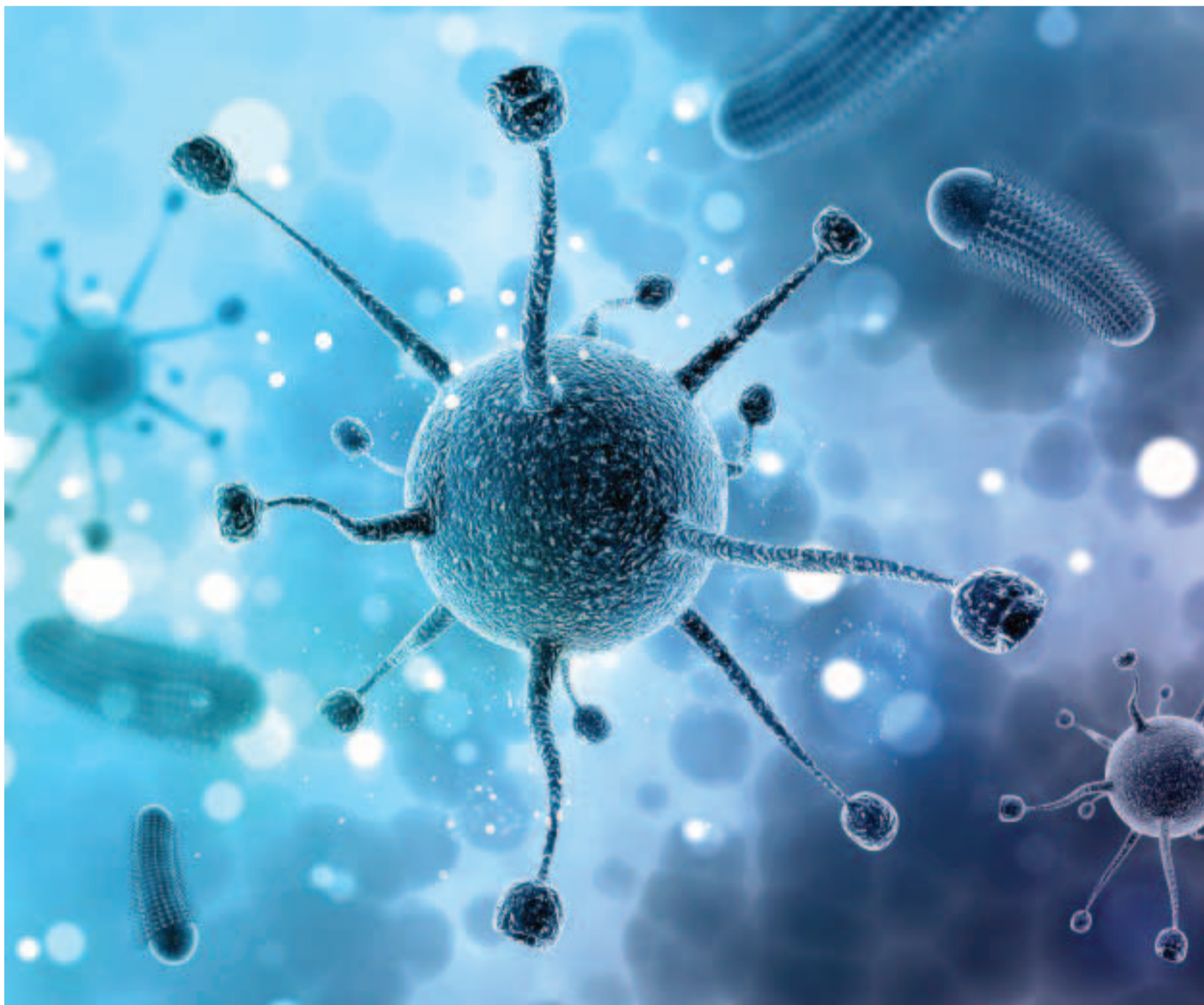


## KZN HEALTH MEC MS NOMAGUGU SIMELANE-ZULU CALLS FOR CALM FOLLOWING CONFIRMATION OF H1N1 TEST RESULT IN PMB



As a Department, we are calling on all responsible authorities at the different schools, doctors, as well as members of the community to exercise restraint, because by referring to an outbreak without being absolutely sure, we may begin to create unnecessary panic and alarm.

While we continue to investigate this matter, we are advising parents to be on the look-out for these signs of severe influenza. Those who display worrying signs such as chest pain or shortness of breath are strongly advised to seek medical attention. If any individuals think they or their children may be suffering from an aggressive type of influenza, they must visit the nearest healthcare facility.

The best way to prevent the spread of influenza is for those who are sick to stay at home from school or work. Frequent washing of hands and disposing of tissues away from other people is strongly advised.

Bed rest and taking lots of fluid is also recommended.

As a Department, we have issued a notice to health facilities across the province to ensure that they are on the lookout for severe types of influenza, and treat them with urgency. If influenza is treated on time and treated correctly, it need not have any devastating results.

**We wish to start by sending our condolences to the family of a nine year-old child who passed away on Friday (19 July 2019). After being informed of the sad passing away of the girl, we immediately began an investigation.**

As part of precautions, and to aid the ongoing investigation process, we took in the child's two year-old sibling who was

also sick, as well as a grandmother who was potentially predisposed because of her age.

While awaiting results of the autopsy, we received laboratory results earlier this afternoon confirming that indeed there is a positive case of H1N1 from a person in Pietermaritzburg. We wish to reiterate at this point that this does Not constitute an

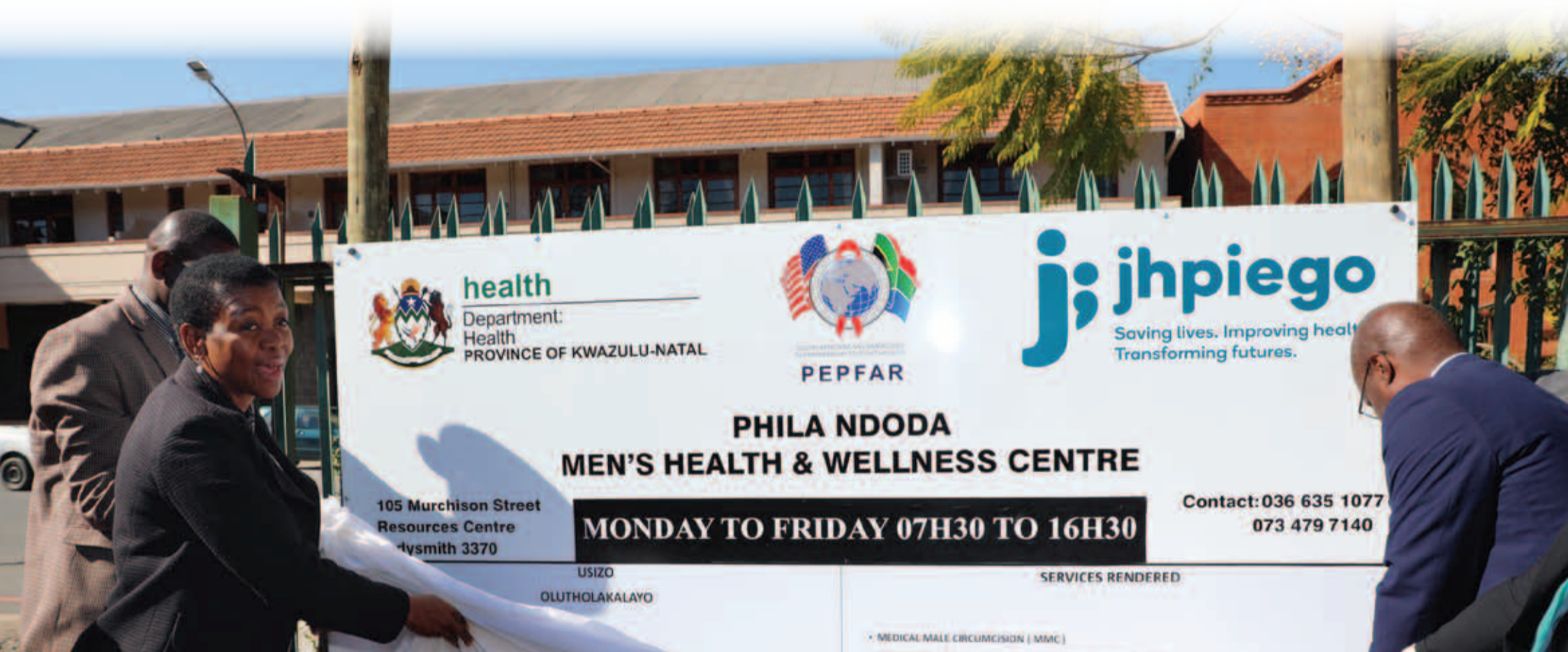
"outbreak", as has been erroneously reported elsewhere.

The pandemic influenza A (H1N1) virus, which appeared for the first time in 2009 causing a global influenza pandemic, is now a seasonal influenza virus that becomes prevalent in winter, and co-circulates with other seasonal viruses. It is neither a notifiable nor a reportable

disease, and is thus being treated as a normal flu.

Generally, population groups who may be vulnerable to influenza and need vaccination before the influenza season include pregnant women at all stages of pregnancy, HIV-infected individuals; and adults or children under six who might have underlying medical conditions.

# DOH LAUNCHES MEN'S HEALTH CENTRE IN LADYSMITH



**The KZN Department of Health, in collaboration with PEPFAR, Jhpiego and other partners launched the Phila Ndoda Men's Health and Wellness Centre in Ladysmith on Wednesday this week.**

The Alfred Duma Municipality, local traditional health practitioners and community leaders welcomed the opening of the centre which has been built to respond to the concerns of a low attendance of men to health facilities.

Conveniently situated at the heart of the town, the clinic has already been visited by over 1500 men, some of which visited a health facility for the first time in their lives.

The health centre was commended for this small victory of drastically decreasing men's risk of Sexually Transmitted Infections (STIs), HIV Infections, prostate cancer and other life threatening diseases.

The centre employs only male medical practitioners and offers health services exclusively to males, especially targeting the age group 15-49.

**Among the services offered are:**

- HIV testing and counselling
- Prostate cancer screening
- Chronic illness screening (hypertension, diabetes etc)
- Medical Male Circumcision

(MMC)

Critical patients are referred to the parent facility, Ladysmith Provincial Hospital.

In applauding the establishment of this centre Jhpiego Senior Vice President, Dr Alail Damiba, said, "South Africa has been a leader in prevention, diagnostic care and treatment of HIV. What brings us here today is yet another example of the South African government's effort to continue the downward trend of HIV infection and related death. Initiatives such as this one are crucial to improving the health of men in South Africa."

He continued to praise the

country's renewed commitment to the PEPFAR 95-95-95 goal. This goal stipulates that by 2020 95% of HIV infected people in the country will know their status, 95 % of those diagnosed will be receiving ART Treatment and that 95% of those receiving treatment would be virally suppressed. "It's an ambitious goal but with innovative programmes such as this centre, we enhance our ability of achieving this objective of ending the AIDS epidemic in South Africa and globally."

The Department's Ambassador for TB and men's issues, Prince Nhlnganisiso Zulu, encouraged male attendees

to utilise the facility, "Please do not waste this opportunity. Protect your families by taking care of your health. If you're sick or dead you can't protect your family or provide for them."

Currently the facility operates from Monday to Friday, 7h30 to 16h30 but the District Manager, Dr Zulu, said that these operating hours were flexible and would depend on the number of men who need to access its services. Plans would be made to accommodate men who work on weekends or later than the current times if a request was made by the men in the community.



# HARD WORKING KZN NURSES AWARDED



**Nurses from uThukela, uMzinyathi and Amajuba Districts were honoured for going beyond the call of duty in the execution of their duties at an event held at Agra Crescent Hall in Ladysmith.**

The purpose of the gathering was to encourage nurses and recognise facilities and individuals who are excelling. This was done as part of International Nurses Day, which is celebrated annually around the world, to commemorate the birth of Florence Nightingale.

Florence Nightingale was born in Florence, Italy on May 12, 1820. During the Crimean War, she and a

team of nurses improved the unsanitary conditions at a British base hospital, reducing the death count by two-thirds. Her writings sparked worldwide health care reform.

This year's commemoration took place under the theme: "Nursing: The Balance of Mind, Body, and Spirit". The message was clear from all the speakers, the nurses needed to remember their oath and love the job that they are doing.

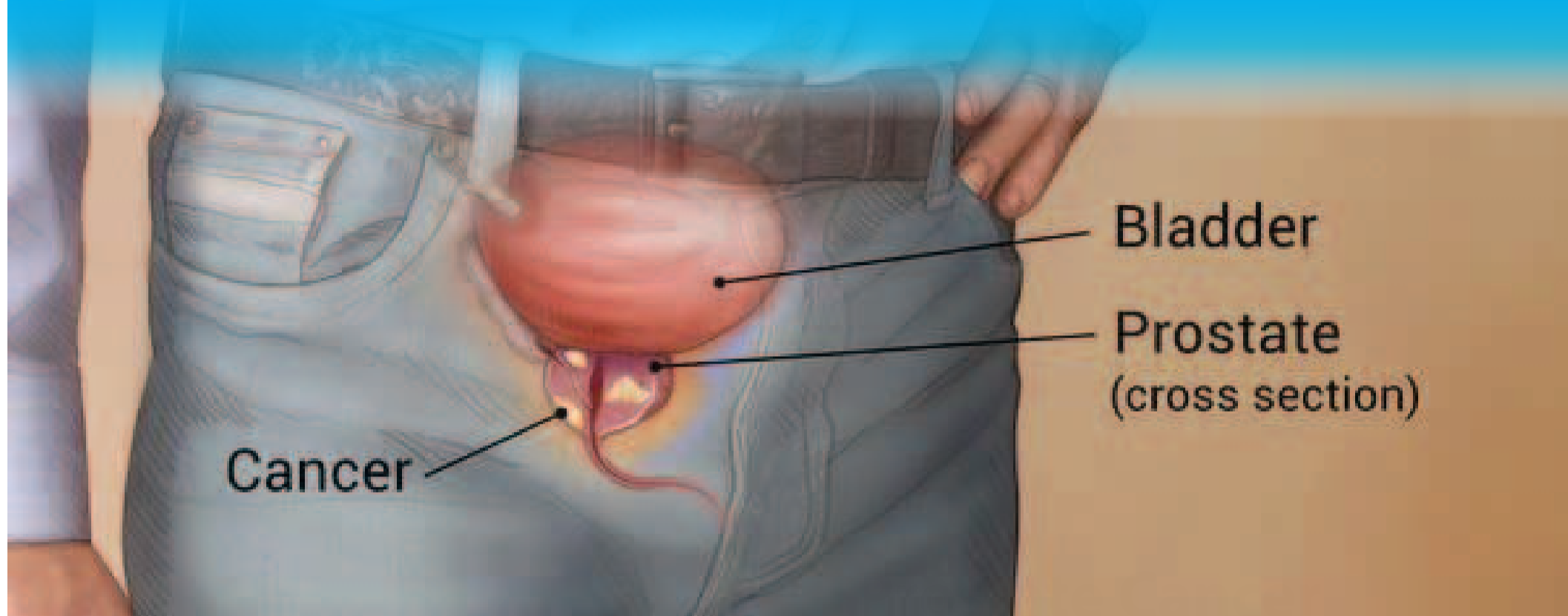
Uthukela District Director Dr Thandeka Zulu said the purpose of the gathering was to encourage Health workers especially nurses:

"It is very important to

reward service excellence, as it can encourage even other health professionals to do well. In many times we do not recognise good performance, and our nurses and staff, including the general orderlies and the security at the gate, are working under strenuous conditions. The National Education and Health Allied Workers' Union came up with the concept and partnered with the Department of Health to recognise workers. We know that we have the MEC's Service Excellence Awards, but as a District we also recognise the best facilities who are best performing well."



# TEST FOR PROSTATE CANCER



**Forget about the perceived invasion of privacy, men over the age of 50 should seek screening for prostate cancer yearly, period!**

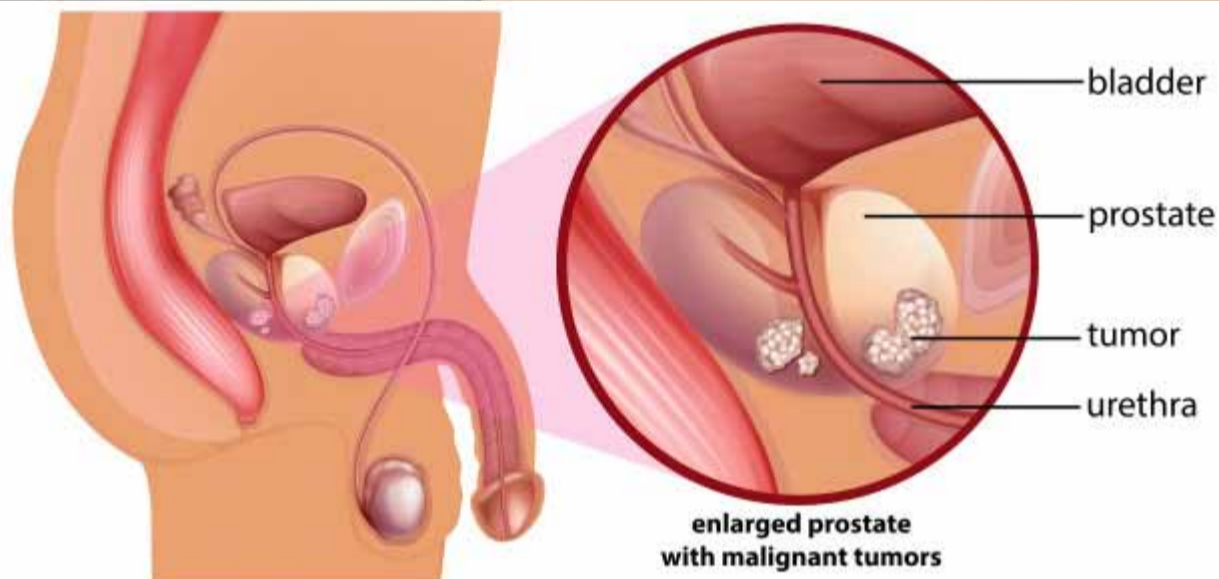
Truth is, prostate cancer is the most common cause of death in men in South Africa, and one in ten men will develop prostate cancer in their lifetime.

As we conclude the men's month we say; it helps if prostate cancer is discovered early, it is indeed understandable that few men are brave enough to go to the proctologist because of the dreaded rectal examination. What happens here is that the doctor performs a digital rectal examination (DRE), whereby he inserts a gloved finger into the rectum and feels the prostate for hard, lumpy, or abnormal areas. The test takes only a few minutes to complete. Indeed one may feel a slight momentary discomfort during the examination but the procedure does not cause significant pain or any damage to the prostate.

The good news is that when detected early, the prostate cancer survival rate is better than 98% but when diagnosed late, however, the chances drop drastically as five men die every day because of this

disease.

It is comforting to know that even some of the great men this country has produced have at a certain point undergone this screening. Former President Nelson Mandela was found to have prostate cancer and it was managed; Desmond Tutu has been battling it for more than 20 years and sadly the life of our icon and jazz legend Hugh Masekela was claimed by it.



## FOR THOSE WHO HAVE NOT GONE FOR SCREENING, IT WILL BE PRUDENT FOR THEM TO BE WARY OF THE FOLLOWING SIGNS AND SYMPTOMS:

- **A need to urinate frequently;**
- **Difficulty urinating or holding urine in;**
- **Weak or interrupted flow of urine;**
- **Painful or burning sensation while urinating;**
- **Difficulty in gaining an erection;**
- **Painful ejaculation;**
- **Blood in urine or semen; as well as,**
- **Frequent pains or stiffness in the lower back, hips or upper thighs.**

Lastly, let us be mindful of fact that all forms of cancer do not discriminate, have no consideration of whether you are rich or poor, black or white. As men, let us work together to destigmatise all the ailments that are easily treated and manageable if detected early.

**Screening for all ailments is the answer.**

# HOW DIABETES CAN AFFECT A MAN'S SEX LIFE



**Having diabetes can affect more than a person's diet. It can impact every aspect of their life, including their sexual health. When a person has diabetes their body cannot use insulin properly and this can lead to high blood sugar levels. Over time this can lead to complications such as nerve damage and cardiovascular problems which both have implications for sexual health.**

Men with diabetes often have reduced testosterone levels, which can affect their sex drive. For a man to achieve an erection there must be significant blood flow to the penis. However diabetes damages the blood vessels, which can affect blood flow to the penis. Diabetes can also lead to nerve damage and make it more difficult for a man to maintain an erection.

There are several medications a doctor can prescribe to enhance blood flow and improve a man's ability to achieve an erection. Some

men may find that mechanical methods to improve blood flow, such as vacuum pumps and injections into the penis are effective.

Seeking treatment early as soon as problems are noticed is better than waiting until symptoms become severe. Early problems are much easier to treat and are more successfully treated. Living a healthful lifestyle is an important way for men with diabetes to boost their overall sense of wellbeing, as well as their sexual health.

#### A healthful lifestyle includes:

- eating a healthy diet
- exercising regularly
- maintaining a healthy weight

Complications and sexual issues can be avoided by managing your diabetes. Keep your diabetes blood pressure and cholesterol under control.



# MINIMIZE YOUR CHANCE OF CONTRACTING COMMUNICABLE DISEASES BY USING THESE SAFETY TIPS

Communicable, or infectious diseases, are caused by micro-organisms such as bacteria, viruses, parasites and fungi that can be spread, directly or indirectly, from one person to another. Some are transmitted through bites from insects while others are caused by ingesting contaminated food or water. A variety of disease-producing bacteria and viruses are carried in the mouth, nose, throat and respiratory tract. Conditions such as leprosy, tuberculosis (TB) and different strains of influenza (flu) can be spread by coughing, sneezing, and saliva or mucus on unwashed hands. Sexually transmitted infections (STIs) such as HIV and viral hepatitis are spread through the exposure to infective bodily fluids such as blood, vaginal secretions and semen.

The KwaZulu-Natal Department of Health remains committed to support the communities in minimizing their risk in contracting communicable diseases.

## HERE IS A LIST OF HEALTHY TIPS THAT YOU CAN FOLLOW TO PROTECT YOURSELF

Learn these healthy habits to prevent germs and infectious diseases from spreading.

### 1. Handle & Prepare Food Safely

Food can carry germs. Wash hands, utensils, and surfaces often when preparing any food, especially raw meat. Always wash fruits and vegetables. Cook and keep foods at proper temperatures. Don't leave food out - refrigerate promptly.

### 2. Wash Hands Often

Learn how to Clean Hands

### 3. Clean & Disinfect Commonly Used Surfaces

Germs can live on surfaces. Cleaning with soap and water is usually enough. However, you should disinfect your bathroom and kitchen regularly. Disinfect other areas if someone in the house is ill.

### 4. Cough & Sneeze Into Your Sleeve

Learn how and when to cover your cough and sneeze.

### 5. Don't Share Personal Items

Avoid sharing personal items that can't be disinfected, like toothbrushes and razors, or sharing towels between washes. Needles should never be shared, they should only be used once, and then thrown away properly.

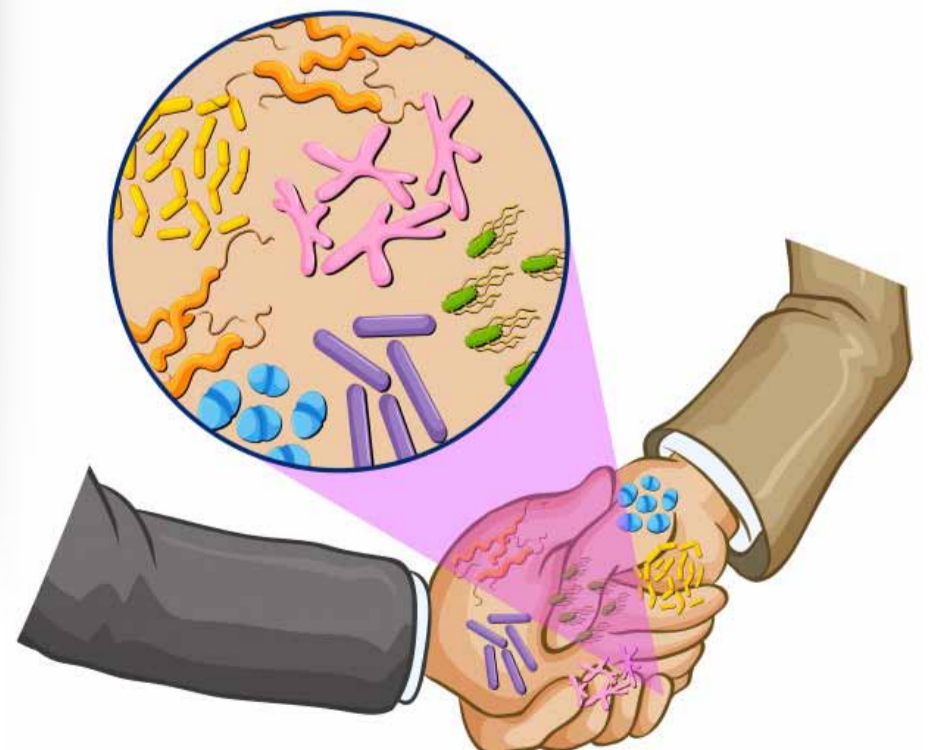
### 6. Get Vaccinated

Vaccines can prevent many infectious diseases. There are vaccines for children and adults designed to provide protection against many communicable diseases. There are also vaccines that are recommended or required for travel to certain parts of the world.

### 7. Avoid Touching Wild Animals

Be cautious around wild animals as they can spread infectious diseases to you and your pets.

Source: <http://www.acphd.org/communicable-disease/protect-yourself.aspx>



# PATIENT UPSET OVER UNLAWFUL PICTURE; DEPARTMENT EMPHASISES PATIENT'S RIGHT TO PRIVACY

**The Department is appalled at the recent viral photograph of a woman seen giving birth on the floors of Phoenix Community Health Centre (CHC). Contrary to rumours of neglect, Sphiwe Gumede says that the birth took place in an isolated place in the facility in less than 30 minutes.**

When speaking to the Department, Gumede expressed her anger at the dissemination of the explicit photograph. "I was very upset to find out that I was

trending. I vaguely remember hearing someone at the scene saying, 'I'm going to put this on Facebook'."

She explains that after experiencing birth pangs, she and her mother had sought urgent assistance in the nearest health facility. In her emergency and her unfamiliarity with the hospital layout, she had found herself in a quiet area of the hospital and unable to continue further. Her mother found the nearest nurse and informed her that her daughter was in labour. Upon returning to her daughter, she was shocked to find that she had already given birth on the floor.

Gumede reiterates, "When I looked down, I had delivered the baby on the floor. When I saw the baby I started

shouting for help." The nurse rushed to aid her, prioritising the safety of the baby first and then securing a wheelchair and a bed for the mother at the labour ward.

She continued, "I would rather someone ask for help in a situation like this instead of taking pictures without my permission."

The Department wishes to re-emphasise that taking pictures of a patient is the infringement of a constitutional right to privacy, and is punishable by law. The Department also reserves the right to confiscate devices and footage taken without permission from the Department or the concerned patient.



## KZN DEPARTMENT OF HEALTH WITHDRAWS SECURITY, CLEANING AND LANDSCAPING TENDER PROCESS FOLLOWING ILLEGAL LEAKING OF POTENTIAL CONTRACTORS LIST



In a bid to clean-up the now "contaminated" procurement process of appointing contractors to provide security, cleaning, and landscaping services at health facilities across the province, the KwaZulu-Natal Department of Health decided to cancel and start over.

This follows the illegal leaking of documents of the Technical Evaluating Committee containing a list of names of service providers whose applications were being considered for forwarding to the Bid Evaluations Committee. The premature sharing - including on social media - of such information has contaminated

the process, and means that whatever decision is taken henceforth regarding the appointment of successful bidders, is likely to cause strife among or even between the parties concerned.

This is regardless whether or not any of the applicants have been prejudiced in any way [there is currently no evidence to this effect].

The Department is extremely concerned by this malicious breaching of its established internal document management protocols, and the compromising of the overall integrity of this procurement process - and is now investigating how this came about.

The Department has since made a request to the KZN Treasury, as the custodian of the public purse, to withdraw and restart the entire process.

The above-mentioned services at hospitals, clinics and Community Health Centres will continue being rendered and managed as they are on a month-to-month basis, until the current challenge has been resolved.

This urgent and decisive action by the leadership of the Department once again underscores its renewed commitment to fiscal discipline, transparency and public accountability.

# PORT SHEPSTONE REGIONAL HOSPITAL HOLDS A **SUCCESSFUL OUTREACH** AT MARBURG SECONDARY SCHOOL



Marburg Secondary students having a joyous moment after they were being assessed.



Port Shepstone Hospital team with Marburg secondary teachers

Recently Port Shepstone Regional Hospital hosted a wellness campaign at Marburg Secondary School. The staff from the hospital's medical department taught the grade 10 pupils about chronic diseases, maintaining a healthy lifestyle, substance abuse and suicide. Others who attended were the hospital's dieticians, a social worker and the eye clinic team who also provided their services.

Dr O Habib, a specialist in psychiatry, delivered a motivational talk on suicide and reminded the pupils on the importance of choosing good friends to ensure the fulfillment of their dreams. The social worker, Nozuko Madolo, addressed the issue of substance abuse, detox and rehabilitation. Pupils were evidently engrossed in the talks and enjoyed the exercise led by the hospital's Taebo team afterwards.

Pupils expressed their

gratitude for the wellness campaign, citing that it was an opportunity for illnesses and unhealthy habits to be identified at an early age and treated accordingly.

A total number of 217 learners were assessed for hypertension and diabetes, 6 were referred to a doctor for high blood pressure, 114 were screened for tuberculosis, 74 had their eyes tested, 5 were counselled on diet and healthy lifestyle and 84 were screened for mental health. A number of these students had major issues and were thus referred to the psychiatric clinic at the hospital.

Port Shepstone Hospital team thanks the school management for permitting the wellness campaign and to pupils for their transparency and their willingness to seek help and advice from the team.



# IMPROVING JOY IN THE WORKPLACE



**“Hunkering down,” “getting through the day,” “riding out the storm” - these are familiar attitudes in inevitably stressed work environments, as truly good people try hard to cope with systems that don’t serve them well, facing demands they can, at best, barely meet.**

The closest most organizations come to “joy” is “TGIF” parties - “Thank goodness it’s Friday. I made it through another week.”

What those in the healing professions and its support roles get to do every day touches the highest aspirations of a compassionate civilization. There is a chosen calling that invites people who are worried and suffering to share their stories and ask for help. If any work ought to give spiritual satisfaction to the workers, this is it. “Joy,” not “burnout,” ought to rule the day.

Joy in work is an essential resource for the enterprise of healing. Good news! Joy is possible. There is a surprisingly large literature on theory and evidence about factors, such as management behaviours, system designs,

communication patterns, operating values, and technical supports, that seem associated with better or worse morale, burnout, and satisfaction in work.

Burnout affects all aspects of the pursuit of better health and health care. It leads to lower levels of staff engagement, which correlate with lower customer (patient) experience, lower productivity, and an increased risk of workplace accidents. These all significantly affect the financial vitality of an organization. The impact on patient care is even more worrying.

So, what can leaders do to counteract this epidemic? The four steps include: first, leaders must engage colleagues to identify what matters to them in their work (Step 1). Next, leaders identify the processes, issues, or circumstances that are impediments to what matters - the “pebbles in their shoes” that get in the way of meeting professional, social, and psychological needs (Step 2). Then, in partnership, multidisciplinary teams come together and share responsibility for removing these impediments (focusing on critical components), and for improving and sustaining

joy (Step 3). Leaders and staff use improvement science together to accelerate improvement and create a more joyful and productive place to work (Step 4).

Together, these serve as a guide for health care organizations, teams, and individuals to improve joy in work for all colleagues. There is also a growing number of health care organizations that are innovating in pursuit of joy in work, and often getting significant, measurable results. Since joy in work is a consequence of systems, quality improvement methods and tools have a role in its pursuit. That is to say: organizations and leaders that want to improve joy can do so using the same methods of aim setting, tests of change, and measurement that they use in the more familiar terrain of clinical and operational process improvement.

Improving joy in work is possible, important, and effective!

# HEALTH INVENTIONS THAT CHANGED THE WORLD:

## THE ENDOSCOPE - SEEING THE HUMAN BODY WITHIN



**In the year 1805, Philip Bozzini made the first attempt to observe the living human body directly through a tube he created known as a Lichtleiter (light guiding instrument) to examine the urinary tract, rectum and pharynx. In 1853, Antoine Jean Desormeaux of France developed an instrument specially designed to examine the urinary tract and the bladder. He named it “endoscope,” and it was the first time this term was used in history.**

An endoscope is an illuminated optical, typically slender and tubular instrument (a type of borescope) used to look deep into the body and used in procedures called an endoscopy. “Endo” is Greek for “within” while “scope” comes from the Greek word “skopos”

meaning to target or look out. It is used to examine the internal organs like the throat or oesophagus. Endoscopes are thin tubes with a powerful light and tiny camera at the end.

Endoscopy procedures are done in KwaZulu-Natal Health Hospitals and are performed by professionally trained medical staff.

Why you may need an endoscopy?

Doctor may recommend an endoscopy for several health reasons:

To screen for and prevent cancer: Doctors use a type of endoscopy called a colonoscopy to screen for colorectal cancer.

To diagnose a disease or find out the cause of symptoms: The type of endoscopy depends on the part of the body that needs to be examined.

Source: [www.olympus-global.com/technology/museum/endo](http://www.olympus-global.com/technology/museum/endo)



# GALLERY

## LAUNCH OF PHILA NDODA MEN'S HEALTH & WELLNESS CENTRE - UTHUKELA DISTRICT



# GALLERY

## 2019 INTERNATIONAL NURSES DAY CELEBRATION - UTHUKELA DISTRICT





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