



health

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CHARLIE .J. NEWS

August-October 2015



HOSPITAL STAFF MEMBERS WHO GATHERED TOGETHER DURING WOMENS DAY HELD AT CJM HOSPITAL. MISS. APIWE SONQISHE (EAP) INTRODUCED THE PUPORSE OF DAY THAT: AS A WOMEN WE ARE A PILLAR OF STRENGTH, WE ARE A WOMEN OF MANY TALENTS AND WE HAVE TO DO EVERYTHING TO KEEP EVERYONE HAPPY. IN THE PROCESS YOU TEND TO FORGET OURSELVES BECAUSE WE ARE TOO BUSY MAKING EVERYONE HAPPY.

uMnyango Wezempilo . Departement van Gesondheid

Fighting Disease, Fighting Poverty, Giving Hope



CJM Hospital Maternal Neonatal and Child Health Indaba.

CJM Hospital hosted Maternal Neonatal and Child Health Indaba on the 03rd of September 2015, the event ran from 11h00 till 16h00. The event was celebrated under the theme of : **“No women should die while giving birth.”**

The purpose of the event was to create a platform for diverse stakeholders to come together and dis-cuss issues around Maternal death, Malnutrition and Teenage pregnancy and come up with a strategic plan to address the topics directly. The event was blessed by the presence of Ms. Fikile Khumalo (Member of the Parliament), uMzinyathi Health Management team, Hospital Management team, Local councellors, Municipal Management team, Traditional Health Practitioners, Clinic Committees and members of the public.

The dialogue was to focus on the following challenges: unbooked mothers, late bookings, born before arrival, teenage pregnancy, Herbal Intoxication etc. Amongst other solutions on the mentioned challenges was to :

encourage mothers about the importance of utilizing their local clinics.

To conduct door to door campaigns together with ground breakers

To encourage mothers to use lodger mothers room available at the hospital during their late stage of pregnancy.

To encourage Traditional Health Practitioners to refer clients to local clinics and hospital to avoid Herbal Intoxication.



Matron Khulu welcoming all members who were present during the event.



Matron. N.G. Ndlangamandla delivering the purpose of the day during MNCH Dialogue at CJM Hospital



Community members who have attended MNCH Dialogue Indaba held at CJM Hospital Great



CJM CONDUCTING WELLNESS AND HEALTHY LIFE STYLE.



Health care workers participating in tug of war during Wellness Day.



Audiences who participated on Wellness and Healthy Life style event



Health Care Workers doing Aerobics at Hospital Great Hall during wellness and healthy lifestyle event at CJM Hospital.

On the 28th of October 2015 Charles Johnson Memorial Hospital. The CJM Hospital was calling upon all health care workers to be role models to their communities by living active and healthy lifestyle. The rationale for healthy lifestyles in the work place is for all workers to participate in some form of physical activity to protect his or herself from the onset of many preventable life-threatening disease. Many people fail to make connection between adopting a healthy behavior today and the impact of these choices later in life.

A healthy eating, physical activity, mental stimulation, not smoking, active social engagement, moderate use of alcohol, maintaining a safe environment and regular health care are important in maintaining a health life style.

Physical activity include soccer, aerobics, netball, egg and spoon, sack race as well as other activities which involve body movement. GEMS provided the healthcare professionals with some insight as to each individuals health risk profile. The following tests were performed: HCT(HIV counselling and testing, blood glucose, blood cholesterol, blood pressure, height & weight and body mass index calculation

The common chronic diseases include stroke, ischemic heart diseases, diabetes mellitus, hypertensive heart diseases and chronic obstructive also pulmonary diseases. CJM would like to thank our sponsors Old Mutual, Capitec and Gems. **THEME:** LESS TALK, MORE ACTION



NATIONAL NUTRITION WEEK COMMEMORATION (9-15 OCTOBER 2015)

The Nqutu PHC team (Family Health Teams & School Health Teams) led by Nutritionists held outreach activities to raise nutrition awareness in the community and among government employees, the target group for this year.

The theme was "healthy eating in the work place" and nearby government departments visited to assess their staff members. The following departments were visited, Nqutu Municipality, Department of Education, Department of Home Affairs, Department of Agriculture and Environmental Affairs, Charles Johnson Memorial Hospital Staff and Nqutu Community at large.

Services were provided in the following manner: some departments provided their office space and furniture when others availed open spaces where Ward Based Outreach Team gazebos, tables and chairs were used. Four work stations were pitched where the following was assessed:

1. Blood pressure, Blood glucose, Hemoglobin test,
2. Weights, Heights, BMI calculations
3. Waist circumferences
4. Nutrition and nursing counselling stand
5. HIV counselling and testing

During National Nutrition week a total of 198 people were assessed of which 40 % were found overweight or obese, 6.5 % and 2.5% with unknown abnormal blood pressure and glucose, respectively.



THE COMMUNITY BEING ASSESSED DURING NATIONAL NUTRITION WEEK CONDUCTED AT SOCIAL DEVELOPMENT DEPARTMENT .



PEOPLE CAME IN NUMBERS TO KNOW STATUS DURING NUTRITION WEEK NEAR NQUTHU PLAZA.

WORLD SIGHT DAY 2015

CJM Hospital celebrated Eye Sight Day 2015 on the 12th of October 2015 at CJM Hospital Great Hall.

The event was commemorated under the **THEME** of **“Eye Care for all.”** The event focused on bringing attention on blindness and vision impairment.

where 60 Eye clinic clients were gathered together at hospital Great Hall and our Eye clinic staff engaged clients and their families for health education, eye examination and diabetics. The Purpose was to educate target audiences about blindness prevention,

to inform the clients about the important of eye health needs. The purpose was to screen all chronic clients, educate them about blindness and prevention of Retinopathies and Nutrition. Many age-related conditions leading to blindness – such as cataract, refractive error and glaucoma – can be easily and cheaply treated or cured. Timely intervention can often delay or reduce their effects on vision

The event was supported by the District management team Mrs. Sifiso Gwala (Eye Programme Manager), Mrs. Z.G. Mlambo (Chronic and Mental Health Manager). 60 clients were screened, 20 were males and 40 females, 10 clients were given reading glasses because of myopia (short sighted), 2 patients were partially blind and referred Occupational Therapy.



Audience who attended World Sight Day at CJM Hospital Great Hall.



Dr. S. Mpulo (Optometrist) attending to the client during World Sight Day

September marked Oral Health Awareness month; to celebrate this Umzinyathi Oral Health team had Oral Health Taxi Rank Drive. We took the service out to taxi commuters. We targeted two Ranks; Dundee and Nquthu

The team that was participating on the drive was the team from District Office Oral health with help of Mrs. Ntuli (Oral Hygienist from Dundee Hospital) and Dr Sibisi (CJM Hospital). Service offered were Oral health education, screening, Scaling and polishing and extractions. Due to the high number of patients seen in these two days restorative treatment couldn't be done, but referrals were made. Taxi Rank managers showed so much support. They supplied us with secure parking space and with electricity as well. During both drive more than hundred people received oral health education, 80 were screened, 30 were referred, 8 had scaling and polishing done, 42 had teeth extracted.

ORAL HEALTH TAXI RANK DRIVE



Dr. Sibisi (CJM Hospital Dentist) screening client during Oral Health Drive.

CJM HOSPITAL WOMENS DAY CELEBRATION

“Let us unite to empower women to live a healthy lifestyle”!!!

Prevention is better than cure and as a woman you should try to prevent all kind of diseases by educating our family's and our communities, as we all know you educate a woman, you educate a nation. Women are the ones that control everything from groceries to preparing a meal therefore it is important that you should adopt a healthy lifestyle and avoid unhealthy food.

Bad habits die hard but people should avoid alcohol and drugs because they are highly addictive. Abuse of those substances can lead to unsafe sexual practices and increased high risks of getting sexually transmitted infections. Smoking is one of the major causes of heart attack, lung diseases and cancer. Women of this world are urged to promote a healthy lifestyle for everyone and beware of silent killers like dia-betes and blood glucose level

Our mission is to urge all people to take pills on time, do check-ups every few months and follow-up. It is im-portant to be active, walk, and run or dance for at least 5 days per week and eat 3 meals of various healthy food per day. Drink at least 8 glasses of clean water per day. Women's day is celebrated every year as it was first inaugurated in 1994, along with a free, democratic South Africa, the Public holiday commemo-rates a 1956 protest lead Lilian Ngoyi, Helen Joseph, Albertina Sisulu and Sophia Williams-De Bruyn.

To rise up against the legislation that required black South Africans to carry the "pass" (special identification documents which infringed on their freedom of movement during the Apartheid era), approximately 20 000 women from all over the country took to the streets of Pretoria – many carrying the children of their white bosses on their backs – to stage a peaceful march to the Union Buildings.

The march on August 9 1956 is both a reminder of the great women who helped mould South Africa and the trailblazing women who continue to lead the country forward. Thank you to our guest speakers: Miss Buthelezi, Sr. J.T. Xulu, Sr. Khaba, Sr. Jele, Miss. Z.E. Gumede, Mrs. Cele and Miss. L.M. Ntuli



CJM Hospital staff members and management who have attended women's Day celebration at CJM Hospital Great Hall.

