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NEWS

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Quarterly Published News about
uMgungundlovu Health District Office

JULY–SEPTEMBER 2018

NATIONAL PORTFOLIO COMMITTEE ON HEALTH VISITED UMGUNGUNDLOVU DISTRICT

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In the month of August, the National Health Portfolio Committee visited health facilities in Umgungundlovu District. They liaised with facility management, staff members, hospital and clinic committee members, and health care users of these different facilities. The aim of the visit was to find out from these different stakeholders about the operations of the facility. Pictured above, the team was at Crammond Clinic looking into an alternative water source/supply to accommodate users during an emergency. **Full story on page 5**



uMgungundlovu Sports and Recreation teams and individuals awarded
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New Constitutional Values and Principles for Public Servants
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OSS Community engagements with the KZN Cabinet
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EXCELLENCE IN SPORTS AND RECREATION AWARDED



The District Director, Mrs N.M Zuma-Mkhonza handing over a trophy to members of a facility soccer team.

On the 07th of September 2018, the District Office together with uMngeni hospital management task teams hosted a Sports and Recreations Awards Ceremony. The aim of the ceremony was to award and acknowledge individuals and teams from uMgungundlovu Health District and all its affiliated hospitals and clinics who have participated and excelled in sports and recreational activities namely netball, soccer, athletics, choral music, chess and more. Some of the categories that were awarded were Athlete of the year, Snooker player of the year, Chess Player of the year, District Choir for winning Provincial Music Competition in the year 2017, District Soccer Team for winning Provincial Tournament in the year 2016 and 2017, District Netball Team for winning Provincial Tournament in the year 2016 and 2017 and other categories.

Ms. N Zwane, Acting Human Resources Manager for the District mentioned that the district has many talents that have made a huge contribution to the Department of health and staff wellness program which promotes healthy employees. The District Occupational Health Manager, Mrs. L Hutchinson said “today I feel honoured to acknowledge the achievements and contribution of our brilliant sport teams, although the journey to wellbeing in the context of a stressful and resource constrained environment is the hardest one but you managed to conquer it”. Mr. Mzila, District Coordinator for Soccer mentioned that they often face challenges where managers/supervisors refuse to release employees who participate in sport when there should be practice. The staff wellness program was initiated and approved by the MEC for KZN Health Dr S Dhlomo with an aim to fight chronic disease and high stress levels from employees so they can be productive at work. Provided service delivery is not compromised, workers have 2 hours to utilise for sports from their official working hours. The District Coordinator for music Ms. Z Ngxola acknowledged the choir teams, especially the Choir Master Mr. J (M’Jay) Skhakhane and his continued dedication and support. The District Director Mrs. N.M Zuma-Mkhonza expressed her immense appreciation to the coordinators who put everything together and thanked all for their hard work. “This event marks your achievements, so shine on and always excel in all that you do”, closing remarks from Mrs. Zuma-Mkhoa.

RABIES AWARENESS CAMPAIGN TO ALERT COMMUNITIES OF THE DANGERS OF UNVACCINATED ANIMALS



Ntsiki Ralgane from uMgungundlovu Health District informing the community on the prevention of rabies

In the past months, there were confirmed human rabies cases in South Africa, the province of Kwa-Zulu Natal (KZN) was also amongst those affected by the disease spread. Although rabies in the KZN Province were confirmed in four Districts and not uMgungundlovu, it was imperative that a campaign to increase awareness about the dangers of the disease should be conducted in the district as well. Rabies is a fatal viral disease that causes the brain to inflame. The disease occurs in wild and domestic animals but when humans are exposed to the disease by an animal carrying the virus in its saliva, the exposed human being can die. Exposure to humans can happen through bites and scratches which allows the infected animal's saliva to penetrate the body. There is no cure for Rabies, once symptoms begin the individuals will over a period of time demise.

On the 28th September 2018, The Ndaleni Area in Richmond hosted an awareness event on the rabies pandemic. Stakeholders who were involved in the event were Department of Agriculture, uMgungundlovu District Municipality, Society for the Prevention of Cruelty to Animals (SPCA), and Health Systems Trust (HST) to name a few. Dog transmitted rabies are most common but other animals like Cattle, Mongoose, Cats and Jackals can also carry rabies. Rabies have been there for decades, community members who own the mentioned animals are always encouraged to vaccinate them as there are free periodical community based vaccination campaigns coordinated by the Department of Agriculture. For dogs, the most common rabies carrier animal; the vaccinations are not only once off in the animal's lifetime but they are periodic. A dog needs to be vaccinated at 3 months old or before 1 year old and after every 3 years. Veteran Clinics also provide the periodic vaccinations.

"Community members must not take injuries from dogs lightly, no matter how superficial the injury may seem" said Ms Ntsiki Ralgane, District Communicable Diseases Control Manager. "As soon as an injury occurs, you are encouraged to seek medical help at your nearest clinic where you will get periodic dosages of anti-rabies medication to protect you from the deadly disease" concluded Ms Ntsiki Ralgane, District Communicable Diseases Control Manager at the awareness event. The community of Ndaleni was informed to look out for these following symptoms after 20 to 60 days of exposure or injury caused by an animal; Fever, Headache, Sore Throat, Fatigue, Loss of Appetite, Nausea and vomiting, Tingling on the site of the bite after the wound has healed, Difficulty to sleep. As the virus progress, symptoms become severe and may include seizures, aggressive uncontrollable behaviour, severe agitation, inability to swallow, excessive salivation.

LAUNCH OF HEALTH PROGRAMME TARGETED TOWARDS THE YOUTH TO MAKE ACCESS TO HEALTH EASY



At the Marquee about 1500 students gathered to hear what the Adolescent and Youth Friendly Services had in store for them, pictured is one of the students making his views heard during the event

On the 28th of September 2018 the office of uMgungundlovu Health District launched an Adolescent Youth Friendly Service (AYFS) held at eMahlabathini Sports field in ward 1 in Maqongqo area. The AYFS programme explores strategies to providing sustainable youth-friendly health-care services that will be easily accessible to youth, teenagers and young adults.

The District Director, Mrs N.M Zuma-Mkhonza highlighted the purpose of the day that the gathering was to engage with the youth of Emahlabathini and educate them what the AYFS programme is all about. By so doing it was hoped that this will make an impact in reducing TB infections, HIV transmissions and pregnancy amongst teenagers and young people. All attendants were informed that the youth services will be available at their nearest clinic which is Maguzu from Monday to Friday at 14h00 to everyone who needs the service. This is a convenient time for scholars.

The youth were encouraged not to shy away from visiting facilities to access health services such as; family planning thinking they have to deal with a staff member that does not understand their emotional and healthcare needs or challenges. "We have trained professional nurses working in our clinics, they are motivated, interested and have broad knowledge about youth", said Mrs. F Basson for Health Systems Trust (HST), AYFS implementing partner. She concluded by saying the clinics ensure confidentiality and a youth-centred approach.

A group of learners presented a role play, passing a message and educating the audience about adolescent stage. After the play, scholars were asked questions on what they've learned from the role play. Those who participated in answering questions received promotional kits from The DREAMS Organisation such as T-shirts, rulers, pens and bracelets. Amongst people who attended were employees from SNAP SHOT who made the day more exciting by taking people's pictures for free and handing them over at the same time.

The youth were encouraged to abstain, from sex and drugs, walk in the name of God and focus in their studies so that one day they will be successful individuals in their communities. Those who have started dating were told to seek advice from their peer educators and ask about things they don't understand as their bodies have started to develop changes (adolescent stage).

OPERATION SUKUMA SAKHE CABINET DAY IN UMGUNGUNDOLOVU DISTRICT

On 26 September 2018, The Kwa-Zulu Natal Cabinet visited 12 Municipal Wards in uMsunduzi Local Municipality to interact with community members and Public Servants regarding the Operation Sukuma Sakhe (OSS) projects and how Government services are being delivered in each of these wards. Led by the Premier of KZN, Mr. Willies Mchunu; the Cabinet visited different projects in the community to see how they have helped the community and seek ways to improve where there is a lack of service delivery.

The Premier and each of the MECs had a Municipal Ward that was allocated to them for the whole day. The projects visited are namely but not limited to Philamntwana Centres, community based medication collection points known as CCMDD pick up points, War-rooms to see their functionality, Infrastructure projects like upgraded roads and constructed bridges, community skills development projects. The cabinet members also visited illegal dump sites which are an increasing issue in local communities. The leaders participated in the cleaning of these illegal dump sites. To close of the proceedings of the day in each ward, there were community meetings where community members were given a chance to interact with the Cabinet members regarding what is going on in their communities. Community members commented on issues surrounding health, crime, unemployment, education, water and sanitation, electricity, RDP houses which are falling apart or RDP houses which are not built, dangerous roads, lack of street lights, inaccessibility of technology, and more.

UMgungundlovu District Director, Mrs. N.M Zuma-Mkhonza who is the chairperson of Operation Sukuma Sakhe in uMgungundlovu District worked tirelessly with her team to make sure the visit is successful and productive. Reports on progress are continuously submitted and interrogated at meetings even after the day of the visit.



Picture 1: Dr S Dhlomo, MEC for KZN Health led a team that visited a community garden project named Phuz'ukumila. Women responsible for the garden received garden implements, seeds and advice on how to make their project profitable

Picture 2: Mr M Kaunda, MEC for Transport, Community Safety and Liaison during a Community Engagement where citizens posed questions and concerns to the leaders

Picture 3: Dr S Dhlomo, MEC for KZN Health and his team cleaning an illegal dump-site in Snathing Area

NATIONAL PORTFOLIO COMMITTEE ON HEALTH VISITED DIFFERENT FACILITIES IN UMGUNGUNDLOVU DISTRICT

From 14 to 17 August 2018, the National Portfolio Committee on Health visited the Kwa-Zulu Natal Province, uMgungundlovu and eThekweni Districts. Accompanied by the District Management Team members; the team which comprises of different stakeholders from different political parties who have different professional backgrounds visited 10 health facilities in uMgungundlovu District from the 14th to the 16th of August. They went to Mpumuza Clinic, Edendale Provincial Hospital, Fort Napier Psychiatric Hospital, Grey's Tertiary Hospital, Crammond Clinic, Gcumisa Clinic, Appelsbosch District Hospital, Mpophomeni Clinic, uMngeni Psychiatric Hospital and closed off at Imbalenhle Community Health Centre.

During the visits, they first listened to presentations from each of the facility's management. The presentations included profiles of the facilities, successes and challenges faced by management, staff members and the community. After presentations they went on a walkabout where they visited different departments and components; interacting with staff members and community members/health care users. Amongst some of the challenges expressed by community members at some facilities in general were shortage of staff members which sometimes led to health care users waiting longer than anticipated. Facility management and health care users mentioned that most of the facilities were built in years when the population size was still small, nowadays these facilities are unable to accommodate all health care users at the same time. Some facilities have depilating building. The department of Health is aware of the infrastructure challenges and is working on a plan to attend to facilities, although the number of facilities needing attention is very large.

Not was all doom and gloom, some health care users expressed happiness and satisfaction for the services they receive, they said staff members were warm and friendly, the services started and ended on time and they were engaged when there were major changes that were implemented.



Picture 1: Committee Members interacting with Health Care Users at Mpophomeni Clinic

Picture 2: The Operational Manager at Gcumisa Clinic showing the team their waiting area which is on the department's waiting list for renovation as it is small

Picture 3: A presentation about at Appelsbosch Hospital by the hospital Chief Executive Officer took the team through the facility before they embarked on a walkabout of the entire hospital.

A WOMEN'S HEALTH CONVENTION IN COMMEMORATION OF WOMEN'S MONTH WAS HELD AT UMSHWATI SUB-DISTRICT



Females of all ages were part of the audience with messages directed to each age group, everyone was able and free to share information that empowered women

On the 23rd of August 2018 uMgungundlovu Department of Health engaged with different stakeholders namely the Office of the Premier, Department of Treasury, Operation Sukuma Sakhe (OSS) and uMshwathi Local Municipality regarding conducting an event named Women's Health Convention in Commemoration of Women's Month. The main goal was to focus on daily social ills and health related issues that affect women and female teenagers. The event's platform allowed for easy interaction and engagements with attendants.

The Honorable Mayor of uMshwathi Local Municipality - Cllr S.S Zondi who is also a woman encouraged women to unite, support and build each other instead of gossiping and bringing each other down. The uMgungundlovu Health District Director Mrs N.M Zuma-Mkhonza who is also an Operation Sukuma Sakhe (OSS) chairperson for the District shared the background of OSS and mentioned that the reason OSS was established and exists is to attend to issues regarding service delivery at a community (ward) level. OSS has helped many community members who did not know how to access help. People were also told to write down and report their challenges with OSS War Rooms with their local leadership.

"UMgungundlovu District is one District with a high number of HIV & AIDS burden, the sooner you get tested and know your status, the better " said Mrs. Zuma-Mkhonza as she encouraged people to get tested for HIV. **Continues on page 8**



Hon. Mayor for uMshwathi Municipality Cllr SS Zondi addressing the audience at the event

FOCUS ON WOMEN'S HEALTH DURING WOMEN'S MONTH



Placards with different messages were carried and displayed by community members.

The youth was encouraged to take good care of themselves and focus on their education. Pregnant women were encouraged to visit their local clinics before 20 weeks of pregnancy for ante-natal care, by doing so there won't be a high mortality rate of mothers who are pregnant and the unborn children would have been taken care of.

Ms. L Msimanga from THE DREAMS Interacted with the youth and young adults at the event regarding the reasons why uMshwati Sub-District has a high rate of teenage pregnancy. The youth mentioned that they sometimes engage in substance abuse (drugs & alcohol) which makes them take irresponsible decisions; others date older men/ 'BLESSERS' who sleep with them without condom protection; others mentioned peer-pressure from society and friends, home backgrounds (parents who are alcoholics and those who don't have proper parental care and skills) negatively impacts on their behavior. Others mentioned that they fall pregnant because they want to support their families who are poor with social grant, whilst others said that they can't sit down and talk with their parents about relationships because they are too strict.

Lastly, Ms. Njwara from The Department of Social Development Cautioned the female attendants about different forms of abuse, namely gender based violence, sexual abuse, financial abuse, alcohol based abuse; all these must be reported and women must know how to deal with abuse. The department of Social Services is available for assistance and advice. In attendance was Mrs. Zulu who is a professional Motivational Speaker, she gave the perfect motivation for everyone.

Excitement was all over the place when the commemoration closed with handing over of business support kits to local and developing Women-led Co-Operatives of uMshwathi by the Honorable Mayor-Cllr S.S Zondi. They were advised to take care of the equipment and keep working as teams and always

PUBLIC SERVICE COMMISSION LAUNCHES CONSTITUTIONAL VALUES AND PRINCIPLES FOR PUBLIC SERVANTS



All Principals and Leaders signed a Pledge on behalf of different departments and sector of government committing to upholding the new values and principles which all Public Servants must abide by

The Public Service Commission of South Africa is an independent and impartial entity. The duties of the Public Service Commission are to promote the values and principles set out in section 195, throughout the public service; to investigate, monitor and evaluate the organisation and administration, and the personnel practices, of the public service; and to propose measures to ensure effective and efficient performance within the public service amongst other functions.

On the 17th of September 2018, the Commission launched constitutional values and principles that every public servant must uphold and live by, these apply in administration in every sphere of government; organs of state; and public enterprise These are:

(a) high standard of professional ethics which must be promoted and maintained. (b) Efficient, economic and effective use of resources must be promoted. (c) Public administration must be development-oriented. (d) Services must be provided impartially, fairly, equitably and without bias. (e) People's needs must be responded to, and the public must be encouraged to participate in policy-making. (f) Public administration must be accountable. (g) Transparency must be fostered by providing the public with timely, accessible and accurate information. (h) Good human-resource management and career-development practices, to maximise human potential, must be cultivated. (i) Public administration must be broadly representative of the South African people, with employment and personnel management practices based on ability, objectivity, fairness, and the need to redress.



Dr TT Khanyile signing a pledge on behalf of KZN Department of Health Acting Head. She is pictured with Dr S Dhlomo, MEC for KZN Health who also represented the KZN Premier

HAST WON AN AWARD FOR AN ACHIEVEMENT IN THE FIGHT AGAINST TUBERCULOSIS



The uMgungundlovu Health District Team proudly displaying their achievements

HIV/AIDS and Tuberculosis (TB) still continues to be a problem facing the South African, Provincial and uMgungundlovu District Department of Health and communities. There is a high prevalence of people infected with HIV and a high number of people infected with TB. Even worse there are people who are suffering from Multi-drug-resistant tuberculosis (MDR-TB) and Extensively drug-resistant tuberculosis (XDR-TB) which are difficult to treat and normally develop if a person failed to complete treatment for Sensitive TB (normal TB).

The department continues to fight for citizens, educating the public on how to prevent being infected with these diseases and most importantly providing treatment and educating those already infected to take their prescribed medications as directed in order to get better. The good news is that TB is curable. When detected early, when treatment is taken and the infected person took care of their health they can be cured and enjoy a normal life afterwards.

Recently at the MASEA Awards held in Durban, the uMgungundlovu Health District received an award from the MEC of KZN Health Dr S Dhlomo for being a district that attained first position in the achievement of the first 909090 for TB for the 2016/2017 financial year.

The first 909090 is a project that includes screening of clients that present to health facilities for TB irrespective of the purpose of their visit. Prior to the implementation of the 909090 strategy, this indicator was not monitored at facility level. The district went through lots of hurdles and changes to ensure this activity was recorded and understood by all stakeholders, especially staff members and patients. Operational managers, TB focal staff and data captures were all trained on how to monitor the data closely.

HAST WON AN AWARD FOR AN ACHIEVEMENT IN THE FIGHT AGAINST TUBERCULOSIS



The District Team proudly displaying their achievements

The facilities were requested to centralise the screening of patients for TB, client flow was planned in such a way that all clients who visited the facility had to go via the screening point. This ensured that all clients were screened and there was no duplication. The Monitoring and Evaluation (M & E) component played a vital role in ensuring the success of this project with regular physical monitoring done by the TB and M & E Team .

Implementation of a TB Quality Improvement Program assisted the district as it was implemented at Msunduzi Local Municipality, the largest sub-district in relation to number of health facilities and population.

Amongst other challenges was the resistance from some clients who felt they did not have TB and should not be screened and some facilities who were not in favour of centralising the screening.

“Receiving this award meant that we are improving in our performance and all our hard work was paying off; teamwork within the district is very important in achieving the required outcomes because all District components and facilities’ staff members were playing an active role in the project” said Mrs Noxolisa Mtungwa, Manager for TB in the district.

“Close monitoring of the performance of this indicator will still continue, we will continue with our weekly nerve centre meetings where this indicator is discussed and visits to facilities will not stop” concluded Mrs Mtungwa.

CUBAN TRAINED DOCTORS WELCOMED BACK TO THE DISTRICT AND THEIR COMMUNITIES



Happy to be on home-ground; medical students attended a “welcome home party” organised by the District Office

The District Director, Mrs N.M Zuma-Mkhonza expressed her excitement at the recent return of the sixth-year medical students from Cuba. The students were part of a total of 260 students that left the country in the year 2012 to study medicine in Cuba via a state-funded bursary system.

The purpose of the initiation of the medical training in Cuba was to increase the number of doctors whose focus is on contributing towards an improved Public Health System in South Africa. It was also to give an opportunity to students who would not have been admitted to SA Medical schools because of the limited available training spaces, their socio-economic backgrounds and the impact of limited resources on their school performance. Given the economic status of Cuba, the students are expected to be able to identify with and adapt accordingly in South Africa. The main focus is to recruit from rural areas and poor communities, this is looked at as a contribution to communities in those areas by taking off at least one student who would upon completion of his/her studies assist in community development and be a role model to aspiring youth in his/her rural area.

The Cuban Programme started in 1997, uMgungundlovu District sent its first candidate in 1998. .So far a total of 86 students from uMgungundlovu District have gone for the RSA/Cuban Medical Training. After the students have completed their final year of training in Cuba they are allocated to various Universities in South Africa to do 18 months of training for completion of their degrees. Upon completion of 18 months training, they write the Cuban Board Exam and then graduate fully as professional medical doctors. Students were encouraged to keep up the good work and continue focusing on the goal of attaining their qualifications. They expressed their overwhelming gratitude to the South African Government and the Kwazulu-Natal Department of Health for the golden opportunity offered to them and expressed their commitment to completing the course and positively contributing to their own communities.

COMMUNITY ORIENTED PRIMARY HEALTH CARE (COPC) WORKSHOP



Mr J Mndebele, Chief Director for Hospital Services addressing the audience emphasising the importance of strengthening health services at the grass-root level using the community-based approach

UMgungundlovu District of Health hosted a Community Oriented Primary Health Care (COPC) workshop that took place at Grey's Hospital on the 21st of August 2018. In attendance were District Directors from uMgungundlovu, King Cetswayo, Harry Gwala, uMzinyathi and Zululand. Stakeholders from University of KZN were also present to share information and experience.

Chief Director, Mr J Mndebele outlined the purpose of the workshop and discussed that the engagement was to talk about the accessibility of the health system for citizens. "Health begins at a household level and only afterwards serious diseases that cant be managed at home can be presented to health facilities like clinics and hospitals; by doing so, we can decrease long queues in our facilities", said Mr J Mndebele.

In a nutshell, this workshop focused on how the department wants to go back to the basics of health care where health teams visited community members at their homes instead of waiting for them to come to health facilities. This helps in quick diagnosis of diseases, health education which is centered on how each household is structured and the health of each family member. There are already teams going out to communities to provide health services, they trace clients who have defaulted on their medications, they visit early childhood development areas, they do household visits but their success is hindered by amongst other things high staff turnover, shortage of transport and the recently increasing hijacking of the department's vehicles at community levels.

The attendees were encouraged to utilise structures that are already available in the communities, like churches and community halls in rendering services and bringing services closer to where people are.

STAFF WELLNESS DAY—TAKE CARE OF YOUR HEALTH IN ORDER TO LIVE LONGER



LEFT: Ms Kathy Satharabridge ensuring her vital signs are checked. Right: Mrs Zuma-Mkhonza having her eyes examined

Numerous research over the years have found that people who take better care of their health by eating healthy, exercising regularly, having basic health check-ups like High blood pressure, diabetes, breast cancer are more likely to live longer than those who do not live healthy lifestyles. When it comes to teaching and demonstrating healthy lifestyles, employees must not be left out; hence the uMgungundlovu District Office held an Employees Wellness Day on the 20th of July 2017.

In attendance were health care workers from the District and external stakeholders like; GEMS, Virgin Active, Sanlam, R Mahomed Optometrist visited the district to share their expert knowledge on different health issues that they specialise in; even financial health/wellness. Employees received advise from Sanlam Financial Advisers on the importance of saving money now for the future, including for retirement and the importance of having a Will and a life cover.

Attendants were voluntarily tested for diabetes, high blood pressure, eyes, Body Mass Index, HIV and Cholesterol. Virgin Active demonstrated some basic aerobics exercises which were enjoyed by the participants. The District Health Nutrition team advised attendants to eat a healthy balanced diet like fruits, vegetables and have the right amount of fat, carbohydrates and proteins.

Participants left the event knowing that living a healthy lifestyle is not really as hard as they may think; just like with everything else, it starts with a single step. They were encouraged to start by getting rid of junk food from their cupboards and fridges or walking during lunch breaks. Regular exercising, drinking 8 glasses of water per day, lowering sugar and salt intake are all necessary.

So what are you waiting for? Take that first step towards the rest of your life.....

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