



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

HEALTH Chat

MAY 2017

SITHULELA ISIGQOKO ABAHLENGIKAZI, ABAWU- MGOGODLA WEZEMPILO



SITHULELA ISIGQOKO
ABAHLENGIKAZI,
ABAWUMGOGODLA WEZEMPILO
EKHASINI 04



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SEZIMALI SOMNYANGO
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UNGAKUGWEMA UKUSHA
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KZN Department of Health

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SELIDUMELA
EMASUMPENI
NGENDUMEZULU YOMCIMBI WE

MASEA

USUKU
2 June 2017

UMCIMBI UVULELEKE KWABAMENYIWE KUPHELA



Going for Gold - In Pursuit of Service Excellence!



USOMQULU WAMALUNGELO EZIGULI

Ilungelo lakho ukuthi uhlonipheke

Noma yisiphi isiguli sinelungelo:

- Lempilo engcono nokuphila endaweni evikelekile
- Nokuba nelungelo ekuthathweni kwezinqumo
- Ukwazi ukuthola noma iluphi uhlobo aludingayo lwezempilo
- Umshwalense noma uxhaso ngosizo lokwelashwa
- Ukuziqokela usizo lwezempilo oludingayo
- Ngukwelashwa yilabo abanelungelo lwezempilo olusemthethweni
- Ilungelo ngempilo yangasese.
- Ukwazisa labo abasondelene naye
- Ukungavumeli ukwelashwa
- Umbono wesibili
- Ukuqhubeka nokunakekelwa
- Ukukhalaza mayelana nohlelo lwezempilo
-

IZIBOPHEZELO ZEMINDENI/ NEZIGULI

- Ukunika ulwazi olufanelekile mayelana nempilo yesiguli nokwelashwa kwangaleso sikhathi lapho kudingeka khona
- Ekukhishweni kwesiguli esibhedlela umndeni ubophelezekile, ukuqiniseka ukuthi isiguli sithatha imithi, sibuya ngokufanelekile, ukuqhubeka nohlelo lokulashwa njengalokhu okuhleliwe.
- Ukuhlonipha ezinye iziguli, izvakashi, nezisebenzi zasesibhedlela
- Ukwamukela ukuthi izidingo zezinye iziguli neminye imindeni kungaba okuphuthumayo kunezabo izidingo
- Ukwazisa isibhedlela ngokushintsha kwemininingwane yesiguli isibonelo; ikheli, inombolo yocingo nokunye.
- Ukukhokha imali yokwelashwa kwesiguli njengalokhu kulindelekile.

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

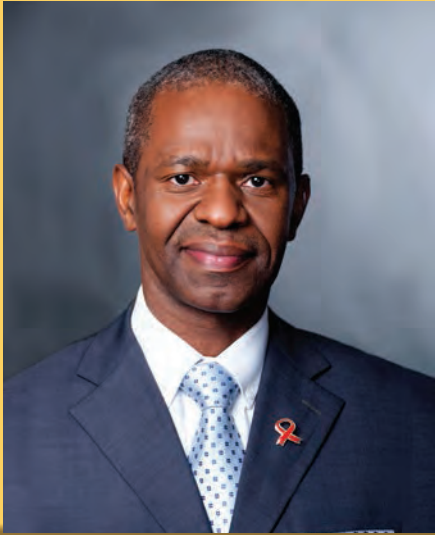
Uma zingaculisekile, zingabhalela lowo oyi-Ombudsperson kwezeMpilo KwaZulu-Natal uMnuz Mboneni Bhekiswayo kuleli kheli: 330 Langalibalele Street, Pietermaritzburg 3201.
Angathunyelelwa ne-email ku; mboneni.bhekiswayo@kznhealth.gov.za,

noma aphonelwe ku-033 395 3275.

UMnyango wezeMpilo unane-call centre esebenza amahora angu-24 nsuku zonke lapho kufakwa khona izikhalazo.

Shayela ku-0800 005 133





UMYALEZO OVELA KUNGGONGQOSHE WEZEMPILO

u DKT. SM DHLOMO

UBUWAZI ukuthi ukugeza izandla ngensipho kukodwa kungagwema izifo ezifana nesifo sohudo, umkhuhlane, ne-Hepatitis A, ethikameza ukusebenza kwesibindi, idale ijondisi nemfiva?



Ngenxa yokuthi abantu abaningi abazigezi izandla uma bekade besondelene nezimo ezinamagciwane, amagciwane ahlala ezandleni, agcine esengene emizimbeni yabo, kutheleleke nabanye - ngisho nabantwana imbala - bese beyagula.

Umkhankaso wamazwe omhlaba owaziwa ngo-World Hand Hygiene Day, obugujwa mhlaka (5 ku Nhlaba 2017) ubumuhle ngoba uphinde wasikhumbuza ngokubaluleka kwemikhuba ebukeka ingatheni, kodwa enenkulu inzuzo ngokwezempilo, njengokugeza izandla.

Ukugeza izandla ngensipho ngaso sonke isikhathi uma ukade usendlini yangesese noma ngaphambi kokuthinta ukudla, kuyasiza ekuvikeleni abantu emagciwaneni ongeke uwabone ngeso lenyama adala izifo. Lamagciwane ahlala endleni nasemchamweni, emanzini amile nasenhlabathini.

Lamagciwane abebhetheka ngomoya awela ezintweni ezithintwa yizandla, kanti futhi amagciwane ungawathola kunoma yini eke yathintwa omunye umuntu onawo. Ukwenza isibonelo nje, umuntu onomkhuhlane kungenzeka athimulele esandleni bese ethinta isibambo sesicabha, itafula, uthlefoni noma lapho kubanjelwa khona ezitebhisini ezihambayo.

Isayensi isitshela ukuthi kuyenzeka lamagciwane aqhubeke nokuphila isikhathi esingangamahora amabili. Ngakho-ke,

ngesikhathi umuntu ethinta lezi zinto lamagciwane abe esekwazi ukungena abambelele ezandleni zethu. Ngesikhathi umuntu ethinta umlomo, ikhala noma amehlo kulapho-ke lamagciwane akwazi ukungena ngaphakathi emzimbeni, umuntu agcine esegula.

Kubalulekile ukuhlaza izandla ngamanzi nensipho izikhathi ezimbalwa ngosuku, kanti futhi lokhu kuwumkhuba omuhle okufanele siwufundise nabantwana. Lokhu kungasiza ukuze bakhule beyizakhamizi eziyikhathalele impilo nokuphepha, nokungenza lukhulu ukwehlisa isibalo sabantu abangenwa yizifo.

Nasemiphakathini ewantulayo amanzi aphuma empompini - njengasezikoleni ezithile - akufanele lokhu kusivimbe ekuhlanzeni izandla. Umuntu omdala angathatha ibhodlela lesiphuzo lika 2lt wesipakupaku, bese enza isivalo sibe nezimbobo ezincane ezisisisefo. Leli bhodlela lingafakwa amanzi, bese umntwana elifaka ekhwapheni alibhekise phansi, agcobe insipho bese egeza izandla njalo.

Kubalulekile ukugeza izandla njalo emva kokwenza lokhu okulandelayo:

- **Uma uphuma endlini yangasese;**
- **Uma uqeda ukuphipha ingane;**
- **Ngemuva kokuthimula,**

ukukhwehlela, noma ukufinyela ezandleni;

Ngemuva nangaphambi kokuhlenga noma ukuthintana nomuntu ogulayo;

- **Ngemuva kokuthinta izilwane,**
- **Ngaphambi kokuba uthinte ukudla;**
- **Ngaphambi kokuba ufunze ingane.**
- **Ngemuva nangaphambi koku vakashela umuntu osesibhedlela;**
- **Ngemuva kokuthinta izibi;**
- **Ngemuva kokwenza umsebenzi ongcolisa izandla, njengokusebenza engadini noma ukukhanda imoto.**

Okunye esingakwenza ukuze siphephe ukugqoka izicathulo uma siya endlini yangasese ukuze amagciwane angangeni emzimbeni ngesikhumba sezinyawo. Izingane zivamile ukufaka izandla zazo emlonyeni, ngakho kubalulekile ukuzigeza njalo izandla zazo, ikakhulukazi uma ziphuma endlini yangasese nangaphambi kokuba zidle.

Uma singathatha lamasu ambalwa siwenzwe isiko-mpilo, lokhu kungenza omukhulu umehluko ukwehlisa izinga lokugula kubantu.

Khumbula ukugwema izifo.





UMYALEZO OVELA KWINHLOKO YEZEMPILO

u DKT ST MTSHALI

Mukhulu umsebenzi owenziwa abasebenzi bethu bezeMpilo kuyona yonke imikhakha esinayo, bese ngokukhethekile ngibingelele abahlengikazi bethu.



Kuyona futhi lenyanga, sigubhe usuku lwabahlengikazi ngomhla zi-12 ku Nhlaba 2017, iInternational Nurses Day. Ngaphansi kwesiqubulo sakulonyaka esithi Nursing: "A voice to lead – Achieving the Sustainable Development Goals". Isifundazwe saKwaZulu-Natali besihlanganyele namazwe omhlaba ekutuseni iqhaza labahlengikazi ekusimamiseni ezempilo emhlabeni jikelele.

Lapha esifundazweni saKwaZulu-Natali sincike kakhulu kubona abahlengikazi njengoba sithuthukise ukuhlinzeka umphakathi ngezempilo ngesigaba sokuqala i-Primary Health Care. Sinabahlengikazi abaningi ukudlula odokotela kulesigaba sosizo lwezempilo. Ngithanda ukubonga kakhulu abahlengikazi bethu isikhathi esiningi basuke beseduze kuka dokotela emitholampilo kanye nasezibhedlela. Likhulu iqhaza elibanjwa abahlengikazi kusukela sifika isiguli, sifikela kubona basihole babone makunesidingo sokuthi sidluliselwe phambili. Kunamazwi engiwathandayo aye ashiwo nguNgqongqoshe wezeMpilo

KwaZulu-Natal uDkt. Sibongiseni Dhlomo athi, "Ukuba umhlengikazi akuwona umsebenzi kepha wubizo". Nami ngihamba emagameni kaMhlonishwa uDhlomo ngithi ake siwuthande umsebenzi wethu, singahluleli intsha uma izodinga usizo lwezempilo ezikhungweni zethu. Uma intsha ifika ezikhungweni zethu asiyamukele ngezandla ezifudumele siyinike usizo olufanele.

Mhlaka 5 kuNhlaba 2017 umhlaba wonke ugubhe usuku lokugeza izandla. Lokhu kumqoka kakhulu njengoba izandla zenza izinto eziningi ezahlukene, okubalwa nokuthinta izindawo lapho kuhlala khona amagciwane ahlukahlukene. Kubaluleke kakhulu ukuthi ngaphambi kokuthi uthinte ukudla uqale ngokugeza izandla zakho ukuze uhlale uphilile. Lokhu kumele sikufundise ngisho abantwana bethu ukuthi sibagezise izandla njalo uma bezothinta ukudla noma bephuma endlini encane. Lokhu kunciphisa izifo ezifana nesifo sohudo, njengoba izandla zithinta ezindaweni ezahlukene ezingaba nokugcola.

Mhla zi-31 kuNhlaba 2017 umhlaba wonke uzobe uqwashisa ngobungozi bokubhema ugwayi. Intuthu kagwayi engena kumuntu iyingozi enkulu njengoba ingaholela ekutheni loyo obhemayo nabaseduze naye baphathwe isifo somdlavuza futhi. Siyanxusa ukuthi uma umuntu ehluleka ukuyeka ukubhema aqhele impela eduze kwabantu abangabhemisi. Ukubhema kufana nokuzinciphisela izinsuku zakho zokuphila emhlabeni njengoba kuholela ekutheni uphathwe isifo somdlavuza. Mhla zi-19 kuMbaso 2017 uNgqongqoshe wezeMpilo KwaZulu-Natal uDkt. Sibongiseni Dhlomo wethule isabelo mali sikanyaka ka2017/18 sika R39 548 473. Ngifisa ukukhumbuza abasebenzi bethu bezeMpilo ukuthi siqhubekela phambili nomshikashika wokusebenza nokusiza umphakathi.

Masiqhubekeni sibhukule sinike uthando iziguli zethu ngendlela efanele.





SITHULELA ISIGQOKO ABAHLENGIKAZI, ABAWU- MGOGODLA WEZEMPILO

UMnyango wezeMpilo KwaZulu Natal uhlanganyela kanye namazwe omhlaba ukutusa iqhaza labahlengikazi ekuhlinzekweni kwezidingo zezempilo.

Asenzi ihaba uma sithi abahlengikazi bangumgogodla wezeMpilo. Usuku lwabahlengikazi, obelungomhlaka 12 ku May | International Nurses Day nonyaka ligujwe ngaphansi kwesiqubulo esithi Nursing: “A Voice to Lead –Achieving the Sustainable Development Goals”. Ukuba umhlengikazi akuwona neze umsebenzi olula, kudinga isineke, ukusebenza ngokuzinikela, nokucophelela ngaphezu kokuba neziqumfundo. Kuwubizo, abahlengikazi babekelwe ukusiza imiphakathi futhi yibona abanezindlela zokufinyelela kubantu abaswele, baqinisekise nokuthi labo abadinga usizo bayaluthola. Usuku i-International Nurse’s Day lusukela ku-Florence Nightingale owahola ubumbano lwabahlengikazi ukuze luze lugcine seluthathwa njengomsebenzi. Wazalelwa

eFlorence, Italy, mhla zi-12 kuNhlaba ngo 1820. UFlorence nelinye iqembu labahlengikazi bathuthukisa isimo sezempilo esibhedlela sase-Britain ngesikhathi se-Crimean War. Wakhombisa isibindi, futhi amagalelo akhe aholela ekwehleni kwesibalo sabantu abashona ngesikhathi sempilo. Washiya nemibhalo yakhe eyayigqunguzela ukuthuthukiswa kwezeMpilo umhlaba wonke. Abahlengikazi babalulekile kakhulu ngoba ngaphambi kokuthi isiguli sibonane nodokotela siqale sixoxisane nomhlengikazi. Bayinsika eqinisa iphinde isimamise ukusebenza kohlelo lwezempilo ekuhambiseni izidingo kubantu. Isigaba sokuqala sosizo lwezempilo iPrimary Healthcare isingethwe kakhulu yibona abahlengikazi ngoba iziguli zifika bona emitholampilo eminingi. Noma sekudlulelwa kwezinye izigaba zokwelashwa odokotela, nabo akwenzeki babe bodwa, bahlale benabahlengikazi eduze kwabo. Lapha esifundazweni sethu, ingxenye enkulu yabasebenzi bezempilo yakhiwe ngabahlengikazi, ngaphandle kwabo, asiyilutho.

UMnyango wezeMpilo unohlelo olwaziwa nge-Nurse Initiated and Managed Antiretroviral Treatment (NIMART) Programme, oluqeqesha abahlengikazi ukuthi bakwazi ukuhlinzeka abantu abahaqwe yigciwane lesifo sengculazi ngemishanguzo. Lona ngumsebenzi owawenziwa ngodokotela kuphela ngaphambi kokwethulwa kohlelo lweNIMART. Kumanje lapha KwaZulu-Natal abahlengikazi asebeqeqeshiwe ngaphansi kwaloluhelelo yibo abasiza ngokuthi kufakwe lezo ziguli ezikhungethwe igciwane nesandulela salo ohlelweni lwemishanguzo. Iqhaza elibanjwe abahlengikazi impela liyabonakala, njengoba kuncipha mawala ukwesulela kukamama emntwaneni ngegciwane lengculazi (Mother-to-Child Transmission of HIV). Ukushesha koMama ukusondela emtholampilo kuyabasiza ekutheni basheshe bathole usizo. Lokhu kuchaza ukuthi noma sinabo abesifazane abakhulelwe abahaqwe yigciwane lengculazi, siyabaqinisekisa ukuthi bazobeletha izingane ezingenalo igciwane ngenxa yeqhaza lalaba bahlengikazi bethu be-

NIMART.

Ngaphansi kohlelo lwe Test and Treat lapho uhlola khona kuthi uma utholakala unalo welulekwe bese uqaliswa imishanguzo ngalesosikhathi, likhulu iqhaza elibanjwe ngabahlengikazi abaqeqeshwe ngaphansi kohlelo lwe NIMART. Kuyimanje isifundazwe saKwaZulu-Natal, sinabantu abangaphezu kuka



1.3 million asebefakwe ohlelweni lwemishanguzo.

Abahlengikazi baphinde babe ochwephesha njengoba benolwazi olujulile. USr Primrose Stezhia Goge, ohlale eqaphe ngelokhozi emtholampilo omncanyana esiFundeni iLembe: Nalu udaba lwakhe:

Uthe ehlola njengokwejwayelekile owesifazane okhulelwe, lomhlengikazi oqeqeshiwe futhi ozinikele emsebenzini wakhe wakwazi ukuqaphela isifo esiyimvelakancane enganeni engakazalwa esiyaye sitholakale enganeni eyodwa kwezingu 300 000.

Esebenzisa nje isipopolo sengane ingaphakathi esibeletweni, wakwazi ukubona ukuthi kwakukhona okwakushaya amanzi ngokushaya kwenhliziyo yengane. Ngokuphazima kweso wabe esethumela isiguli esibhedlela sase-Stanger ukuyohlolwa. Nakhona eStanger basedlulisele e-Nkosi Albert Luthuli Central Hospital. Ukuba kwakungayanga ngokucophelela kwakhe okukhulu ngesikhathi ehlola ingane, ingqophamlando yokuhlinzwa kwengane okwenziwa e-Nkosi Albert Luthuli Central Hospital ngu-Dkt Ismail Bhorat, oyiNhlolo yoPhiko lwezokuHlinzwa kwemiBungu (Head of the Foetal Surgical Unit) ngabe ayenzekanga.

Lokhu kwaku ngukuhlinzwa kwengane ingakazalwa okubizwa phecelezi, pericardiocentesis, okuwuhlobo lokuhlinza lapho kusetshenziswa inaliti nepayipi

ukumoma uketshezi olusuke luzungeze inhliziyi. Kulokhu, lomsebenzi obucayi wawenziwa enganeni unina ayesayikhulelwe amasonto awu-29. Lokhu kwaphetha ngokuthi kwemukelwe ingane kanye nonina wayo bephile bengumqemane emuva nje kwezinyanga ezimbalwa. Eminyakeni edlule, umnyango ubukhiqiza cishe 2000 wabahlengikazi ngonyaka, kodwa manje usunqume ukugxila kakhulu ekukhiqizeni amaClinical Nurse Specialists asethubeni lokubamba elikhulu nelibalulekile iqhaza ekuqinisekiseni kokulethwa kwezinsiza zezempilo eziseqophelweni eliphezulu ebantwini abakhele iKwaZulu-Natali. Lelithimba lizoqinisekisa nokutholakala kwamathimba ochwepheshe azinze ezifundeni ukuze kuqiniseke izinhlelo zokuhlelwa kabusha ukuhlinzekwa kwezempilo njengoba sekuhlelwe kanje abahlengikazi abafunde bagogoda kulemikhakha:

- 59 wabahlengikazi abangama Advanced Midwives and Neonatal Nurses;
- 54 wama-Child Health Nurse Specialists
- 12 wamaProfessional Nurses aphothule amaDiploma in Medical Surgical Nursing, Trauma and Emergency
- 3 amaRegistered Nurses azuze amaDiploma ku-Critical Child Nursing

eNyuvesi yaseCape Town, manje asesebenza egunjini lezingane ezigula kakhulu eziBhedlela e-Edendale, Grey's nasePort Shepstone.

- 437 abahlengikazi abaqeqeshwe kanzulu, abanamakhono ehlukahlukene futhi abakwaziyo ukuhlenga ngokupheleleyo kunoma yimuphi umkhakha, okubalwa kuyo ukwelapha okwejwayelekile, izikhungo zezempilo zomphakathi, ukubhekela abagula ngengqondo kanye nasezimweni zokubelethisa.

- 41 AmaPrimary Health Care nurses aselekelela ohlelweni lokusatshaliswa kweNHI KwaZulu-Natali azojoyinwa ngamanye angu 179 okumanje ayaqeqeshwa e-University of KwaZulu-Natali kusetshenziswa indlela yokusabalalisa izikhungo zokuqeqesha.

- Kweminye imikhakha yobuchwepheshe esiyitshale ngezindawo ezehlukene kukhona 19 Ophthalmic Nurses; 62 Critical Care Nurses; 41 Orthopaedics Nurses; 272 abaneDiploma in Midwifery; 28 abaneDiploma in Psychiatric Nursing nama-Operating Theatre Nurses angu 45.

- Bangu 15 abafundi abaqale izifundo ze-Emergency Nursing Science (Trauma) ngomhlaka 1 Ndasa 2017. Lezi zifundo zethulwa okokuqala yikolishi loMnyango. Lokhu kuqeqeshwa kwekhetelo kuhlomisa abahlengikazi bethu ngesisekelo esinzulu futhi esiseqophelweni eliphezulu ekusingatheni izimo eziphuthumayo kwezempilo.

SITHATHA LEI THUBA UKUBONGA ABAHLENGIKAZI BETHU SIPHINDE SINCOME UMSEBENZI WABO OMUHLE ABAWENZAYO NGOKUSINDISA IMPILO YETHU NGOTHANDO SITHI ABAQHUBEKE NJALO.

AMAZWIBELA NGESABELO SEZIMALI SOMNYANGO WEZEMPILO



NGESABELO mali sika-R39,5m sonyaka ka-2017/18, uMnyango wezeMpilo KwaZulu-Natal uzibophezele ukuhlinzeka umphakathi ngezinsiza zezeMpilo ezisezingeni elifanelekile, kusukela umuntu ezalwa kuze kuba uya ethuneni. Isifundazwe saKwaZulu-Natali siyikhaya labantu abangaphezudlwana kuka 11 million, kubo okuzalwa cishe abangu 220 000 unyaka nonyaka.

OMAMA ABAZITHWELE

UMnyango uthanda ukubonga omama abazithwele ngokuba basheshe basondele bathole ukunakekelwa ngaphambi kokubeletha. Kuyimanje ingxenye engu 60% yomama abazithwele sebefika emitholampilo yethu engakapheli amasonto angu 20 bezithwele - nokuyisifiso soMnyango ukuba senyuke lesi sibalo. Siyaqhubeka ukugubha ngentokozi ukuncipha mawala kwesivinini sokwesulela kukamama emntwaneni igciwane lesandulela ngculazi (Mother-to-Child Transmission of HIV) KwaZulu-Natali ngakho belu ukushesha basondele banakekelwe bengakabelethi. Lokhu kuchaza ukuthi noma sinabo abesifazane abakhulelwe abahaqwe yigciwane lengculazi, siyabaqinisekisa

ukuthi bazobeletha izingane ezingenalo igciwane. Sinxusa omama abahlolwa batholakala benalo igciwane lengculazi bekhulelwe eminyakeni eyedlule, banikwa imishanguzo yangesikhathi bezithwele kuphela, ukuba babuye bazohlomula ezinguqukweni esenziwe nguhulumeni. Manje wonke umuntu ohlolwa atholakale enegciwane lesandulela-ngculazi usekwazi ukuqala ukudla imishanguzo ngaphandle kokulinda, ngaphansi kohlelo olubizwa nge-Test & Treat. Lokhu kuseyimpokophelo yethu yokuzuzisa impilo ende nengenabuthakathaka kubo bonke abantu baseNingizimu Afrika. Kamuva nje, iKwaZulu-Natali iqophe umlando ngokunciphisa kakhulu izinga lokuhlaselwa yizifo nokushona kwalaba:



1. Abesifazane:

Ukushona kwabesifazane abakhulelwe kunciphe kusuka ku 393 ngo 2010 kwaya ku 220 ngo 2016. Ngukwehla ngesibalo esingu 40% lokhu.

2. Usana:

Zingaphansi kuka 20 kulowo nalowo 1000

3. Abangaphansi kweminyaka emihlanu:

Bangaphansi kuka 30 kulowo nalowo 1000.

MOM-CONNECT

Enye into esisebenzela ngendlela Eneyisimanga wuhlelo lwe-Mom-Connect olwethulwa nguNgqongqoshe kaZwelonke wezeMpilo. Loluhlelo lusebenzisa ubuchwepheshe bocingo lweselula ukubhalisa abesifazane abakhulelwe abasuke benakekelwa ngaphambi kokubeletha – okubahlomisa ngolwazi lonke nangemiyalelo edingekayo ukuze baqinisekise ukuthi bangumqemane ngesikhathi bezithwele futhi nomntwana azalwe ephile kahle. Emuva kokubeletha, imiyalezo iguqukela olwazini ngezidingo zengane ezelwe futhi lokhu kuyaqhubeka kuze kuphele unyaka

emuva kokubeletha. Impela yonke lemizamo inemiphumela ebonakalayo ohlelweni lwethu lokunqanda ukwesulela kukanina umntwana ngengculazi (Prevention of Mother to Child Transmission of HIV [PMTCT]). Mayelana nalokhu siyathokoza ukunibikela ukuthi ukwesuleleka sekunciphe kusuka ku 8.6% ngo 2009/10 kwayofika ku 1.2% ngo 2015/16. Izinga lokwesuleleka umntwana ezalwa kusukela ngoMbaso 2016 kuya kuMasingana 2017 limi ku 0.1%, kanti esikhathini esilinganiselwa emasontweni alishumi (phakathi kwamasono ayisithupha kuya kwayi 18) izibalo zikhomba 1, 1% okuyiqophelo elibaluleke kakhulu emlandweni.



SIKHUTHAZA UKUNCELISWA KWABANTWANA IBELE



Sigqogquzela oMama ukuba bancelise ubisi lwebele, lunikeza zonke izakhimizimba ezidingwa ngumntwana ukuze aphile kahle, akhule nangendlela efanele ezinyangeni eziyisithupha zokuqala. Luqukethe amasosha aqinisa umzimba alwe nezifo

futhi kunqandeke izifo eziwayelekile njengokuhanjiswa yisisu nenyumoniya. Zingu 13 izikhungo zokulondoloza ubisi lwebele lukamama esezisunguliwe ezifundeni eziyisithupha. Lezi zikhungo ezokusiza izingane ezisuke zizalwe singakashayi isikhathi, ezivamise

ukuncisheka ubisi lukamama ngenxa yezizathu ezifana nokushona konina ngesikhathi bebeletha noma uma onina begula kakhulu ukuba bangakhiqiza ubisi. Siyabonga kulabomama abazimisele ukunikela ngempilo engcono ebantwaneni babanye omama. Malibongwe. E KZN, ngenxa yalabomama, siyazibophezela ukupha zonke izingane ezisanda kuzalwa ubisi lwebele.

Ngenxa yalemizamo, sesikwazile ukwenyusa isibalo sabancela ubisi lwebele sisuka ku 22.5% ngo 2008 kuya ku 50.2% ngo 2014/15 kuyoshaya ku 54% ekupheleni kukaMasingana 2017.

Ezingeni lomphakathi sesisungule izikhungo zikaPhila Mntwana ezingu 1 093 ngenhloso yokusondezela eduze kakhulu nemiphakathi izinhlelo zezempilo zokunakekelwa kwezingane ezinganda okungazigulisa ziphinde zikhuthaze ukunakekelwa kwempilo. Kulezi zikhungo, izingane ziyahlolwa ukuthi zondlekile yini, kubhekwe isifo sofuba, ingculazi nesandulela sayo nokunye okuyizifo okuphatha izingane okungavikeleka. Lezi zikhungo zikhuthaza futhi ukuthi abantwana banceliswe kutholakale nalezo ezingagonyiwe.

Kuphele uZibandlela 2016, sekuhlolwe izingane ezingu 322 169 ezikhungweni zikaPhila Mntwana, kuzo ezingu 45 746 zedluliselwe ezikhungweni zezempilo zathola usizo eMnyangweni wezeMpilo nakweminye iminyango ekweminye imikhakha. Kasithokozile neze ukuthi naphezu komsebenzi ongaka kahulumeni wokufinyelela kubantu ngohlelo luka-Operation Sukuma Sakhe (OSS), sisaphunduleka ekufinyeleleni kwababulawa yiphango, abangondlekile ngendlela efanele.



EZEMPILO EZIKOLENI



Ukubhekela abantwana abasafunda ezikoleni, uMnyango usujube amaThimba ezeMpilo ezikoleni angu 207 aholwa umhlengikazi oqeqeshiwe osebenza nomhlengikazi osaqeqeshwa kanye nomsizi womhlengikazi. Umsebenzi wabo omkhulu wukubheka okungahle kube yizithiyo ekufundeni komfundi, njengokungaboni kahle, ukuzwa, izingqinamba mayelana nokuphazamiseka komqondo ngenxa yezimo zenhlalo nokukhinyabezeka emzimbeni, ukubala nje okumbalwa. Kulonyaka odlule nje wezimali uwodwa,

lamaThimba ezeMpilo ezikoleni afinyelele ezikoleni ezingu 6 000; abonana nabafundi abangu 143 776 bakwaGrade R kuya kuGrade 10. Sesakhe nohlelo i-Child and Adolescent Mental Health Sub-Speciality Programme olusiza ukuhlola bese lunakekela izingane nabantu abasha abanokuphazamiseka emqondweni okuyinto evamile ngendlela yesimo senhlalo esingesihle entsheni kulesi siFundazwe. Kuze kube manje, bangu 102 294 abantu abasha abaneminyaka engaphansi kuka 18 asebehloliwe futhi abathola usizo ngenxa

yizingqinamba zokuphazamiseka emqondweni. Ngohlelo lwethu lokunakekelwa komlomo namazinyo (Oral Health) sesakhe ubudlelwano bokusebenzisana nenkampani yakwaColgate Palmolive esisiza ngezinto zokuxubha amazinyo. Ukunakekela amazinyo ezinganeni kunganciphisa amathuba esifo senhliziyo ngokuhamba kweminyaka, kanti ngalombhidlango bangu 50 718 abafundi ababambe iqhaza ohlelweni lokuxujwa kwamazinyo ezikoleni.

UMKHANKASO WOKUGOMELA UMDLAVUZA WESIBELETHO

Ukuhlinzeka amantombazane kaGrade 4 aneminyaka eyisishiyagalolunye nangaphezulu, sesiqale uhlelo lokugomela umdlavuza wesibeledho i-Human Papilloma Virus (HPV) njengendlela yokunqanda umdlavuza wesibeledho (okungenye yezimbangela ezinkulu zomdlavuza wesibeledho kwabesifazane e KZN). Ngomzuliswano wokuqala ngoNhlolanja/Ndasa 2016 sikwazile ukufinyelela engxenyeni engu 85.6%

yezikole zesiFundazwe, kwathi ngomzuliswano wesibili safinyelela engxenyeni engu 68.5% wezikole. AmaThimba ezeMpilo eziKoloni asebenzisana namaThimba ezeMpilo yoMndeni angu 141, abuye aziwe ngamaWard Based Outreach Teams (WBOTs) asesunguliwe emawadini futhi asebasebenza esiFundazweni. Zonke izifunda sezinzawo lamathimba asibalo sawo sisukela kwayisikhombisa oGwini kuyofika kwangu 31 eThekwini.



UHLELO LOKUHLOLELWA IGCIWANE LENGCULAZI NESANDULELA SAYO MAQEDE WELASHWE NGALESO SIKHATHI

Njengendlela yokuNciphisa uMthwalo wezifo, kuphilwe isikhathi eside, iNational Development Plan iphinde ithi abantu mabasheshe bafakwe ohlelweni lwemishanguzo yabo bonke abaphila nengculazi.

Ngiyathokoza ukubika ukuthi ngomhlaka 1 ku-Zibandlela 2016, njengesifundazwe samukele sase siqala ukusebenzisa uhlelo lwe-Universal Test and Treat ngokugunyazwa nguMnyango kaZwelonke wezeMpilo. Ngayo yodwa nje inyanga esiqale ngayo, iziguli ezingu 31 157 ziqale ukudla imishanguzo okuyisibalo esiphindwe kabili kwesejwayelekile ngenyanga. Ukulwenza lusebenze nakangcono loluhlelo, uMnyango usebenzisana kakhulu nabelaphi bomdabu abangamanxusa namashoshozela oMnyango. Lokhu kwenzeka

ngokusebenzisana esinakho nenhlango ebizwa nge I-Teach, okuyisu eligxile emphakathini lokuhlolwa igciwane lengculazi ngokusebenza nabelaphi bomdabu ukuvula amathuba okuhlolwa, kuqinise ngasekunakekeleni bese kutholakala indlela yokubhekana nokutheleleka yigciwane. Sihlela ukuba nenkundla yokucobelelana ngolwazi nabelaphi bendabuko ukuze sigxilise ngokushesha lomqondo weTest & Treat. Ngayo yonke lemizamo, iKwaZulu-Natali kumanje inabantu abangu 1, 160 666 abasohlelweni lwemishanguzo. Abahlengikazi bethu abangu 3 908 abaqeqeshwe ngohlelo iNIMART bayaqhubeka nokuqinisekisa ukuthi zonke iziguli kuwo wonke amagumbi esiFundazwe esezikulungele lokhu ziyafakwa kuluhlelo. Ngaphezu kwalokhu, njengohlelo olusha, sesisebenzisa namathimba ethu

ezempilo angomahamba- nendlwana ukuletha usizo lwemishanguzo, kanti sesingakuveza ukuthi angu 43 avele aseqalile ukusebenza. Emtholampilo iPrince Mshiyeni Gateway sihlinzeka ngosizo lokunakekelwa mayelana nengculazi nangezinye izidingo zempilo emadodeni alala namanye, okuyisikhungo esahanjelwa nguSir Elton John ngesikhathi kuhleli iNgqungquthela yoMhlaba yeNgculazi. Siyababonga nabasebenzi bethu ngokuba kwabo nozwelo ukusiza abadinga usizo abahambela lesi sikhungo sethu. EThekwini naseMgungundlovu kuhlolwa ukusebenza kohlelo lwe-PrEP (HIV Pre-Exposure Prophylaxis) njengombukiso wendlela okuzosetshenzwa ngayo njengoba kulungiselelwa ukuqalwa koHlelo lukaZwelonke lwabaThengisa ngemizimba (National Sex Worker Plan).

UHLELO LOKUKHISHWA NOKUSATSHALISWA KWEMITHI YEZIFO ZAMAHHLALA KHONA

(CENTRAL CHRONIC MEDICINE DISPENSING AND DISTRIBUTION (CCMDD) PROGRAMME)



Ekuphokopheleni kwethu ukuqinisa izinhlelo zezempilo nokuphucula izinga lokunakekela ngakwezempilo, ikakhulu ezigulini ezinezifo ezingelapheki, uMnyango wethule wabuye wasabalalisa uhlelo lokukhishwa kwemithi yalezizifo kuzo zonke izifunda ezingu 11 zaKwaZulu-Natali.

Lengqayizivele yohlelo inciphisa izikhathi zokulinda ukuthola imithi okuvame ukuhambisana nezindleko zokugibela kanti yenza kunciphe nokuminyana ezikhungweni zezempilo. Kuze kube manje, bangu 619 200 abantu abasizakala ngaluluhlelo, kanti lesi sibalo sikhula zonke izinsuku.

Lolu hlelo lufaka ukuhlinzekela iziguli ezingabambekile kakhulu ezidla imithi yezifo ezingelapheki, okubalwa kuzo umfutho wegazi ophezulu, ushukela noma ingculazi okuyizifo ezingadingi ukubonana nesisebenzi sezempilo zonke izinyanga. Kufaka nokuqoka izizinda eziseduze nalapho abantu behlala khona abangayilanda kuzo imithi yabo.

Luluhlelo lwaqala ukusetshenziswa eMbuthweni wezokuVikela waseNingizimu Afrika lapho engalubona

lusetshenziswa khona ngesikhathi ngisebenza oPhikweni lwezeMpilo loMbutho wezeMpi waseNingizimu Afrika ngo 2003. Embuthweni wezeMpi, kwabonakala ukuthi amasotsha adinga ukutshalwa ezindaweni ezehlukene, okukhona kuzo nalapho isuke ibambene khona ngaphandle kwemingcele yezwe futhi okungeke kwenzeke ukuba lawo masotsha afike siqu nyanga zonke azobhekwa. Ngakho kwaqalwa uhlelo lokuba ukutholakala kwemithi yawo kuqondane nezinhlelo zokujutshwa kwawo. Lwasebenza futhi kusaqhutshekwa nalo namanje.

Nathi sesikubonile lokhu eMnyangweni wethu, okungukuthi, cishe ingxenye engu 60% yemithi elandwa ngencwadi kadokotela emakhemisi nasemitholampilo yomphakathi ngeyegiziguli eziphethwe yizifo ezingelapheki kodwa futhi ezingaguleli ukufa. Lezi yiziguli ezingadingi ukubonwa yisisebenzi sezempilo njalo nje kwazise sekwedlule izinyanga ezingaphezulu kweziyisishiyagalombili zingangalenzi iphutha.

Sesivule izikhungo ezingu 598 zokulanda

lemithi kuso sonke isifundazwe futhi sisahlela ukwenyusa isibalo sifinyelele ku 746 ngasekupheleni konyaka wezimali ka 2017/18. Ukugcizelela nje, ukusetshenziswa kwaluluhlelo sekuvele kukusiza kakhulu ukwenza lokhu:

- Ukunciphisa ukuminyana ezikhungweni zezempilo kwabantu abangabambekile kakhulu okuvula ithuba nesikhala ukuba izisebenzi zethu eziqeqeshiwe zisize abasazoqala ukwelashwa;
- Kunciphisa isikhathi sokulinda kwabazolanda imithi;
- Kuphumuza iziguli umthwalo wokuhamba amabanga amade ziyolanda imithi yezifo ezingelapheki, kanti okubalulekile,
- Kunqanda ukuba abanye abantu bangade benyokoloza isiguli ngoba phela akekho osuke azi ukuthi usakazana nosakazana wemithi umuntu awuphethe uquketheni kwazise loluhlelo luhlinzekela ingxubevange yeziguli, okubalwa kuzo ezinegcwane lengculazi nanezinye izifo ezingathathelani.

UNGAKUGWEMA UKUSHA NOMLILO ONGAHLELIWE

UKUSHA kungenye yezinto ezivamise ukudala omkhulu umonakalo, zishiye izilonda ezibucayi noma zidlule nemiphefumulo, nakuba kuyinto engagwemeka kalula nje.

Njengoba ngoNhlaba (May), kuqala ubusika, uMnyango wezeMpilo KwaZulu-Natali uphezu komkhankaso wokuQwashisa ngobuNgozi boMlilo (Burns Awareness Week, 6-12 May), ukuze abantu bahlale bephephile, kugwenywe ukusha nokubulawa kwabantu wumlilo ngokungenasidingo.

Umbiko wenhlangano ebhekelela ukusha kuzwelonke, iNational Burns Association South Africa, uveza ukuthi babalelwa ku 6000 – 8000 abantu abashayo eNingizimu Afrika ngonyaka. Lo Mbiko uveza ukuthi linyuka kakhulu izinga labantu abashayo ngesikhathi sasebusika. Kugqugquzelwa abantu ukuba bazihluphe ngokufunda izindlela zokugwema ukusha kanye nemililo.

Singabala izindlela eziningi zokugwema ukusha kodwa okubaluleke kakhulu ukuthi umuntu aqikelele ukuthi ngaso sonke isikhathi azikho izinto ezingadala umlilo ongalindelekile, noma ukuchitheka kwezinto eziphekwayo, lapho ekhona. Ukuze ugweme izinkinga ezisondelene nemililo kanye nokusha kungafanele;

- Ungashiya ikhandlela livutha lodwa, amabhodwe, noma isitofu singacishiwe kungekho muntu ogadile;
- Ungavumeli abantwana badlale eduze komlilo noma ubashiye nebhodwe elibaselwe okanye igedlela lamanzi;
- Ungalali ikhandlela, iheater noma imbawula kuvutha;
- Ungabakhiyeli abantu endlini bengenawo ukhiye wokuvula;
- Qinisekisa ukuthi kukhona indawo engenisa umoya uma usebenzisa imbawula okanye igenerator endlini

noma ungakusebenzisi nhlobo;

- Fundisa abantwana ngomlilo kanye nobungozi bawo beseubeka umentshisi kude nabo;
- Qinisekisa ukuthi uwubeka kude upharafini, uphethiloli kanye nezinye izinto ezihangula kalula umlilo.

Izinto ezibalulekile okumele uphuthume uzenze uma kuqubuka umlilo:

- Ukusheshe uhlabe ikhwelo kwabanye ukuthi kuno mlilo kwabasendlini kanye nomakhelwane ngokushesha.
- Uma izingubo ozigqokile zivutha, lala phansi bese uphenduphendu emhlabathini;
- Uma uphuma lapho kusha khona, hamba ngokukhasa uma kukuvumela ukwenza njalo;
- Khumula izingubo kanye nobucwebe obushile.



UMFUTHO WEGAZI OPHEZULU

HYPERTENSION

Njengoba kugujwa usuku i-World Hypertension ku Nhlaba, ungqongqoshe wezeMpilo KwaZulu-Natali uDkt Sibongiseni Dhlomo uxwayisa umphakathi ukuba uqaphele isifo somfutho wegazi ophezulu, ngoba siyabulala. Ungqongqoshe ukhiphe lesi sexwayiso wathi kubalulekile ukunakekela impilo kuqashelwe izifo ezibeka impilo engcupheni njengawo umfutho wegazi odalwa izinto ezingagwemeka.

Izinto ezingaholela ekutheni ube nesifo somfutho wegazi ophezulu:

- Uma kukhona owake waba nalesi sifo emndenini
- Ukudla okungenampilo, okubalwa nokudla kakhulu usawoti
- Ukuphuza kakhulu uphuzo oludakayo
- Ukubhema
- Ukukhuluphala ngokweqile
- Ukungazivocavoci
- Ukukhathazeka engqondweni
- Ukukhula kweminyaka
- Uma ukhulelwe

Izimpawu zomfutho wegazi zifaka ikhanda, ukuphelelwa amandla, isisyezi, amehlo avuvukele, ukubona lufifi kanye nokuphelelwa umoya.

Nakhu ongakwenza ukuze ugweme noma udambise umfutho wegazi:

- Yidla isikali esincane sokudla kathathu ngosuku
- Yidla ukudla okunempilo, gwema ukudla okunamafutha (enyameni ebomvu, isikhumba senyama yenkukhu kanye nokhilimu wamakhekhe)
- Abantu abakhuluphele bayanuswa ukuba bazame ukwehlisa isisindo semizimba yabo
- Yehlisa usawoti okungunenani usebenzise iteaspoon eyodwa ngosuku

- Gwema uphuzo oludakayo
- Ungaphuzi ngokweqile itiyi, ikhofi kanye no nemenadi
- Ukuzivocavoca kumele kube ingxenyi yempilo yakho

Ungqongqoshe ugcizelela ukuba labo asebethole ukuthi banesifo somfutho wegazi ukuba bathathe amaphilisi abo ngendlela abayalelwe ngayo emtholampilo.

BLOOD PRESSURE



Regular checks

Low sodium diet

Hypertension
at high blood pressure

SIKHUTHAZA

ABESIFAZANE UKUBA BAZI

ISIMO SABO SEZEMPILO

Ukuphila kahle komuntu wesifazane wukuphila kwesizwe. Yingakho phakathi kwezinhlelo zokusiza imiphakathi ngezidingo zezempilo, kubuye kugcizelelewe kakhulu nasezinhlelweni ezahlukene eziqondiswe kubantu besifazane. Usuku lokugubha isimo sempilo yabantu besifazane International Day of Action for Women's Health luyingxenye yalezo zinhlelo. Ngalolusuku olugujwa njalo ngomhlaka 28 kuNhlaba lugqugquzela bonke abesimame ukuba bathathe izinyathelo ekuthuthukiseni impilo yabo.

Ngaphansi kwesiqubulo sakulonyaka esithi **"IMPILO YETHU, ILUNGELO LETHU"** kunxuswa abantu besifazane ukuba banakekele impilo yabo, babheke izinselelo zempilo ezidinga ukunakwa. Ziningi izinselelo ezibhekene nabesifazane okuyizifo ezithelelanayo, ukudlwengulwa kanye nokunye.

UMnyango wezeMpilo lapha esifundazweni sakwaZulu-Natali unxusa bonke abesifazane ukuthi banakekele impilo yabo ngoba ibalulekile kanti bangakwenza lokhu ngokuqinisekisa ukuthi:

- Bahlola kanye ngonyaka babheke izifo ezifana nesifo sengculazi nesandulela sayo, isifo sofuba, isifo sika shukela, umfutho wegazi kanye nesifo somdlavuza
- Bavakashela umtholampilo uma bephuthwe izinsuku zabo zokuya esikhathini ukuze bahlalele ukukhulelwa
- Bahlale isifo somdlavuza wesibelethe
- Badle ukudla okunempilo
- Bazivocavoce ukuze bahlale bengumqemane

Phakathi kwezinye zezifo ezivame ukuphatha abantu besifazane, nezidinga ukuthi zigwenywe uma ungakabi naso noma sisheshe siqashelwe uma usunaso, yisifo somdlavuza. Ziningi izinhlobo zesifo somdlavuza eziphatha abantu besifazane, esingazibalula yilezi:

- Umdlavuza wesibelethe
- Umdlavuza webele

Umdlavuza wesibelethe kanye nowebele utholakala kakhulu kubantu besifazane.

UNGAWUVIKELA KANJANI UMDLAVUZA WESIBELETHO

- Abesifazane bagqugquzelwa ukwenza i-pap-smear okungenani kanye ngonyaka
- Umnyango ubuye ube nohlelo olubizwa ngo Phila Ma oluhlose ukusiza abesifazane ekuhloleni umdlavuza wesibelethe, bafundiswe ngezempilo
- Emantombazaneni aneminyaka engu-9 kuya ku-10 umgomo we HPV uhlose ukwehlisa isibalo sabesifazane ababa nomdlavuza wesibelethe.

UNGqongqoshe wezeMpilo uDkt Sibongiseni Dhlomo unxusa bonke abanabantwana abaneminyaka engu-9 kuya ku-10 ukuba bagome ukuze bezovikeleka kulesisifo.

UNGAWUVIKELA KANJANI UMDLAVUZA WEBELE

- Zijwayeze ukuthinta amabele akho uzwe ukuthi akukho yini okusasigaxa kuwona
- Shesha ubonane nodokotela uma kukhona okuzwayo
- Shesha uthole ukwelashwa okufanele uma kutholakala ukuthi unawo lomdlavuza

UKUZIVOCAVOCA KUYIMPILLO



Ngabe uthanda ukulahl'umlenze, ukudlala ibhola noma ukugijima? Ziningi izindlela zokuzivocavoca umzimba wakho. I-World Move for Health Day usuku lapho kugcizelelwa khona iphuzu lokunyakazisa umzimba umhlaba wonke. Lolu suku olubungazwa ngomhlaka-10 kuNhlaba lubekwe iWorld Health Organization ukugqugquzela amazwe, imiphakathi nomuntu ngamunye ukuthi azivocavoce ukuze avune amandla okulwa nezifo. Iningi labantu alizivocavoci ngenxa yokukholelwa ekutheni:

Asikho isikhathi

Imizuzu engama-30 kuphela ngosuku iyawenza umehluko. Ungakwazi ngisho ukuhlanganisa izindlela ezahlukene, njengokugxuma gxuma.

Kulukhuni

Awuphoqelekile ukuthi uzephule iqolo ukuze ulolonge umzimba wakho. Futhi akufanele uze uzace noma ube

isikhondlakhondla ukuze waneliseke ukuthi umzimba wakho usesimeni esilungile. Kumele uhambe ngezinga lakho, uqale kancane kancane.

Kuyabiza

Abathanda ukuzivocavoca futhi bengenayo imali bangasebenzisa izindlela zokuzivocavoca ezingadingi mali. Ungazivocavoca ngokugijima, ngokuhamba ngezinyawo kunokuhamba ngemoto lapho isimo sivuma, ukusebenzisa izitebhisi kunama-lift njalo njalo. Ukuzivocavoca kunciphisa ukukhuluphala kukuvikele nasekutholeni izifo ezifana nesifo senhliziyo, isifo sikashukela kanye nezinye. Ngaphandle kwalokho, uma uzijwayeza ukuzivocavoca uqinisa amathambo, uzithola usuphaphama kakhulu emsebenzini nasesikoleni futhi uba ngumqemane nengqondo yakho isebenze kahle. Masilandele ezinyathelweni

zikaNgqongqoshe wezeMpilo KwaZulu-Natali uDkt Sibongiseni Dhlomo oyinxusa lokuzivocavoca, "Othi ngihlale ngimatasa ngizama ukwenza isiqiniseko sokuthi abantu bakulesisifundazwe bathola izinsiza zezeMpilo ezisezingeni elifanelekile, kodwa angikhohlwa ukuzivocavoca. Ezindaweni eziningi lapho uMnyango ufika khona sihamba nethimba lethu lokuzivocavoca, sibize ngisho nogogo imbala, kwesinye isikhathi bagcina sebesehlula, " kuncokola uDkt Dhlomo. UDkt Dhlomo uyingxenywe yabaholi abahlangana ngonyaka odlule ukuyovula iPark Run yokuqala elokishini KwaMashu. UNgqongqoshe Dhlomo uthi uma abantu besaba ubungozi bokuzivocavoca ngaphandle, kakhulukazi ntambama, kumele bathole abanye abantu abathanda ukuzivocavoca babe baningi bahambe ndawonye. Ungalindi uze ugule! Zivikele ezifweni ngokuthanda umzimba wakho.

ASIKHULUME NGEMIGOMO YOKUSEBENZA

Ukusebenzisa izimoto zomsebenzi

Umthetho olawula ukusebenzisa izimoto zikaHulumeni uthi kumele zisetshenziselwe izinto ezimayelana nomsebenzi kaHulumeni kuphela. Akuzona ezokwenza izinto eziqondene nabasebenzi, okuyizithuthi zabo zokuya emsebenzini nasemakhaya, noma ukuthenga ezitolo.

Izimoto zomsebenzi zisetshenziselwa kuphela uhambo oluqondene nomsebenzi. Kufanele zonke izinkambo zigunyazwe ngaphambi kokuzithatha, hhayi uma usubuya lapho kade uye khona. Kufanele zonke izinkambo zigunyazwe oNguMphathi wakho. Uma ungenaso isiqinisekiso sokuthi kwenziwa njani, thola ulwazi kuMsebenzi okhona obhekelela ezezimoto bese uqinisekisa ukuthi amafomu adingekayo ayagcwaliswa ngaphambi kokuthatha uhambo kanye nangesikhathi sewubuya.

Amaphuzu okumele aqashelwe ukuze uziphathe ngobuqotho maqondana nokusebenzisa izimoto zikahulumeni:

- Kumele uhambo kube ngoluqondene nomsebenzi kungabi ngoluqondene nawe.
- Kumele kutholakale imvume kuqala kumphathi wakho.
- Kumele ukhiphe izincwadi zokushayela futhi uhlale uziphethe ngaso sonke isikhathi.
- Kumele uphethiloli ugcwaliswe uma kunesidingo futhi kumele kuthunyelwe ubufakazi obuqondene nomsebenzi kulowo obhekelele izimoto.
- Abavumelekile abagibeli abangagunyaziwe ukuba bathuthwe ngemoto yomsebenzi.
- Akumele imoto yomsebenzi isetshenziselwe ukusuka emakhaya ethu kuyiwe emsebenzini; kumele kubhekwe inqubomgomo yoMnyango mayelana nalokhu.
- Kumele isisebenzi sikaHulumeni sithole imvume kuMphathi waso uma sizohamba ngemoto yomsebenzi siye ekhaya, futhi kumele ipakwe egalaji.
- Amalungu e-SMS ngokuvamile awavumelekile ukusebenzisa imoto kaHulumeni ekwenzeni umsebenzi, kodwa-ke ezimweni ezingavamile kanye nangemvume yeSikhulu Esinesibopho Sokubika (iNhlolo yoMnyango) lokhu kungavumeleka. Kufanele ubheke ibhuku le- SMS mayelana nalokhu. Kuyicala ukushayela imoto yomsebenzi uphuze utshwala kumbe okunye okuyisidakamizwa, lokhu kungaholela ekuqondisweni kwezigwegwe. Kufanele sazi ukuthi singabasebenzi siyethenjwa futhi kumele singabi ngabantu abangenakuthenjwa ngenxa yezenzo zethu kanye nendlela yokuziphatha.

Ukuthatha uhambo kanye nezindleko zohambo

Izibonelelo zokuthatha Uhambo kanye nezindleko zohambo (i-S & T) ezibhekelelwayo ngokusebenzisa imithetho kanye nenqubomgomo eqondene nenhloso yokukhokhela abasebenzi izindleko ezidaleke kade uthathe uhambo ngokomsebenzi eziqhamuke ngenxa yomsebenzi kanye nangesikhathi kusetshenzwa. Izindleko ezingakhokhwa nguMnyango zibandakanya:

- Indawo yokulala (uma ingaqalanga yabekiswa) (kumele kubhekwe izinyathelo zokulawula izindleko ezimayelana nalokhu)
- ukudla
- ukuhamba (kubandakanya amakhilomitha, ama-tollgate kanye nokupaka)
- izindleko ebezingahlelelwanga (isibonelo, ukuhlanzwa kwezingubo kanye nokushaya ucingo)

UMnyango unenqubomgomo esemthethweni ebhekelela imithetho elawula ukuthatha uhambo kanye nezindleko zohambo ezivele ngenxa yomsebenzi kaHulumeni. Kufanele kulandelwe imigudu efanele futhi kuqedwe zonke izimfanelo lapho kugcwaliswa izicelo zezibonelelo ze-S & T. Kumele abasebenzi bazijwayeze ukulandela imigomo efanele uma bethumela izicelo zokukhokhelwa izibonelelo. Eminye yemigomo eyimihlahlandlela okufanele uyilandele:

- Hlela uhambo ngendlela eyonga imali
- Thembeka lapho ufaka isicelo sokukhokhelwa isibonelelo
- Gcina ubufakazi beziliphu ze-tollgate, amarisidi okudla nokunye
- Ukuthumela ngesikhathi isicelo sokukhokhelwa isibonelelo (kuvamise ukuba yizinsuku ezi- 5 zomsebenzi emva kokuthatha uhambo olusemthethweni)

Akubona ubuqotho

- Ukufuna ukukhokhelwa isibonelelo esingelona iqiniso se- S & T.
- Ukusebenzisa budedengu indawo okulalwa kuyo kanye nesibonelelo semali yokudla.
- Ukufuna ukukhokhelwa imali yokudla eyeqile kulokho okufaneleyo.

SIXOXA NGEZITHOMBE

(WORLD MOVE FOR HEALTH DAY)







health

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