



HEALTH Chat

AUGUST 2017

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WOMEN'S MONTH 2017

THE YEAR OF OR TAMBO:
WOMEN UNITED IN MOVING SOUTH AFRICA FORWARD



Life and legacy of OR TAMBO, 100 YEARS



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KZN Department of Health



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

BURSARIES FOR 2018 INTAKE

The Department of Health Is offering provincial bursaries for the following fields of study in Health Sciences only:

DISTRICT: HARRY GWALA

Optometry
Dentistry
Audiologist/Radiography
Medicine
Occupational Therapy

Enquiries: Mr Z Dotyeni
Telephone: (039) 834 8200

DISTRICT: UMZINYATHI

Clinical Psychology
Radiography
Speech Therapy
Physiotherapy
Dietetics

Enquiries: Mrs F Dube
Telephone: (034) 299 9100

DISTRICT: UMKHANYAKUDE

Ultrasonography
Medicine
Clinical Psychology
Pharmacy
Speech Therapy

Enquiries: Mr S Mkhwanazi
Telephone: (035) 572 1327

DISTRICT: AMAJUBA

Oral hygiene
Audiology
Speech Therapy
Medicine x2

Enquiries: Ms P Dladla (Ditshego)
Telephone: (034) 328 7000

DISTRICT: KING CETSHWAYO

Medicine
Radiography
Physiotherapy
Pharmacy
Dietetics

Enquiries: Mr N Nkosi
Telephone: (035) 787 0633

DISTRICT: UMGUNGUNDLOVU

Medicine
Ultrasonography
Pharmacy
Dentistry
Optometry

Enquiries: Ms N Zwane
Telephone: (033) 897 1018

DISTRICT: UGU

Ultrasonography
Clinical Psychology
Occupational Therapy
Dietetics
Audiology

Enquiries: Mrs T Prinsloo
Telephone: (039) 688 3000

DISTRICT: UTHUKELA

Medicine
Pharmacy
Audiology
Dentistry
Ultrasonography

Enquiries: Ms S Mthembu
Telephone: (036) 631 2202

DISTRICT: IEMBE

Medicine
Radiography
Pharmacy
Physiotherapy
Clinical Psychology

Enquiries: Ms GD Ngwenya
Telephone: (032) 437 3500

DISTRICT: ETHEKWINI

Radiography (Diagnostic)
Occupational Therapy
Radiotherapy
Audiology
Dentistry

Enquiries: Ms M Dazel
Telephone: (031) 240 5300

DISTRICT: ZULULAND

Dentistry
Pharmacy
Radiography (Diagnostic)
Ultrasonography x2

Enquiries: Ms S Ngubane
Telephone: (035) 874 0600

DIRECTIONS TO APPLICANTS:

Applicants must:

1 Be from the district where field of study is advertised and be financially needy.

2 Submit proof of application to a tertiary institution or CAO or his/her academic record from the university or Grade 11 result.

Attach supportive documents as indicated on the **Bursary Application Form** to be collected from the Human Resource Office at all Public Hospitals, Clinics or CHC's. Due to the volume of applications received only successful applications will be notified. **All successful applicants will be verified for authenticity of information submitted.** No posted application will be considered but should be hand delivered and signed for.

CLOSING DATE: 15 SEPTEMBER 2017

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

PATIENT RIGHTS

It is your right to be respected

Every patient has the right to:

- A healthy and safe environment
- Participation in decision-making regarding his/ her treatment
- Access to health care
- Knowledge of one's health insurance / medical aid scheme
- A choice of health services
- Be treated by a named and qualified health care provider
- Confidentiality and privacy
- Informed consent to assist in their decision making
- Refusal of treatment
- Be referred for a second opinion
- Continuity of care
- Complain about health services

PATIENT AND FAMILY RESPONSIBILITIES

- To provide accurate information pertaining the health of the patient
- To ensure the patient follows the medical recommendations given
- To respect other patients, visitors and health employees
- To understand that other patients and their families might need more attention than them
- To inform the health facility on a patient's information such as their address and contact details
- To ensure payment is made for the services

The Department of Health urges patients and their families who have visited public health facilities and have not been serviced in a satisfactory manner to return to that health facility and file a complaint with the public relations officer (PRO), the CEO or operations manager.

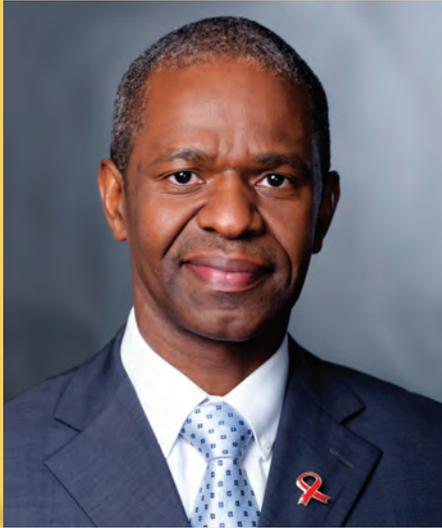
If you are still not satisfied, contact the KZN Health ombudsman,
Mboneni Bhekiswayo, by writing to him at: 330 Langalibalele Street, Pietermaritzburg 3201
or email him on; mboneni.bhekiswayo@kznhealth.gov.za

or call him on 033 395 3275.

*The Department of Health also has a
24 hour call center.*

DIAL 0800 005 133





MESSAGE FROM THE MEC FOR HEALTH

Dr SM Dhlomo

AUGUST is Women's Month, and as such we wish to continue empowering women with knowledge on how to make the best decisions as far as their health is concerned. It is imperative, for instance, to share knowledge with those who do not want to fall pregnant on how they can prevent it; and those who have fallen pregnant on how they can make their pregnancies safe and incident-free.



For women who fall pregnant willfully, the nine-month journey to child birth is always walked with excitement and hopes of ultimately holding a little bundle of joy in ones' hands. However, those women who conceive having not planned for it often find it difficult to cope with the reality of carrying a new life that will now depend on them for survival, care and support for many years to come.

We are also bound by the Constitution to assist those who may wish to exercise their right to terminate their pregnancies by ensuring that they are able to do so in a safe and welcoming environment, free from stigma and other forms of discrimination.

To support these goals, we must accelerate the good work that has already been done to decrease the rate of maternal, infant and under-5 child mortality in the province of KwaZulu-Natal. Maternal mortality has shown a steady declining trend since 2010. This is mainly due to the decrease in deaths as a result of Non-Pregnancy Related Diseases including hypertension, diabetes, HIV and TB. Overall maternal deaths have decreased from 393 in 2010 to 239 in 2015 – an almost 40% decrease.

In spite of improvements in maternal health, there are still major challenges related to high teenage pregnancy rates. A person who is in her teenage years is not physically, emotionally, or financially ready to carry and care for a child. Physically, the body, particularly the pelvis, is not fully matured before the age of 18 - increasing the risk of difficult delivery or going into labour earlier than the due date. Psychologically, teenagers may have not reached a maturity stage to cope with the stress of labour and delivery. Because bonding with the baby most of the times is poor, teenagers tend to abandon or neglect their babies. There is also a risk of increased mortality in teenagers younger than 18 years compared to 18 years and above. Furthermore, the majority of teenagers who drop out of school due to pregnancy do not return to complete their studies.

We wish to urge parents to advise their children not to get involved in intimate relationships too early – and to abstain from sex for as long as possible. Where this is not possible, we urge parents to expose their children to safe sexual and reproductive health options such as condoms, the health benefits of medical male circumcision and contraceptives that are available to them free of charge at public health facilities.

The communities, community leaders, councillors and traditional healers need to work together to save expectant mothers, because when a maternal, infant or child death occurs, its devastating effects reverberate from the immediate family to the whole community.

We also wish to warn health care workers about the dangers of admonishing young people when they seek family planning services, cautioning that failure to assist them results in these young girls later presenting themselves pregnant or with complications of an unsuccessful backstreet abortion.

We once again call upon all pregnant women to embrace our messages and heed our calls. We also thank all our healthcare professionals for working hard and urge them to always aim to excel.





MESSAGE FROM THE HEAD of HEALTH

Dr ST Mtshali



Women's Health should increasingly become an important and relevant topic for society to speak about. It is a topic that calls for a collective responsibility between healthcare providers and healthcare users in terms of prevention, treatment and management of diseases.

Women continue to bear the brunt of communicable and non-communicable diseases and social scourges such as physical and sexual assault, violence, crime, poverty, substance abuse and many more.

As the Department of Health, we therefore call upon women to rise and take centre stage as far as their own health is concerned. They can do this by ensuring that they lead healthier lifestyles that encourage disease prevention, including regular exercise.

They can also get into the habit of undergoing regular health screenings and also cajole and encourage their husbands, partners and children to come along. This is beneficial in that diseases will be detected early, which makes it easier and cheaper to treat or manage them. Promoting health and wellness is critical to preventing and managing lifestyle diseases, particularly the major non-communicable diseases such as hypertension, heart disease, high blood cholesterol and diabetes.

To help South Africa become a healthier nation, women need to make informed decisions about what they eat, whether or not they consume alcohol or smoke, among other factors. Again they must also encourage their partners to do the same.

Healthy lifestyles, including keeping a healthy diet and regular physical exercise, can make all the difference. Many people are walking with ailments without even knowing it. But when one undergoes a health screening, it means diseases can be detected early, which makes it easier and cheaper to treat or manage them.



WOMEN

ARE THE PILLAR OF OUR

SOCIETY

With August being Women's Month the Department wishes to draw attention to women's health. Women and young girls are increasingly becoming vulnerable to HIV/AIDS, substance abuse, rape, violence, crime, poverty and many more. The Department, therefore, wishes to urge the women of today to have the courage to take forward the struggle for better health. This includes regular visits to local health facilities for regular check-ups in order to ensure that they are healthy.

They can do the following health screenings:

- Diabetes Screening

Treating diabetic abnormalities can help reduce your risk of stroke and heart disease.

- Blood Pressure

To identify signs of hypertension

- Pap Smear

Pap smear tests screen for abnormalities that could indicate early cervical cancer;

- Pregnancy Test

Women are encouraged to visit health care facilities if they have missed their menstrual periods or if they suspect that they are pregnant

- HIV

Once a woman tests positive for the HIV virus, she can immediately be put in the Test and Treat program.

- Sexual Transmitted Disease Testing

Once diagnosed, medication is prescribed and should be taken accordingly.

Healthy Lifestyle

Lifestyle choices that many women make especially when it comes to nutrition, expose them to unhealthy habits that could lead them to being obese. In order for women to lead a healthy lifestyle, it is important that they make informed decisions about their health and wellness. It is imperative that they manage the aspect of nutrition in their households to avoid being affected by numerous diseases. Eating too much sugar causes a range of symptoms known as classic metabolic syndrome. These include weight gain, abdominal obesity, elevated blood sugar, and hypertension. It also increases uric acid levels. A diet rich in saturated fat, such as fatty cuts of meat and full fat/cream dairy foods, can raise cholesterol levels in the blood. This increases the risk for cardiac disease. It is believed that poor choices about food contribute to the high incidence and seriousness of heart attacks, strokes, hypertension, diabetes mellitus, gallbladder, liver, kidney and skin diseases, as well as many other ailments.

SAVING OUR MOTHERS AND BABIES



The KwaZulu-Natal Department of Health offers a wide selection of reproductive health services that are available to women free of charge.

These are aimed at reducing infant and maternal mortality, and they include:

• **Ante-Natal Care**

This is offered in all Primary Healthcare Clinics, including mobile clinics, to improve access. BANC+ (Basic Ante-natal Care) was initiated on the 1st April 2017 – to improve the quality of ante-natal care.

• **Household Pregnancy Testing**

This service is offered in the community to detect early pregnancy and link pregnant women to care. It is done by CCGs (Community Care Givers) as they conduct their house hold visits.

• **High Risk clinics**

This service is designed for complicated maternity cases and is available in hospitals. Some districts have outreach teams (doctors and midwives) to improve access to healthcare services.

• **DCSTs (District Clinical Specialists Teams):**

These are made up of Midwives and Obstetricians and are available at all districts.

• **Obstetrical and neonatal ambulances:**

The Department has no fewer than 48 ambulances specifically for the transportation of maternity cases and neonates. Districts have varying numbers of these.

• **Maternity Waiting Homes:** Skilled birth attendance for pregnant women who anticipate transport problems when they go into labour.

• **MOUs (Midwives Obstetric Units):** to facilitate skilled birth attendance.

• **Health Worker Skills Training:** Regular updates to improve care.

• **Community Dialogues:** Consists of caregivers interacting with communities to educate on pregnancy

Siyanqoba Programme

Siyanqoba is the name of the programme where the Campaign on Accelerated Reduction of Maternal & Child Mortality in Africa (CARMMA) is implemented.

This programme has 5 Pillars, which are:

- Reaching 3 million young women and girls (focusing on Family Planning);
- 16 +2 Key interventions implementation – which also focus on reducing mother and child morbidity and mortality ___ (Prevention of Mother to Child Transmission [PMTCT] Programme, provide training to health care workers, 277 trainers in management of obstetric emergencies)
- Hospital Quality Improvement Program. This entails the auditing of maternity services; ambulance services and National Core Standard;
- Linking Community Care Givers to pregnant women and post-natal mothers and babies;
- EPI catch up campaigns: Immunization Campaigns.

The Department encourages women to seek these services in order to ensure safe births and to curb infant and maternal deaths. They can also stay conscious of the following:

Pregnancy Tips for Women

- Expectant mothers must visit an antenatal clinic or doctor regularly.
- Mothers with a family history of birth defects; mental, vision or hearing impairments, are urged to ask their clinic sister or doctors to refer them to the nearest genetic counselling clinic.
- Get sufficient rest and light exercise.
- Follow a balanced, vitamin-rich diet.
- Obtain information on breastfeeding.
- Contact a clinic or doctor immediately if you experience bleeding from the vagina, severe vomiting or headaches, swelling of the feet or legs, excessive or sudden weight gain, abdominal pains, a marked decrease in urine or a sudden, strong flow of water from the vagina.
- Ask a clinic sister or doctor about screening tests on pregnant women and a sonar examination to detect certain abnormalities in the unborn baby
- HIV testing during pregnancy with initiation of ART and provision of other Prevention of Mother To Child Transmission services where indicated

Breastmilk Can Benefit Your Child's Health



Breastfeeding is fundamental and helps babies to grow with healthy strong bones. Breast milk is best for babies and the benefits of breastfeeding extend well beyond basic nutrition. In addition to containing all the vitamins and nutrients babies need in the first six months of life, breast milk is packed with disease-fighting substances that protect babies from illness. It is important to feed babies breastmilk within the first hour as it contains antibodies that babies need since it lines the baby's stomach and gives it protection from infections.

The 2017 theme for Breastfeeding Week was "Sustaining Breastfeeding Together". In response to this, The KZN Department of Health ran a campaign to protect, promote and support this natural and life-giving act throughout World Breastfeeding Week.

The campaign consisted of a robust programme which included various activities such as workshops demonstrating how to breastfeed; the benefits of breastfeeding and how to be a donor at the Department's Human Milk Banks. The workshops also covered issues pertaining to HIV and breastfeeding.

In these workshops individuals alike were urged to encourage women to breastfeed by creating a safe and supportive environment for them to do so such as:

- Complying with government laws on maternity leave.
- Allowing breastfeeding mothers time to express milk, as well as,
- Explicitly stating in codes of conducts how rude remarks about breastfeeding will be handled.

Spouses and husbands were motivated to give support through assisting with domestic chores so that the mother can have ample time to breastfeed her baby.

Why is breastfeeding better than formula milk?

* Formula does not have natural antibodies which protect your baby from diseases

* Babies may be at risk of consuming formula that is made with water that is not clean

* Less formula with a lot of water may cause malnutrition

* Breastfeeding saves money as you don't need to buy formulas and bottles

* Breastfeeding reduces chances of children developing gastric and breathing problems, thrush, infections, tuberculosis and malnutrition

HUMAN MILK BANKS ENSURE ALL BABIES GET BREAST MILK

The Department has a Human Milk Banking programme to ensure that even mothers who cannot express milk can provide breastmilk for their babies. The facilities screen, collect and preserve human breastmilk in order to have a supply for newborn babies that need it. The milk is collected through mothers who donate to help save babies in special needs where their mothers are unable to give sufficient milk.

WHO CAN DONATE?

- All healthy breastfeeding women
- Non smokers
- Non drug or alcohol users
- Women who live healthy lifestyles
- Those willing to undergo screening procedures



The KZN Health Department has 14 Human Milk Bank facilities that assist vulnerable, premature, low-weight and orphaned or abandoned babies.



Milk banks are found at the following public health facilities:

- * Stanger hospital
- * RK Khan hospital
- * Port Shepstone hospitals
- * Newcastle hospital
- * Murchison hospital
- * Mahatma Gandhi hospital
- * Addington hospital
- * Bethesda hospital
- * Dundee hospital
- * Edendale hospital
- * GJ Crookes hospital
- * King Edward VIII hospital
- * Ladysmith hospital
- * Lower Umfolozi War Memorial hospital

Mothers wishing to assist or donate milk should use these public hospitals to donate



LET US **STRENGTHEN** **FAMILY PLANNING**

The fight against unplanned pregnancy amongst young girls, infections and substance abuse will only be won through a collective effort involving parents, leaders and young people themselves taking charge of their own health. KwaZulu-Natal has the highest new HIV infection rate of the nine provinces in South Africa, and the highest overall infection (16.9%). In KZN, 12% of youth in the 15-24 age groups are HIV-positive. Numbers indicate that 2000 girls get infected with HIV every week; this makes it the highest rate in the world. The Department has specific programmes for youth which encourage them to raise health awareness and reduce other social problems.

Adolescent and Youth - User Friendly Services

The programme focuses on providing and rendering health care services in a manner that is accessible, acceptable, and user-friendly to young people. It encompasses the "Happy Hour" initiative which sets aside dedicated hours for the youth to visit clinics and seek services. Through this programme the Department encourages family planning and condom use among those who are sexually active and health screenings.

Youth friendly services offered:

- Education and counselling on sexuality, safer sex and reproductive health
- Sexually Transmitted Infections education; diagnosis and management.
- HIV education, diagnosis and testing as well as treatment, care and support
- Contraceptive education and provision with an emphasis on dual-protection method
- Pregnancy testing, antenatal and postnatal care, as well as,
- Mental health education and counselling

Other Services Offered By the Department For The Youth.

- **Human Papilloma Virus (HPV)** Vaccination Campaign- A programme of vaccination for young girls to help prevent cervical cancer.
- **She Conquers campaign** - The purpose of this campaign is to decrease teenage pregnancy and new HIV infections in girls and young women. It also aims to decrease sexual and gender based violence against adolescent girls and young women and to increase economic opportunities for young people, especially young women.
- **Phila Ma** Campaign- aims to educate women about cervical cancer and explain that it is preventable by vaccination and curable by early screening. The campaign targets women of child bearing age as it is vital for them to be screened

KZN MEC for Health, Dr Sibongiseni Dhlomo calls on youth to be responsible for their health by seeking knowledge and utilising health services available for them. He also cautions them to not derail their future by engaging in reckless behaviour. "Young people should not rush into sex. We urge them to abstain where possible. But if they cannot, then we have a number of options that can help them avoid complications such as having a child at a young age," he said.

PROTECT YOURSELF AGAINST STDs

International Youth Day, which is also commemorated in August, recognizes the power of young people to make a significant difference in the world. Making a difference can be as simple as maintaining a healthy profile and practicing safe sexual habits. Unprotected sex can lead to numerous challenges such as exposure to Sexually Transmitted Infections (STIs), HIV and unplanned pregnancies.

South Africa's HIV infection rate of 2000 young women on a weekly basis and high teenage pregnancy reveals that young people are still engaging in unprotected sex. Sexual education of young people remains one of the key programmes the Department invests in to address health issues that affect youth.

The Department has the following initiatives to combat the spread of STIs:

- Provision of condoms
- Dual Protection Campaign
- Medical Male Circumcision

Although HIV is the most prevalent STI, other STIs exist such as gonorrhoea, herpes and hepatitis B. This means that someone can be infected with an STI even though they do not have HIV.

How Do I Know If I Have an STI?

There are various symptoms since there are several STIs a patient can suffer from but the common signs of an STI are:

- A typical/abnormal penile or vaginal discharge eg. Green, yellow
- A burning sensation in the sexual organs
- Sores or ulcers in the groin area
- Abdominal pain

Are STIs curable?

While some STIs are curable, some are not and can have long-lasting effects such as infertility, dysfunctional reproductive organs and even infant mortality in the case of an infected pregnant woman.

It is also **important** to note that some **STIs** are not easily noticeable to the naked eye.



Young people are encouraged to visit their nearest clinic if they suspect that they may have an STI. Whether they test positive or negative, they are encouraged to remember to use condoms in future to prevent being infected or spreading STIs.

Over 900 000 pregnant women were infected with syphilis resulting in approximately 350 000 adverse birth outcomes including stillbirth in 2012 - WHO.org

ETHICS TALK

CONDUCTING BUSINESS WITH AN ORGAN OF STATE (part 1)

In August and September, Health Chat will put the spotlight on “Conducting Business with an organ of state” or, simply put, “Doing business with Government.” The State is a huge buyer of goods and services and as such many people, including public servants see a great business opportunity in this. Often, in cases where the employee is the provider of the goods or service, there is potential for a conflict of interest (conflict between public duties and private interests, which could improperly influence the Public Servant and/or negatively impact on official obligations).

The following applies to all Public Servants, full time, part time and contract:

In terms of the Constitution of South Africa, 1996, Public Service employees are expected to exercise the highest ethical standards and adhere to the Code of Conduct in Chapter 2 of the Public Service Regulations. The DPSA has issued a Directive that regulates the conducting of business with an organ of state.

The code of conduct and the Directive contribute towards realising this value system and maps out the professional conduct that is expected of all public servants. Regulation 13 (c) prohibits public service employees from conducting business with the state.

The Directive issued by DPSA is meant to:-

- Promote ethical behaviour among employees
- Eradicate and prevent unethical practices
- Reduce possible, perceived and potential conflicts of interest
- Place a reporting obligation on Heads of Departments
- Manage unintended consequences that may arise in the implementation
- Ensure the uninterrupted functioning of the public service

What constitutes conducting business with an organ of state?

Business includes “any business, trade, occupation, profession, calling, industry, or undertaking of any kind, or any activity carried out for gain or profit by any person, and includes all property derived from or used in or for the purposes of carrying out such other activity, and all the rights and liabilities arising from such activities.”

An employee is regarded as conducting business with an organ of state when s/he is acting as a director of a private or public company:

- Concludes, or intends to conclude, a written or oral agreement, irrespective of the process followed, with an organ of state;
- Such agreement is not associated with his/her employment in the Department;
- Through such agreement provides goods and services to a organ of state for any benefit, financial or otherwise

In terms of the Public Management Act it is a criminal act to conduct business with the state.

For further information, please read the Directive or call the Ethics Office on 033 3952994/033 395 2913.

In the next month we will look at exclusions to this, approvals for exclusions and Sector specific developments.

WHAT'S NEW

ARVs Distributed at KZN University

The University of Zululand, also known as UniZulu, has become the first university in KwaZulu-Natal to issue antiretroviral treatment (ART) at its health clinics following an agreement with the Provincial Department of Health.

-The Mercury

World's Fattest Woman Loses Weight

A patient recorded as the world's fattest woman has lost weight. The Egyptian resident, who weighed a whopping half a ton, received treatment that helped her lose 65kg. She had the procedure in a United Emirates facility, Burjeel Hospital, after being diagnosed with elephantiasis and a "disruption of her glands" causing a large abnormal amount of water to be retained in her body.

- The Mercury

HIV Fight Advances with New Drug Cocktail

A study has shown that a two-drug cocktail injected every month or two may be just as effective as a daily pill at keeping the HIV virus under control. At present people have no choice but to take lifelong, daily doses of antiretroviral therapy which keep the HIV virus under control but does not kill it. This will benefit HIV patients who normally forget to take their medication.

- The Times



PHOTO GALLERY

NHI at Osizweni Hall Majuba District



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

PHOTO GALLERY





health

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