



# GRADUATION OF 1391 KZN NURSES

MEC DHLOMO SAYS  
NURSES HAVE HELPED DECREASE  
MOTHER TO CHILD TRANSMISSION OF HIV;  
PROMISES THAT THE DEPARTMENT WILL  
ENDEAVOUR TO HIRE MORE NURSES

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KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health

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**ALBERTINA SISULU**  
*Centenary*  
**2018**



A Woman of Fortitude



#MaSisulu100



<https://www.gov.za/masisulu100>



REPUBLIC OF SOUTH AFRICA



# 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.**

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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



# 1273 PEOPLE TESTED DURING ACTIVATION BEFORE THE LAUNCH OF THE NATIONAL CANCER AWARENESS CAMPAIGN



**KZN Health MEC Dr Sibongiseni Dhlomo has thanked all the 1273 men and women who came out to get screened and tested for cancer at Grey's Hospital in Maritzburg.**

The free testing and screening campaign, which focused on cervical and breast cancer, was part of a build-up programme ahead of the launch of a national cancer awareness campaign that will take place at the same hospital in the next few weeks.

The launch of the National Cancer Awareness Campaign was first announced by President Cyril Ramaphosa in this year's State of the Nation address in February 2018. Its aim is to heighten the level of cancer awareness and encourage prevention, early screening and testing for cancer. This is underpinned by the principle that early detection of cancer makes it easier to treat and sometimes cure.

"What we saw on Saturday was an excellent response, which we really appreciate. Early detection of pre-cancerous and small cancer

lesions is extremely important, as it can lead to the successful treatment of cancer before it gets to a stage where it spreads and becomes uncontrollable. Following this event, we are looking forward to the imminent launch of the national cancer awareness programme," said MEC Dhlomo.

On Saturday, Phumelele Ndelela (64), of Impendle, who was among the first people to arrive, urged other women to come forward and get tested. "We must get checked, so that we know where we stand. I'm an old woman, but I decided to set aside time to come here and get checked. I want to extend the days that God has given me on this earth."

Her sentiments were echoed by Bonakele Mzamo (62) and Charles Donnelly (64), who were among the scores of men who got screened and tested for prostate cancer. They both urged other men to stop being afraid of the minor discomfort that testing for prostate cancer may entail (A doctor inserting a gloved, lubricated finger into the rectum to examine the prostate).

Speaking after getting tested, Mzamo from Eston, near Camperdown, said: "My message to men is, 'Let us come

to health facilities so that we can be empowered with knowledge, which will help us succeed in life and live long. To those who are afraid to get screened and tested, this is your life. It's better to come forward so that you can know what is going on in your body. It's your life, and yours alone. Let us stop being afraid. Let us come forward and get tested."

Chairperson of the KZN Health Portfolio Committee, Mr Yusuf Bhamjee described the turnout as "wonderful" and said it bodes well for the upcoming national launch, which will take place soon, on a date that is yet to be announced.

"This is a precursor to the launch of the national cancer awareness campaign, which President Cyril Ramaphosa spoke about during his State of the Nation Address. He indicated that we must popularise early screening and testing for cancer. It will be cost-effective, and more importantly, those who have early stage cancer will receive treatment immediately. If this programme is a success, it will be a tremendous advantage in improving the general quality of life of people who are found to be cancerous at the early stages. This way, we believe the quality of life will improve, and

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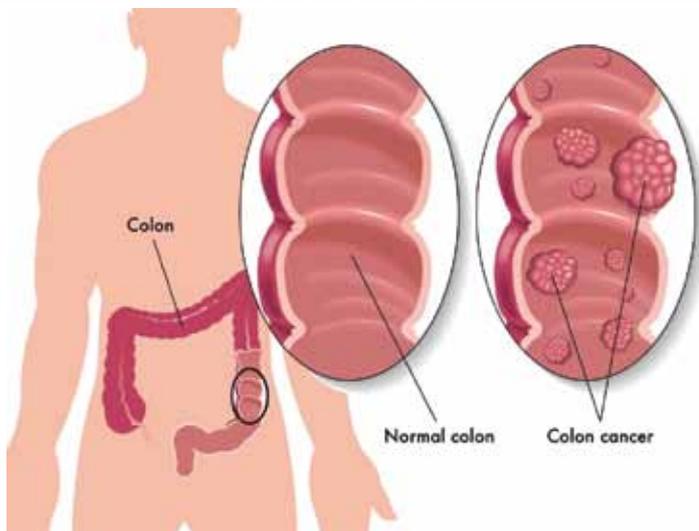
we'll save a lot of money. And there'll be less pressure on the public health system, particularly regarding the treatment of cancer, which is becoming a terrible illness."

Dr Manala Makua, Chief Director for Women Women, Maternal and Reproductive Health in the National Department of Health, said: "We're very happy with the turnout. It is critical that people know whether they have cancer before they develop any sign. If there's a call for screening and testing such as this one, don't say 'I don't have a sign.' Do not say, 'I don't know anyone in the family who has cancer.' It's a silent killer, it can be found even if you don't have any sign. We really urge the people to heed that call. We're very grateful that the people of Umgungundlovu responded so well to the call."

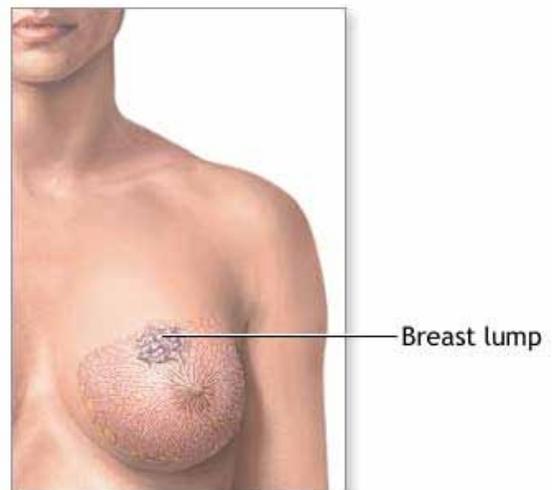
**Dr Makua said the national cancer awareness campaign will focus on elimination of preventable and easily detectable cancers, such as those that attack the cervix, breast, prostate and others. "No woman should die of cervical cancer (and other treatable cancers) in this country anymore, because it is preventable. It is curable. It is easy to identify."**

**The date for the launch of the national cancer awareness campaign will be announced in due course.**

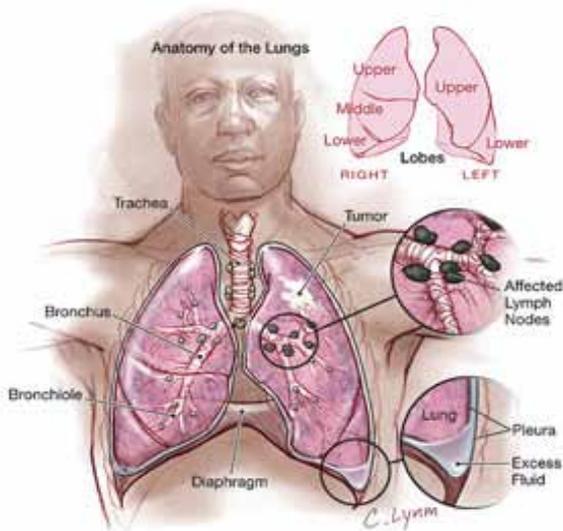
### COLON CANCER



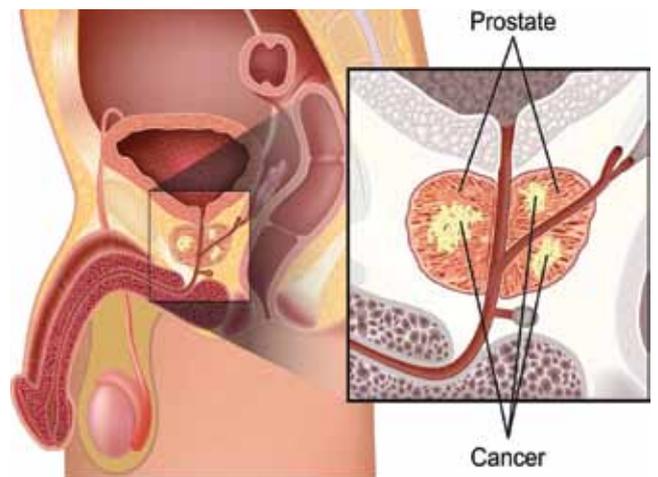
### BREAST CANCER



### LUNG CANCER

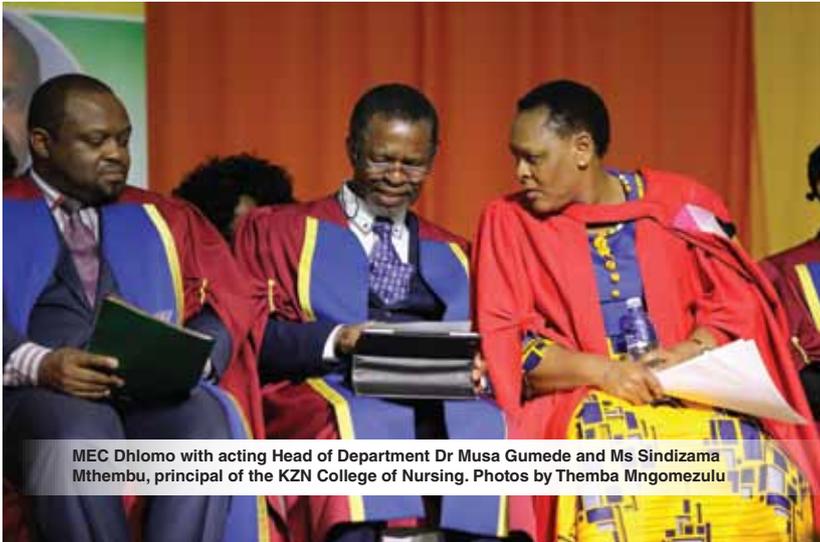


### PROSTATE CANCER



# GRADUATION OF 1391 KZN NURSES:

MEC DHLOMO SAYS NURSES HAVE HELPED DECREASE MOTHER TO CHILD TRANSMISSION OF HIV; PROMISES THAT THE DEPARTMENT WILL ENDEAVOUR TO HIRE MORE NURSES



MEC Dhlomo with acting Head of Department Dr Musa Gumede and Ms Sindizama Mthembu, principal of the KZN College of Nursing. Photos by Themba Mngomezulu



**KZN Health MEC Dr Sibongiseni Dhlomo says that without the hard work and determination of nurses, the province would neither have been able to reduce the rate of Mother-to-Child transmission of HIV from 20% to just 1,2% in one decade; nor enroll a whopping 1,3 million people on its Anti-Retroviral Treatment programme.**

Speaking at a two-day graduation ceremony for 1391 undergraduate and post-graduate nurses in Pietermaritzburg, MEC Dhlomo urged young nurses to always display a positive and caring attitude towards patients. He called upon them to emulate the values of freedom fighter and former nurse Albertina Sisulu, who would have turned 100 this year.

The MEC also vowed that the Department would continue to lobby

for more funding in order to employ nurses, to improve the quality of healthcare; decrease the workload on its existing workforce, and heighten the experience of those who visit health facilities. The graduation ceremony took place amid a jubilant atmosphere as the graduands' many years of academic hard work of finally paid off.

"This is a wonderful occasion for us as health, for the nurses, but also for the public at large. We congratulate the nurses who are graduating," said MEC Dhlomo. "It was important to highlight to those who are coming in what type of profession this is. This is a noble profession, whose foundation is typified in the life of uMama Albertina Sisulu, who was a very important nurse in our country, and who would be turning 100 this year if she were still alive.

I encourage our nurses to read about

her, and the values she stood for. My message to them is, 'Look at her selflessness, and the love and values she had for the patients and for the country then, and maybe see if none of those qualities can influence you in your way of life as a nurse.' "Our nurses should remember that, 'if I join this profession, its pioneers were people like Mama Albertina Sisulu. And that there's an expectation from society for me to be good or better than her.' That is our plea to nurses."

He described nurses as the backbone of the Department. "We have nurses in this province who have assisted us to reduce the rate of mother to child transmission of HIV. In 2008, 20% of women who were pregnant would give birth to an HIV positive baby. To date, we only have 1,2%. It's a wonderful achievement. If we were to rely on doctors, we would not be where we are. "Secondly, today we pride ourselves on the fact

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that, of the 4,3 million South Africans on ARV treatment, 1.3 million are from KZN. Again, that is thanks to the strides and contributions made by nurses.”

MEC Dhlomo, however, urged nurses to treat patients with care and respect. “It’s not all nurses who have bad attitudes, but in if one or two have a bad attitude, it then spoils the good work of all the other nurses. Attitude is a behaviour that is grounded in you at a very early age. If you miss that while you’re young, at school or within your family, there’s no way you’re going to learn that in college. Any nurse who has a bad attitude, don’t blame it on us. We don’t have the capacity to train people for good attitude.”

The MEC emphasized that despite limited funding for health, the Department would continue to look for ways to hire more nurses. “We have not employed adequate staff in the various categories. That actually has an impact, such as low morale... the few nurses who are there may make mistakes if they don’t have enough hands. Therefore, if you don’t employ, you pay more on litigation when people claim that this would not have happened if there were enough nurses. We are continuously working on addressing that, supported by provincial treasury and full cabinet.” “We may not be able to fill all posts that are necessary, but we must fill reasonably enough posts to make sure that the work continues, and continues adequately.”

Acting Head of Department, Dr Musa Gumede also congratulated the graduates, saying that they make the Department and province immensely proud. “We are proud of the work that the KZN College of Nursing does, and the calibre of students that it produces. We’ve been able to receive accolades due to the good work of people who’ve had a start from this college, and have gone beyond and achieved greater things in other spheres of life. The grounding that they receive in this college is proof that the education is really of a high quality. Some of these students have gone abroad and achieved even greater heights.”



# NATIONAL NUTRITION WEEK



## BREAKFAST- THE BEST WAY TO START YOUR DAY!

This year we commemorate National Nutrition Week from the 9th to the 15th of October with the above theme for 2018.

A lot of people skip breakfast without realizing how important breakfast is in maintaining a balanced diet. The importance of breakfast has long been a part of the prevailing wisdom, and the habit of eating breakfast has always been a marker of a healthy lifestyle. Yet, if there's a meal that is going to be skipped, it's probably breakfast; and this is a pity because research clearly shows that there are many vital health benefits associated with eating breakfast regularly.

**Studies show that 1 in 5 South African children skip breakfast. Breakfast plays a pivotal role in maintaining a nutritious diet.**

## WHAT SHOULD A HEALTHY BREAKFAST CONSIST OF?

Breakfast should consist of at least one food group (**excluding beverages**). Try to include foods from two or more food groups in your breakfast to keep fuller for longer and to improve the variety of nutrients provided by the meal. Minimally processed, starchy foods that are whole grain/high in fibre, vegetables or fruit, should be combined with a food from at least one of the following groups:

- \* dry beans, lentils, split peas, soya
- \* fish, chicken, lean meat or eggs
- \* milk, maas or yoghurt
- \* plant oils, soft margarine, peanut butter

In addition, it is important to drink clean, safe water instead of a sugary drink.

## WHAT IS NUTRITION?

Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. – World Health Organisation.

## WHY IS GOOD NUTRITION SO IMPORTANT?

Good nutrition, in other words eating healthily, is a key component of a healthy lifestyle. Healthy eating and physical activity can help one to achieve and maintain a healthy weight; and reduce the risk of non-communicable diseases like diabetes, high blood pressure, heart disease and cancer.

The risk starts in childhood and builds up throughout life. The concept of optimising nutrition in the first 1 000 days (the period- from conception to the first two years of life) is important for the prevention of over- and under-nutrition.

## WHAT CAN I DO IF I AM NOT USED TO EATING BREAKFAST EVERYDAY?

**Get into the habit of having breakfast every day**

**Start with two mornings a week and then increase it over time**

**Your eventual goal is to eat breakfast every day**

**One day at a time can help get the desired results; a healthy lifestyle does not come by chance but by healthy choices**

**Healthy choices can determine the kind of health status you maintain - it starts with you through having breakfast each day because it's the best way to start your day!**

# WORLD SIGHT DAY

World Sight Day is the main advocacy event for raising awareness about blindness and vision impairment, established by the World Health Organization (WHO) in the year 2000. This year World Sight Day will fall on Thursday 11 October 2018 under the international theme “Eye Care Everywhere.”

Blindness and vision impairment is a global challenge. It is estimated that approximately 1.3 billion people globally live with some form of vision impairment. The leading causes of vision impairment are uncorrected refractive errors and cataracts.

Refractive errors occur when the eye is unable to properly focus images on the retina, resulting in blurred vision. Cataract is clouding of the lens of the eye which prevents clear vision. Although most cases of cataract are related to the ageing process, occasionally children can be born with the condition, or a cataract may develop after eye injuries, inflammation, and some other eye diseases.

The KwaZulu-Natal Department of Health is committed to providing health services to its people through various programmes and campaigns.



Under the Chronic Disease, Geriatrics & Eye Health unit, Eye Health Services are specifically directed to cater for eye healthcare within the province.

### The program's vision is:

To provide optimal eye health services for the population of KwaZulu-Natal focusing on all levels of care from primary, secondary and tertiary services.

### The programme's main objective is:

To reduce the burden of preventable, curable and manageable causes of blindness.

Great accomplishments have been made by the KwaZulu-Natal Department of Health with over 8 487 cataracts operations that have been conducted throughout the province at 11 district hospitals including the department's flagship McCord Provincial Eye Hospital.

**Although vision impairment still remains as a challenge, Eye Health Services in KwaZulu-Natal has designed an implementation plan from the year 2018 – 2021 to help prevent, cure and manage causes of blindness and vision impairment within the province.**

# WHAT YOU CAN DO TO PREVENT CANCER

## TEST EARLY & QUIT THOSE BAD HABITS

Cancer is largely viewed as the fearsome unstoppable beast that cannot be defeated. This is largely because we've seen people from all walks of life diagnosed with it; the young, the old, the rich, the poor, the fit and the unhealthy.

However, ammunition is available in the form of early testing. "Early detection in order to improve breast cancer outcome and survival remains the cornerstone of breast cancer control." This is the irrefutable truth stated by the World Health Organisation (WHO). Early testing leads to an early diagnosis which is quicker and easier to treat since the initial cancer is normally localised (in one area). However, if the cancer is discovered late, it is more difficult to treat because sometimes the cancer can spread to other organs of the body. Even better than presenting early in facilities is living a healthy lifestyle. A healthy lifestyle can reduce the risk of developing cancer.

### QUIT BAD HABITS LIKE THESE:

#### Tobacco

Tobacco use is the single greatest avoidable risk factor for cancer mortality and kills approximately 6 million people each year, from cancer and other diseases. Tobacco smoking causes many types of cancer, including cancers of the lung, oesophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and cervix. Second-hand smoke, also known as environmental tobacco smoke, has even been proven to cause lung cancer in non-smoking adults.



#### Alcohol Use

Alcohol use is a risk factor for many cancer types including cancer of the oral cavity, pharynx, larynx, oesophagus, liver, colorectum and breast. Risk of cancer increases with the amount of alcohol consumed. For several types of cancer, heavy drinking of alcohol combined with tobacco use substantially increases the risks of cancer. In 2010, alcohol-attributable cancers were estimated to be responsible for 337,400 deaths worldwide, predominantly among men.



#### Physical inactivity, dietary factors, obesity and being overweight

Regular physical activity and the maintenance of a healthy body weight, along with a healthy diet, considerably reduce cancer risk. In addition, healthy eating habits that prevent the development of diet-associated cancers will also lower the risk of other noncommunicable diseases.

-WHO



#### DID YOU KNOW?

**Breast cancer is the top cancer in women worldwide and is increasing in developing countries where the majority of cases are diagnosed in late stages.**

-WHO

#### DID YOU KNOW?

**Between 30-50% of all cancer cases are preventable.**

-WHO

# World Stroke Day



**World Stroke Day** falls within Stroke Week, it is commemorated to raise awareness on the symptoms of stroke. This year's 2018 theme is **#UpAgainAfterStroke**. According to World Stroke Organization and WHO around 80 Million people living in the world today, have experienced a stroke and over 50 million survivors live with some form of permanent disability as a result.

## WHAT IS A STROKE?

A stroke happens when the blood supply to the brain is cut off. Without blood, brain cells can be damaged or die. This damage can have different effects depending on where it happens in the brain. It can affect people's body, mobility and speech, as well as how they think and feel. World Stroke Day raises people's awareness on stroke and what can be done to combat it. It is observed on October 29 each year.

## SYMPTOMS OF A STROKE

- Sudden weakness or numbness in the face, arm or leg on one side of the body
- Confusion
- Loss of speech, trouble speaking or understanding speech
- Trouble seeing in one or both eyes
- Unexplained dizziness
- Loss of balance or trouble with walking
- Severe or unusual headache
- Difficulty swallowing

**Knowing the signs of a stroke and seeking immediate medical help can improve the outcome of the stroke. The symptoms of stroke appear suddenly and often there is more than one symptom at the same time.**

**Strokes are the leading cause of disability and the second leading cause of death globally. Stroke can happen to anyone at any age. Stroke affects everyone: survivors, family and friends, workplaces and communities.**

## IS A STROKE TREATABLE?

Approximately 60 people die every day in our country as a result of strokes. But, the good news is, a stroke doesn't have to be a death sentence. It is possible to treat a patient after a stroke, although it is a complex medical issue. There are ways to significantly reduce its impact; recognizing the signs of stroke early, treating it as a medical emergency with admission to a specialized stroke unit, and access to the best professional care can substantially improve outcomes. **TO BE CONTINUED ON PAGE 10>>>**

## KEY FACTS ABOUT STROKE TREATMENT

Knowing the signs of stroke and getting treatment quickly saves lives and improves recovery.

If you think someone may have had a stroke, do this **FAST** check:

- Face – Is one side drooping?
- Arms – Raise both arms. Is one side weak?
- Speech – Is the person able to speak? Are words jumbled or slurred?
- Time – Act quickly and seek emergency medical attention immediately.

## ISCHAEMIC AND HAEMORRHAGIC STROKE

- Ischaemic Stroke is caused by a blockage which cut off the blood supply to parts of the brain. Blockages can be caused by a blood clot or other matter (for example, fatty deposits) and can occur in a brain artery or a small blood vessel deep within the brain.
- Haemorrhagic Stroke is caused when a blood vessel bursts within or on the surface of the brain. Haemorrhagic strokes are generally more severe and are associated with a considerably higher risk of dying within the first three months and beyond, when compared to ischaemic strokes.

**Treatments that prevent another stroke include drugs to lower blood pressure and cholesterol, surgery for selected patients with severe carotid artery narrowing and other treatments.**



**LIFESTYLE CHANGES CAN ALSO GREATLY REDUCE THE RISK OF ANOTHER STROKE**

### Changes include:

- eating healthy food,
- being physically active,
- being tobacco-free,
- managing stress,
- and limiting alcohol consumption.

## ACTION

**LET'S JOIN THE FIGHT AGAINST STROKE**

- STROKE AFFECTS US ALL
- LET'S TAKE ACTION
- DRIVE AWARENESS
- LET'S SUPPORT AND TAKE CARE OF PEOPLE WITH STROKE AT ALL TIMES

# #UPAGAINAFTERSTROKE

# WHAT'S NEW

## Sperm surgery results in first pregnancy in country

A SOPHISTICATED microsurgical procedure, used to retrieve sperm calls from a man with testicular failure, has for the first time produced a successful pregnancy in South Africa. Stellenbosch University urologists and male infertility expert Amir Zarrabi performed the intricate testicular sperm extraction (Micro- TESE) surgery on a 38 year –old man with non-obstructive azoospermia (NOA), also known as testicular failure. Men with this condition have no sperm when they ejaculate as a result of severely impaired or absent sperm production. Micro- TESE surgery extracts sperm from testicle. After extraction, a process is used to inject a single sperm into an egg cell in the laboratory, to achieve conception.

*THE STAR, PAGE 6, 18 SEPTEMBER 2018.*

## Transdermal patches to boost your gains

Did you know that transdermal delivery and release systems provide an efficient, safe, and easy to use method for delivering active ingredients to the body through intact skin? Supplements are delivered directly to the blood stream- nothing gets burned up in the stomach acid and there is no metabolic degradation. Transdermal delivery and release systems have been on the market since the 80's. That's almost 40 years of extensive research put into this technology. Most major pharmaceutical companies market transdermal systems for dispensing medical agents and other solutions, including the well-known anti – smoking nicotine patch.

*MARITZBURG FEVER, PAGE 11, 19 September 2018*

## Fears of health effects of dagga

WHILE some South Africans are excited about the legislation around marijuana, some members of the medical profession are worried about its effect on mental health. The South African Society of Psychiatrists (SASOP) said it is worried about perceptions that cannabis is a “harmless” plant. The constitutional court ruled that adults are allowed to use process or cultivate the plants for private use. According to the Sasop, research has shown that 9% of people who experiment with cannabis will become addicted. This increases to one in six when use starts during adolescence.

*THE STAR, PAGE 4, 26 SEPTEMBER 2018*



# photogallery





# photogallery





**health**  
Department:  
Health  
PROVINCE OF KWAZULU-NATAL

### HEAD OFFICE

Natalia Building, 330 Langalibalele Street, Pietermaritzburg, 3201  
Tel: 033 395 2111 | Fax: 033 342 0429 | Web: [www.kznhealth.gov.za](http://www.kznhealth.gov.za)



KwaZulu-Natal Department of Health



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### ENQUIRIES:

Agiza Hlongwane: 033 395 2211, E-mail: [agiza.hlongwane@kznhealth.gov.za](mailto:agiza.hlongwane@kznhealth.gov.za)

#### EDITORIAL TEAM

- Mr Agiza Hlongwane
- Ms Ncumisa Mafunda
- Mr Sibongiseni Mkhize
- Ms Samke Khumalo
- Ms Zama Mkhize (Intern)
- Ms Sduduziwe Madonda (Intern)
- Mr Phumlani Sikhakhane (Intern)
- Mr Sandile Bhengu (Intern)

#### GRAPHICS

Mr Senzo Gumede  
Ms Nonhle Hadebe

#### PHOTOGRAPHS

Mr Themba Mngomezulu  
Mr Mondli Mwandla