

# KZN DEPARTMENT OF HEALTH WELCOMES THE NEW HEAD OF DEPARTMENT

**KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has welcomed the appointment of Dr Sandile Tshabalala as the new, full-time Head of Department, hailing it as a move that will bring about stability.**



Dr Tshabalala is a seasoned healthcare professional and leader, and has worked as the CEO and medical manager of several hospitals in the province.

Born in Umlazi township, he matriculated from Sekusile High School at Madadeni in 1987. He holds a Bachelor of Science BSc from UNIZUL (1989-1991); and a MBCHB from MEDUNSA (1992-1996). His illustrious medical journey began when he was appointed as an intern at Ngwelezane in 1997, and he became a medical officer working in ICU and Theatre, as well as a sessional doctor from 1999 to 2008.

He served as a medical manager at Clairwood Hospital from December 2012, and again played the same role at Wentworth Hospital from 2014 to 2015.

He was appointed CEO of Ngwelezane Hospital from

October 2008 to July 2010; a role that he would later again perform at Prince Mshiyeni Memorial Hospital from 2015 to 2017.

He has also worked as a programme manager at head office responsible for Medical Male Circumcision, condom distribution and behavioural change from October 2010 to November 2012. Until now, he has been the chief director: clinical support services.

As a student, he was active in the SRC, including in the health and education sub-committees. He also worked at an NGO Khanya Africa as a secretary; and is a founding member and regional treasurer for the Progressive Professionals Forum.

About his appointment, Dr Tshabalala said: "I am deeply honoured and humbled at being appointed to head the KwaZulu-Natal Department of Health. I am very grateful to the



Honourable Premier for the confidence that he has shown in me. I promise to discharge my duties with diligence and loyalty in the service of the people of KwaZulu-Natal. I am particularly looking forward to implementing a range of new, innovative and

exciting programmes that have been introduced by our Honourable MEC, Ms Nomagugu Simelane-Zulu, which are aimed at improving the overall health outcomes of the people of this province."

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He also pledged to support and help realise a range of new and innovative programmes that have been introduced by KZN Health MEC Ms Nomagugu Simelane, including:

- The introduction and roll-out of an electronic patient record filing system;
- Striving to achieve a minimum staff establishment of 60% at healthcare facilities to relieve the workload on staff, improve client experience, among others;
- Making healthcare facility managers, and those who head up the province's 11 health districts, more accessible and accountable to the public in order to improve service delivery;
- Improving the health outcomes of women and children by fighting non-communicable diseases such as cancer, diabetes, obesity; as well as teenage pregnancy, TB and chronic ailments such as HIV/AIDS;
- Strengthening occupational health and safety, and employee assistance programmes, for staff and;
- Improving overall efficiency and service.

In welcoming Dr Tshabalala's appointment, MEC Simelane-Zulu said: "We are very pleased to have Dr Tshabalala on board as the HOD. His is a very important appointment, as this Department has been without a permanent Head of Department for nearly two years, which is something you

can ill-afford for a Department of this magnitude, with the kind of mandate that it has. In Dr Tshabalala, the Department is in good hands administratively. He brings in a wealth of leadership qualities and experience within the public health sector, all of which will come in very handy as we implement our programmes that are aimed at reducing the burden of disease in this province. We wish to assure him of our full support, and we wish him well as he embarks on this new journey."



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Silwa Nezifo,  
Silwa

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# EYE CARE



photo source: <https://ehealth.eletsonline.com>

## YES, YOU CAN PREVENT VISION IMPAIRMENT

You wouldn't be able to read this article without your eyes. Eyes provide the privilege of sight to walk unhindered, read books, perform surgeries, drive and much more.

Eye Care Awareness Month is commemorated from 21 September to 18 October to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness.

### Globally, the leading causes of vision impairment are:

- uncorrected refractive errors
- cataract
- age-related macular degeneration
- Glaucoma
- diabetic retinopathy
- corneal opacity
- trachoma

According to the World Health Organisation (WHO) 80% of vision impairment is avoidable. Most cases of vision loss can be avoided by the adoption of a healthy lifestyle and diet as well as early check ups when change in eye function is noted.

# GIVE YOUR HEALTHY LIFESTYLE A GOOD START WITH A HEALTHY HEART!

Commemorated on the 29th of September annually, World Heart Day is a global initiative of the World Heart Federation (WHF), with co-sponsorship from the World Health Organisation (WHO) and the United Nations Educational, Scientific and Cultural Organization (UNESCO).

World Heart Day aims to raise global awareness of cardiovascular disease and its prevention. At least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled.

The campaign emphasises prevention measures and risk

factors, which include:

- smoking
- high blood pressure
- high blood cholesterol (increased lipid levels)
- diabetes
- lack of exercise
- obesity and
- stress



photo source: <http://health-pilot.com/news-4-2/>

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## WHAT IS CARDIOVASCULAR DISEASE?

According to WHO (World Health Organization) Cardiovascular diseases (CVDs) are disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. Four out of five CVD deaths are due to heart attacks and strokes. Individuals at risk of CVD may demonstrate raised blood pressure, glucose, and lipids. These can all be easily measured in primary care facilities. Identifying those at highest risk of CVDs and ensuring they receive appropriate treatment can prevent premature deaths. Access to essential NCD medicines and basic health technologies in all primary health care facilities is essential to ensure that those in need receive treatment and counselling.

## HEART AND VASCULAR CARE

The following is an abstract from the American Heart organization

### 1. Schedule a Yearly Check-up

Your heart is in your hands. Each year on your birthday, schedule a

check-up to have your blood pressure, cholesterol and glucose levels checked, and ask your doctor to help you reach or maintain a healthy weight. Be sure to follow your healthcare professional's recommendations, including taking prescribed medications as directed.

### 2. Get Physical

Step, march or jog in place for at least 15 minutes a day while watching your favourite TV shows. Increase your activity by five minutes each week until you're getting a minimum of 30 minutes most days of the week.

### 3. Drink More Water

Take a water bottle with you wherever you go. It'll keep you hydrated and the bottle's weight will strengthen your arms.

### 4. Eat Healthy

Keep packages of unhealthy food hidden. Put raw vegetables and fruits in front in the refrigerator and healthy snacks in the front of the pantry, so that's what you see first. If you grab healthy foods for a minimum of 21 times (21 days to be more exact), healthy choices will become a habit. Diet and nutrition are essential to sustaining a healthy heart.

### 5. Control Cholesterol

Eating foods high in saturated fat, trans fat (trans-unsaturated fatty acids) or cholesterol can lead to high blood cholesterol. To help keep your cholesterol levels down, eat foods low in saturated fat and trans fat, such as lean chicken or turkey (roasted or baked, with skin removed), fruits and vegetables, low-fat or fat-free dairy products and whole grains. Also, you can look for cookbooks that focus on heart health in your local bookstore.

### 6. Cut Down on Salt

To help lower high blood pressure, watch your salt intake. It may be disguised in food labels as sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG), or sodium citrate.

### 7. Quit Smoking

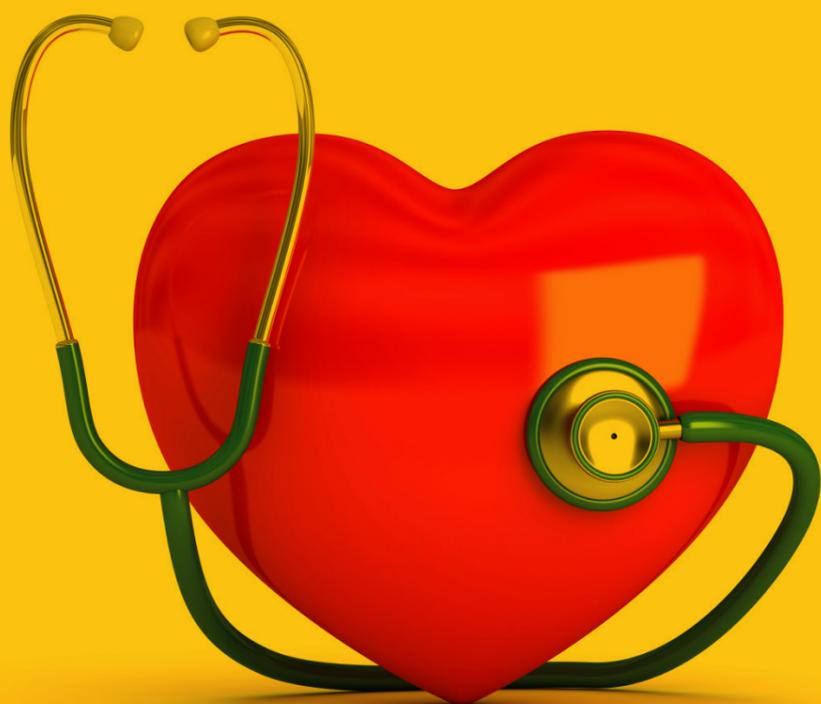
Try this four-step way to kick your habit:

- On Day 1, cut the number of cigarettes you smoke by half
- On Day 3, cut the number of cigarettes you smoke in half again
- And on Day 5, cut your smoking in half again

- On your Quit Day... quit! CVD (Cardiovascular Disease) facts compiled by WHO:
- 17.9 million people die each year from CVDs, an estimated 31% of all deaths worldwide.
- 75% of CVD deaths occur in low-and middle- income countries.
- 85% of all CVD deaths are due to heart attacks and strokes.

Other non-medicinal methods to keep the heart healthy and happy, acknowledging that it is after all Heritage month – feed your heart through your soul. Give more, love more, laugh more, forgive more, be kinder than necessary, being gentle and understanding. The heart may need nutrients and physical tangible measures to sustain its health, but the truth is, an emotionally ill, angry, or sad heart may become what stands between an individual and his/her overall health. The KZN Department of health advocates for a healthy lifestyle for all, for better health.

#YourHealth #MyHealth  
#OurHealth A healthy  
KwaZulu-Natal.



*Catch*

**ISIBHEDLELA KUBANTU**

with MEC for Health  
**Ms Nomagugu Simelane-Zulu**

**28 SEPT Saturday**  
2019

ISOLOMUZI HIGH SCHOOL  
SPORTS GROUNDS, WARD 12, MONDLO B,  
OUTSIDE VRYHEID

**09H00**

#IsibhedlelaKubantu

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# MAKE INFORMED DECISIONS REGARDING YOUR SEXUAL AND REPRODUCTIVE HEALTH

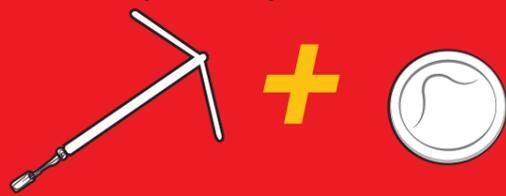
## MALE CONDOM



## FEMALE CONDOM



## COPPER INTRAUTERINE DEVICE (Cu IUD)



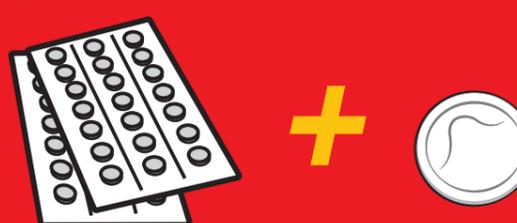
## INJECTABLES



## IMPLANT



## ORAL CONTRACEPTIVE PILL



World Contraception Day is celebrated worldwide on the 26th of September with the objective of improving awareness of contraceptive methods and to empower young people to make informed choices on their sexual and reproductive health.

According to the World Health Organisation (WHO), early child-bearing increases the risks of morbidity and mortality for both mothers and their new-borns, especially babies born to mothers under the age of 20. It is important for women to have access to contraceptives and fertility care services and information to help them plan their families and protect themselves from various sexual diseases.

Contraceptives also help women to wait until they are financially able to care for a child. They also allow women to pursue educational and employment goals without worrying about the financial burden of an unplanned pregnancy.

**WOMEN AND YOUNG GIRLS ARE ENCOURAGED TO VISIT THEIR NEAREST CLINICS, NOT ONLY FOR HEALTH SCREENING, BUT TO ALSO GET MORE INFORMATION ABOUT THE FOLLOWING METHODS OF FAMILY PLANNING WHICH ARE AVAILABLE FREELY AT PUBLIC HEALTH CLINICS:**

- **Male and female condoms**
- **Hormonal injection. (2 or 3 monthly is available)**
- **Oral contraception pills.**
- **Sub-dermal contraceptive implant. (Implanon)**
- **CopperIUD. - (Loop)**
- **Voluntary female sterilisation**
- **Vasectomy for men**



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# DANGER GEVAAR INGOZI



## BEWARE OF RABIES

**World Rabies Day is commemorated on 28 September Annually. The World Health Organisation (WHO) describes rabies as a zoonotic disease, a disease that is transmitted from animals to humans.**

This disease is caused by the rabies virus, of the Lyssavirus genus, within the family Rhabdoviridae. Domestic animals such as dogs, cats, sheep, goats, pigs, horses and donkeys are common carriers of this virus. There are more than 99% of human deaths caused by dogs.

The virus is transmitted in the saliva of rabid animals and generally enters the body via infiltration of virus-laden saliva from a rabid animal into a wound (e.g. scratches), or by direct exposure of mucosal surfaces to saliva from an infected animal (e.g. bites). The virus cannot infiltrate intact skin otherwise once the rabies virus reaches the spinal cord and brain, rabies can become fatal.

People that contract rabies from dogs are commonly those that reside in rural communities where dogs and other animals are in contact with wild animals.

### The symptoms of rabies in humans include:

- Headache and fever
- Irritability, restlessness and anxiety
- Muscle pain and vomiting
- Mental disorder
- Profuse salivation
- Difficult swallowing

### If you have been bitten or had contact with a stray dog or animal:

- Do not wait for symptoms to develop, wash the wound with clean water and soap immediately for at least 10 minutes
- Visit your nearest clinic or healthcare centre for treatment and advice

The Department advises pet owners to vaccinate their pets for rabies to avoid being infected by this disease. Pet owners can also make use of state veterinarians resources, should they suspect that their pets have contracted rabies or any infectious diseases.



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# WHO SAID WHAT THIS WEEK?



*"On this day we celebrate our many cultures, traditions and languages. We also celebrate our greatest legacy of all, and that is our freedom"* **Cyril Ramaphosa, President of South Africa**

*"She would have turned 83 today. She was fierce & unwavering in her fight against injustice, dedicated to the total emancipation of her people. Today we remember Winnie Madikizela Mandela. Freedom fighter. Revolutionary. Mother of the nation. She lives in all of us".* **Cyril Ramaphosa, President of South Africa**

*"As we celebrate the South African Heritage day, may the spirit of Ubuntu (humility) and unity of the nation prevail".* **Sihle Zikalala, Premier of KwaZulu-Natal Province**

*"Empowerment of women decreases mortality rates in children".* **Dr Zweli Mkhize, Minister of Health**



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## BATHO PELE IN ACTION:

**Know Your Hospital CEOs, District Directors, Emergency Medical Services, and Forensic Pathology Services Managers**



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MEC FOR HEALTH  
MS NOMAGUGU SIMELANE-ZULU



see full list here <http://www.kznhealth.gov.za/doh-contact-details-eng.pdf>

## INVENTIONS THAT SHAPED THE WORLD: THE SYRINGE



If you ever had a local anaesthetic at the dentist or an injection from your GP, you are one of the many billions of people around the world who have benefited from the hypodermic needle, a simple yet powerful device that was invented by a Dublin doctor in 1844.

The man you should thank is Francis Rynd (1801-61), who was a surgeon at Dublin's Meath Hospital.

The Meath, then located in Heytesbury Street and now incorporated into Tallaght Hospital, was internationally renowned as a great centre for medical training and research.

Many innovations were pioneered there, but arguably the most important was Rynd's technique for injecting substances directly under a patient's skin. Rynd was treating a

woman who had suffered for years with a severe pain in her face from neuralgia.

She tried drinking a solution of morphine to kill the pain and, when this failed, Rynd decided to try and place the morphine directly under her skin and near her facial nerves. Source: Irish Times.com



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# KZN HEALTH IN PICTURES

**KWAZULU-NATAL HEALTH MEC MS.NOMAGUGU SIMELANE-ZULU VISITED THE THE KZN DEPARTMENT OF HEALTH PROVINCIAL PHARMACEUTICAL SUPPLY DEPOT. THE VISIT WAS TO ASSIST THE MEC TO BETTER UNDERSTAND THE ENTIRE PHARMACEUTICAL RECEIVING AND DISPATCHING PROCESS.**



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**COMPILED BY:**

**CORPORATE COMMUNICATIONS**  
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