



health

Department:
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PROVINCE OF KWAZULU-NATAL

ESTCOURT HOSPITAL

EZASEMTSHEZI NEWS

STAY INFORMED

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DISCLOSURE REMAINS A CHALLENGE TO THOSE LIVING WITH HIV



WORLD AIDS DAY
READ MORE ON PAGE 2



CP CHRISTMAS PARTY
READ MORE ON PAGE 3



YOUTH MOBI SITE LAUNCH
READ MORE ON PAGE 4

DISCLOSURE REMAINS A CHALLENGE FOR THOSE LIVING WITH HIV

Regardless of the excellent programmes that are in place to support HIV positive clients, family structures are not creating a conducive environment for them to disclose their HIV status. That undermines efforts by the Department of Health to achieve zero new infections by 2030 hence the institution is having 30% of defaulter rate. Scenarios shared with staff range from those of partners who find it difficult to disclose to each other to family members who are failing to disclose because of the uncertainty of the future thereof. Even HIV positive children are not told that they are living with the virus by caregivers until very late. Patients under such circumstances are not taking medication as advised and viral load suppression becomes impossible.

This was shared during World Aids Day event which was held on the 02 December 2016. Dr. Kande, HAST Clinical Manager made a plea to stakeholders and communities to play an active role in the fight against HIV/AIDS. He expressed his concern about an increase in a number of new infections among young girls but remained optimistic that united we will root out social ills and end HIV by 2030.

Mr. M. Mchunu, HAST Mentor urged clients to make use of the support services provided by the HAST clinic to overcome all challenges they have.

HIV activist, Nosipho Mchunu warned clients of shocking incidences in many churches recently. She urged them to be very vigilant and not to be deceived by misleading church leaders who claim to have the cure for HIV/AIDS but instead listen to advice by health professionals and will live healthy long life like her. Nosipho discovered that she was HIV positive shortly after the death of her husband. It was not an easy ride, she chose not to fall flat but to wake up and chase her dreams. She challenged all those living with the virus to soldier on regardless of all the obstacles that comes their way. Mrs. Lukhozi led the emotional candle lighting ceremony to remember all those that are infected, affected and those that have lost their lives. Entertainment was on point and thanks to HAST clinic.



Attendees listening to the speeches by different speakers on the day of the event



HAST Clinic Choir entertaining the audience during the event



INVEST IN THE EDUCATION OF THOSE LIVING WITH DISABILITIES

That was an appeal by Ntokozo Hadebe to parents and caregivers of children with disability during the CP Party at Estcourt Hospital on the 05 December 2016. This is an annual event organized by the Rehab Team to celebrate achievements made in rehabilitating disabled children. It is also to encourage parents and caregivers to continue bring their children for classes because the journey continues until the ultimate goal is reached.

Ntokozo Hadebe shared his life journey after it was discovered that he was unable to walk. He thanked his parents who took him to Estcourt hospital and was referred to Rehab department where he was rehabilitated hence he is able to walk now. He is now working and able to support his family . Mr. Hadebe told parents and caregivers that it pains him when they prioritize their personal needs with the disability grant over those of a child. These kids are deprived of their rights to education and healthcare hence they become dependent on their

parents for life. When parents/caregivers die they are unable to earn a living. Ntokozo urged parents to empower these children academically because the future can not be predicted, who knows one day they can be breadwinners for their families .

Mrs. E.D. Moeketsi, the CEO of the institution applauded the Rehab Team for the job well done. She then requested parents and caregivers to love their children because they are a special gift from God. The day was full of important information sharing from nutrition to social welfare of the children. Mrs. Nxumalo was awarded with a certificate for 100 % attendance of classes at the hospital and Nonhlelo Chonco for PHC.

It was a Christmas party and cute little ones were spoilt rotten with all the goodies and gifts by Father Christmas himself.



Children with their parents /caregivers after having received gifts from Father Christmas

SUPPORT VISIT BY THE HOSPITAL MANAGEMENT



Mrs. Moeketsi and the management team visited Injisuthi Clinic to support the facility in providing the expected standard to service to the clients served by the facility.

CONNOR STREET CLINIC ENCOURAGES CLIENTS TO LOVE BEANS

Beans are an important food source that is low on fats, high in fibre and a good source of protein. With the current socio economic conditions, people opt for unhealthy food because it is cheap and easy to prepare hence South African obesity rate is increasing at an alarming pace. The increase in a number of people with chronic illnesses due to unhealthy eating has increased and that means more money has to be directed to Health services.

Nutrition Week is celebrated annually from the 09 to 15 October and this year's theme is Love your beans-eat dry beans, peas and lentils. This echoes the country's food based dietary guidelines to eat dry beans, splits peas, lentils and soya regularly. It is unfortunate that they are overlooked as they are often seen as a poor man's food and take long to prepare yet one is supposed to be eating them along with other foods at least four times a week .

Connor street clinic staff took it upon themselves to promote pulses as nutritious seeds for the sustainable future. F.C. Khoza



Staff member educating clients about the benefits of eating beans along with other foods.

gave clients few tips on how to prepare beans quicker, and to avoid flatulence. Khoza urged clients to eat beans as they are nutritious, cholesterol and gluten free. At the end of her health talk clients were quizzed and all those that managed to answer questions correctly were given seedlings donated by the Department of Agriculture, beans and soup mix by the dietetics department at the hospital.

YOUTH TO BE REWARDED FOR USING HEALTH SERVICES

Love life and UNFPA in partnership with the Department of Health has come up with a new project of encouraging youth to use health services provided at a clinic level. Statistics indicate that the department is still struggling to attract youth from age 10 to 24 to come to health facilities for services, yet the very same age group has a high rate of new HIV infections especially girls.

Research has indicated that youth are into cellphones, hence Love Life has come up with a mobi site that the youth can access on their finger tips. One will have to register and accumulate points based on services they have received from a health facility . Once a certain number of points have been accumulated, and the points can be redeemed for a token . Youth will also be able to locate youth friendly clinic where he/she is when a need for such arises. Those that are without cellphones will be registered by a



Department of health, Love Life and UNFPA Management , Inkosi Mazibuko with youth Friendly Nurses

Youth friendly nurse at the clinic using the tablets donated by Love Life and will also be able to accumulate points.

This project was launched at Loskop area for the first time in KwaZulu on the 30 November 2016 and the Department of Education, Social Development and traditional leadership applauded the project and assured stakeholders of their full support.

COMMUNITY INVOLVEMENT IS KEY IN INFECTION PREVENTION AND CONTROL



1

Those were the remarks by Ms. N. Msimango, District IPC when giving the award to Ntabamhlophe Clinic for their stage play on IPC. She applauded the Operational Manager, Sr. K.C. Zondo for involving the community especially learners. These learners will share the information with their peers and the community at large and that is the direction to take to win the battle.



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It was during the IPC Awards that were held at Estcourt hospital on the 07 October 2016 and the awards presented were as follows:



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1. IPC Rep of the year– B.A Ndumo
2. Most compliant clinical department– Ward 6 & Most Compliant OM (received on her behalf)



5

3. Most Compliant Surveillance Nurse– P. Khumalo (received on her behalf)



6

4. Best Wound Care Nurse of the year—T.R Sithole– Gateway Clinic (received on her behalf).



7

5. Most compliant OM -PHC– Sr. Ramthol– Fordeville clinic(received on her behalf)



8

6. Continued IPC compliance PHC—Fordeville Clinic



9

7. Best IPC Poem– Nosipho Khoza– HAST Clinic



10

8. Best IPC Slogan– Sr. Lite (was received on her behalf)

9. Best departmental item– Ntabamhlophe Clinic.

10. Best dressed– N.N. Nxumalo from ward 5



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