



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# ESTCOURT HOSPITAL

# EZASEMTSHEZI NEWS

STAY INFORMED

MARCH 2018

## INFORMATION SHARING DURING THE OPEN DAY



**MALNUTRITION EVENT.....  
READ MORE ON PAGE 2**



**TB AWARENESS EVENT.....  
READ MORE ON PAGE 3**



**OPEN DAY .....  
READ MORE ON PAGE 4**

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

## MALNUTRITION REMAINS A CHALLENGE WITHIN THE SUB-DISTRICT



Staff checking height of a child during malnutrition campaign at Weenen area

Top: CEO & staff shared the stage to educate mothers about malnutrition. Below: Attendees listening to different speeches

A malnutrition campaign was taken to Weenen area due to an increase in a number of cases has been reported. The Malnutrition Committee identified a need for an urgent intervention to decrease number of new cases.

Teenage pregnancy was identified as a major challenge in the area. Young girls who are not mentally and physically fit to give birth lack critical knowledge on how to properly feed their babies thereby contributing in an increase in a number of new malnutrition cases. Another challenge noted was that young mothers are not keen to breastfeed yet they are unemployed and end up feeding babies what is available at their disposal. The campaign which was held 28 March 2018 at the Community hall, Mrs. T. Xaba, District Dietician afforded mothers an opportunity to share with the team the challenges that they have with breastfeeding. Judging from the responses it was clear that mothers lack information on the importance of breastfeeding. Sr. Mthethwa explained its significance and further urged mothers to breastfeed for at least six months exclusively.

She further said “I am saddened by an increase in the number of children dying from malnutrition and I challenge all of you today to play your part in changing this situation around”.

Ms. Mathebula, Social worker said that the child support grant is provided to assist mothers take care of their children’s need including food. She further expressed her disappointment on the increase in a number of malnutrition cases among children that are the beneficiaries but remained optimistic that when all stakeholders work as a team we will be able to decrease malnutrition cases dramatically. Mrs. E.D. Moeketsi, hospital CEO applauded efforts by mothers young and old to show love to their young ones regardless of all the challenges they go through. She then warned them of the dangers of herbal intoxication which has killed a number of babies. In closing, she urged mothers to love their children and say no to herbal intoxication.

## WORKING AS A COLLECTIVE, WE CAN SUCCESSFULLY FIGHT AGAINST TB

Estcourt hospital has made strides in the fight against TB but they are still far too many new TB infections and too many people who are unknowingly living with the disease. It is for that reason the Wembezi clinic had the awareness campaign which was held on the 27 March 2018 at Wembezi Hall.

The event was planned by Wembezi clinic and the message for the day was that TB is curable, testing is simple and treatment is free so it is possible to stop the spread of TB. Ms. Shangase said that it is worrying that people continue to die of TB yet it is curable. She urged community members and other stakeholders to support Wembezi clinic in the fight against TB.

Mrs. S.E. Mhlanga, PHC co-ordinator explained to the attendees that TB is a disease that mainly affects the lungs but can be found in any other organ. It is passed from one person to another,

when a person with TB coughs, sneezes or spits germs are spread into the air from where they can be breathed in. Mrs. Mhlanga said that the following are the signs of TB; a cough for longer than two weeks, chest pains, tiredness and weakness of the body, loss of appetite and weight, coughing up blood just to mention just a few. She asked the community members to go to the nearest clinic if he/she has any signs of TB. Once confirmed that one is having TB, will be initiated on treatment and must finish it he/she is cured. When one default treatment, can contract MDR TB which is resistant to normal drugs and treatment is taken for longer period than normal TB. Cllr Skhosana pledged their support as the local leadership and asked them not to hesitate to approach them if they need assistance.



CCG'S doing a role play to educate the community about TB, its symptoms and how is it treated

## INSTITUTION OPENS ITS DOORS TO THE COMMUNITY DURING THE OPEN DAY



Estcourt Hospital Open day is a day dedicated to giving information to the communities served by the hospital. This platform is mainly used to educate patients, clients and stakeholders about the services that are provided to take advantage of.

It is for that reason the Estcourt Hospital had an Open Day on the 14<sup>th</sup> March 2018 to remind communities about services provided by the hospital. The programme director was Mr Miya who held the event, opening prayer Rev KL Mbili, purpose of the day by Mr. SG Nkabinde and the closing remarks Mrs. Hlongwa.

Different departments used stands to provide information on services they are providing and to have one on one session with community members. They also had slots where they had to explain into details about their services. There was the PHC service, Public Relations, Patient Admin, Human Resource, Obstetrics & Gynecology, General ward, IPC, Rehab, Causality & OPD, Pharmacy, Dental Services, Hast and Medical Services. The event was honored by the presence of hospital Board. The chairperson Rev. Thusi elaborated on the role this structure plays at the hospital and in the community and urged the community make use of it to improve service delivery.



From L-R. Mrs. T.S. Hlongwa Nursing Manager, Rev. S. Thusi– Hospital Board Chairperson and Sr. Nsimbini from OPD shared the stage during the Open Day that was held at Estcourt hospital. On the left: different stands providing services to the patient and clients.

## PREGNANCY AWARENESS CAMPAIGN FOR HIGH RISK PATIENTS



Client (second from left) receiving gift after having answered questions on EMTCT from Maternity and HAST unit staff



Nurse L.E. Xulu explaining different types of contraceptives during pregnancy awareness week

2030". She took them through the elimination of mother to child transmission programme (EMTCT), an initiative to reduce new HIV infection to zero among infants. Ms. Qumbisa urged expecting mothers to play their role by attending antenatal classes early, adhering to their treatment and also practice safe sex so that collectively we can achieve Aids free generation. At the end, questions were asked and those that were able to answer were given small gifts.



Sr. Tseke giving a gift to a client during event

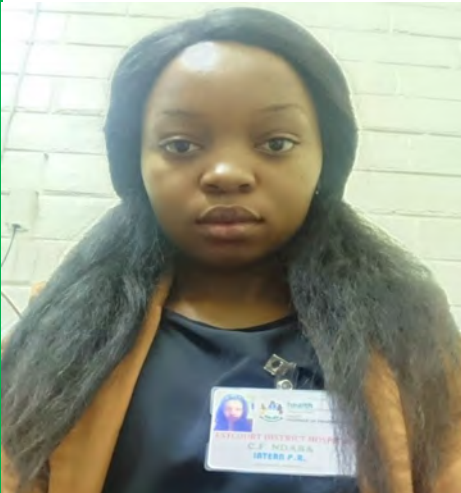
Teenage pregnancy remains a challenge in society regardless of the interventions to turn the situation around. This contributes negatively to the Department of Health since these young mothers are not knowledgeable enough to make informed decisions for them to be healthy and give birth to healthy babies.

Obstetrics and gynecology section took the awareness campaign to youth dominated high risk patients to educate them about danger signs in pregnancy and the importance of attending antenatal classes as early as possible to prevent any undesirable outcomes. Ms. J. Qumbisa, Hast Counselor expressed disappointment about cases of children born negative but tested positive few months after because it is undermining efforts by the department to achieve zero new infections by



Sr. Mgoza ( middle) explaining the importance of attending antenatal classes as early as possible

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