



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NKANDLA NEWS HUB

NEWS

FEB - MAY 2024

WORLD TUBERCULOSIS DAY 2024



NKANDLA HOSPITAL JOINED THE WORLD IN COMMEMORATION OF WORLD TB DAY AND TO RAISE AND AWARENESS ABOUT THE SPREAD OF THIS AIRBORNE DISEASE.



WORLD OBESITY DAY 2024 NKANDLA DISTRICT HOSPITAL



TB BLIT



AWANENESS AGAINST TEENAGE PREGNACY VELANGAYE HIGH SCHOOL



COMMEMORATION OF WORLD TB DAY AT NKANDLA DISTRICT HOSPITAL



THIS DAY WAS WELL SPENT AT NKANDLA HOSPITAL, PATIENTS BENEFITED FROM THIS AWESOME DAY



SHOUTING THE END OF TB IN OUR COMMUNITIES

On the 22nd of March 2024 Nkandla District Hospital commemorated World Tuberculosis Day, to raise awareness about this infection due to high number cases of Tuberculosis that were identified. This initiative assisted Nkandla Hospital to raise an awareness regarding the signs and symptoms, preventions and treatments of Tuberculosis. Symptoms of Tuberculosis includes drenching night sweat, fever, cough for more than two weeks, unexplained weight loss, and fatigue, etc.

This awareness also helped to encourage people to check themselves regularly, in order to detect the infection at an early stage. By detecting this infection early it will give patients an allowance to get proper medical treatment against Tuberculosis as it continues to be one of the most deadliest disease.

The community was reminded that Tuberculosis affects any part of the body including the lungs bones, glands as well as the nervous system. It is spread through inhaling tiny droplets from cough, or sneezes of an infected person.



GIVING HEALTH EDUCATION TO PATIENTS

On the world Tuberculosis Day Nkandla District Hospital reminded the community and surrounding areas that Tuberculosis is curable and everyone is called to get screened and



DURING COMMEMORATION OF WORLD TUBERCULOSIS DAY



NKANDLA EMPLOYEES EMBARKING ON ACTIVITIES TO RAISE AN AWARENESS ON TB PREVENTION AND TREATMENT



HEALTH EDUCATION SESSIONS AT OUT-PATIENTS DEPARTMENT



INFORMATIVE SESSION WITH PATIENTS

“YES WE CAN END TB”

“YES WE CAN END TB”



WORLD OBESITY DAY 2024



PYSIOTHERAPIST, OCCUPATIONAL THERAPIST AND DIATETICS DEPARTMENT TOOK INITIATIVE TO PROMOTE HEALTHY LIFESTYLE TO NKANDLA HOSPITAL EMPLOYEES.



PROMOTING HEALTH LIFESTYLE THROUGH GYM

World obesity day awareness, the World Health Organization (WHO) encourages practical solutions to help people achieve and maintain a healthy weight, undertake proper treatment and reserve the obesity crisis.

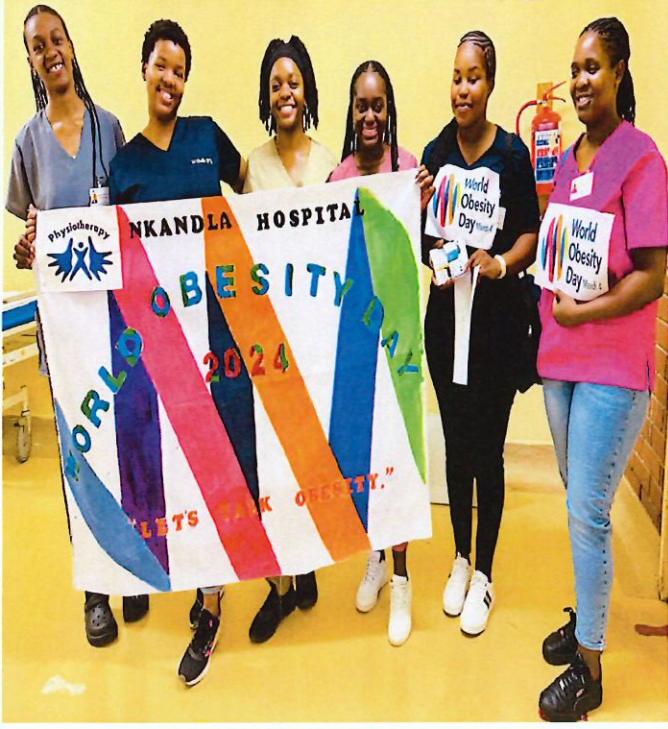
Nkandla Physiotherapy Department hosted the Word Obesity Day on the 4th of March 2024, with the aim to raise an awareness on obesity, its prevention, and treatment. Also to assist people understand the complexities and roots on obesity in order to build a community that will tackle obesity as well as to encourage Nkandla community to achieve and maintain a moderate weight.

Therefore this campaign successful raised an awareness to patients and Nkandla hospital employees on dangers and risk they can face if they don't take the issue of obesity seriously. Patients were given health education by dieticians and physiotherapist. Patients were taught on how to stay healthy and which proper healthy diet they need to follow.

LETS EAT HEALTHY AND EXERCISE MORE



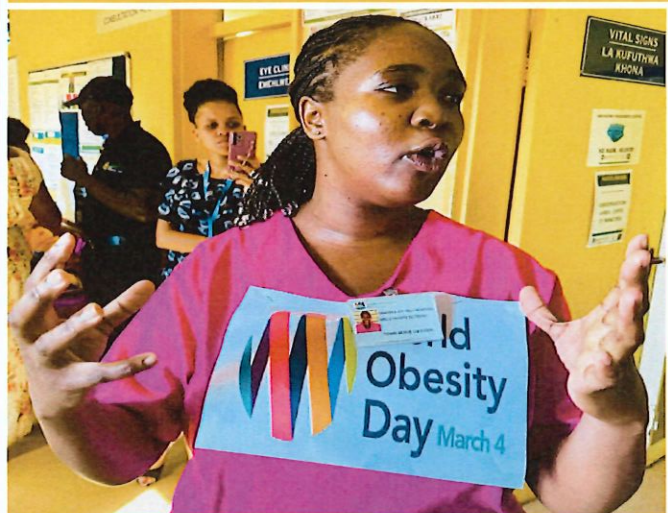
OBESITY DAY AWARENESS



REHABILITATION TEAM AND DIETETIC TEAM



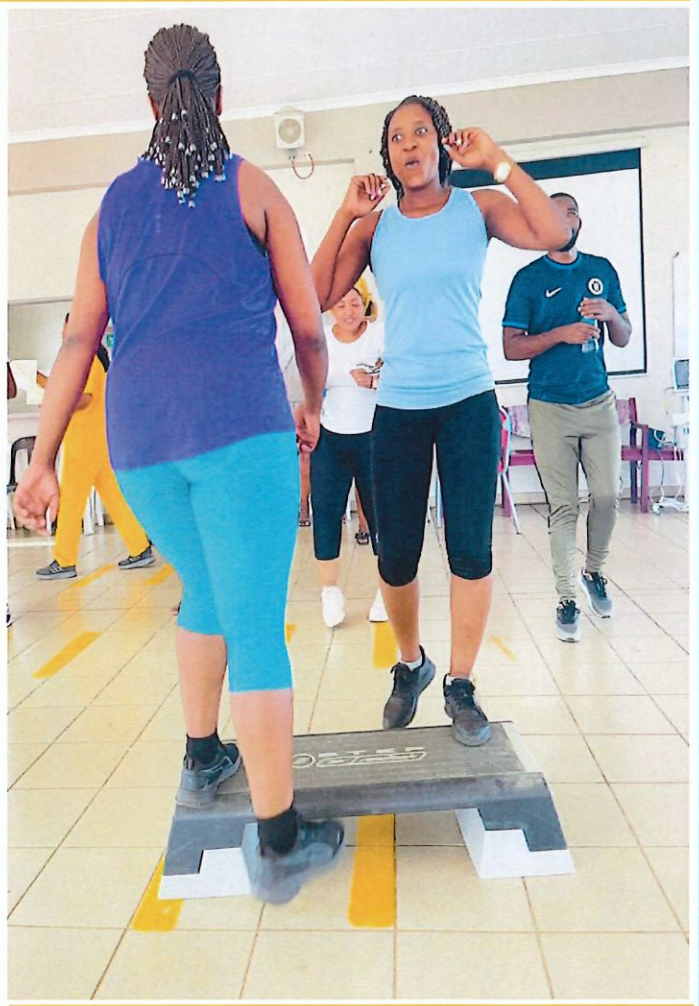
CHECKING BLOOD PRESSURE



DIETETICS GIVING HEALTH EDUCATION TO PATIENTS



PHYSIOTHERAPIST GIVING HEALTH EDUCATION TO PATIENTS



DEMOSTRATION IN PROGRESS



TB BLITZ NKUNGUMATHE



NKANDLA HOSPITAL TEAM DURING NKUNGUMATHE TUBERCULOSIS AWARENESS

Each year we recognize World TB Day on the 24th of March. It is an annual event that needs to be commemorated each and every year in order to raise public awareness about the harmfulness of Tuberculosis. TB still remains a public health problem. Nkandla District Hospital department along with other stake holders namely Tuberculosis and x-ray by Isibani, Gender based violent by Life Line, and Life Line Social Worker, took the initiative to visit Nkungumathe as it was identified during dieses profiling as an area with high TB cases.



WORKING TOWARDS THE END OF TB IN OUR COMMUNITIES

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TB BLITZ AT NGUNGUMATHE AREA.



GIVING COMMUNITY MEMBERS HEALTH EDUCATION ABOUT TB DISEASE.



COMMUNITY RECEIVING SERVICES FROM OUR OUTREACH TEAM AT NKUNGUMATHE AREA.



OCCUPATIONAL THERAPY AND NURSING DEPARTMENT GIVING FULL INSIGHT ON TB.



NONGAMLANA CLINIC TB AWARENESS



Nkandla District Hospital department in partnership with Isibani Development Partners, Life Line, WBOT and went on a campaign at Nongamlana Clinic on the 24th of April 2024. The aim of the campaign was to raise awareness and assist the community on screening and HPT, Diabetes, TB, HTS, Cervical and Prostate Cancer and other illnesses. It was identified that the area is one of the areas with high TB cases. The importance of prevention and protecting others from Tuberculosis was mentioned as a number one priority.

NKANDLA DISTRICT HOSPITAL TOOK THEIR SERVICES TO NONGAMLANA CLINIC

COMMUNITY MEMBERS IN ATTENDEDENCE



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VELANGAYE HIGH SCHOOL TEENAGE PREGNANCY AWARENESS



A FRUITFUL TEENAGE PREGNANCY AWARENESS AT VELANGAYE HIGH SCHOOL



Teenage pregnancy is a concerning issue in the country that we live in, with rates of teen pregnancy remaining high not only does it have an unfavourable impact on the families, the communities, the country's financial development and the productivity, but it can also jeopardise the students education and put her future at risk as this may force a teenage to drop out of school. There are different factors which contribute to the high level of teenage pregnancy. These factors include lack of access to sexual education, lack of access to basic health care service, cultural and societal attitudes towards sex, and poverty.

Nkandla District Hospital along with other stake holders (SAPS) visited Velangaye High School on the 4th of

March 2024, members from the PHC department, and Peer Educators provided much needed information to the learners with the aim of raising awareness of pregnancy related issues, signs and prevention on pregnancy. These campaign plays a vital role because they aim to improve knowledge about teenage pregnancy and to ensure that all measures are taken into account to prevent unwanted pregnancy on teenagers.



MNQANDI HIGH SCHOOL TEENAGE PREGNACY AWARENESS



MNQANDI HIGH SCHOOL DURING TEENAGE PREGNACY AWARENESS



On the 3rd of March 2024 Nkandla District Hospital visited Mnqandi High School to discuss the impact pregnancy has on teenagers. The Health Promotion Practitioner (HPP), Peer Educators, PHC and Out-reach Team Leader addressed the learners about the complications and the impacts that are associated with teenage pregnancy, such as the impact on the family, the impact on the teenage mental health as well as the social impact. The Peer Educators demonstrated how to prevent unwanted pregnancy which included, how a male condom is used, how different type of contraceptives and other medication are to be utilized to ensure that they reduce pregnancy and other related issues amongst teenagers.



NKANDLA HOSPITAL BECAME VICTORIOUS ONCE AGAIN

Our Nkandla Hospital Chief Executive Officer Mr. NM Mthembu, receiving a trophy from our captain Sir Majola. Mr NM Mthembu congratulated the team for their victory. He further acknowledged the participation of the team on work and play games by encouraging them to continue to represent the hospital at large. The success of the team it will create the mutual understanding with the institution because sport can unite people. Well done team Nkandla for your hard work and your endurance.

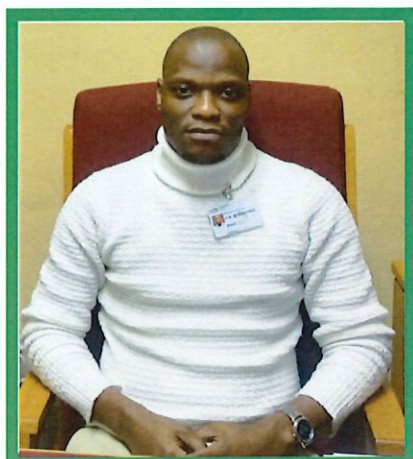


**NKANDLA DISTRICT HOSPITAL SOCCER TEAM
CELEBRATING THEIR VICTORY.**

Nkandla District Hospital football club once again became victorious in work and play tournament. This tournament took place on Saturday the 27th of April 2024 at Nkandla Stadium. All teams participating on work and play were represented when this historic win happened. The success of this team relied on their team effort and the hard work. Nkandla Hospital is aiming to encourage wellness on their employees to keep their bodies healthy. This tournament assisted Nkandla hospital to interact with other departments and create mutual understanding amongst department. It was a very successful tournament especial for Nkandla hospital and the team.



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