



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

HEALTH *Chat*

FEBRUARY 2018

UMFOLOZI HOSPITAL RENAMED AFTER QUEEN NANDI

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KwaZulu-Natal Department of Health



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KZN Department of Health

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



FRONT
VIEW

QUEEN NANDI REGIONAL HOSPITAL



BACK
VIEW

PATIENT RIGHTS

1

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

2

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

3

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.**

IT'S FREE
from Telkom.

4

If calling from a cellphone, you can call the number and ask to be called back.

5

THE DEPARTMENT OF HEALTH ALSO HAS A 24 HOUR CALL CENTER. DIAL 0800 005 133





MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



February marks Healthy Lifestyles Awareness Month in the health calendar, which is an opportunity for all of us to do something meaningful to change our lifestyles for the better. Simple things like regular physical exercise, keeping a balanced diet and not smoking or drinking have the potential to reduce the number of people affected by non-communicable diseases such as diabetes, cancer, heart disease and stroke, among others.

Earlier this month, on February 4, we also commemorated World Cancer Day. I would like to stress the importance for all of us to assume a positive and proactive stance in the fight against cancer, considering that solutions exist and these are usually within our reach. Early detection of cancer is possible through regular health screening at least once a year. When detected early enough, cancer treatment and care can be effective.

We are also heartened by the rising numbers of people who have been circumcised through our Medical Male Circumcision (MMC) drive. It looks like we will reach the milestone of 1 million circumcisions before the end of the first quarter of the new financial year since the reintroduction of Medical Male Circumcision in KZN, in 2010. For this, we wish to thank all our partners, and parents and adults who have participated in this programme. MMC is extremely important in our quest to halt the spread of HIV, as it reduces the risk of female-male transmission of HIV by 60%; and also reduces the transmission of cancer of the cervix for females, which goes a long way in promoting a healthy generation of youth.

We, however, wish to emphasise the importance of condom usage even for people who are circumcised. Many couples begin by using condoms, but after a period of time, when they feel that they trust each other, they stop using condoms. Unfortunately, trust has little to do with whether a partner is already infected with an STI. If either you or your partner has ever been sexually active with another partner, there is a possibility that one of you may be infected with an STI. It is therefore best to continue to use Dual Protection (a combination of condoms and a female contraceptive) until you have both been tested.

Finally, we wish to express our concern regarding the young women aged 15 to 24, who are at high risk of contracting HIV due to intergenerational and transactional relationships with sugar daddies and the so-called "blessers". As the Department of Health, we will therefore continue to promote national campaigns such as "**First Things First**"; **DREAMS**, and "**She Conquers**" to remind our girls and young women that they have the power to determine their own future, without relying on older men for material support.

We will accelerate these programmes in the province, to help young people make informed choices about their sexual reproductive health.

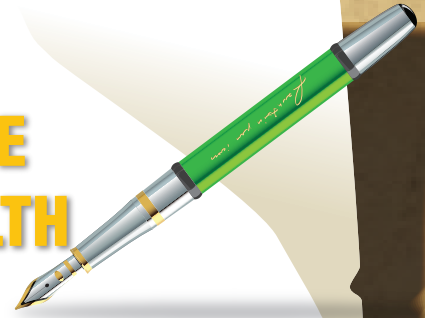
Dr Stongiseni Dhlomo





MESSAGE FROM THE ACTING HEAD: HEALTH

Dr M Gumede



As you may know, the Department has had the misfortune of losing several of its staff members recently. It is always a great loss to society when civil servants pass away because one public servant can service hundreds of individuals which are part of communities that fall under districts and the province at large.

It is often said that "Team work makes the dream work." Each member of the Department of Health has value; from the doctors to the nurses, the receptionists in facilities, the cleaners and maintenance staff. Without each section, a critical function would not be done which would be evident in the short and/or long term.

For example, if the cleaners at facilities do not do their utmost best to sanitize the bathrooms, infection control and general hygiene will be compromised.

Therefore, I wish to remind you of the importance of the role of each and every individual in serving the people of Kwa-Zulu Natal. In light of this, I wish to urge you to take care of yourselves at all times, and look after every aspect of your life.

We should all strive to eliminate every form of risky behavior; from unprotected sex to sex with multiple partners; to smoking, alcohol consumption to drunk driving, speeding and many others. Even the food we eat, and whether or not we exercise regularly has an impact on our individual life expectation.

I therefore urge you to take an inventory regards to your health, your relationships and your general safety. Ask yourself: what am I doing wrong that can affect my life negatively? Remember: it is never too late to change. Your countrymen need you.

Dr Muzi Gumede



UMFOLOZI HOSPITAL RENAMED AFTER QUEEN NANDI

HEALTH MEC CALLS ON WOMEN TO TAKE CHARGE OF THEIR OWN HEALTH **BY GETTING SCREENED FOR CANCER**



KZN HEALTH MEC Dr Sibongiseni Dhlomo says that the renaming of Lower Umfolozi War Memorial Hospital after Queen Nandi is not only a tribute to the Zulu royal matriarch, but also an affirmation of the big role played by women in society.

Speaking at a ceremony to mark the official renaming of the hospital at Esikhaleni (near Empangeni) on 20 February MEC Dhlomo said: “We were overjoyed when the Hon Premier announced in his State of the Province Address last year that Lower Umfolozi Hospital should be named after Queen Nandi. This happens at a time when we are celebrating more than 200 years of the reign of the Zulu Kingdom. Queen

Nandi gave us our King, Shaka, ILembe. With the renaming of this hospital, we are witnessing something that is truly wonderful.”

Queen Nandi Regional Hospital is a designated Mother and Child Hospital which is dedicated exclusively to the care of obstetrical, gynaecological and neonatal patients. It is situated at King Cetshwayo Health District and serves as a referral to the whole region including parts of Zululand and UMkhanyakude Districts. It averages approximately 10,000 deliveries, and performs approximately 2,000 gynaecological surgery procedures, per year and has 318 beds.

MEC Dhlomo said this facility is already a centre of excellence to support the provision of oncology services, as well as all other ailments that target women and children in the Province. “Previously, our patients would have to travel for long distances to get to Durban for oncology treatment. We have had an opportunity to create a hub of excellence for mothers and children, and also for oncology services at Ngwelezane/Queen Nandi Complex. The inconvenience of driving from Nongoma to Durban for oncology has now come to an end. There are (oncology) machines here. But we urge our people to come forward to get screened for cancer because out of 10 people, eight are able to get treatment if the cancer is detected early enough.”

TO BE CONTINUED ON PAGE 5>>>



Speaking at the ceremony, KZN Hon. Premier Mr Willies Mchunu said the renaming of the hospital is a natural progression, as the district in which it is situated, previously known as Uthungulu, has already been named after King Cetshwayo. "This hospital has previously been called many things. Some called it NPA, other called it Provincial, but from today onwards, there will no longer be confusion. It is known as the Queen Nandi Regional Hospital. Even those who don't know our history, this will help them know who we are talking about when we talk about Queen Nandi. She is one of our trailblazers

that we must never forget about, that we must remember at all times, because she raised King Shaka."

Premier Mchunu called on all men in the province to visit a primary healthcare facility (clinic) at least once a year, to get a free comprehensive health screening.

"I'm one of those people who are not ashamed to say that I make time every year to check my prostate cancer. Men, you must hear this properly. Prostate cancer targets us, not women. We are the ones who are at risk. We are the ones who, even when

we detect problems when urinating, tend to "persevere" even when the signs are there. Go and get checked. Once you are older than 50, you must get your prostate checked. No-one dies just because they got checked. But if you get checked you can prevent death... If diseases get detected early, you can survive." Speaking at the ceremony, His Majesty King Goodwill Zwelithini thanked the KZN Government for renaming the hospital after Queen Nandi, only a few years after the renaming of Durban's King George Hospital after King Dinuzulu.

LET THE MONTH OF LOVE BE THE CATALYST FOR SEXUAL RESPONSIBILITY

URGES KZN HEALTH MEC DR SIBONGISENI DHLOMO

WITH February traditionally known as “the Month of Love”, love is indeed in the air.

And, as South Africa commemorated STI / Condom Week from 10 – 16 February 2018, KZN Health MEC Dr Sibongiseni Dhlomo made an impassioned plea to young people to either abstain from sex, or use protection so that they do not contract sexually transmitted diseases or ruin their future by making babies that they have not planned for.

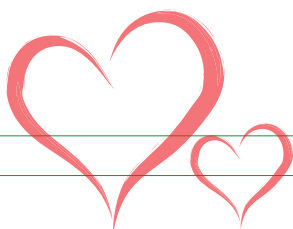
Recently, MEC Dhlomo has been targeting the student population at Tertiary Vocational Education and Training (TVET) Colleges to disseminate messages to help the youth stay informed and make good decisions about concerning their lives.

He is urging youth to delay their sexual debut for as long as possible, saying that this is key to helping them realise their full potential, and to safeguard their positive educational and health outcomes. “February is generally known as the month of love. And with Valentine’s Day upon us, we know that young people might be tempted to do things that might have negative long term effects for them, such as unsafe sex. Although most of the young people at tertiary institutions are disease-free, they are at high risk of teenage pregnancy, sexually transmitted diseases and HIV.”

MEC Dhlomo says that national campaigns such as “First Things First”; DREAMS, and “She Conquers;” will continue to be accelerated in the province, to help young people make informed choices about their sexual reproductive health. “We are particularly concerned with young women aged 15 and 24, who are at high risk of contracting HIV due to intergenerational and transactional relationships with Sugar Daddies and the so-called “Blessers.”

MEC Dhlomo says that research has shown that older men who have had years of sexual experience – the so-called Blessers - are the ones who infect young women with HIV. The young women then, in turn, infect boys their own age. “On Valentine’s Day and beyond, we are saying to young women in particular, the men who sleep with them do not do so out of love, but out of lust. Our message is, ‘You don’t need someone who will come into your life and yield negative results.’ We are intensifying these campaigns, and will continue engaging with young people.”

MEC Dhlomo said young people who cannot abstain from sex should rather use Dual Protection, which is a combination of medical male circumcision and using condoms during every sexual episode; while combining this with contraceptive methods for women. “I plead with you to be responsible for your health. With the range of free health services available to the public, anyone who falls pregnant or gets infected with a sexually transmitted infection will only have themselves to blame.”



STI / CONDOM WEEK

Running from February 12-16 this year, STI/Condom Week is an annual campaign aimed at reducing the spread of sexually transmitted infections (STI's), prevent unwanted pregnancies and curb the spread of HIV and AIDS through promotion of safe sex and condom usage. Consistent and correct use of male and female condoms reduces the risk of STIs, unplanned pregnancies and HIV and AIDS.

Besides being the month of love, February also provides the platform to raise awareness around the importance of condoms.

In South Africa, sexually transmitted infections (STIs) remain a big problem, even though most of the infections can be cured. Many people are hesitant to seek medical treatment because of the fear of being stigmatized.

It Is Every Person's Responsibility To:

- *Know signs and symptoms of STIs*
- *Seek medical help with the first sign of STIs*
- *Know their HIV status by testing regularly*
- *Invite their partner to be treated for STIs*
- *Delay their sexual debut*
- *Have one faithful partner*
- *Use condoms correctly and consistently*
- *To always communicate their health status (including their HIV status) to their health care provider in order to receive appropriate care*





YOU'RE PREGNANT, NOW WHAT?

The aim of Pregnancy Awareness Week, which ran from 17 – 25 February 2018, is to equip expectant mothers with the knowledge that will help them to ensure they make the right health decisions for themselves and their babies.

The nine months leading up to childbirth can be one of the most exciting and fulfilling times in a woman's life. However, choosing to have a baby is also one of the biggest decisions a woman will ever make so it is important to educate yourself on how to look after your little one, even before they're born.

USEFUL TIPS FOR PREGNANT WOMEN

1

Attend antenatal check-ups as soon as your pregnancy is confirmed. These check-ups give you an idea of what to expect leading up to the birth and monitor the progress of the baby.

2

Be tested for HIV and other underlying medical conditions that can affect your pregnancy such as diabetes, hypertension or anemia. Having these conditions means there may be additional steps that must be taken to manage your pregnancy to ensure your health and your baby's.

3

Follow a healthy diet which includes plenty of fruit, vegetables, protein, whole-grains and lots of water. A healthy diet during pregnancy does not only mean eating the right foods. It is also necessary to avoid certain foods, such as raw fish, and meat, this is to protect you and your baby from any harmful parasites or bacteria.

4

Strictly abstain from unhealthy habits such as smoking or substance use. Substances such as cigarettes, alcohol and drugs can be extremely damaging to the unborn baby and may result in premature, disabled and underweight babies. Using such substances has also been proven to result in learning disabilities in children.

5

Do not take any medicine not prescribed by a health professional – even medicine that you were taking before – before consulting a health professional.

If you miss one menstrual period, report to your nearest clinic

MOM CONNECT

Did you know? The Department offers a free mobile service to help you on your pregnancy journey. Pregnancy related advice is sent via SMS, even after the delivery of the baby.

Dial *134*550# to register

APPELSBOSCH OUTDOOR GYM LAUNCH

KZN HEALTH MEC SAYS PHYSICAL EXERCISE AND GOOD DIET CAN HELP YOU LIVE HEALTHIER AND LONGER



KWAZULU-Natal Health MEC Dr Sibongiseni Dhlomo has once again urged the public to help lower the burden of disease in the province by eating well and getting into the habit of engaging in regular physical exercise.

Speaking at the official opening of a newly-built outdoor gym at Appelsbosch, MEC Dhlomo said the adoption of healthy lifestyles is the only solution to halting the prevalence of non-communicable diseases such as hypertension, diabetes, high blood pressure and some cancers, which has reached epidemic proportions.

The outdoor gym is a sponsorship from the South African Sugar Association. It consists of exercising and body-building equipment, as well as a children's play area, and cost R260 000 to build. "A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Not all diseases are preventable, but a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be

avoided. Scientific studies have identified certain types of behaviour that contribute to the development of non-communicable diseases and early death.

Health is not just about avoiding disease. It is also about physical, mental and social wellbeing. When a healthy lifestyle is adopted, a more positive role model is provided for other people in the family, particularly children."

KwaZulu-Natal, like other provinces, is buckling under a quadruple burden of diseases made up of HIV, AIDS and TB; the high rates of maternal and child mortality (often due to teenage pregnancy); non-communicable diseases (such as cancer, diabetes, obesity, hypertension) and violence and injuries.

Factors that contribute to this situation include the sedentary lifestyles that many people lead; poor health choices that they make, such as having unprotected sex, engaging in substance abuse; and unhealthy

dietary habits. "We encourage people to take charge of their own health and be aware of the warning signs pointing to possible health risks. While the Department can provide preventative health care, it is ultimately the people who must embrace the measures introduced," he said. MEC Dhlomo told a large group of people gathered at the launch that following a healthy diet is just as important.

"People are urged to get used to eating boiled food, fruits and vegetables. Everything you eat has a bearing on your health. Lower your intake of oily food. The body only needs a particular amount of food. Don't eat more than you need to. You don't become fat by mistake. It's a choice you make, whereby you eat more than you need to, and then not exercise. Get used to regular physical exercise. MEC Dhlomo urged the community to be aware of risk factors such as smoking, drinking, taking drugs, high blood pressure, high cholesterol, obesity and stress."

CHANGING YOUR HABITS FOR BETTER HEALTH

Healthy Lifestyles Awareness Day

This day is held on 16 February as a reminder for everyone to live healthier lives. It is not just about eating enough fruits and vegetables but also considering the fact that everything that goes into the body should provide some benefit. Water is always the best choice to keep you hydrated as it has no calories and contains no sugars that can damage your teeth, unlike fruit juices. If you don't like the taste of water, try adding some lemon or reduced-sugar squash for more flavour. A good diet is central to overall good health and avoiding certain foods and drinks may help prolong your life. Eating too much high-calorie food rich in sugars or fat could lead to weight gain or obesity.

HEALTHY LIFESTYLES AWARENESS WEEK FOCUSES ON INFORMING THE PUBLIC OF THE FOLLOWING HEALTH TIPS:

- Regular physical activity
- Promotion of safe sexual behaviour
- Drink water
- Good hygiene practice
- Regular health screenings
- Limit alcohol intake
- Lower salt intake
- Tobacco control



Now is the time to take a wise decision and start living a healthier lifestyle.



ETHICS TALK

ETHICAL BEHAVIOUR BY PUBLIC OFFICIALS: WHAT DOES IT ENTAIL?

What does it mean to be ethical? It could mean any of the following:

- Being true to your job, performing your tasks with diligence and completing them on time;
- Fulfilling your duty in accordance with the available relevant material; or
- Meeting or even exceeding the expectations of your superiors.

The public at large expects ethical behaviour from its public officials in the fulfilment of their duties and also expects the actions of public officials in the performance of their duties to be ethically justifiable. This viewpoint is underlined by the assumption that public institutions exist to serve the interests of the public and as such the general behaviour and actions of public officials is determined by specific codes of ethics.

As soon as the personnel of public institutions engage in unethical behaviour, it could lead to ineffective administration and unsatisfactory service. This in turn results in a violation of the rights of the public, because public officials do not fulfill their obligations in an ethically justifiable manner.

The behaviour of public officials is always of interest to the community at large as the promotion of their general welfare depends to a large extent on the use or abuse of their administrative discretion. Any community expects their public officials to be honest, just, fair and professional in the fulfilment of their duties.

The following aspects comprise acceptable behaviour on the part of the public officials:

- All dealings must be transparent and open;
- All dealings must be in the public interest;
- There must be no violation of the rights and privileges of individuals;
- There must be strict adherence to all legal prescripts and regulations

WHAT'S NEW

a

Maternal death decrease

The number of women who die during birth in South African healthcare facilities has decreased. The 2016/17 South African District Health Barometre reflected that 116.9 out of 100 000 women die giving birth in comparison to 132.9 in 2012/13.

-Isolezwe, 01/02/2018



b

Standing burns calories, study finds

A study has found that standing burns 0.15 calories more per minute than sitting. "Standing not only burns more calories, the additional muscle activity is linked to lower rates of heart attacks, strokes and diabetes. So the benefits of standing could go beyond weight control," said Francisco Lopez-Jimenez, Professor at the Mayo Clinic in Rochester, a US-based non-profit.

-The Mercury, 01/02/2018



c

People with HIV can now donate organs

South Africa has permitted HIV positive people to donate their organs to other HIV positive patients. Rajendra Bhimma, a paediatrician at the University of KwaZulu-Natal, says 41 HIV positive patients have received organs from other infected persons in Cape Town.

Isolezwe Langesonto 04/02/18



photogallery



APPELSBOSCH OUTDOOR GYM LAUNCH - APPELSBOSCH



UMFOLOZI HOSPITAL RENAMING TO QUEEN NANDI REGIONAL HOSPITAL - KING CETSHWAYO DISTRICT



MEC'S VISIT TO VULINDLELA SHE CONQUERS EVENT - UMGUNGUNDLOVU DISTRICT



APPELSBOSCH OUTDOOR GYM LAUNCH - APPELSBOSCH

photogallery



health

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