

OFFICIAL OPENING OF "STATE OF THE ART" PEDIATRIC BURNS UNIT AT NGWELEZANE HOSPITAL



"State of the art", "world class", these are some of the adjectives used to describe the impressive brand new R14.5m Paediatric Burns Unit at Ngwelezane Hospital that was officially opened on Monday at King Cetshwayo District.

The facility, which caters for children aged 1 to 12 years, was made possible primarily by Mnet's 'Carte Blanche Making a

Difference Trust' and its other partners such as the mining and metal company South 32 and several others.

Dr Sandile Tshabalala, the KZN Department of Health's Chief Director of Clinical Support Services, received the facility on behalf of the MEC, Ms Nomagugu Simelane- Zulu. Dr Tshabalala expressed his gratitude to the donors.

"Thank you all for making sure that this happened. It is

critical that we are opening this Unit at this time of the year because when winter comes, people who reside in rural traditionally tend to experience more burns, so choosing to have a Burns Unit at this institution is one of the best decisions ever made."

The Unit was completed in April this year and consists of 22 beds divided as follows; 10 for sub-acute, 10 for high care and two for isolation.

Dr Tshabalala continued to point out that the Unit would also cater to the needs of children in surrounding areas since Ngwelezane Hospital sees to the healthcare needs of not only those in the King Cetshwayo District but also those in Zululand and UMkhanyakude.

He also urged further collaborations between private and public organisations. "Our MEC looks at you as partners. The

view she holds is one that says health is not a Health Department issue, nor is health a government issue. But health, the health of a society, is a societal matter. So any and everybody who can contribute towards making health better is welcome and is a partner to the Department of Health."

HOSPITAL CEO DR BRIGHT MADLALA REFLECTS ON THE SPECIALISED CARE THAT THE NEWLY OPENED BURNS UNIT WILL GIVE TO CHILDREN

QUESTION: How has the donation benefited the hospital and are there any new additions to burn unit?

ANSWER: The old Burns Unit was indeed old and cramped. It did not allow for proper management of burns children in terms of bed spacing to prevent cross infection as well as the proper monitoring facilities required for such children. The new unit has adequate space that is child friendly, provides for a play area as well as the up to date high end medical equipment required for the management of burnt patients. This will assist with prevention of secondary infection, early rehabilitation and discharge from the hospital.

Q: How many burn-victims (Children) does the hospital

see on average on a month to month

A: The Paediatric Unit admits an average of 60 -70 children a month. This increases in the winter periods sometimes up to 90 burns per month. Most burns are not very severe and results in couple of days inpatient care. This is also aimed at ensuring that schooling is not severely affected for the burnt kids.

Q: This donation will surely improve the standard of service to communities, how so?

A: Yes. The unit is beautiful and a first class facility that makes working in it a pleasure for both staff and patients admitted to it. The

equipment provided with the unit will ensure that inpatient stay is minimized thus ensuring that more patients can benefit from the facility. Infection control will be maximized reducing the risk of repeated wound debridement and theatre admissions for patients.

Q: What prevention messages does the hospital share with patients in order to decrease the number of patients who present with burns?

A: The hospital will continue to spread the message of burns prevention in the community by advising family members to ensure that hot water, kettles are kept away from crawling children. This is the most common cause of burns to children. The request to families to ensure that children are not let alone

with burning candles in their homes as well as the access to paraffin and matches. We also advise families to always act quickly by cooling the burnt child with clean cold water to minimize the spread of the burn soon after an incidence has occurred and to avoid smearing the children with anything else to prevent wound infection.

Q: Who would you like to thank?

A: A big thank you goes to M-NET and Carte Blanche' Making a Different Trust for ensuring that they raise the required resources to make this project a success that it is. A special recognition goes to Karolina Andropoulos from the Carte Blanche' Making a Different Trust who led the project from start to finish. South 32 as the Major Donors for the project and the provincial



Department of Health for accepting the donation and working with Carte Blanche' Making a Different Trust to ensure that the unit complies to the health infrastructural requirements.

PORT SHEPSTONE REGIONAL HOSPITAL HOLDS A SUCCESSFUL CHILD PROTECTION AWARENESS CAMPAIGN



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Port Shepstone Regional Hospital's Thuthuzela Care Centre recently held a successful Child Protection Awareness Campaign themed: "Let Us Protect Our Children to Move South Africa Forward"

The aim of the campaign was to promote the safety and well-being of children in Ugu district. The stakeholders that worked in partnership with Thuthuzela Care Centre during this campaign included the Port Shepstone South African Police Service (SAPS), the Family and Child Sexual Offences Unit (FCS) and Life Line.

Some of the activities that were conducted during the campaign included: information displays, educational talks in various departments within the hospital as well as in other

institutions such as Mbalencane Primary School.

A gazebo with educational material was also placed outside the main entrance of the hospital for passer-bys. The exhibition piqued the interest of Port Shepstone High School learners who were passing by and they were consequently invited in and given a presentation on their rights as children and shared their views on how children should be protected in society.

Children should be protected, given love and care at all times - it is the right thing to do.



PARAMEDICS SHOT AND WOUNDED IN FAKE EMERGENCY: KZN HEALTH MEC MS NOMAGUGU SIMELANE-ZULU SHOCKED AND OUTRAGED; CALLS INCIDENT "SAD AND BARBARIC"



KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu has described as "sad and barbaric" a faked emergency call which resulted in the shooting and robbery of two paramedics in the Amatikwe area of Inanda, north of Durban.

It is alleged that the KZN Department of Health's Emergency Medical Services ambulance crew had responded to an emergency maternity case, after receiving a phone call around 3am. When they arrived in the vicinity of the false scene, they met a guide who was due to give them directions. He led them to a dirt road, where he produced a firearm and demanded their valuables. During a scuffle, he fired shots from the back of the ambulance. While the crew members were trying to flee from the moving vehicle, the male crew member was shot in the back while his female colleague sustained a gunshot wound to the wrist. At this stage, it appears that only a cellphone was stolen.

Fortunately for the paramedics, a police van had been patrolling in the vicinity of the incident. The van was flagged down, and the police alerted other EMS paramedics who then came to the scene and rushed their injured colleagues to hospital, where they are receiving medical attention.

MEC Simelane-Zulu has expressed her shock at the

incident, and has called on communities to work with law enforcement authorities to bring to book culprits who are responsible for such incidents.

"We are extremely shocked and, quite frankly, outraged by what has happened. It is inconceivable that someone sat down and planned to lure our paramedics, so that he could rob and wound them in this manner. That this person decided to take advantage of the caring and responsive nature of our paramedics - who attend to emergencies regardless of where the call comes from or what time - is truly sad and nothing short of barbaric. Our paramedics could have lost their lives here. These are breadwinners, with people who depend on them for survival.

"When incidents such as these occur, you really start to ask yourself questions. How can you tell if a call is about a real emergency? And what will happen if we stop responding to emergency calls at night altogether? People will die because this is an essential service.

"That is why it is extremely important that people in our communities work together with law enforcement authorities to identify and isolate these unscrupulous criminals, so that they can be removed once and for all from our society."

The MEC wishes the injured paramedics a speedy and full recovery.

PREMIER ZIKALALA PAYS TRIBUTE TO THE YOUTH OF 1976; URGES TODAY'S YOUNG PEOPLE TO AVOID TEENAGE PREGNANCY AND SUBSTANCE ABUSE



KwaZulu-Natal Premier Mr Zikalala has urged all the young people of the province to prioritise education; use contraceptives to prevent unwanted pregnancy; avoid drug and alcohol abuse; and be empowered to start their own businesses.

The Premier was speaking during the 43rd anniversary of the 1976 Soweto Uprising (Youth Commemoration Day), at Impumelelo Stadium, Endumeni Local Municipality, in Dundee. This commemorative gathering, which was preceded by a two-day Youth Parliament, took place under the theme:

"25 Years of Democracy: Celebrating Youth Activism."

"Our message to the youth of South Africa is clear and simple. The future of the country belongs to them, and it is upon them to make our future bright and successful.

"We have to work together to address the high level of unemployment, and to do that we must address the challenges of skills, and the education system. We encourage all young people to take up education seriously, and to ensure that they prioritise skills that are relevant to the economy of our country.

"We also are working with the private sector to ensure that opportunities are created for young people to get employed, but also to start their own businesses. As government we will continue with efforts of ensuring youth participation in the economy of the country. We launched the Youth Business Development Fund, which we are still going to support even now going forward. We are saying to the youth, let them seize this opportunity and create more jobs for young people."

The Premier also turned his attention to social ills such as substance abuse and

teenage pregnancy, and urged young people to meet government's youth development efforts halfway by changing their own behavior.

"The first problem that is ruining the life of the youth is the whole issue of drugs, and substance abuse. We believe that young people must prioritise themselves. They must look after themselves. They must not think that the short-term entertainment is the solution. But they must focus on uplifting their lives, and ensure that they become prosperous. The issue of teenage pregnancy is affecting us in many

communities. It is because of that that we encourage young people to abstain, but also those who are engaged in sexual activities, if they do so, let them protect themselves through the use of condoms. For us the clear message is abstinence; which is the message we are sending to all young people of our province."

DUNDEE MEDICAL MANAGER PRAISES 1976 YOUTH AND ENCOURAGES YOUTH TO GRAB AVAILABLE OPPORTUNITIES



Today Dr Pamela Dlamini, Medical Manager at Dundee Hospital, has several doctors under her supervision at the Umzinyathi facility, an achievement she claims is owed to the youth of 1976.

“Today we are where we are because of the fortitude of the youth of 1976,” says Dr Dlamini. “If they had never fought against the system, perhaps we too would not have had the chance to study in Cuba.”

She recalls, “I was a

studious learner since I was in high school, with a passion for health. I applied for universities and was fortunate to be accepted into the University of KwaZulu-Natal Westville Campus. However, while I was studying to complete my Bachelor of Science, my parents became incapable of paying for my fees. As luck would have it the government opened up an opportunity to study in Cuba. I applied like everybody else and was selected.”

She recounts how she was

placed in unfamiliar territory but put her hand to the plough and successfully completed her studies. She then returned to South Africa where she further studied at the University of Stellenbosch and passed with flying colours.

Today she has worked in several hospitals amongst which are Ngwelezane, Queen Nandi and Itshelejuba Hospital. She then worked in Dundee Hospital as a junior medical officer until she applied for the position she holds today.

She urges young people to grab hold of opportunities that the government provides to empower the youth, “The government is here to help but you must also get up and do your part. I am a testimony of that today.”

VITILIGO DEMYSTIFIED



25 June 2019 is World Vitiligo Day. A date where millions of people across the world come together to increase awareness of vitiligo, fight prejudice and raise funds for research, support and education of this condition.

WHAT IS VITILIGO?

According to the World Health Organization, vitiligo is a disease that can affect people of all age groups, gender, culture and sex. Vitiligo is caused by a loss of pigment in the skin, due to the destruction of pigment-forming cells known as melanocytes, causing skin to lose its pigment cells and change color. Vitiligo has no cure, and it is a lifelong condition. The goal of treatment is to stop or slow the progression of depigmentation and attempt to return some color to the skin.

Vitiligo usually starts as small areas of pigment loss that spread and become larger with time. These changes in your skin can result to stress about your appearance. It is normal to feel self-conscious about the changes in your skin. It is important to encourage

others to see beauty in them and hope to inspire a greater self-acceptance and awareness around vitiligo.

Certain self-care tactics can help you care for your skin and improve its appearance:

- Protect your skin, whether or not you have vitiligo use sunscreen to protect your skin from the sun's harmful rays. Sunscreen helps protect your skin from sunburn and long-term damage
- Conceal imperfections. Cosmetics that cover the white patches on the skin may improve the appearance and can help a person to feel better about themselves. These cosmetic products may be particularly effective if you have vitiligo that's limited to exposed areas of your body.

HAVE A HEALTHY BREAKFAST TO START YOUR DAY

Starting your morning with breakfast will increase your metabolism and keep your blood sugar levels stable during the day. A morning meal is necessary not only for your body but for the

brain. What you eat in the morning gives your body the kick start to the day ahead so it is very important to eat food that is healthy and has a good source of energy.

Sugary food and beverages are the most popular eats when it comes to breakfast. Many people start their day with coffee or tea with milk

and sugar, fruit juice, followed by cereal, muffins, toast or yoghurt. None of these foods are nutritious; what they do is create a sugar rush which quickly dies down in your system, resulting in a "crash", creating cravings for another high-carb meal or snack, potentially creating a vicious cycle of overeating which could lead to obesity. Consumption of sugar may also increase your risk of heart disease and type 2 diabetes.

- Plain Yogurt
- Oats
- Chia Seeds
- Berries
- Nuts
- Green Tea
- Green salad

What to eat for breakfast?

- Eggs
- Fish

ETHICS TALK

CODE OF CONDUCT: RELATIONSHIPS AMONG EMPLOYEES

An employee co-operates fully with other employees to advance the Public Interest.

It is crucial for all employees to realise that they work towards a common goal which is to serve the Government of the day and the community and/or public as efficiently and as faithfully as possible. Therefore, it is important that employees make an effort to co-operate with one another i.e. support, sharing of knowledge, ideas and resources.

An employee executes all reasonable instructions by persons officially assigned to give them provided these are not contrary to the provisions of the Constitution and/or any other law.

It is important for all employees to carry out all reasonable instructions in order to ensure that services are rendered to the

community in a well-structured and orderly manner.

Public Service Departments can only function effectively if there are proper lines of authority which are respected by subordinates.

An employee refrains from favouring relatives and friends in work-related activities and never abuses his/her authority or influences another employee, nor is influenced to abuse his/her authority.

The Public Service is required to appoint, promote and reward personnel who, irrespective of their political opinion or affiliation, family ties or position in the community, have the abilities to render a service.

- **Favouritism:** This means that certain singled out employees are appointed, promoted, transferred or given generous treatment based on subjective

considerations.

- **Nepotism:** This implies that an employee is appointed, promoted, transferred, or given some or other advantage purely based on the fact that he/she has family or other ties with a person in authority.

An employee uses the appropriate channels to air his/her grievances or to direct representations.

It is accepted that grievances and disputes may, from time to time, develop within the work environment, it is to the benefit of both the aggrieved and the employer that such grievances and disputes be resolved between the parties concerned as soon as possible.

An employee is committed to the optimal development, motivation and utilization of his/her staff and the promotion of sound labour and interpersonal relations.

In order to achieve the overall objective of the Public Service, which is to render excellent services to the public, all Supervisors and/or Managers are obliged to see that the personnel under their control have the knowledge and skills to perform their tasks at the required level, are motivated to render such services and are willing and able to promote sound relations.

An employee deals fairly, professionally and equitably with other employees, irrespective of race, gender, ethnic or social origin, colour, sexual orientation, age, disability, religion, political persuasion, conscience, belief, culture or language.

To deal fairly with other employees implies that an employee should:

- Always respect the established rights, in terms of the law, of other employees;

- Always grant other employees the opportunity to state their side of a case;

- Always allow other employees representation if requested;

- Always be willing to discuss/consult/negotiate openly and honestly.

An employee refrains from Party political activities in the workplace.

In terms of the Constitution, the Public Service has to be apolitical in the service it renders to the community.

This means that Public Service employees are required to render services to all citizens of the Country.

QUOTES FROM THE 2019 STATE OF THE NATION ADDRESS BY **PRESIDENT CYRIL RAMAPHOSA**

“We will attend to the health of our people.”

“We must attend to the capacity of our hospitals and clinics.”

“An 80 year old grandmother cannot spend an entire day in a queue waiting for her medication.”

“An ill patient cannot be turned away because there is a shortage of doctors and nurses.”

“A woman in labour cannot have her unborn child’s life put in danger because the ambulance has taken too long to come.”

“As part of the work we must urgently do to improve the quality of the health system, we are finalising the Presidential Health Summit Compact, which draws on the insights and will mobilise the capabilities of all key stakeholders to address the crisis in our clinics and hospitals.”

“We are far advanced in revising the NHI detailed plan of implementation including accelerating quality of care initiatives in public facilities, building human resource capacity, establishment of the NHI Fund structure, and costing the administration of the NHI Fund.”

“We remain concerned about the rising HIV infections rates, particularly among young women, and the relatively low numbers of men testing for HIV and starting treatment.”

“We will intensify our work to implement the 90-90-90 strategy to end HIV as a public health threat, which includes increasing the number of people on treatment by at least another 2 million by December 2020.”

- President Cyril Ramaphosa



GALLERY

PEDIATRIC BURNS UNIT - KING CETSHWAYO DISTRICT



YOUTH PARLIAMENT - UMZINYATHI DISTRICT





health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

TEL: 033 395 2547 OR 033 395 2653 | FAX: 033 342 9477

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