



# NKANDLA NEWS HUB

# NEWS

MAY-SEPTEMBER

## WOMEN'S DAY CELEBRATION



**NKANDLA HOSPITAL VISITED NGOMANKULU PRIMARY SCHOOL (HPS) TO PROMOTE HAND HYGIENE AT SCHOOL AND PREVENTION OF DISEASES**



**SCHOOL HEALTH TEAM, IPCC, HEALTH PROMOTER, QUALITY, REHAB TEAM & NGOMANKULU STAFF**



**HAND HYGIENE POSTER BY REHAB TEAM**



**PRIZES FOR COMPETITORS**



# WOMEN'S DAY CELEBRATION 2024



## **'WATHINTA ABAFAZI WATHINTA IMBOKODO'**



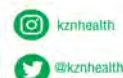
Every year, in August, our country marks Women's Month. A tribute to more than 20 000 women who marched to the Union Buildings on the 9th of August 1956 in protest against the extension of Pass Laws to women. Nkandla District Hospital celebrated Women's Day on the 29th of August 2024, even though the weather was not on their side but that did not stop Imbokodo from going out in number to celebrate this special day. A lot of guest speakers were invited to empower women on different challenges and aspects of life that they come across. To prove that women are indeed winners the Netball team received a chance to celebrate their victory

where they represented Nkandla District Hospital at Empangeni District tournament through their hard work and dedication they managed to make the facility proud by being at the top and receiving position one where they won a trophy and other sporting good.

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**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA





# WOMENS DAY CELEBRATION



**IMBOKODO LOOKING STUNNING ON THEIR COLOURFUL OUTFITS**





# WOMENS DAY CELEBRATION 2024



**IMBOKODO LOOKING STUNNING ON THEIR COLOURFUL OUTFITS**





# HERITAGE DAY CELEBRATION

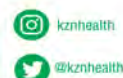


September marks Heritage Month on the 24th of September Nkandla District Hospital celebrated heritage day recognizing and celebrating the cultural diversity of the country. In its essence, the day embraces and celebrates the true meaning of why we call ourselves the Rainbow Nation. Employees came in their numbers to commemorate this day wearing colorful traditional outfits, eating traditional food, and singing traditional songs. A traditional wedding (udwendwe) was one of ceremony that was portrayed through out the day. The event played an important role in promoting cultural diversity, social cohesion, reconciliation, and peace among employees.

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# HERITAGE DAY CELEBRATION 2024





## WORLD HAND HYGIENE DAY AT THE FACILITY



**"SAVE LIVES CLEAN YOUR HANDS"**



**DEMONSTRATION SESSIONS ON HOW TO PROPERLY WASH YOUR HANDS**





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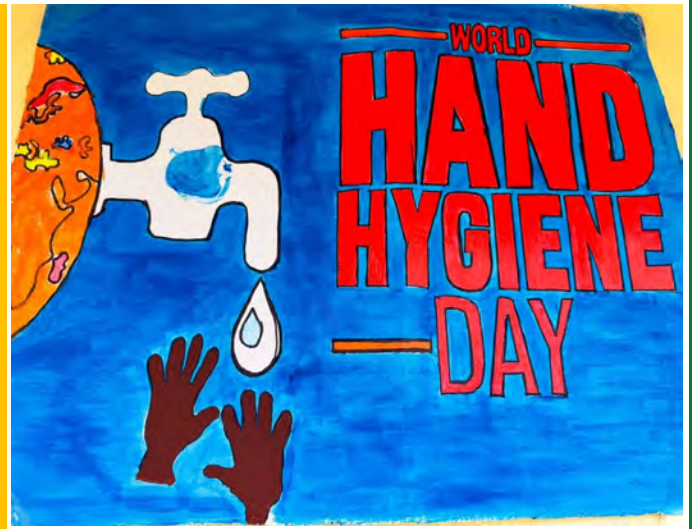
 KwaZulu-Natal Department of Health  
 KZN Department of Health

 kznhaath  
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KWAZULU-NATAL  
TOGETHER**



**DURING HAND HYGIENE DAY**



**NKANDLA IPCC ELABORATING ON IMPORTANCE OF HAND WASH**



**WINNERS FOR TIPPY TAP COMPETITION**



**Global Hand Wash**





## BREAST FEEDING WEEK 2024



Maternity Ward along with Dieticians hosted the breast feeding week 2024, with this years slogan “ Closing the gap”. The campaign was about encouraging mothers to breastfeed because breast milk is essential for the sustainable development of a child as it enhances nutrition. Nkandla District Hospital maternity ward promotes breastfeeding as an important means of giving newborns the best nutrition in addition breast feeding provides all the vitamins that a baby needs, and it also contains antibodies, and other critical components that protect children from illnesses and infections.

Breastfeeding helps mothers in a variety of ways this includes strengthening the mother-child bond, lowering the risk of breast cancer and . They were different breast feeding position that were demonstrated to assist mothers on how to properly feed their children, and the type of ways on how to properly store and preserve breast milk. The maternity team also spoke on the importance of ensuring that a child is properly given all the right meals in order for them to grow and develop, giving your child the right amount of vegetable was mentioned to all the mothers in attendance.



# MATERNITY WARD BREAST FEEDING WEEK 2024



## A PRESENTATION ON DIFFERENT TYPES OF BREASTMILK AND



## A DEMONSTRATION ON HOW TO PROPERLY BREASTFEED A CHILD





## ISIBHEDLELA KUBANTU AT NDABANINGI COMMUNITY HALL



## THE COMMUNITY OF NDABANINGI

Nkandla Hospital along with different stakeholders visited Ndabaningi Community for Isibhedlela Kubantu to offer a variety of free health care and other essential services undertaken by doctors and nurses to assist the community from different age groups with all the essential health care services at their residential areas, the community came in numbers to receive their essential services.





**ISIBHEDLELA KUBANTU AT NDABANINGI COMMUNITY HALL**



**NKANDLA DISTRICT HOSPITAL ALONG WITH OTHER**



**DEPARTMENTS TOOK THEIR SERVICES TO NDABANINGI COMMUNITY**





## CHILD HEALTH, TEENAGE PREGNANCY AND SUBSTANCE ABUSE AWARENESS



**INKOSI YESIZWE WITH MRS. S.P KHANYILE THE OPERATIONAL MANAGER AT CHWEZI CLINIC**



**STUDENTS AND PARENTS ATTENDING THE AWARENESS**

There is an alarming rise in pregnancy and substance abuse among teenagers around the country and the community we live in, the department of Health together with Chwezi Clinic and Chwezi Tribal Authority took the initiative to invite different departments such as SASSA, Department of Social Development (DSD), Department of Education, Home Affairs, Love Life, SANCA, FAMSA, Life Line, MATCH, Traditional Healer representative, and the South African Police Service came together in order to educate the young generation about the danger of substance abuse and pregnancy. It was noted that there are different factors that we address by our invited guests that lead to the issues that are facing teenagers, peer pressure is regarded as the most common factor that has the highest impact when substance abuse and teenage pregnancy. Poverty was also mentioned as a factor that leads to teenage pregnancy, in some instances you might have that teenager may fall pregnant because their intention is to have the child support grants and other service that are being provided by the government, the inadequate education about sexual life in children was also an issue that was raised at the awareness.



# CHILD HEALTH, TEENAGE PREGNANCY AND SUBSTANCE ABUSE AWARENESS



## DIFFERENT DEPARTMENTS WERE INVITED TO EDUCATE TEENAGERS ON THE



## DANGERS OF SUBSTANCE ABUSE AND TEENAGE PREGNANCY





# ISIBAYA SAMADODA LAUNCH



**GUESTS AND THE ATTENDEES AT THE ISIBAYA SAMADODA LAUNCH**





# HYPERTENSION AWARENESS DAY 2024

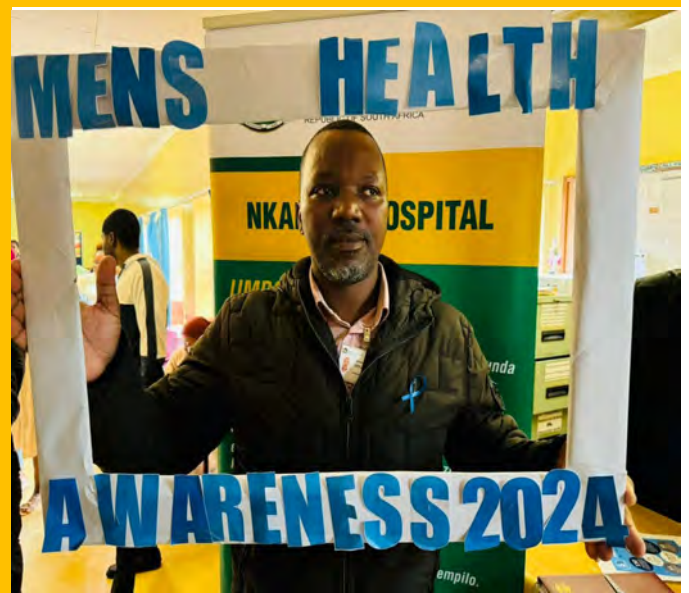


Nkandla Hospital hosted the world hypertension awareness day on the 15th of May 2024. The main aim of the awareness was to educate patients on about the danger of hypertension as It is one of the major causes leading to heart attacks, heart failure, and stroke, and life style modification, and also to screen all patients that were visiting the out patients department for hypertension. The awareness was also intended to educate the patients about the correct diet to those that are already on treatment for hypertension.





## MEN'S HEALTH AWARENESS MONTH



On the 26th of June 2024 male ward conducted Men's Health Awareness Day, The purpose for the event was to encourage men to prioritize their health, to speak up when they are struggling with life issues and also to encourage them to help one another. A lot of topics were covered with regards to illnesses that mostly effect men and how these illnesses can be treated. Men's Health Month also serves as a reminder to all men to get tested and to make small changes to live a healthier lifestyle that help to prevent health-related issues.

**"BE THE SOURCE OF BETTER HEALTH , IMPOROVING MEN'S HEALTH OUTCOME THROUGH OUR CULTURE, COMMNNITIES AND CONNECTIONS "**





## COMMUNICATION WEEK 2024



### HEALTH EDUCATION SESSIONS AT OUT-PATIENTS DEPARTMENT



Communication week is held during the month of June every year to raise awareness regarding the speech therapy and audiology profession and the roles that these professions play in patients care. The primary focus is to educate them on the essential roles that speech therapist and audiologists play in the community. On the 24th of June 2024 the rehab team conducted a health talk at OPD regarding speech, language, and feeding/swallowing and the audiologists shared information on the anatomy and physiology of the ear and management options available to people with hearing loss.





## GENDER BASED VIOLENCE AWARENESS 2024



Female Ward hosted gender based violence awareness against women and children to raise awareness of the negative impact that violence and abuse have on women and children at OPD. Different departments were invited to take part in this awareness and speak about the issues related to gender based violence as it continues to destroy our society, depriving women and children of their right to be safe and continue with their daily lives without fear of being murdered or raped.

**“STOP GENDER BASED VIOLENCE AGAINST OUR**



**WOMEN AND CHILDREN”**





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**KWAZULU-NATAL PROVINCE**

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