



health
 Department:
 Health
 PROVINCE OF KWAZULU-NATAL

HEALTH *Chat*

OCTOBER 2017

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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.

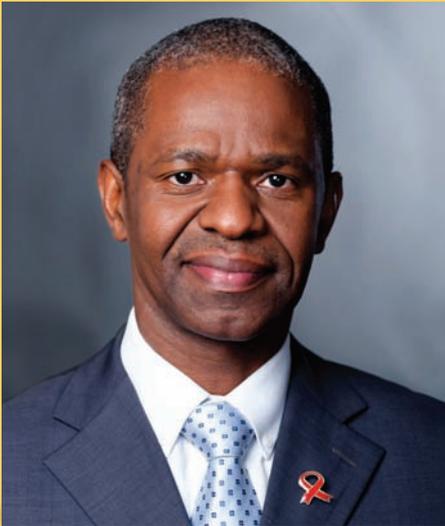
*The Department of Health also has a
24 hour call center.*

DIAL 0800 005 133

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FREE

from Telkom.

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



MESSAGE FROM THE MEC FOR HEALTH

Dr SM Dhlomo

One of the most important days on the October health calendar is the commemoration of World Stroke Day, which falls on 29 October 2017. The day is a timely reminder for us to pause and reflect on the importance of the heart; the pivotal role that it plays in the body of a human being; as well as the risk of stroke and heart disease.

Statistics about stroke and heart disease paint a frightening picture. According to the Heart and Stroke Foundation, at least 150 people suffer a stroke in South Africa each day, while 4000 lose their lives each year due to stroke. This, while a further 225 people are killed by heart diseases every day.

Strokes occur due to problems with the blood supply to the brain: either the blood supply is blocked, or a blood vessel within the brain ruptures, causing brain tissue to die. If the war against diseases of lifestyle (such as heart disease, stroke, high blood pressure, hypertension and diabetes), is to be won, it becomes clear that we urgently need to change the way we live.

A good way to start doing this is by taking care of our bodies, from watching what we eat to ensuring that we exercise regularly. All it takes to make a big difference is to effect a few small changes in your lifestyle. Abandon bad dietary habits, such as eating food that is rich in oil and sugar, and overeating. Instead get used to consuming a healthier diet made up of boiled food, fruits and vegetables.

Get used to regular physical exercise. Don't take the lift if you're going to the first floor of a building. Diseases of lifestyle are largely man-made, and can be avoided by following a balanced diet, and through regular physical exercise. Society needs to be acutely aware of risk factors such as smoking, drinking, taking drugs, high blood pressure, high cholesterol, obesity and stress.

We need to remember that the human body is like the engine of a car, which needs to be serviced regularly in order to perform optimally and last long. When your car's engine becomes jittery, you take it to the garage to get fixed. But you can avoid those problems if you service it at regular intervals.

Let us get into the habit of servicing our bodies by undergoing a general health check-up at least once a year.





MESSAGE FROM THE HEAD OF HEALTH

Dr ST Mtshali



It gives me great pleasure to congratulate the 1416 nurses who graduated from the KZN College of Nursing in various disciplines this year, as this means that we will be able to provide an improved quality of healthcare to our people.

Nurses are the backbone of the medical sphere. They are the first port of call before patients come into contact with other healthcare professionals in our institutions. Theirs is more than just a job but a calling, given the scope of activities they perform. Their job demands special qualities beyond the professional credentials that make them quality become nurses. We are aware of the challenges that exist in the public health sector.

As we get on with the business of resolving them, we urge all newly-qualified nurses to study the Nurses' Pledge of Service, internalise it and live it every day. It reads as follows:

- I solemnly pledge myself to the service of humanity and will endeavour to practise my profession with conscience and with dignity.
- I will maintain, by all the means in my power, the honour and noble tradition of my profession.
- The total health of my patients will be my first consideration.
- I will hold in confidence all personal matters coming to my knowledge.
- I will not permit consideration of religion, nationality, race or social standing to intervene between my duty and my patient.
- I will maintain the utmost respect for human life.
- I make these promises solemnly, freely and upon my honour.

If they can strive to always uphold the above, it would go a long way towards giving our people hope.

To nurses who were adding to their qualification I wish to thank you for your commitment in bettering yourselves for the benefit of your countrymen and women. I encourage you to never stop learning and to continue adding value to the public healthcare sector.

You are an inspiration to your colleagues and to us as a Department.

Once again, congratulations!



ST MARY'S TAKEOVER

Earlier this month, the Department announced its official takeover of St Mary's Hospital following the hospital's financial crisis status.

For over 100 years St Mary's Hospital has been providing quality healthcare service for communities residing in

Cato Ridge	Stockville
Inchanga	Kloof
Mpumalanga	Mpola
Hammersdale	Tshelimnyama
Shongweni Dar	Mariannhill
Kwa Ngqolosi	Pinetown
Waterfall	Ashley
Molweni	Wyebank
Gillits	Clermont
Hillcrest	New Germany

The hospital also acts as a referral Hospital for 15 provincial and municipal primary healthcare clinics as well as 2 community health centres (CHC's).

Indeed, the closure of this hospital would have spelled disaster as it would have severely compromised access to healthcare services for all the above mentioned people. It would also hamper the Department's efforts to reduce the burden of diseases in this province. Worse of all, was the spectre of joblessness and loss of skills in the health sector as many of the hospital employees would have suddenly found themselves out of employment.



The Department committed R11, 4 million towards the purchase of moveable assets at a tender auction on the 20th of September 2017. On the following day, the Department was informed that its purchase price offer was accepted and therefore assumed ownership of assets on the very same day.

The Department roped in the Department of Public Works in the valuation of the affected land and buildings earmarked for the adoption of the hospital.

Attorneys acting for the Sisters of the Precious Blood also appointed their own valuers to engage with the Department of Public Works.

All affected land and buildings of St Mary's hospital were costed at R166 million by both valuers but the Department successfully negotiated a purchase price of R142 million which will be procured via an expropriation process.

The Department has meanwhile signed a rental lease agreement from the beginning of this month 01 October 2017 until the implementation of the expropriation process which is expected to be within the next three months.

The Department has also commenced with the recruitment processes for human capital at government equivalent salary levels and 99 % of St Mary's hospital staff stand to benefit from these appointments.

The Department's Pharmaceutical component has already conducted a stock take and verification of what is available as means to ensure that the hospital has the necessary medication on hand and that none of the existing stock has passed its shelf life.

The Department's Supply Chain Management team has also met with all existing St Mary's contract service providers (including those who provide catering, cleaning, security, waste management) in order to negotiate a short-term contract with them for the continued provision of services until such time that the Department can commence with an open and transparent supply management process for the procurement of these services.

CLERGY IS KEY TO ENSURING A HEALTHIER SOCIETY, SAYS KZN HEALTH MEC DR

SIBONGISENI DHLOMO

Dr Sibongiseni Dhlomo has urged the clergy to use its significant influence over society to spread health-related messages to congregants, in order to help save and prolong lives. The MEC addressed scores of religious and spiritual leaders in Durban during the launch of the Department's faith-based forum recently.

MEC Dhlomo said that Government holds a view that, long-term health outcomes of the citizens of KwaZulu-Natal, are shaped by factors largely outside the health system. This include lifestyle such as sexual behaviour and lack of exercise; diet and nutritional levels; education, road accidents and the level of violence. Therefore, education has a critical role to play in helping the province to achieve its wellness and healthy lifestyle targets.

"We believe that as the clergy, you are such an important and influential team of South Africans. You are respected leaders. You administer the word of the Lord over a large number of people. I urge you to show the way. We will find ways to hold workshops and give you health education, so that you can be able to transmit these messages effectively," said the MEC.

He said that the clergy can help South Africa to emulate countries such as Cuba, Brazil and China, whose citizens have a long life expectancy. Such countries are able to preserve their precious history, culture and traditions – while saving their governments money as they don't have to spend limited resources on treatment and healthcare costs. "How they get there is because they exercise, and eat well. Here in South Africa people start getting sick, which means that Government starts spending money on medication too early. We are not saying run from Durban to Pietermaritzburg, but find a way to move your body. People



shouldn't be taking a lift from the ground floor to the first floor. When people get home, they sit on the sofa, and are too lazy to even pick up the remote control. Those are ingredients for trouble."

MEC's message was well received by the religious leaders, who conveyed words of gratitude to the Department for reaching out to them. They also raised ideas on how to move forward and strengthen relations with the Department. programmes (events); and some of the ideas that will soon be explored include the following:

- Holding a day of prayer for healthcare workers to encourage better patient reception and care in facilities;
- Improving access to hospitals for religious leaders to enable them to pray for sick patients to give them spiritual hope;
- Establish a committee of faith leaders that will administer pastoral services during Departmental community outreach
- Ongoing training for religious leaders to ensure that their messages are aligned with the key messages of the Department.



KZN HEALTH MEC URGES

NEW NURSING GRADUATES

TO GO BACK TO BASICS IN PROVIDING HEALTH CARE TO THE PUBLIC



KZN HEALTH MEC Dr Sibongiseni Dhlomo has commended the province's nurses for playing a huge role in improving the lives of the people of KwaZulu-Natal.

Speaking at a ceremony to mark the graduation of 1416 nurses in Pietermaritzburg, MEC Dhlomo said that without the commitment and hard work of nurses, KwaZulu-Natal would have neither managed to enroll more than 1, 3 people on Anti-Retroviral Therapy; nor accelerated the Prevention of Mother-To-Child-Transmission of HIV from 20% in 2008 (which amounted to 80 000 mothers countrywide passing HIV onto their newborn children each year) to the current 1, 2%.

MEC Dhlomo, however, expressed his concerns about a minority of nurses who exhibit a negative attitude towards patients. He urged all nurses in the province, including those graduating today (and tomorrow) to go back to basics, and always uphold the Nurses Pledge when dealing with patients and the public at large.

"We go to communities and speak to people. There are nurses in the community who spoil the name of the profession. Patients tell us that sometimes when they ask for help, nurses say, 'Are you a nurse? Go back to your bed and leave me alone.' Others say that when they say that they are in pain, I'm dying, some nurses say, 'Listen, you won't be the first to die. I always say that perhaps those who no longer have the calling must just leave the profession. As nurses, it is not good enough to have a

good attitude from morning until lunch time and then change, and become something else." MEC Dhlomo added that he hopes the return of the white nurses' uniform would help stir the consciences of nurses, as white is universally accepted to be a sign of purity. "Our patients will not understand a nurse who is dressed in white but has a heart of the devil. If we work on the change of attitudes, it is going to assist us greatly."

He further asked midwives to help the health sector to decrease the rate of maternal and child mortality in the country, and bring it down to a single digit number. "Can we please go back to basics? Make sure that every pregnant woman coming to see you for the first time has her urine investigated. It can help you intervene much earlier. Also, don't ignore high blood pressure. Do not give medication to lower it just for the time being, instead refer that patient accordingly. That way, you are preventing intra-uterine death.

Please follow our protocols. We always plead with you to go back to basics. Do not deviate from the protocols that have been there. Don't undermine the use of a partogram. As long as there's no better system in the labour ward, please do not deviate from that."

The graduating nurses are now qualified in various categories, including those where skills are scarce, such as Advanced Midwifery; Orthopaedic Nursing Science; Operating Theatre Technique; Critical Care Nursing; Child Care Nursing Science; Ophthalmic Nursing; Psychiatric Nursing, among others.

KZN HEALTH MEC URGES MEN TO SEEK HEALTH SERVICES



“MEN are generally lazy to visit health facilities. As a result, most people who die at hospitals are men. This needs to change. That is why we are urging men – and the public in general - to get themselves checked. It is free of charge, and will help you live longer.” These were the sentiments from KZN Health MEC Dr Sibongiseni Dhlomo, as he officially opened the R3m Khanyisizwe Health Facility, at Gcilima (at Dumezulu, Kwa Xolo area) on the South Coast of KwaZulu-Natal.

The facility is a donation to the public from Greg Evans, of First Love Ministries, which also supports various local community projects in the area. This includes building a crèche, as well as running a feeding scheme for five local primary schools.

The opening of Khanyisizwe will decongest four local primary healthcare facilities: Ludimala, Gcilima, Mvutshini, and Thembalesizwe clinics. This means that queues at these clinics will be shorter, and nurses will now have more time to consult with patients.

MEC Dhlomo thanked Inkosi Xolo for approaching First Love Ministries, and asking them to build the clinic. “Our appreciation is to UNdabezitha – Inkosi Xolo for the love and care he has for his people. In relentlessly putting up a plea for the existence of a Health Post here – Inkosi Xolo is ensuring that his people have access to healthcare.”

MEC Dhlomo also thanked First Love Ministries for its benevolence, saying the health facility will literally transport people’s lives, as they no longer have to walk long distances to access certain primary health care services.



Today we can safely declare that people of this area are now going to live healthy and longer because they now have a Health Post that will be providing:

- Preventative and promotive health services;
- Mobile clinic services,
- A pick-up point for chronic medication;
- Phila Mntwana services;
- A base for the performing of Operational Sukuma Sakhe activities.

In turn, Inkosi Xolo thanked First Love Ministries; and the KZN Department of Health for the role that it will play in running the facility, including taking care of staffing issues and administration.

MEC Dhlomo also urged healthcare professionals throughout the province to always treat patients with care and compassion. “The healthcare profession is unlike others. If a teacher does not do his or her job, children will fail. But those children will come back next year. But if a nurse is busy on WhatsApp on her phone instead of taking care of a patient, that patient will die and be buried. Remember that people are created in the image of God. When a patient presents in front of you, you have an opportunity to either make that patient happy, or very sad. Therefore, you must do that which is godly.”

The MEC also urged the public to get into the habit of undergoing a free health screening, without waiting until a person is sick to seek healthcare.





WHY IS WATER IMPORTANT FOR OUR BODIES?

- Drinking water keeps you hydrated
- Drinking water helps you maintain a healthy weight, water has no sugar!
- Water may help prevent headaches, fatigue and irritability
- Water helps with digestion and prevents constipation
- Tap water is much cheaper than any other drink!
- Acts as a carrier for nutrients and waste products
- Regulates body temperature
- Acts as a lubricant and a shock absorber

Why should water be your drink of choice?

People tend to drink other drinks particularly sugar sweetened beverages (SSBs) also known as sugar sweetened drinks in place of water.

What are sugary drinks?

Sugary drinks are drinks that are sweetened with various forms of added sugars like brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose. Examples include fizzy drinks, flavoured waters, flavoured milk, drinking yoghurt, sport and energy drinks. Fruit juices have a similar energy and sugar content as beverages that have added sugar and are therefore regarded as sugary drinks.

The SSBs are high in free sugars, thus high in energy and as such compromises the quality of nutrients and diet leading to weight gain and increased risk of non-communicable diseases (NCDs). Regular intake of sugary drinks is linked with dental decay.

In addition, because of their high amounts of sugar and large quantities consumed, sugary drinks may increase diabetes and cardiovascular risk, independent of obesity.

Start Today...

DRINK LOTS OF CLEAN, SAFE WATER!

- Replacing one 250 ml sugary drink with water can reduce daily energy intake
- Aim for 6-8 glasses a day
- Water is lost via the kidneys, the bowels, the skin and the lungs. Most of these losses occur without our conscious knowledge.

If water that was lost from the body is not replaced, signs of dehydration may occur.

Symptoms of dehydration: **Fatigue, irritability, increased thirst, dry mouth, dry skin, dizziness and headaches.**

When a person is dehydrated for a long time they may have pain in the joints, lower back, be constipated

- Keep a reusable water bottle (preferably BPA-free) in a hand bag, gym bag, at work, in the car and make sure to refill it regularly. This will also help one to sip on water instead of sugary drinks and will also provide a visual reminder to drink more water;

- Fresh slices of lemon, cucumber, mint leaves, lime slices or berries add a different flavour to your water. Prepare flavoured water in advance;

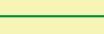
HOW MUCH SUGAR IS IN YOUR DRINK? - READ THE LABEL!

- A good rule of thumb is to scan the first three ingredients, because they are the largest part of what you're eating or drinking.
- Look at the ingredient list on the food label for names such as: sugar, brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, sucrose, glucose, honey, invert sugar, high-fructose corn syrup, molasses, sucrose, syrup or cane sugar.



THE TABLE SHOWS SUGAR CONTENT IN SOME OF THE SUGAR SWEETENED BEVERAGES.

THE VALUES DIFFER SLIGHTLY FROM ONE BRAND TO ANOTHER.

Type of sugary drink (amount between brands may differ)	Average sugar content g/500ml*	Number of teaspoons per 500 ml
Sugary fizzy drinks	58.8 g	x15 
Energy drinks	56 g	x14 
Fruit juice	53.8 g	x13 
Sweetened milk or yoghurt-based drinks	41.8 g	x10 
Sweetened iced tea	37.8 g	x9 
Sports drinks	27.1	x7 
Sweetened flavoured drinks (e.g. flavoured/ 'enriched' water)	24g	x6 

*500 ml is equivalent to 2 average-sized cups/water glasses



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

QUITTING SMOKING AND HEALTHY LIVING CAN PREVENT BLINDNESS – KZN HEALTH MEC

KZN HEALTH MEC Dr Sibongiseni Dhlomo has called on people who smoke to kick the habit so that they can reduce the associated risks of impaired vision or blindness.

“We urge those who smoke to consider quitting, as stopping to smoke can have many good effects on their health. By quitting smoking, you can help to possibly reduce your risk of developing several different types of eye diseases,” MEC Dhlomo said. MEC Dhlomo was speaking at the launch of a partnership between the **Department and the International Islamic Relief Organisation of South Africa (IIROSA)**, at McCord Provincial Eye Hospital in Durban earlier this month. The partnership will see the organisation hold cataract extraction camps in various parts of the province and country. KZN has a backlog of an estimated 6000 patients who need cataract extraction. Cataracts (clouding of the eye’s natural lens) are a leading cause of blindness in the world. MEC Dhlomo said that it was extremely concerning that uncorrected refractive errors and un-operated cataract are the top two causes of vision impairment, yet more than 80% of all visual impairment – including cataracts - can be prevented or cured.

“We are thus thankful to have partners like IIROSA who have joined forces with us to realize the World Health Organisation’s Universal Eye Health – A global Action Plan 2014 -2019 which spells out that: “Visual impairment and blindness from cataracts are avoidable because an effective means of treatment (cataract extraction with implantation of an intraocular lens) is both safe and efficacious to restore sight.”

MEC Dhlomo said that the restoration of a person’s eyesight is a profoundly significant gift. To this end, he thanked the IIROSA, saying that its work will boost the Department’s capacity to perform cataract surgery. McCord Hospital is currently performing up to 30 cataract operations per day.

However, MEC Dhlomo said it is important for society to deal with the cause of certain cases of blindness – not just the symptoms. “While we appreciate the



KZN Health MEC Dr Sibongiseni Dhlomo with McCord Hospital acting CEO Dr Jay Mannie (blue shirt); and IIROSA representatives Sheikh Walid R El Saadi (white shirt) and Moosa Mkhize (extreme right).

contribution that is being made by IIROSA, we should also go out there and drive programmes of health education and primary healthcare. If you smoke, you are actually inviting problems into your life. We therefore need to remind people that, by the way, these diseases that cause blindness so early on in people’s lives can actually be delayed or prevented altogether if we lead healthy lifestyles.”

Quitting smoking may reduce a person’s risk of developing cataracts; age-related macular degeneration; glaucoma; as well as the risk of developing diabetic retinopathy for those who are diabetic.

MEC Dhlomo urged people with eye problems to visit the health facilities for early screening, examination and treatment.

He also said that:

Children complaining of eye challenges or poor vision should be seen by ophthalmic staff as early as possible;

All people with diabetes mellitus and hypertension should have their eyes tested every 6 months to avoid complication;

People with high pressure in their eyes

(glaucoma) should always take their eye drops to avoid becoming blind;

White dot/cataract is removable under general anaesthesia and people should visit their nearest facility once their vision becomes blurred.

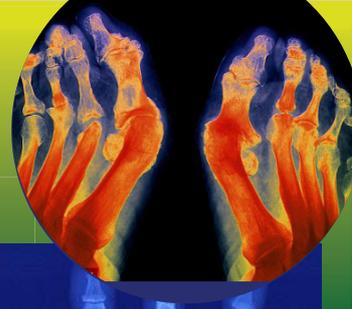
Once people are above the age of 40 years, they should have their eyes tested every 3- 5 years for near vision; and he urged those aged over 60 to be tested annually as the elderly have a higher chance of attaining damages to the eyes, resulting in conditions such as glaucoma and cataracts.

MEC Dhlomo also encouraged elderly citizens to get used to basic exercising, and also check their blood pressure levels; blood sugar levels; and weight measurements.

McCord Provincial Eye Hospital has highly qualified personnel who are ready to provide daily operations, the majority of which are cataract extractions; tertiary ophthalmic services; optometric services; eye screening; eye clinic; optometry. The hospital also provides training for post graduate students from the KZN Nursing College; University of KwaZulu-Natal and other relevant training institutions.

ARTHRITIS:

IT'S IN YOUR HANDS, TAKE ACTION!

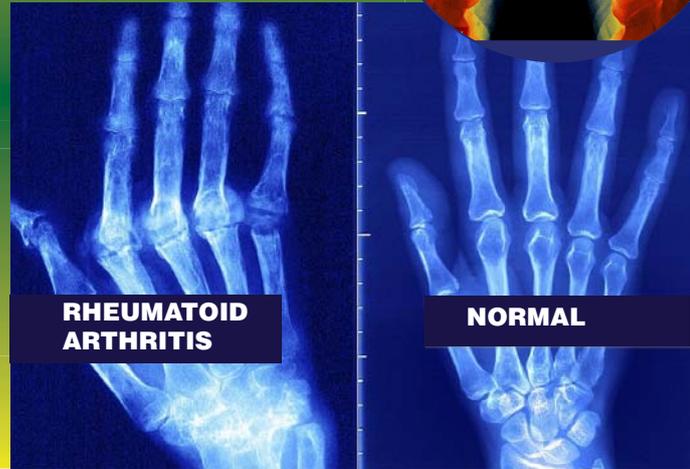


ARTHRITIS:

IT'S IN YOUR HANDS, TAKE ACTION!

ARTHRITIS:

IT'S IN YOUR HANDS, TAKE ACTION!



World Arthritis Day is commemorated in October and the theme this year is 'It's in your hands, take action'. The aim is to raise awareness about rheumatic and musculoskeletal diseases (RMDs) and to encourage people with RMDs, their families and the general public to seize every opportunity to take action and make a difference to their quality of life. Arthritis is very common but not well understood. It is not a single disease; it is an informal way of referring to joint pain or disease. There are more than 100 different types of arthritis and related conditions. People of all ages, sexes and races can have arthritis, and it is the leading cause of disability.

According to the World Health Organisation (WHO) worldwide estimates are that 9.6% of men and 18.0% of women aged over 60 years have symptomatic osteoarthritis. No fewer than 80% of those with osteoarthritis will have limitations in movement, and 25% cannot perform their major daily activities of life.

There are many things that can be done to preserve joint function, mobility and quality of life. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential.

Arthritis is associated with a wide range of symptoms, including:

- Inflammation indicated by joint swelling, stiffness, redness
- Persistent muscle and joint pain
- Tenderness
- Extreme fatigue, lack of energy, weakness, or a feeling of discomfort
- Stiffness and restricted range in movement or flexibility
- Joint deformity

Diagnosis

Symptoms should be assessed by a physician or a rheumatologist, as early as possible to decide on the appropriate treatment. To diagnose arthritis, the doctor will consider the symptoms; perform a physical exam to check for swollen joints or loss of motion, and use blood tests and X-rays to confirm the diagnosis.

Treatment and Management

Treatment focuses on managing the condition to ensure the best possible quality of life for the patient. There is no single medication or treatment that works for everyone. The aim of the treatment is to help manage pain and control the symptoms.

The KZN Department of Health has Orthopaedic services in the following areas; Pietermaritzburg, King Edward VIII Hospital and the main centre is based on the premises of Wentworth Hospital in Durban with two satellite centres.

Dedicated core staff are available with many decades of experience between them, some individuals having over 30 years of service in this province.

ETHICS TALK

CONFLICT OF INTEREST

Very often we hear this term ‘conflict of interest’ but how we should avoid this.

What is conflict interest?

Conflict of interest” involves a **conflict** between officials’ **personal interests (what they could gain, not necessarily financially)** and **their duty as a civil servant** and is to be avoided as far as is reasonably possible. In general, the **appearance of a conflict of interest is also to be avoided**, to minimize the risk to the organisation’s reputation (and officials’ personal reputation) for integrity. As **perceived conflicts of interest** could be similarly harmful to the trust in public decision making, managers should also consider perception when they decide on specific cases.

These are examples of situations in which an employee might experience a conflict of interest.

- A relative or close friend reports to a supervisor who affects their job responsibilities, pay, and promotions.
- A male manager dates a female employee who reports to him or vice versa.
- An employee who is a member of a company employee selection team fails to disclose that he is related to a job candidate whom the company team is considering for a position.
- A purchasing agent / Bid Committee member accepts trips and gifts from a vendor and then selects/ influences the vendor's products for purchase by the company.
- An HR director decides to investigate a formal charge of sexual harassment, using internal resources that she controls, against a fellow corporate executive whom she has known and worked with professionally for years. This would not constitute a conflict of interest if she hired an external employment law firm to conduct the investigation and recommend disciplinary measures.

Why do we concern ourselves with Conflict of Interest ?

- We do not want to lose public trust . We want to maintain confidence and integrity
- We want to avoid negative media attention
- With fewer opportunities for promotion, and the rising cost of living, there is potential for employees to engage in activities that can contribute to conflict (real or perceived)
- We need to promote an ethical Public Service and society
- We must consider the “harm” and risks financial, media, etc
- The highest ethical standards must be maintained.
- Conflicts between private interests and public duties of public officials must therefore be correctly identified, appropriately managed, and effectively resolved.

Serving the public interest

The Department is expected to maintain and strengthen the public’s trust and confidence in public institutions, by demonstrating the highest standards of professional competence, efficiency and effectiveness, upholding the constitution and the laws, and seeking to advance the public good at all times.

Transparency and accountability

Furthermore, the Department is expected to use powers and resources for the public good, in accordance with the law and government policy. It should be prepared to be accountable for the decisions it makes, and to justify its official decisions and actions to a relevant authority, or publicly, as appropriate in the circumstances.

Fairness

As Public servants, we should make official decisions and take action in a fair and equitable manner, without being

affected by bias or personal prejudice, taking into account only the merits of the matter, and respecting the rights of affected citizens.

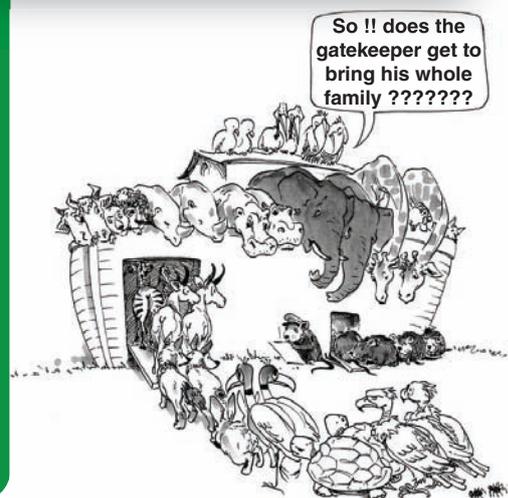
Responsiveness

Employees of the Department are required to serve the legitimate interests and needs of the government, public organisation’s, other civil servants, and citizens, in a timely manner, with appropriate care, respect and courtesy.

Integrity

Moreover, employees of the Department are expected to make decisions and act without consideration of private interests. Public service being a public trust, the improper use of a public service position for private advantage is regarded as a serious breach of professional integrity.

The picture below depicts conflict of interest



WHAT'S NEW

STUDY TO SHOW THE SPREAD OF TB

The Department of health working together with the Human Science Research Council (HRSC), South African Medical Council (SAMRC) and Health Laboratory Services (NHLS) will be conducting the TB Prevalence Survey nationally, a research study that will be able to help determine the spread of TB and how to cure and prevent it.

Isolezwe 12/11/2017 Page 8



FIGHT ILLNESS WITH SWEAT OF YOUR BROW

Sweating in the sauna twice a week could slash your risk of potentially contracting deadly infections like pneumonia by up to 30%. Saunas also reduce the chances of getting asthma, lower blood pressure and heart attack risk.

The Times 11/10/17 Page 2



CHRONIC CARE INITIATIVE FOR HIV PATIENTS

Right to Care, together with the Bhekhuzulu Self-Sustaining Project and the Mpilonhle Sanctuary Organisation, launched a new integrated chronic care initiative in KwaZulu-Natal's Uthukela district to reduce the incidence of chronic diseases in HIV-positive patients.

The New Age 10/10/17 Page 6



FUN PAGE



TRUE OR FALSE

Test How Much You Remember From This Issue!

1. Fizzy drinks have high amounts of water so it's OK to drink a lot of them
2. The Department recently took over St. John's Hospital
3. Eating a healthy balanced diet is one of the ways to take care of your eyes
4. World Arthritis Day is celebrated in October

Obese Nutrients Fizzy Water
 Sugar Sight Eye Arthritis
 Joint Stroke

A	O	Z	W	W	S	I	T	H	G
R	K	O	R	A	W	O	A	T	O
T	I	A	R	T	H	R	H	J	Z
H	D	B	E	E	F	G	S	R	S
R	N	U	T	R	I	E	N	T	S
I	E	P	T	S	Z	E	R	N	U
T	Y	Z	Z	I	Z	S	Y	I	G
I	E	Z	N	I	Y	E	W	O	A
S	I	N	U	T	R	B	A	J	R
F	I	S	S	T	R	O	K	E	Z

COMPETITION

To celebrate the addition of the Fun Page in Health Chat, the Department would like you to share your happy experiences in any of its facilities. Like us on Facebook and share your story and stand a chance of winning one of 3 airtime vouchers

True or False Answers 1. F 2. F 3. T 4. T

PHOTO GALLERY





health

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