



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**IZWI LETHU**

*'Reaching you across the fields & Mountains of Our Land!'*

# NKANDLA HOSPITAL

# NKANDLA HOSPITAL 2018 KCD TOURNAMENT CHAMPIONS

STAY INFORMED

AUGUST 2018

Nkandla hospital soccer team arrived at Richards Bay complex. They were led by their coach Mr. Jabulani Nzuzza, who is wearing a red jacket. No one ever gave Nkandla a chance. But our boys did wonders. They spend the whole without losing even a single match. They beat eShowe by an odd goal in the final. It was Nkandla's day because our girls too were so amazing. They managed to reach the finals, unfortunately they were beaten By Ngwelezane Hospital by just two points only. We are so proud of our teams. They also promised to repeat it next year. I like to warn who ever is thinking to challenge Nkandla, they must think twice.



**Above:** New coach of Nkandla hospital, Mr. Jabulani Nzuzza, wearing a red jacket, was captured conducting a field inspection with some of his players. He was accompanied by his assistant coach, Sizwe Nqubuka, who is standing far at the back wearing a blue jacket.

**Below:** some of the action that took place during the day.





# BATTLE OF THE GIANTS



Above: The new champions of King Cetshwayo District tournament 2018, Nkandla Hospital. No one gave Nkandla even a single chance, they came here without one of their star studded player known as Thirty Majola. With a couple of injuries they had in their squad, they managed to do a business of the day

Below: Nkandla Hospital girls were captured in action during the final of the KCD tournament.







Above: Our ladies netball team in action. They lost their final game with a small margin. Siyanibongela mantombazane nisebenzile.  
Below: Player coach is providing advises and tips to fellow team mates on how they should approach the game.





# PHOTO GALLERY





# CELEBRATION TIME



Above: Boys and girls, from Nkandla hospital celebrating within the hospital premises, displaying their trophies and medals.

Below: Some of the players, celebrating with the CEO. Mr. Nathi Shabane. They presented to him a new jersey, trophies and medals. The CEO was overwhelmed by happiness to see his kids doing so well bat District level. He promised to provide his undoubted support to any sport related initiative.





# BREAST FEEDING WEEK 2018 AT MPANDLENI CLINIC

On the 6th of August Mpandleni Clinic under Nkandla hospital, hoisted breast-feeding awareness week at the clinic. The clinic was fully packed with mothers. On the right, sister Dlamini, Operational Manager for the clinic, was captured welcoming everyone who was at the clinic. She said everyone must feel free and they can ask questions when they need further explanation. This is a breast-feeding week, the purpose of calling you here is educate you about the importance of breastfeeding. You are all welcomed, you must feel free, this day is dedicated to you said the OM



Above: Operational Manager at Mpandleni was captured addressing all clients that were part of the event. She demonstrated on how a mother should carry her baby, she also told them that they establish a good relationship with a child during breastfeeding. She then requested all mothers to breastfeed their children's







On the right: The dietician, Miss Nonkululeko Ngcobo, was captured addressing the audience about the advantage of breastfeeding. Breastfeeding can be exercised by everyone regardless of their status. Every child should be breastfed up to the minimum of six months upwards without any supplements like water or porridge. An HIV mother can also breastfeed her child as long as the mother is on ART treatment, the mother is encouraged to stop breastfeeding when her child starts to develop teeth. After six months a mother can start giving her child supplementary food, she needs to cook the porridge for a long time before feeding the child. She further emphasized the importance of breastfeeding, she said that it develop a good relationship between the child and the mother

Above: Nonkululeko Ngcobo, Nutritional advisor, was addressing the audience during the event about the importance of eating healthy during pregnancy and breastfeeding.

Below: Mothers came out in numbers to listen what their nurses want to tell them. They were part of the event, they also asked some questions if they need certain clarity.







Above: Nutritional advisor at Mpandleni clinic was captured giving gifts to the mothers of children's who were at the event on that day.

Below: mother's of children's around Nkandla came out in numbers to celebrates breastfeeding day at the clinic.



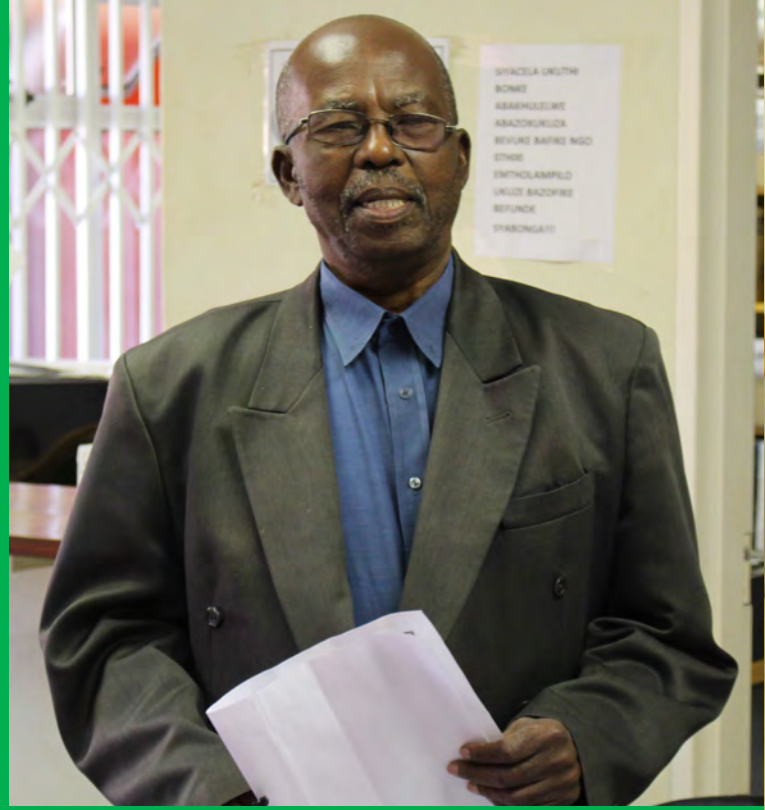


# Mrs. Motloung, PHC Supervisor was part of the event



On the left above: Mrs. Motloung PHC Supervisor for all clinics under Nkandla hospital, was one of the distinguished guests in this event. She educated mothers about the importance of exclusive breastfeeding only without mixing with other formulas. She said a child who is breastfed, grows well and is protected from diseases. She humbly requested mothers to breastfeed their children if they need some advise, they can visit the clinic, they will get help.

Below right: Mrs. S.P. Xulu, Nutritional advisor further emphasized the significance of breastfeeding. She said breastfeeding should exercised alone at least for six months without giving your child even water. She also emphasized that a child grows well when is breastfed and they establish a good relationship with her mother during breastfeeding. She said after six months, you then starts to provide your child with supplements like a porridge, at least two tea spoon two times a day.



Above: The chairperson of the clinics committee, Mr. Dunge was part of this event. He was so happy about the number of clients that attended the event. He then encourage young mothers to take lessons from the sisters and used for their young ones because we expected future leaders from them concluded Mr. Dunge.





# OFFICIAL LAUNCH OF WOMEN'S FORUM AT NKANDLA HOSPITAL

Chairperson of the Nkandla Hospital Women's Forum, Mrs. S.G. Masikane, was captured addressing the audience during the official launch of this forum. She said this forum is very important to all women within the facility, she said, in this forum, they discussed work related issues and every matter they come across as women. Everything started by the woman and the man follow, each an every successful men, there is a clever women behind. She then throw a challenge to men of the facility to establish men's forum. She said, "we are available for an advice of how you can establish your forum, concluded Masiakne."





# PHOTO GALLERY





# PHARMACY MONTH 2018

Pharmacy Unit at Nkandla hospital is consistent in ensuring that the pharmacy month is celebrated in the facility. The main motive is to sensitized the clients about the importance of taking your medication correctly and in a pre-scribed time. She also encouraged patients to ask questions about their treatment and also report if their treatment have any side effect to them, we are here for you, she concluded.



**ABOVE:** Pharmacy supervisor, Mss' B. Shange was addressing the clients about the important of taking your treatments according to the prescription, she was captured at the main event of the pharmacy month at OPD in September 2018.

**BELOW:** Staff members from Pharmacy department were part of the grand opening of this lucrative pharmacy month celebration.





On the Right: Mr. B. Mcube was captured giving the client some snacks, it was a good day for our clients, they received everything in one place.

Below: Mr. S. Mabizela, was addressing pupils at his former school, Mphathesitha He told that the pupils that he did his Matric in the very same school, so they must not under estimate themselves. He said, "you must not think that successful people comes from multi racial schools only, but if you work hard and have a vision and goal, definitely you will achieve what you want in life. In the middle of the picture, is the school principal Mr. Cele, he said, Mabizela was one of the best former students of this school, he was a hard work and dedicates him selves into his studies, he was also always available to assists his colleagues, I was not surprised to see him achieving at the University, he is one of the pupils who left his mark and put this school in a universal map, concluded Mr. Cele



**ABOVE: Pharmacy assistant, Mr. Mncube was captured giving the sandwiches and a juice during the grand opening of the pharmacy month 2018.**

**Below: Mr. S. Mabizela was addressing pupils at his former school, in the middle, his former principal was watching with a smile in his face. It was clear that he is proud of this boy.**







**ABOVE: Pupils at Lushaba High School were listening to the pharmacists addressing them about everything concerning**

**Below: Pharmacist Mr. Nyawo Addressing pupils about different types of prevention they can use to avoid or prevent early and unnecessary or early pregnancy**

Mr. .... Was addressing the pupils about the importance of preventing early or unwanted pregnancy. He told these young pupils that there are different types of precautionary measures one may use.

1. Pill is a type of birth control that is designed to be taken orally by a woman. When taken correctly, it alters the menstrual cycle to eliminate ovulation and prevent pregnancy.
2. Depo-Provera is a hormonal injection that prevents unplanned pregnancy for 3 months at a time.
3. Implanon is inserted under the skin of the upper arm of the woman. It releases the hormones progesteron to stop you from getting pregnancy.
4. Morning after pill may prevent or delay ovulation. It should be taken within 72 hours after having unprotected sex.
5. Intra Urine Device (IUD), vasectomy, diaphragm etc are amongst precautionary measures one may use to prevent unplanned or unwanted pregnancy.







Above: Mr. Mabizela and Mr. Mabizela pharmacists from Nkandla hospital, were captured at Mphathesitha high School addressing pupils about the importance of adhering to your medication. They also sensitized learners about pharmacy as their future career, what are the requirements to study pharmacy, the job opportunity and also where you can study pharmacy





# IPC CO-ORDINATOR AT KCD ADDRESSING PUPILS

## Exposure Risk Assessment

Mr. Mthembu talked about the importance of visiting the clinic after you have been exposed to any animals. He said, "all animal exposures must be assessed for potential rabies virus exposures and whether rabies PEP is required. The assessment will be based on behavior and health status of the animal, animal species and geographical location where the animal is from or exposure occurred. **High risks rabies may include:**

- Unprovoked animal attack
- Animal with unusual behavior.
- Animal sick e.g. **drooling**. And animal having died within 2 weeks after human attack.
- If the incidents suggests potential rabies virus exposure, gives rabies PEP.



**ABOVE:** Quality Assurance Nurse at Nkandla hospital Mr. B.A Chiliza introduces guests speaker for King Cetshwayo district , Mr. Nhlanhla Mthembu, IPC co-ordinator at KCD.

**BELOW:** IPC Nurse, Mss H. Biyela gives the young pupils gifts after answering hard questions. Keep it up, your future is in your hands.





# RABBIES AWARENESS WEK



**ABOVE: Pupils at Nqambushana Primary School listened to the guests from Nkandla hospital and KCD alerting them about rabies. Teachers were also part of this aware-**

## WHAT YOU NEED TO DO?

- There are no blood tests to confirm rabies virus transmission for an animal to human beings at the time of exposure, decision to provide PEP based on risk assessment.
- If vaccination history is unreliable, provide PEP
- Do not delay PEP pending laboratory confirmation of rabies in an animal, there might be unforeseen delays PEP may be discontinued if animal deemed rabies is negative.
- PEP must be given as soon as possible after the exposure for best protection.
- PEP must be given even if there was a delay in presenting to health facility.
- No alteration to recommended PEP scheduled advised, Day 0-Day of first vaccination.
- All animal bites are notifiable to local authority and the state veterination.





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