



KUQOPHEKE UMLANDO KUHLINZWA NGEMPUMELELO AMAWELE ABEHLANGENE NGEZIFUBA NAKWESINGEZANSI



KUQOPHEKE UMLANDO
KUHLINZWA NGEMPUMELELO
AMAWELE ABEHLANGENE
NGEZIFUBA NAKWESINGEZANSI
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BEKA INDLEBE UZIZWELE
NGOKWAKHO INKULUMO

YESABELO ZIMALI

SONYAKA KA **2017/2018**

MHLAKA

19 APRIL 2017



USOMQULU WAMALUNGELO EZIGULI

Wonke umuntu unelungelo lokuthi:

- Anikwe inhlonipho ezikhungweni zezeMpilo.
- Athole ukuhlengwa nokunakekelwa ngendlela efanele, futhi endaweni evikelekile
- Aziswe ngesimo sakhe sempilo
- Abe novo ekuthathweni kwezinqumo ezimayelana nempilo nokwelashwa kwakhe
- Akwazi ukuthola noma yiluphi uhlobo losizo lwezempilo aludingayo
- Kuvikelwe imininingwane yesifo sakhe ngesikhathi elashwa ngoba lokhu kuyimfihlo phakathi kwakhe nabezeMpilo
- Acele umbono wesibili kumsebenzi wezeMpilo ohlukile kunowokuqala
- Enqabe ukwelashwa. Lokhu kumele kulandelelwe futhi asizwe ngakho
- Afake izincomo, noma abeke izikhalo mayelana nendlela aphaatheke ngayo esikhungweni sezeMpilo.

UMnyango wezeMpilo unxusa iziguli noma izihlobo zazo ukuthi uma zikade zihambele izikhungo zezeMpilo, emva kokwelashwa ziqhubeka nokungazizwa kahle, zibuyele kulezo zikhungo zibikele abezempilo. Lapha zingaxhumana nehovisi likamXhumanisi wesiKhungo noMphakathi (PRO), noma umphathi wesikhungo (CEO noma Operations Manager).

Uma zingagculisekile, zingabhalela lowo oyi-Ombudsperson kwezeMpilo KwaZulu-Natal **uMnuz Mboneni Bhekiswayo** kuleli kheli: **330 Langalibalele Street, Pietermaritzburg 3201.**

Angathunyelelwa ne-email ku; **mboneni.bhekiswayo@kznhealth.gov.za**,
noma afonelwe ku-**033 395 2111**.

UMnyango wezeMpilo unane-call centre esebenza amahora awu-24 nsuku zonke lapho kufakwa khona izikhalazo. Shayela ku- **0800 005 133**.

Kumahhala uma ufona ku-Telkom.

Uma ufona ngomakhalekhukhwini ungacela bakushayele bona.

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UMYALEZO OVELA KUNQONGQOSHE WEZEMPILO, U DKT SM DHLOMO

INYANGA kaMbasa ingenye yezikhethekile kakhulu ezweni lethu njengoba kuyisikhathi esigubha ngaso ukufika kweNkululeko nentando yeningi, sikhumbule wonke amaqhawe ethu asilwela, njengoba amanye aze asala enkundleni, kwasala izintandane nabafelokazi. Asisoze neze sawakhohlwa.

Njengoba sigubha iminyaka ewu-23 sakhululeka nje, siyaziqhenya ngempumelelo esizuziwe. UHulumeni waseNingizimu Afrika usuwenze lukhulu ukuqinisekisa ukuthi abantu baphila kade, futhi kahle. Abantu abasaguli bashone ngokushesha njengakuqala ikakhulukazi uma behlaselwe yi HIV/AIDS ne TB.

Manje abazali nezinhloko zamakhaya sebekwazi ukuphila isikhathi eside, ngaphandle kokusaba ukubulawa yisifo sengculazi bese beshiya abantababo sebeyizintandane. Omama abakhulelwe abanegciwane le-HIV sebekwazi ukuteta abantwana abangenalo leli gciwane.

Nakuba zisekhona izinselelo ezinqala ekulweni nokubhebhetheka kwaleli gciwane – njengoba lokhu kudlange kakhulu kwabesimame abaneminyaka ephakathi kuka 15- 24 - kubalulekile ukuba siqaphele ukuthi kuningi osekwenziwe ukunqanda lesisimo.

Lapha singabala:

Ukuhlinzekwa kwabanegciwane le-HIV ngaphandle kokuthi balinde (Universal Test and Treat); Ukungalindi kuze kwehle iCD4 Count kusiza kakhulu ngoba igciwane linqandwa lingakasabalali emzimbeni womuntu, futhi kusho ukuthi i-HIV ayisezubhebhetheka kalula, nabantu ngeke besasheshe bashone.

Uhlelo lokuhlola i-HIV nokukhishwa kwemishanguzo abahlengikazi, i-Nurse Initiated Management of Antiretroviral Treatment (NIMART); Ukugqugquzela ukuzivikela ngokusebenzisa ijazi lomkhwenyana ngasonke isikhathi uma abantu beya ocansini.

Uhlelo lokusokwa kwabesilisa okuphephile, i-Medical Male Circumcision njengoba sekusokwe abesilisa abangaphezu kuka 740 000;

Ukwehla kakhulu kwesibalo sabantwana abasuleleka ngegciwane le-HIV ngesikhathi bezalwa (Prevention of Mother to Child Transmission of HIV):

Lesi sibaso sesehle saze sacishe safika lapho siphela khona njengoba simi ku-1,2%. Sisuka kude nokho. Empeleni ngo-2009/2010 lesi sibalo besiwu-9,5%. Besilokhu sehle njalo. Lapha sibonga bonke abezempilo abaqinisekise ukuthi bonke abakhulelwe bayohlolwa igciwane le-HIV.

Ukulwa ne-HIV ne-TB kanyekanye: I-HIV nesifo sofuba (Tuberculosis) kubalulekile ngoba isifo sofuba yiso esibulala abantu abane-HIV kakhulu kunezinye. UMnyango usufake imishini ebizwa nge-GeneXpert ewu-90 ezibhedlela, nekwazi ukusheshe iveze imiphumela ye-TB ne-Multi-Drug Resistant TB esikhathini esiphakathi kwamahora wu-24 kuya kwangu-48. Abantu abasalindi isikhathi eside njengakuqala.

Izinselelo: Imiphumela eshaqisayo yocwaningo olwenziwe yisikhungo i-Centre for Aids Programme Research in SA (CAPRISA) isanda kuveza ukuthi angaphezulu kuka 2300 amantombazane kuzwelonke aphakathi kuka 15 no 24 iminyaka athola igciwane lesandulela-ngculazi njalo ngesonto; kubantu abadala kunabo o-“sugar daddy” ababuye baziwe ngama-blesser. Sesiphumele eshashalazini ukukhuza lomkhuba.

Siyawunxusa umphakathi wakithi ukuba uyohlolola i-HIV noma kanye ngonyaka, ukuze uma kutholakala ukuthi umuntu unayo akwazi ukuqala imishanguzo masinyane. Akusizi ukuhlale ungazi, futhi ukungayi kohlolwa – nokukwenza ungasazi isimo sakho sempilo - akusho ukuthi awunalo igciwane le-HIV.

Kuzomele kuhlanyanele abazali, abantwana babo, nabaholi bemiphakathi ngokuthi bashintshe ukwenza, kuyekwe ukuhloniza ngokuxoxa ngezindaba zocansi, ikakhulukazi olungavikelekile nomthelela walo. Ukuzithiba kwentsha kwezocansi kubalulekile. Uma intsha ihluleka ukuzithiba ukuya ocansini, kumele iye emitholampilo eseduze ithole izinsiza zezempilo, isebenzise uhlelo lokuzivikela olumbaxambili (i-Dual Protection).





UMYALEZO OVELA KWINHLOKO YEZEMPILU, U DKT ST MTSHALI

Inyanga ka Mbasa (April) isho ukuqala konyaka wezimali omusha kuhulumeni. Lesi yisikhathi esimqoka kakhulu, lapho yonke iminyango kahulumeni yethula isabelo zimali sonyaka. Isabelo zimali singumkhombandlela owenekela umphakathi wesifundazwe nabasebenzi bakahulumeni mayelana nendlela okumele kusetshenziswe ngayo imali eyabelwe umnyango.

Umphakathi uthola ithuba lokwazi ukuthi sicazwe kanjani isamba semali eyabelwe izinhlelo zemisebenzi kahulumeni egxile ekulethweni kwezidingo kubantu. Kithina basebenzi bomnyango ngamunye, icacisa uhlelo lwemisebenzi okufanele iqhutshwe ukusiza abantu bakithi ukuze siqinisekise ukuthi imali isetshenziswa ngendlela efanele, nenomvuzo.

Ngomhla ka 19 kuyona lenyanga (April 2017), uNgqongqoshe wethu uDkt uSibongiseni Dhlomo uzokwethula isabelo zimali soMnyango wezeMpilo eSishayamthetho sesifundazwe. Ngifisa ukunxusa bonke abasebenzi boMnyango wezeMpilo ukuba bazibophezele ukuze yonke imisebenzi ezobalulwa uNgqongqoshe futhi bayenze ngokucophelela ukuze zibonakale izithelo zokusebenza kwezimali emiphakathini.

Kunezihloko zezempilo ezibalulekile umnyango ozokhuluma ngazo njengoba lena kuyinyanga yokuqwashisa abantu ngokubaluleka kokuba nolwazi ngezempilo (Health Awareness Month). Sizoqwashisa abantu ngezifo ezahlukene ezikhungethe imiphakathi yakithi njengesifo sokungakhuli kahle ngokomqondo, i-Autism; isifo sikaMalaleveva; kanye nobumqoka bokugoma izingane.

Sizofundisana kabanzi ngazo zonke lezi zifo ukuze sihlome ngolwazi lokuthi zigwenywa kanjani, zibonakala kanjani, futhi zelashwa kanjani uma sezitholakele kumuntu. Ngicela ukuthi sibambisane ekulweni nezifo ukuze sigweme ukuhlukumezeka kwabantu ngenxa yezifo kanjalo nokulahleka kwemiphefumulo kungenasidingo. Ukuvikela izifo kusenesikhathi kunomphumela omuhle ekuqinisekiseni ukuthi imali yomphakathi isetshenziselwe izidingo ezinqala.

Lenyanga izobuye ibe matasa kakhulu kithina njengoMnyango wezeMpilo ngenxa yamaholidi ePhasika. Uphiko lwethu lweZimo eziPhuthumayo luzobe lwelekelela umphakathi kuzona zonke izinkalo zesifundazwe ikakhulukazi emigwaqeni emikhulu lapho kuvame ukuthi kwehle izingozi zomgwaqo ngenxa yesiminyamina sezimoto esiba khona emigwaqeni. Ngifisa ukunxusa bonke abasebenzi bezempilo abazobe besebenza ngesikhathi sePhasika ukuthi benze konke okusezandleni zabo ukusindisa izimpilo zabantu abazolethwa ezikhungweni zethu. Kanjalo nginxusa umphakathi ikakhulukazi abashayeli ukuthibaziphathe kahle, bangashayeli izimoto bephuzile noma bethathe izidakamizwa.

Ngifisela bonke abasebenzi bomnyango, zonke izinhloko esibambisene nazo kulomkhakha wezempilo, umphakathi wesifundazwe saKwaZulu-Natali kanjalo nezivakashi ezizohambela kulesifundazwe ngamaholidi ePhasika, isikhathi esimnandi sePhasika. Sengathi labo abazohambela amasonto ahlukene bangakhonza kahle, bese kuthi labo abazohambela izindawo zokungcebeleka bazijabulise kahle, baqikelele ukuphepha kwabo. Ngifisela okuhle kodwa.



KUQOPHEKE UMLANDO KUH LINZWA NGEMPUMELELO AMAWELEABEHLANGENE NGEZIFUBA NAKWESINGEZANSI

NgoMfumfu (October) wangonyaka odlule owesifazane waso-Pongolo uNksz Fikile Mbuyisa oneminyaka engu 31 ubudala wabeletha amawele ayehlangene ngezifuba nakwesingezansi, lowesifane wabelethela ekhaya ngaphansi kwesimo esibucayi.

Wabeletha abantwana bamantombazane wabe esephuthunyiswa esibhedlela Itshelejuba base bedluliselwa esibhedlela iLower Umfolozi War Memorial eMpangeni. Bafika khona baxilongwa kwatholakala ukuthi abantwana bahlangene ngezifuba kanye nakwesingezansi.

Babe sebedluliselwa esibhedlela INkosi Albert Luthuli Central Hospital ukuze bathole ukunakekelwa okuthe thuthu. Esibhedlela inkosi Albert Luthuli bangeniswa egunjini labagula kakhulu (ICU).

Kulesi sikhungo sezeMpilo esisezingeni eliphezulu ngokunakekela kulapho bafika bathola ukuxilongwa bafakwa nasemishinini ye-X-ray; ama CT scans kanye ne-CT angiograms.

Kwatholakala ukuthi basebenzisa isibindi esisodwa kanye nesicubu senhlizio kwase kudingeka kuhlukaniswe phakathi. Kuphinde kwahlukaniswa nethumbu elibizwa ngokuthi i-gastro-intestinal, elenza bakwazi ukudla. UNgqongqoshe wezeMpilo KwaZulu-Natal uDkt. Sibongiseni Dhlomo uthi mukhulu umsebenzi owenziwe ithimba loDokotela lapha.

“Lomsebenzi wokuhlukanisa ngempumelelo engaka amawele abehlangene ngezifuba kanye nakwesingezansi ukube bewenziwa



esibhedlela esizimele bekungaba izigidigidi zama-Randi. Ngithanda ukubonga kakhulu ithimba loDokotela elifunde lagogoda kulomsebenzi wokubelethisa eliholwa uDokotela u Harshavan Mackanje ngokuzinikela okungaka. Selokhu bafika lapha abantwana kanye noMama wabo bebethola ukunakekelwa okusezingeni lwezempilo. Lokhu kuchaza ukuthi i-National Health Insurance okukhulunywa ngayo isibonwa ngamehlo. Lomsebenzi ongaka uchaza ukuthi ezempilo zikaHulumeni wabantu ziyasebenzi, ngibonga kakhulu kulaboDokotela abenze umsebenzi ongaka,” kuchaza uDkt Dhlomo.

UMama wamawele uFikile Mbuyisa uthi wethe izingane zakhe ngokuthi uNkosingiphile kanye no-Siphiwe ngenxa yokuthi ngempela umdali umphile lezingane. Uthi ubonga kakhulu uthando loDokotela kanye nabahlengikazi basesibhedlela INkosi

Albert Luthuli.

“Ngithanda ukubonga ngothando engiluthole kulesi sibhedlela kusukela kubahlengikazi kuya koDokotela, bengizizwa ngisekhaya. Kwesinye isikhathi benginokwesaba ukuthi lomsebenzi ongaka angeke uze ube impumelelo, nokuthi oyedwa angase adlule emhlabeni kodwa iNkosi yangipha bona laba bantwana. Ngiyabonga kakhulu,” esho kwehla izinyembezi zenjabulo.

UDkt Mackanje uthi lomsebenzi ubungelula neze.

“Bekungelula ukuthi siwahlukanise amawele njengoba kudingeke ukuthi silinde izinyanga ezinhlanu ngaphambi kokuthi sense lomsebenzi. Okunzima kakhulu ukuthi bebesebenzisa isibindi esisodwaukuthi sisihlukanise phakathi. Besiqinisekisa ukuthi izingane ziphile kahle kanye noMama wazo njengoba naye ebethola ukwelulekwa ngokwengqondo”.

KUGQUGQUZELWE UKUGWENYWA KWEZIFO KUNOKUTHEMBELA EKWELASHWENI



UNGGQONGQOSHE wezeMpilo KwaZulu-Natal uDkt Sibongiseni Dhlomo uphinde waqhakambisa izwe laseCuba njengesibonelo esihle ekwenganyelweni kwezeMpilo, wathi izikhungo zezeMpilo zakuleli ngabe azigcwali ukuba abantu bayazikhuthaza ngokuzinakekela kahle, bagweme izifo, futhi baye koxilongwa ngaphambi kokuba baze bagule.

UDkt Dhlomo ubekhuluma eDumbe Community Healthcare Centre (CHC) lapho abeyobheka isimo sokusebenza, aphinde aseke futhi akhuthaze odokotela abathathu abasebenza ngokuzikhandla kule ndawo ehlinzeka izinkumbi zabantu ngezinsiza zezeMpilo.

Emva kokwamukelwa ngemfudumalo wubuholi bendawo, uDkt Dhlomo ugoqe imikhono wazixilongela mathupha iziguli eziwu-16. Omunye weziguli, uNksz Busisiwe Nkosi waseBilanyoni, uthe,

“Kade ngibulawa yizinhlungu ngifika lapha. Ngithokoze kakhulu ngibonwa uNgqongqoshe uqobo lwakhe. Kuyisibusiso impela. Ngithole imithi yami wase ethi uDkt Dhlomo ngizodluliswa ngiye esibhedlela.”
UDkt Dhlomo uthi indlela eyenza ngayo i-Cuba ngokugxila kakhulu ekugwemeni izifo kunokwezela kungayisiza iNingimzimu Afrika. “Lapha kwelakithi uma uwudokotela uyahlonishwa uma uphumelela ukunquma imilenze yabantu ukuze usindise labo abasuke belimele noma abaphethwe isifo sikashukela. Kanti e Cuba uhlonishelwa ukuthi ufundisa abantu ukuthi bazivikele ezifweni.

i-Community-Orientated Primary Health Care (COPHC), iyawasebenzela amanye amazwe, nathi sifuna ukubona isebenza nalapha kithina.”
Phakathi kodokotela abasaqeqeshwa eCuba, ababili bazobuya bezosebenza eDumbe CHC kungekudala. Bangingi futhi abanye abazofakwa ezikhungweni

zezempilo emakhaya kusosonke isifundazwe.

*“Inhloso yethu singuHulumeni ukuthi siqinisekise ukuthi ngisho abantu abahlala ezindaweni ezisemakhaya bayaluthola usizo lwezempilo. Sifuna ukufeza izimiso ezibekwe wumhlahlandlela kahulumeni, i-National Development Plan, ezithi ngonyaka ka-2030 kumele zonke izikhungo zikaHulumeni zibe sezisezingeni eliphezulu. Abantu kumele bangabi nasidingo somshwalense wezempilo (medical aid), ngisho emakhaya, ngoba impatho abayoyithola ezikhungweni zethu iyobe ilungile,”*kusho uDkt Dhlomo.

UDkt Dhlomo uvakashele nasemtholampilo waseFrischgewacht ukuyohlola isimo sokusebenza. Ubuye wahola iqembu labebezivocavoca sakudansa (aerobics), wagqugquzela umphakathi ukuba ujwayele ukuzivocavoca ukuze ungangenwa izifo kalula.

ABEZIMO EZIPHUTHUMAYO SEBEMI NGOMUMO UKUBHEKANA NESIKHATHI SEPHASIKA



**UNgqongqoshe wezeMpilo
KwaZulu-Natal uDkt.
Sibongiseni Dhlomo
usememezele ukuthi
uMnyango wezeMpilo
KwaZulu-Natal ukulungele
ukubhekana nezimo
eziphuthumayo ngamaholidi
ePhasika.**

"NjengoMnyango wezeMpilo KwaZulu-Natal sesiwalungele amaholidi ePhasika. Sizobe sitshale ama ambhulensi kulezo zindawo ezidume ngezinguzi zomgwaqo. Inhloso ukuthi umuntu akwazi ukusizakala nge-hora lokuqala ingozi yenzekile okwaziwa ngokuthi i-Golden hour, ngoba lokhu kwenza abe maningi amathuba okuthi asinde."

UDkt Dhlomo uthi isifundazwe sikulungele ukulekelela nanoma ikuphi nesifundazwe, kwazise kunanendiza enophephela emhlane ekwazi nokufinyelela ezindaweni ezinemigwaqo emibi.

"Phezu kwakho konke lokhu, sijube izimoto zethu zokutakula ezinobuxhakaxhaka obuhlukene ezinakho konke okokutakula umuntu uma ebhajiwe. Sinezinto zokusika izinsimbi uma ngabe umuntu esengozini, ebhajiwe ngaphakathi esigadleni semoto. Uma ngabe ingozi ibandakanya abantu abaningi kunama ambhulensi angamabhasi alungele ukuthutha umthamo omkhulu weziguli. Lamabhasi anezinhloko ezine phakathi kanye nezihlalo ezihamba ngamasondo ezimbili, kanti angakwazi ukulayisha iziguli ezingu 35 ngesikhathi."

UDkt Dhlomo uphinde wanxusa umphakathi ukuba ubambe iqhaza ekulweni nokudunwa kwama ambhulensi kanye nasekuhlaselweni kwabasebenzi bezeMpilo abasuke behambele imiphakathi.

"Kuyasikhathaza kakhulu ukudunwa kwezimoto zikaHulumeni nokubanjwa inkunzi kwabasebenzi. Uma kuzodunwa izimoto zoMnyango kuphinde kuhlaselwe abasebenzi boMnyango lokhu kwenza kulahleke izimpilo. Uma kungathiwa loyo muntu osuke eduna noma ehlasela abezimo eziphuthumayo kugula uMama wakhe noma isihlobo angajabula? Ngicela ukuthi umphakathi uzibike kwabomthetho lezi zigilamkhuba uma unolwazi, ukuze kungaphazamiseki ukusebenza kukaHulumeni."

BEKA INDLEBE UZIZWELE NGOKWAKHO INKULUMO **YESABELO ZIMALI** **SONYAKA KA 2017/18**

UNgqongqoshe wezeMpilo KwaZulu-Natali uDkt Sibongiseni Dhlomo uzokwethula iNkulumo yeSabelozimali saloMnyango ka-2017/18 eSishayamthetho salapha KwaZulu-Natali mhlazingu 19 kuMbaso 2017. Lapha kulindeleke ukuba uNgqongqoshe akhulume ngemisebenzi eminingi emihle eyenziwe yiloMnyango ngonyaka wezimali odlule (2016/17); bese ethula izinhlelo zokuqhubeka nokuhlinzeka umphakathi ngezinsiza zezeMpilo onyakeni omusha ka-2017/18. Kulindeleke ukuba uNgqongqoshe anxuse umphakakathi ukuba welekelele uHulumeni ekongiweni kwalemali ngokuthi abantu bazinakekele, bagweme izifo, futhi bazijwayeze ukuyohlolwa ezikhungweni zezempilo okungenani noma kanye ngonyaka - bangalindi baze bagule. Lokhu kuyasiza ukugwema izifo kunokuzelapha, kanti uma izifo zisheshe zatholakala kuba lula, futhi kushibhe nokuzelapha.

ASIKHUTHALELE UKUGOMA IZINGANE ZETHU



UNgqongqoshe wezeMpilo KwaZulu-Natal uDkt Sibongiseni Dhlomo unxusa abazali nabanakekela izingane ukuthi baqinisekise ukuthi abantwana bayagonywa. Udlulisa lomlayezo njengoba kuzoba isonto lokuqwashisa ngokubaluleka kokuGoma ngo24-30 kulenyanga kaMbaso.

KUYINI UKUGOMA?

Ukugoma ukunikeza amasosha omzimba indlela yokukwazi ukulwa nezifo ezivamise ukuhlaselela umzimba. Kubalulekile ukuthi abantwana bagonywe ngokohlelo lwezeMpilo olume kanje:

- Ngesikhathi umntwana ezalwa; ngesikhathi enamasonto ayisithupha; ngesikhathi enamasonto ayishumi; ayishumi-nane; izinyanga eziyisishiyagalolunye; eziyishumi nesishiyagalombili; iminyaka eyisithupha, neminyaka eyishumi nambili.

IZIPHI IZIFO EZIGOMELEKAYO?

Ziningi izifo ezingagomeleka, kodwa ezibucayi uMnyango ogxila kakhulu kuzo ilezi:

Umdlavuzo wesibeletso: Lomdlavuzo utholakala esibeletsoweni njengoba lisho igama lawo. Lingabanga ukuthi ingane yesimame ikhishwe isibeletso, ingakwazi ukuthola abantwana uma isindala noma ishone.

- Hepatitis B: Isifo esilimaza isibindi;
- Isifo Sofuba: Lesifo esidle ngamandla kulesi sifundazwe sivamise ukuba ngathi umkhuhlane uma sisaqala kodwa sigcine sesibucayi. Sijwayele ukulimaza amaphaphu futhi uma singalashwanga, siyabulala.

EZABASEBENZI

(TB in the Workplace)

UMnyango wezeMpilo KwaZulu-Natali usuqwashise abasebenzi bawo ngobungozi besifo soFuba emcimbini obubanjelwe ekomkhulu loMnyango eMgungundlovu. Lapha kube nemashi emigwaqweni yakuleli dolobha, abasebenzi bephethe izingqwembe ezinemiyalezo eqwashisa ngalesi sifo. Kuphinde kwagcizelelwa ukuthi lesi sifo siyagwemeka, kanti futhi siyelapheka – uma nje lowo esiphethe ezodla imishanguzo ngokwemiyalelo ayinikwe abezeMpilo.



IZINTO EZIMBALWA EZIMQOKA ZINGASIZA UKWEHLISA **ISIFO SOFUBA**



Ukwenza izinto ezimqoka ezimbalwa, ezifana nokungathimiseli amathe phansi, ukuvala umlomo uma ukhwehlela, nokuvula amafasitela endlini ukuze kungene umoya ohlanzekile kungasiza kakhulu ukwehlisa izinga lesifo sofuba kulesisifundazwe. Lokhu kushiwo uNgqongqoshe wezeMpilo KwaZulu-Natal uDkt. Sibongiseni Dhlomo ngesikhathi esesifundeni saseMajuba, ukuyiqwashisa ngobungozi besifo sofuba.

ENingizimu Africa isifo sofuba sibulala cishe u-80% wabantu abaphilsa nesandulela ngculazi, lokho kusho ukuthi sibulala abantu abangu 120 000 ngonyaka. UHulumeni uhlose ukwehlisa lesi sibalo sibe ngaphansi kuka 20 000. UDkt Dhlomo usenxuse umphakathi ukuba ugweme lesi sifo, futhi uzijwayeze ukuvakashela emtholampilo ukuyohlola izifo okungenani kanye ngonyaka ukuze uma zitholakala uthole ukwelashwa.

UDhlomo uphinde waxwayisa ngezinye zezimpawu ezimqoka umuntu angabonakala ngazo uma enesifo sofuba okuyilezi:

- Ukukhwehlela isikhathi esingaphezulu kwamaviki amabili;
- Ukuba nezinhlungu esifubeni;
- Ukukhathala uzizwe ubuthaka emzimbeni;
- Ukuzizwa ungakuthandi ukudla wehla nasemzimbeni;
- Ukujuluka ebusuku, uzwela amakhaza kakhulu;
- Ukukhwehlela igazi.

Iqiniso ngesifo sofuba:

- Isifo sofuba siyelapheka noma uphila nesandulela ngculazi;
- Isifo sofuba ungasithola noma kuphi, noma nini, futhi wonke umuntu kumele ayohlola ukuthi akanaso yini;
- Yidla imishanguzo yesifo sofuba izinyanga eziyisithupha ukuze welapheke;
- Vala umlomo wakho ngendololwane uma ukhwehlela;
- Vula amafasitela endlini yakho kungene umoya ohlanzekile;
- Geza izandla zakho njalo;
- Yiya emtholampilo osezuzane ukuze uhlolwe.



UDkt Dhlomo enikela ngemifaniswano yesikole kubafundi abangu 14 esikoleni Sekusile Secondary School eMadadeni eNewcastle.

UNGGONGQOSHE UYISUKUMELE PHEZULU INDABA YASEMAKHAZENI



UNggongqoshe wezeMpilo KwaZulu-Natal uDkt. Sibongiseni Dhlomo ushiye phansi i-sudi nemisebenzi yakhe yasehho visi wakhetha ukuzozibambela mathupha eMortuary yase-Port Shepstone ePark Rynie, ukuqinisekisa ukuthi imindeneni ezobe ingcwaba ngempelasonto iyazithola izidumbu zabathandiweyo babo. Zingu 17 izidumbu ebezise Mortuary yase-Park Rynie ePort Shepstone nokuyilapho afike khona wahlola izidumbu ezingu 8.

UNggongqoshe uDhlomo uneziqulane ze-Diploma ku-Forensic Pathology Services azithola eCollege of Medicine of South Africa. Uthando lwakhe lokwenza lezi zifundo lusukela ezingozini ezimbili ezihlasimulisa

umzimba ake wazibona. Ingozi yokuqala yileyo eyadlula nemiphefumulo yezintombi ezazivela eMkhosini womhlango KwaNongoma eminyakeni emibalwa edlule; eyesibili ileyo eyadlula nemiphefumulo yabantu abangu 34 eyenzeka ePinetown ngesikhathi iloli liphelelwa amabhuleki lashayisa amatekisi amathathu.

UMnyango wezeMpilo unezindawo zamakhaza ezingu 36 ezisebenzayo esifundazweni; ezingu 8 zisezikhungweni zoMnyango, kanti ezingu 26 zisezikhungweni zamaphoyisa kodwa zingaphansi koMnyango wezeMpilo. Ezingu 4 zisezibhedlela zikaHulumeni; ezimbili kulezi zisemakhazeni ase-Phoenix kanye naseMgungundlovu kanti lamakhaza akulezindawo akwazi ukumumatha izidumbu ezingu 409.

“Ngesikhathi ngibizwa izisebenzi zasemakhazeni ukuthi ngizobona ingozi

yase-Pinetown kwakunzima kabi ukuthi ngiye. Kodwa emva kokubona umsebenzi owawubhekene nezisebenzi zasemakhazeni ngabona ukuthi kumqoka ukuthi ngenze izifundo zalomsebenzi. Enye into eyenza ukuthi ngifundele lomsebenzi ukuthi ngangifuna ukuzifaka ezicathulweni zezisebenzi zasemakhazeni. Ngesikhathi ngifika ePinetown ngibona izidumbu sezidindilizile ilapho engabona khona umsebenzi obhekene nezisebenzi zasemakhazeni ngabona umsebenzi ababhekana nawo mihla namalanga.” Kuchaza uDlomo.

UDhlomo ugqungquzele izisebenzi zasemakhazeni ukuthi zithandaze mihla namalanga. Uthi uqonda kahle ukuthi akusinoma ubani ongakwazi ukwenza lomsebenzi, uthi njalo ekuseni kumele uvuke unomdlandla wokubhekana nalomsebenzi. Uthi kumqoka ukuthi uhlezi usondele kumdali wakho.

MABANGAYEKELELWA ABANESIFO SENGCINDEZINGQONDO



ENYE yezinselelo ezinkulu esibhekene nazo njengoba siyizwe elisathuthuka wukungabi nolwazi olwanele mayelana nezempilo nokuthi izifo zigwenywa kanjani nanokuthi yimaphi amathize enziwayo ukudodobalisa lezo ezingelapheki. Lesi simo sibucayi kakhulu ngasohlangothini lwezifo zokuphazamiseka komqondo. Abacwaningi bathi isifo sengcindezingqondo (depression) sibalwa kanye nezinye eziningi umphakathi ongaziqondisi neze, phezu kobungozi bazo obukhulu okubandakanya ukuphelelwa yithemba umuntu aze afune nokuzibulala.

Njengoba amazwe omhlaba ezobe eqwashisa ngobungozi besifo sengcindezingqondo ngomkhankaso ka-World Health Day, mhlaka 07 kuMbaso 2017, siyafisa ukuhlomisa umphakathi ngolwazi ukuze sigweme ukukhandleka kwabantu nokulahleka kwemiphfumulo ngokungenasidingo – zibe zikhona izisombululo.

Lesi sifo sengcindezingqondo sihlasele omncane nomdala, owesilisa nowesifazane. Indlela esiyingozi ngayo, ongoti bathi sifana ncmishi nokuzithola uwedwa emgodini omkhulu omnyama, okunzima ukuphuma kuwo.

Uma ugaselwe yisifo sengcindezingqondo, kuzwakala kuwumqansa ukuphila usuku nosuku, uze ubone engathi kungcono ukufa kanti akunjalo. Ungazibona sengathi ubhekene nozamcolo, uzwe sengathi uyigobolondo nje elingenalutho ngaphakathi, ungabi nandaba nalutho ngezinto ezingamagugu empilo nokubaluleka kwazo.

Ukuzizwa uphansi nokuphatheka kabi kuyingxenywe yempilo kulomhlaba ohlabayo esiphila kuwo. Kodwa uma lemizwa isiyinsakavuka futhi ikufikela okwemvula kazamcholo, lokhu kungasha ukuthi unesifo sengcindezingqondo.

Konke lokhu kungaphazamisa impilo yakho, ungakwazi ukusebenza, ukufunda, ukudla, ukuzijabulisa, nokuthelana amanzi nje nabanye abantu.

Omunye ophila nalesi sifo wafanisa ukuguquguquka njalo kwemizwa yakhe njengokuba sesitimeleni esidlubulundayo abe engazi ukuthi ehle kanjani futhi nini—nokuthi nje uyoke ehle yini. Lesisifo sehlisa ukuzethemba kumuntu, ukuzihlonipha, ukucabanga nokwenza izinqumo ngendlela ehluzekile.

Phakathi kwezimpawu zesifo sengcindezingqondo singabala:

- Ukubona sengathi isimo esingesihle okuso ngeke sisabangcono, futhi akukho lutho okungasilungisa;
- Ukungazigqizi qakala izinto phambilini obuzithanda nezibalulekile empilweni yakho njengezemidlalo, noma ukuzikhipha;
- Ukuphelelwa wuthando lokudla, ukuncipha isigubhukane noma ukukhuluphala kakhulu.
- Ukungafikelwa wubuthongo noma ukulala kuze kweqe. Ukucasuka kalula nokuba nesihluku nje, uzizwe ucasulwa abantu bengenze lutho kuwena;
- Ukuhlala uzizwa ukhathele, usindelwa umzimba, uze uhlulwe nayimisebenzana emncane.
- Ukungazithandi, nokuhlale uzigxeka, uzibone uhlale unezici namaphutha.
- Ukuziphatha gadalala, uqale imikhuba ekwenza uzizwe ukomunye umhlaba kodwa ibe inobungozi, njengophuzo oludakayo, ukubhema izidakamizwa, ukugembula nokushayela ngaphandle kokucophelela.
- Ukuba nezinhlungu ngendlela engaqondakali, okubandakanya ukuphathwa yikhanda, iqolo, isisu noma amamasela.

Uma uzithola unalezi zimpawu, kubalulekile nokuzivocavoca ngoba kusabalalisa imizwa yokulwa nokucindezeleka emzimbeni nasemqondweni.

Kodwa okubaluleke kakhulu Ukuthi wonke umuntu ozithola ekulesi simo azi ukuthi yonke lemizwa yokuba semanzini nokulahlekelwa yithemba iyizimpawu nje – akusho ukuthi impilo yakho injalo ngempela, noma iyohlala injalo. Nanokuthi kuningi ongakwenza ukuzikhipha kulomgodi. Uphinde uzizwe ungcono futhi uphile kahle.

Ngifisa ukukuqinisekisa ukuthi ngisho isimo singabukeka sisibi kangakanani, isisombululo sihlale sikhona. Igxathu lokuqala elibalulekile ukuqonda lenkinga obhekene nayo, nokuthi ungawuthola kuphi ukhiye wokuphuma kuyo. Izikhungo zikaHulumeni zezempilo zingakusiza. Kanjalo futhi siwumyango Wezempilo siyalusabalalisa ulwazi emiphakathini ngalesisifo Nokuthi umphakathi ngasizakala kanjani. Ngenhlanhla siphila esikhathini lapho abantu abaningi sebesebenzisa omakhalekhukhwini abanobuchwepheshe bokuthola ulwazi

njengokungena kwi-internet. Funda kabanzi ngalesi sifo nezimpawu zaso, bese uhamba oyongqongozo eminyangweni efanele ukuze uthole usizo.

Kubalulekile ukuthi sonke sivuleleke kwabanye abantu – kungaba abangani, izihlobo, noma abantabethu – ukuze bazizwe bekhululekile ukuba basibikele uma benezinkinga.

Ngithi-ke, ngisho ngabe inkinga obhekene nayo inkulu kangakanani, uma kunomuntu ongayikhuluma naye, ungazizwa ungcono bese uthola nomkhombandlela wezisombululo. Abantu abanezinkinga bayakwazisa ukuthi lokhu kuhlale kuyimfihlo ngoba abafuni ukuphoxeka nokwehliswa isithunzi. Ngakho-ke kubalulekile nokuba nesifuba sithembeke kubantu. Ungathi uxoxelwe wumuntu imfihlo ngoba exakekile edinga usizo bese wena uhambe uyifafaza kwabanye abantu.

Kukhona nongakwenza uwedwa nje okungakusiza, njengokuzitshela nokukholwa ukuthi izinto zizoba ngcono (lokhu ungakusho ukuphindaphinde, noma ukubhale phansi izikhathi eziningi); Ungazinika isikhathi sokwenza okukujabulisayo; Kholwa wukuthi uqinile futhi uwumnqobi; Funda izincwadi noma imibhalo eyakhayo; zijwayeze ukubonga konke okuhle onakho empilweni, nokuncane, futhi zigqaje ngakho.

Kodwa uma ubona ukuthi izeluleko ozithola ezihlotsheni nakubangani azikusizi, kubalulekile ukuxhumana nabezempilo nabezenhlahalakahle ukuze bakusize. Bangakunika imithi, izaluleko noma kokubili, futhi ngesikhathi esiqhubekayo – kuya ngokuthi udinga kuphi ngokubona kwabo.

Ukuze uthole usizo, thintana nalezi zinhlaka: i-Call Centre yoMnyango wezeMpilo esebenza amahora awu-24:

0800 005 133

nakulamahhovisi oMnyango wezokuThuthukiswa koMphakathi KwaZulu-Natal: (head office)

033 264 3000/1/3/4;

PMB cluster 033 395 9701;

UJundi cluster 035 874 8502; Midlands cluster 036 634 6600; eThekwinini cluster 031 336 8704.

Ungayithinta ne-South African Depression and Anxiety Group (SADAG) ku- 0800 20 50 26.

SIKHULUMA NGOBUQOTHO (ETHICS TALK)

Kusukela uqalile umkhankaso wokuqwashisa abasebenzi ngendlela yokuziphatha ngobuqotho (ukuba nama-ethics) eMnyangweni wezeMpilo, lenyukile izinga lokulangazelela ukwazi ngalesi sihloko.

UMnyango wezeMpilo KwaZulu-Natali usuwaqalile amakilasi okuqwashisa abasebenzi ngokuziphatha ngobuqotho emsebenzini ukuze babe nokuqonda ukuthi kumayelana nani lokuziphatha ngobuqotho nokuthi kubathinta kanjani bona emazingeni ahluahlukene emisebenzini yabo.

Kulamakilasi okuphawulekayo ukuthi kuba nezingxoxo ezinohlonze ngezinto eziningi eziphatha abasebenzi, esingabala kuzo ukwamukelwa kwezipho kanye nomthelela onqala ongadalwa wukungayitholi imvume yokwenza lokhu.

Kuyabonakala futhi nokuthi abasebenzi bebengenalo ulwazi nokuziphatha ngobuqotho emsebenzini, njengoba

kunezinto abebengazinakile. Njengendlela esisebenzisa ngayo isikhathi somsebenzi; izinto esizishoyo; ukusetshenziswa kwesinsiza-kusebenza, kanye nokushayisana kwemibono ngokwenzuzo njalonzalo. Izingxoxo kulamakilasi zivusa intshisekelo mayelana nendlela yokuziphatha efanelekile emsebenzini.

Izifundo ngokuziphatha ngobuqotho emsebenzini ziqale mhlaka 1 kuNhlolanja kuwo lonyaka ka 2017, kanti kuqalwe ngabasebenzi basekomkhulu loMnyango wezeMpilo. Kuze kube manje nje sebebalelwa emakhulwini amathathu (300) abasebenzi kuwo wonke amazanga

kulo mnyango asebewahambile lamakilasi. Ukusukela manje umnyango kuzodlulelwa ekuqwashiseni ngayo lenqubo yokuziphatha kubasebenzi bazo zonke izikhungo zoMnyango wezeMpilo. UMnyango uzimisele ngokugcina ufinyelele kubo bonke abasebenzi bawo.

Nakuba umphumela walo mkhankaso ungase ungasheshi ukuvela obala, kepha uMnyango wezeMpilo unethemba lokuncipha kobungozi bokungaziphathi ngobuqotho kwabasebenzi.

IGIDIGIDI NGOMCIMBI WE-MASEA AWARDS USUSEMOME



umcimbi onelikhulu isasasa nokhula ngokudlondlobala wokuklomelisa abasebenzi boMnyango wezeMpilo abavelele waminyaka yonke, owaziwa nge-MEC's Annual Service Excellence Awards (Masea), nozoba ngomhla ka-2 kuNhlanguvana (June) 2017.

Kuvele sekuvaliwe ukungenelwa kwalo mncintiswano kanti ikomoti elikhethekile limatasa licubungula imininingwane yabawungenele, futhi akusekude liwuphothule umsebenzi walo. Lo mcimbi, oqalwe ngo-2014, ukhula ngesivini kanti uMnyango uhlose ngawo ukugquzuzela nokuklomelisa

ukusebenza ngokuzikhandla kwabasebenzi ukuze kuthuthikiswe izinga lezinsiza zezeMpilo ezitholwa wumphakathi. Kulindeleke ukuthi wethanyelwe abaphathi bezikhungo zezeMpilo, abaphathi bezifunda kanye nabaphathi bekoMkhulu. Abasebenzi bezeMpilo bayakhunjuzwa ukuthi kulomcimbi kuzonela kuphela abantu abangu 1000, ngakho labo abagunyazwe ukuwethamela kubalulekile ukuthi basheshe balithole ithikithi ekomkhulu eMgunguNdllovu. Isimemo sizokhishwa ngo-Mbasa (April)

uma sekuvulwe ukukhishwa kwamathikithi. Kulonyaka izinombolo zamatafula zizobekwa njengoba kubhalwe emathikithini, ngakho ambalwa amatafula azokwazi ukuthi agcinelwe izicukuthwane ezizobe ziminyiwe. Ngalokhu kumqoka ukuthi kufakwe amagama Kanye nesibalo sabantu abazofika abavela esikhungweni ngasinye, ihhovisi lesifunda ukuze uzokwazi ukusheshe uthole itafula olithandayo kumqoka ukuthi usheshe ubhalise!

SIBAFISELA INHLANHLA BONKE ABANGENELE LOMCINTISWANO!!!



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