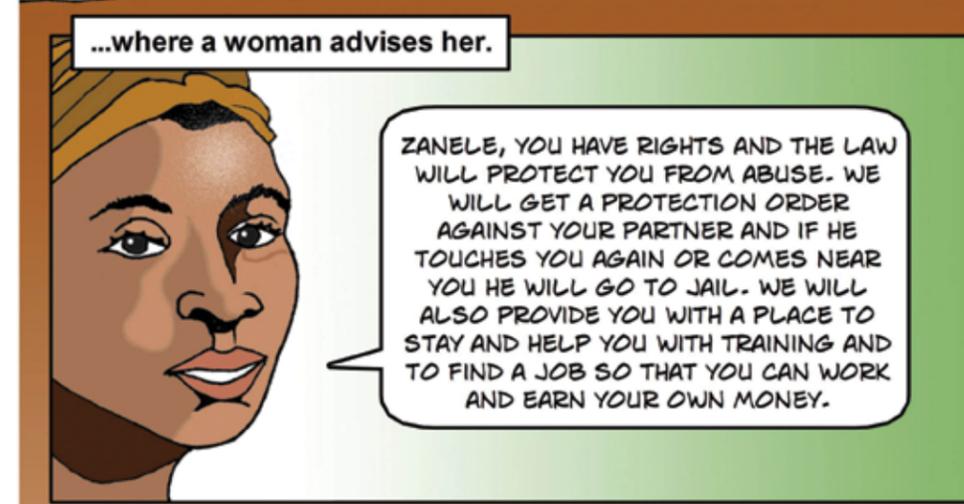


XOLIWE, I'M TIRED OF IT, WHENEVER IT'S PAY DAY HE GETS DRUNK AND ENDS UP HITTING ME WHEN I ASK FOR MONEY FOR THE HOUSE. I'M TOO SCARED TO LEAVE HIM BECAUSE I DON'T HAVE A JOB AND NEED HIM TO SUPPORT ME.

ZANELE, HE MAKES YOU THINK YOU CAN'T SURVIVE WITHOUT HIM. THERE ARE ORGANISATIONS THAT CAN HELP YOU AND WILL EVEN PROVIDE FREE TRAINING SO THAT YOU CAN LEARN A NEW SKILL AND WILL ALSO HELP YOU FIND A JOB. YOU DESERVE BETTER THAN TO BE BEATEN UP ALL THE TIME. I WILL HELP YOU BUT YOU MUST BE STRONG AND PREPARE YOURSELF TO LEAVE HIM. LET'S GO TO A SAFE HOUSE WHERE PEOPLE WILL PROTECT AND GUIDE YOU THROUGH THIS. YOU ARE NOT ALONE.



They go to a safe house...



...where a woman advises her.

ZANELE, YOU HAVE RIGHTS AND THE LAW WILL PROTECT YOU FROM ABUSE. WE WILL GET A PROTECTION ORDER AGAINST YOUR PARTNER AND IF HE TOUCHES YOU AGAIN OR COMES NEAR YOU HE WILL GO TO JAIL. WE WILL ALSO PROVIDE YOU WITH A PLACE TO STAY AND HELP YOU WITH TRAINING AND TO FIND A JOB SO THAT YOU CAN WORK AND EARN YOUR OWN MONEY.



A few months later Zanele bumps into an old friend

ZANELE, WOW, YOU ARE LOOKING GREAT, I'VE NEVER SEEN YOU LOOK SO HAPPY!



HEY BONGI THANKS, I'M FEELING GREAT THESE DAYS. I FINALLY LEFT THAT ABUSIVE PARTNER THAT EVERYBODY ALWAYS WARNED ME ABOUT, AND I AM STARTING A NEW JOB NEXT WEEK SO I FEEL GOOD ABOUT MYSELF.



THAT'S GREAT TO HEAR ZANELE, I AM SO HAPPY FOR YOU. HOW DID YOU MANAGE TO FINALLY LEAVE HIM?



I REALISED THAT I DESERVE BETTER AND THAT THERE WERE ORGANISATIONS OUT THERE TO SUPPORT ME. I WAS AFRAID BUT I KNEW I HAD TO DO THE RIGHT THING AND LEAVE. STAYING IN AN ABUSIVE RELATIONSHIP WAS NOT HOW I WANTED TO LIVE MY LIFE.

BREAK THE SILENCE, END THE VIOLENCE!

FOR MORE HELP CONTACT THE STOP WOMEN ABUSE NATIONAL TOLL-FREE HELPLINE ON 0800 150 150

RED RIBBON MONTH

The Red Ribbon campaign is a way to bring people together in the fight against drugs and first began in the UK. The month is used as an opportunity to encourage and give hope especially to the youth that they can be drug free – it's up to them to take that first step.



NATIONAL CHILDRENS' DAY 3RD

Children's Day is celebrated each year all over the world to honour the fact that all children are created equal and are entitled to basic human rights. Despite this, many of our children continue to be abused by people they trust – physically and sexually. This day is a time when we should reaffirm our unity against child abuse. We need to encourage our children to speak out against any form of abuse and as a society, we owe it to protect, respect and provide them with love and education so that they can have the best possible start in life.

SADC MALARIA DAY 5-9TH

According to the World Health Organisation, around 63 percent of people in Southern Africa are living in malaria risk areas, with pregnant women and children under the age of five especially affected. Malaria is recognised as a major concern and one of the number one killer in the region – despite the fact that it has been virtually but not totally wiped out in South Africa. This week is aimed at focusing on efforts to reduce malaria deaths among children by two thirds by the year 2015.

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN AND UNTIL 10 DECEMBER: 16 DAYS OF ACTIVISM 25TH

As a nation we have fought long and hard to achieve our democracy. Yet our women and children continue to suffer abuse at the hands of some of the very people they trust. As we speak out against this abuse, we should pledge to act against the abuse not just now but throughout the year. Support and encourage women and children to break the silence – it's the only way we can break the circle of violence. Report child abuse to the police and encourage children to report bully behaviour to school authorities. Men and boys are encouraged to talk about abuse and actively discourage abusive behavior.

Call the Stop Gender Based Violence helpline free on 0800 150 150 if you're a victim of abuse and need help.

QUALITY MONTH

While quality of care is the focus during this month, KZN Health MEC Dr Sibongiseni Dhlomo has always been at the forefront in demanding that health institutions shape up their standard of care and cleanliness, and continues to visit hospitals and clinics in the province to see how far they have come to improve the quality of care as part of his 'make me look like a hospital' campaign.

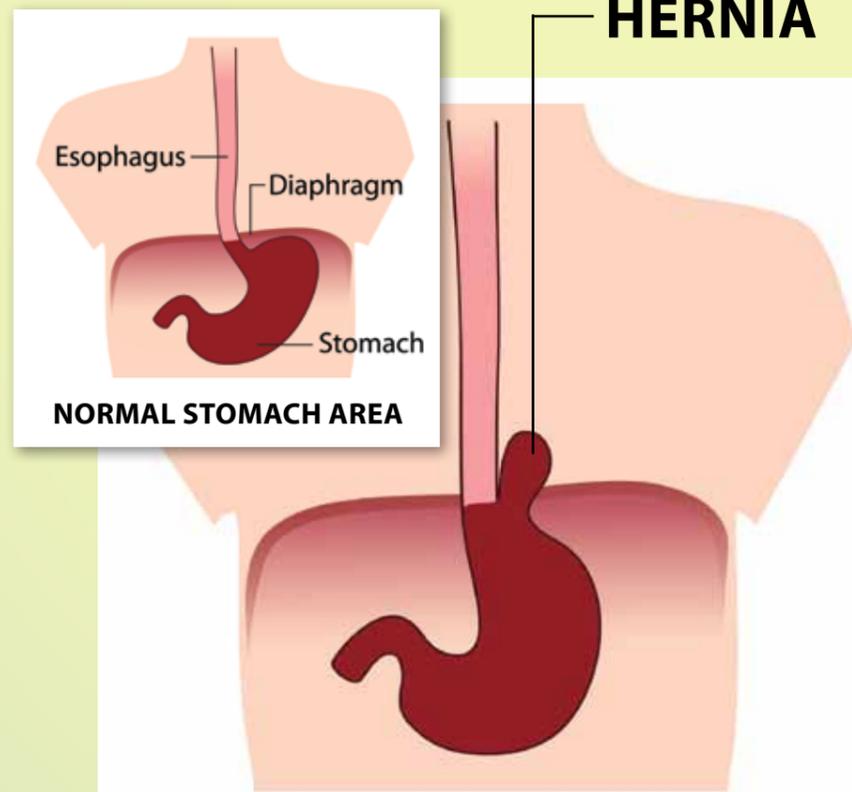
WORLD DIABETES DAY 14TH

The number of diabetes cases in South Africa is expected to triple in the next 15 years say experts. Already, over 4 million people in the country already suffer from diabetes, as more people adopt modern, less healthy lifestyles and poor eating habits. **IT'S TIME TO STOP THE RISE OF DIABETES NOW.** Educate yourself on the condition which although has no cure, can be managed. Diet and exercise are key – it's never too late!

What is a Hernia? | What can you do?

HERNIA

Just after giving birth to her daughter, Slindile noticed a lump on her child's stomach. "I first thought it was normal and the swelling would go away. She used to cry a lot but I thought there was nothing to worry about because all babies cry," says the young mother. But after a few weeks the swelling did not go away and it was only then that Slindile went to her local clinic and learnt that the lump was a hernia.



CAN YOU DIE FROM IT?

Not unless you leave it to develop an infection. So while a hernia is not dangerous when you first notice it, it's important to go to your local clinic for treatment because leaving it for a long period can lead to complications. Hernias are a painful lump which is caused when some of your inside organs (like intestines) are suddenly pushed out against the stomach.

CAUSES

The following can contribute to a hernia:

- Stress
- Damaged muscles at birth
- Lifting heavy objects
- Overweight
- Persistent diarrhoea or constipation
- Continual lung disease

A hernia can affect anyone but are more common in new-borns, which is called an umbilical hernia which develops around the umbilical area (the part which connects the baby to the mother) at birth when complications develop. It can also affect infants less than six months as well as pregnant women.

HOW TO PREVENT A HERNIA

- ✓ Exercise and maintain a healthy body as overweight increases chances of attacks
- ✓ Fruits, vegetables and whole grains help reduce constipation and strain
- ✓ Always bend your knees not your waist when lifting heavy objects
- ✓ Avoid smoking

Remember!

Visit your local clinic if you have a persistent cough or sneeze or if you notice any unusual swelling near your navel area or on your baby – prevention is better than cure!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

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.



® Registered trademark of Kimberly-Clark Worldwide Inc. © 2012 KCWW



A restful baby means a happy baby!

There are few things as lovely as a happy, sleeping baby. When mom and baby have a good night's sleep, it means a better start to the day.



At Huggies®, we understand that mom's and baby's rest is often disrupted by wet or leaky nappies causing discomfort and restlessness which can be stressful for all. That's why Huggies® encourages routine for babies and our dry comfort nappies, especially at night. Huggies® Dry Comfort Nappies keep little ones comfortable, thanks to its unique Lock Dry system especially designed to keep baby dryer for longer. Our tried-and-tested leak-proof technology ensures that your little tot's sleep won't be disrupted during the night because of a wet, uncomfortable nappy.



That means better sleep for baby and more rest for moms too!

That means better sleep for baby and more rest for moms too!

® Registered trademark/*trademark of Kimberly-Clark Worldwide Inc. © 2011 KCWW

Sister Leigh Scott

KZN Health MEC, Dr Sibongiseni Dhlomo recently presented the Marilyn Lehana Trust Caring Award to a professional nurse from Grey's Hospital, Sister Leigh Scott.

The award is celebrated annually as part of the National Department of Health Excellence Awards and is a tribute to Marilyn Lehana, a Johannesburg nurse who died in 1996 after contracting the Ebola virus from a patient. The award recognizes outstanding members of the nursing profession who show a special quality of caring when dealing with patients and colleagues.



MEC for Health Dr Sibongiseni Dhlomo, HOD Dr Sibongile Zungu and DENOSA Provincial Secretary Mr Cassim Lekhoathi handing over a certificate of recognition to Sr Leigh Scott

In making the award, Dr Dhlomo commended Sister Scott saying she had made her mark through the following attributes:

- Caring and dedication,
- Selfless spirit of nursing,
- Sacrifices made every shift and
- Always putting others first – staying true to the principles of Bahto Pele.

Sister Scott runs the department with dedication and determination that makes it one of the best in the country. "What this humble woman has done for the patient by delivering babies, assisting learning students and the midwives in the Province is worthy of highest praise," said Dr Dhlomo.

Throughout her long career as a midwife, Sister Scott put the patients' needs before her own, staying late and coming in early to ensure the total wellbeing and care of her patients and their babies.

She is the cornerstone of maternity care at Grey's Hospital being a role model for nurses for the commitment that is needed by nurses.

Working in a large tertiary hospital in KZN comes with its own challenges. Sister Scott has initiated many policies and programmes that benefit the community such as safe delivery of high risk pregnancies and babies.

Thank you Sister Scott for being a true role model to other nurses!