



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

IZWI LETHU

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

NKANDLA HOSPITAL

June 2019

NKANDLA HOSPITAL 2019 CHILD PROTECTION WEEK



Above & Below: Nkandla Hospital and other Departments like SASSA, SAPS, DSD and SANCA, visited various schools around Nkandla. It was a child protection week, awareness's and health education was provided. The motive behind these health education is to ensure that the future of the teenagers is well protected. They were advised to concentrate on their studies so that they will have a brighter future tomorrow and be able to make a different in their own families



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

CRIME DOES NOT PAY



Cigarettes are dangerous to health but is still one of the sophisticated habits more specifically to the youth. Many young people are still embarking themselves on a course that will lead them to addiction and ill health.

To be found in position of Insangu at school is a criminal offence. Smoking weed during your teenage years has a negative impact on your learning ability, critical thinking and decision making, relationship skills and overall maturity. It messes with your mind, makes your physically and mentally lazy and eventually leads you to looking for a strong high or other hard core drug.

Young people starts by smoking usual herbs then they graduate to dangerous drugs like cocaine. Cocaine greatly accelerates physiological activity and when taken with alcohol and other drugs, its becomes even more dangerous, concluded captain Nzimande from Nkandla SAPS.

Above: Captain Nzimande from SAPS was captured addressing the pupils about crime at Velangaye Comprehensive School during the child protection week campaign.

Below: Ms. Shezi from Sizanani outreach was addressing pupils about the effects of alcohol to the unborn. She encouraged young people not engage themselves with sexual activities during their early stages.

EFFECTS OF ALCOHOL TO THE UNBORN

The effects caused by alcohol to the unborn will never be outgrown and your child will never catch up developmentally. The unborn child is the unsuspecting and undeserving victim of any harmful substance ingested during pregnancy and the mother runs the risks of miscarrying or having a stillborn baby. Babies born to users of drugs can even further suffer withdrawal symptoms at birth. Drugs like alcohol, cigarettes and caffeine should be avoided during pregnancy. Foetal alcohol syndromes affects about 1 of 350 babies. Alcohol is absorbed into the bloodstream, passes through the placenta and goes via the umbilical cord to the foetus, to be pumped throughout the infant, this could result in growth deficiency, facial abnormalities, cardiac defects, joint and limb abnormalities and mental deficiencies of the baby.





Sexually transmitted infections (STI's) are passed from man or woman to his or her partner during sex. The best way to protect yourself from STI's is to use condom. There are many kinds of STS's, each one is caused by different virus.

SIGNS OF STI's

Unusual or smelly discharge from the vagina.

Discharge from the penis, causing burning pain when passing urine.

Sores, blisters or warts on the outer genitals both men and women.

Painful swelling in the groin at the top of the legs.

Most STI's can be treated with antibiotics or other medicines, it is important to take all your treatment for STI's so that you can be healed.

Above: Sir Buthelezi was talking about the causes and dangers of sexually transmitted infections.

Below: Sister Ntombela from Nkandla Hospital talked about the dangers teenage pregnancy

Getting pregnant when you are younger than 18 years is really dangerous. Teenage pregnancy can be dangerous for both the mother and the baby. Pregnant women younger than 18 : may have their babies before the correct time, i.e. premature. May have babies that are smaller than usual. May have difficult births. Sometimes they don't get a health care they need because they feel ashamed that they are pregnant. Could leave school and change their plans for the future and may not be able to care for their babies properly. She then told them about the advantages of delaying sex. You get time to know yourself better, you get time to develop long and lasting relationship, you are safe from sexually transmitted infections and falling pregnant and you can explore new hobbies or spend time studying. She said, if you are sexual active, make sure you have safe sex and use dual contraception



ONE OF THE CHAMPIONS

What are the facts about MMC

Medical male circumcision (MMC) reduces your chances of being infected by HIV by 60%. It makes it easier to wash the penis, you will have less chance of getting other STI's like syphilis and herpes. It also reduces your risks of getting the cancer of the penis, your female partner has less chance of getting cancer of the cervix and it is free to do MMC in every public hospitals. It is recommended to use a condom even though you are circumcised.

Why MMC is being done?

- Some circumcision may be necessary for medical reasons.
- Babies are circumcised for religious reasons.
- Some boys are circumcised for cultural or traditional reason. In their culture this is the way boys become men.
- Some men get circumcised for personal hygiene reasons, as circumcision makes it easier to keep clean.
- Your female partner has less chances of getting cancer of the cervix.



Below: Pupils from Velangaye Comprehensive gathered at the Assembly to listen to the guests from different departments, during the child protection week. They were so cooperative and they asked relevant questions. We hope that lessons provided during the day will benefit them.



YOUNG PEOPLE, SEX AND HIV



Young people in order to be safe from teenage pregnancy and getting HIV and STI's, they need to abstain from sex until they are older. They must not have sex at all. If you are not engaging yourselves in sexually activities, you will not get the HIV virus, this is the safest choice. Sex is very special, many people feel that it should be kept for a long term relationship like marriage. Peer pressure many also be a primary cause for young people to engage to sexual intercourse immaturely, your friends may not know about the dangers of sex, tell them about HIV and STI's. sex is a very personal choice for you and your partner. You must decide together.

Above: Mrs. Z Zungu, Social Worker Supervisor from Nkandla Hospital was addressing pupils at Mphahleni High School about the dangers of involving themselves in sexual intercourse at an early age. She encouraged young pupils not to engage themselves in sex before they get married. Sex is for adults not teenagers.

Below: These two ladies from Nkandla hospital, were waiting for their opportunity to address pupils.



PHOTO GALLERY OF CHILD PROTECTION WEEK



HAND WASHING FOR HEALTH CARE WORKERS



Infection and Prevention and Control Unit hoisted the hand wash drive for all staff members at Nkandla hospital and its clinics. The event went well, participation was very good and staff demonstrated their knowledge of ten steps of hand washing. On the right: staff nurse C.N . Nkosi was captured introducing herself before the beginning of the hand wash drive. The main purpose of the hand wash drive was to remind the staff about the importance of washing their hands following the ten steps procedure.

The main purpose of this event is to educate the entire about the importance of washing their hands following the prescribed procedure so that they can be able to roll out this drill to the entire community members. This will helps us to have an un infectious

Above: Nurse C.N. Nkosi was introducing her selves from the panel members during the handwashing event.

Below: Nurse C.N. Nkosi was captured opening the tap in order to wet her hands before she demonstrate the procedure for hand washing.





Above: applying liquid soap in her hands

Below: palm to palm



HAND WASH DRIVE CONTINUES



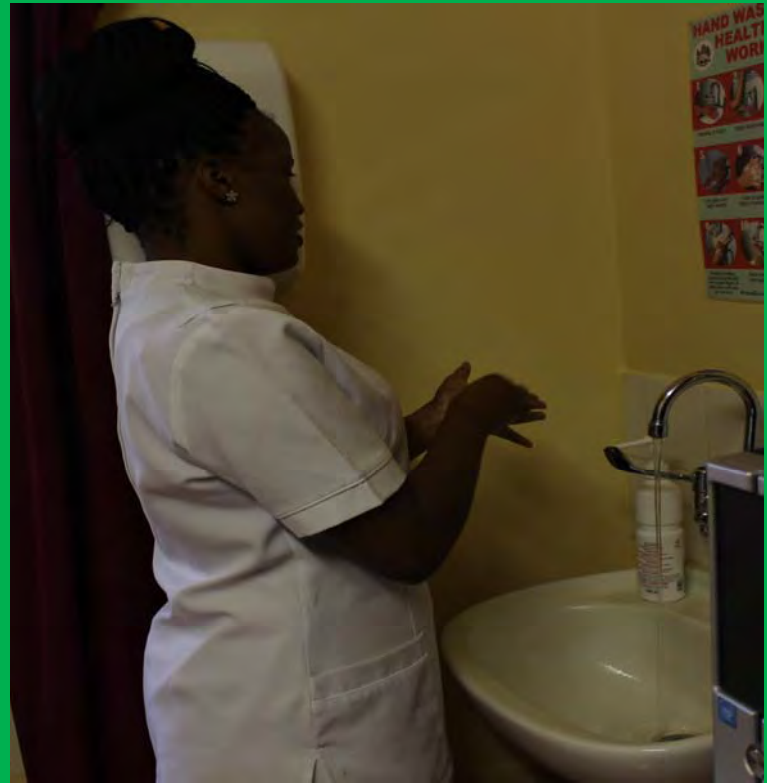
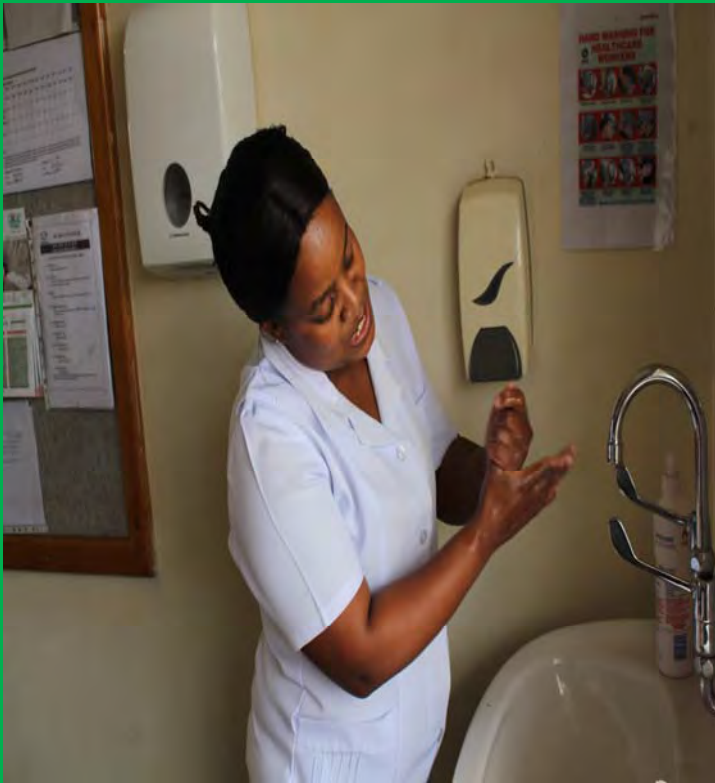
On the left Above: Right palm over left dorsum On the right above: Left palm over left dorsum



On the left Above: Palm to palm fingers interlaced

On the right above: Back of fingers to opposing Palm with fingers interlocked.

OFFICIAL LAUNCH OF WOMEN'S FORUM AT NKANDLA HOSPITAL

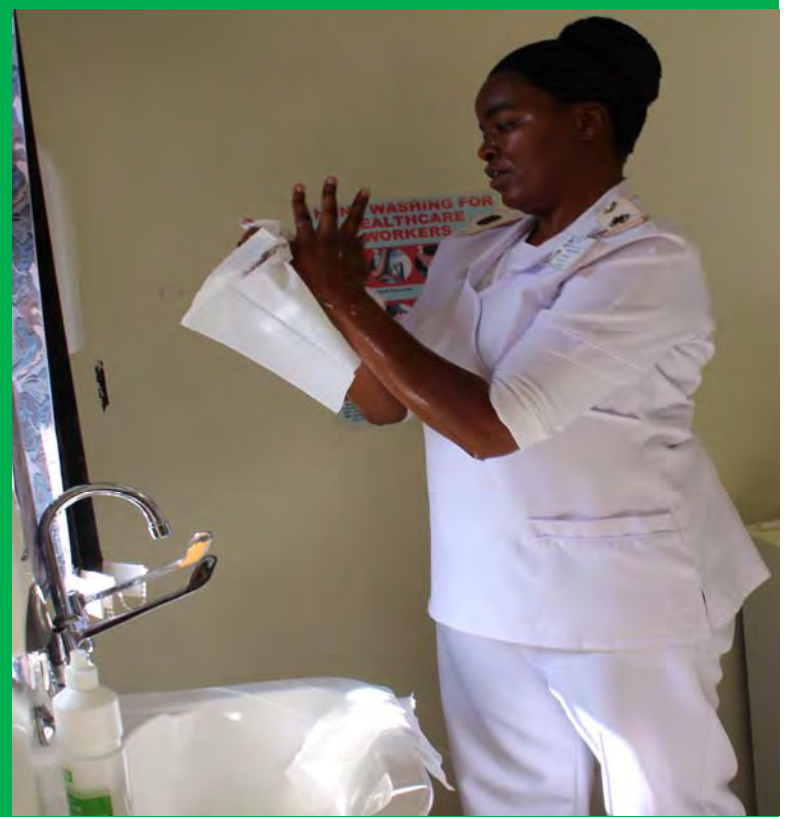


Above left: Rotational rubbing of right thumb clasped in left vis a versa and on the right, rotational rubbing backwards and forwards with clasped fingers of right hand in left palm vis a versa.

Below: opening the tap to rinse hands thoroughly. On the right she was rinsing her hands



PHOTO GALLERY



Above and below: The is now switched off and she dry her hands well with paper. She dried her hands using each Conner of the paper towel to dry each finger and the rest of the arm is dried by the remain- ing part of the paper towel.



ACKNOWLEDGEMENTS



Jabulani. E. Zwane (PRO)
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