



INKONJANE NEWS

NEWS

STAY INFORMED / HLABA UNOLWAZI

April—June 2022

ON BEHALF OF NKONJENI/ST.FRANCIS MANAGEMENT



Mr Z. E Zulu—Acting: CEO
Deputy Manager Nursing

10 TIPS FOR GOOD MENTAL HEALTH

BUILD CONFIDENCE— Identify your abilities and weakness together, accept them, build on them and do the best with what you have.

EAT RIGHT, KEEP FIT— A balance diet, exercise and rest can heal you to reduce stress and enjoy life.

MAKE TIME FOR FAMILY AND FRIENDS— these relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.

GIVE AND ACCEPT SUPPORT— friends and family relationships thrive when they are 'put to the test'.

CREATE A MEANINGFUL BUDGET— Financial problems cause stress. Over-spending on our wants instead of our needs is often the culprit.

VOLUNTEER— Being in community gives a sense of purpose and satisfaction that paid work cannot.

MANAGE STRESS— We all have stresses in our lives, but learning to deal with them when they threaten to overwhelm us will make you feel less isolated.

FIND STRENGTH IN NUMBERS—Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.

IDENTIFY AND DEAL WITH MOODS—We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.

LEAN TO BE AT PEACE WITH YOURSELF—Get to know who you are, what makes you really happy, and learn the balance what you can and cannot change about yourself.

Thought :

"Air pollution is terrible for our children, Air pollution damages our children's brain, their hearts and their lungs" - Julianne Moore

We have come to the end of our 1st quarter, noticeably not having done well in terms of the overall performance, remarkably with only one maternal death. Without complaining, let me take this opportunity to welcome Mr S.C Xulu as an Acting Quality Assurance Manager to the M&E Team with an aim of improving quality as well as sub-district performance.

While looking forward to the next quarter, the team remains focused on improving the Sub-district performance through working as a team and complimenting each other.

In terms of ideal clinic, our facilities continue to do well in ensuring that they retain their status with only 02 facilities having lost their status but we remain resolute in maintaining good performance.

While the issue of rationalisation of services between Nkonjeni and St. Francis remain the thorn in the flesh, let us not lose focus because of the things that are happening at St. Francis, the issue is dealt with at higher level and will soon be resolved.

As I conclude, it will be very important to say, we have total of 35 Covid-19 staff which needs to be absorbed, once budget is available, and out of those, 04 of them are working as porters and we are looking forward to absorbing them while time allows, I thank you.

Nkonjeni/St. Francis District Hospital

"Moving forward together with passion to strive for the best of Mahlabathini/Ulundi Community"

(Motto)

HUMAN RESOURCE COMPONENT HELD AN EAP WELLNESS DAY T BOOST MORAL TO STAFF MEMBERS

Theme: 'working together for workplace wellness'

The Employee wellness programme, proactively aims to promote, restore, support and sustain the physical and psychological wellbeing of our employees.

The primary objective of the day by Nkonjeni/St. Francis District Hospital was to:

- To promote the physical wellbeing of individual employee
- To promote the psycho-social wellbeing of individual employee
- To promote Work-Life Balance through flexible policies in the workplace to accommodate work, personal and family needs.



Incekwenkosi : Pastor Sithembiso Zondo from Ukhozi FM,

Isibhedlela Nkonjeni/St. Francis District Hospital Kanye Nemitholampilo elishumi nesithupha (16), bebeyingxenyeyosuku lwabasebenzi. Nezinyunyane zabasebenzi zaluthokozela kakhulu lolusuku, ngoba lubalulekile kwiyinhlalakahle nokusebenza kahle kwabasebenzi bezeMpilo.

Abasebenzi bayefana namalunga emiphakathi abahlala kuyo, kodwa kubalulekile ukuthi bona bezizwe benakekelekile ngakhudlwana, ngoba basiza umphakathi.

Abasebenzi banelungelo lohlelo olusiza inzinkinga zabo ngokomsebenzi uma bezizwa benengcindezi, ukugula kwansukuzonke, usizo ngezikweletu Kanye nezimali.

Ingcindezi ingadalwa izinto eziningi abasebenzi ababhekana nazo emakhaya nasemphakathini kodwa bona bahlelelwe umqondisi nomeluleki ngezinkinga zabo endaweni la besebenzela kona. Umsebenzi angazifunela yena usizo noma elekelelwe yilowo ongumqashi wakhe ukuba abonane nomeluleki wezinkinga zabasebenzi.



Staff members participated on wellness fun walk of 5 km



Games of the day:

- Fun Walk**
- Egg Race**
- Sack Race**
- Tug of War**
- Soccer**
- Net Ball**
- 100M Race**



NO TOBACCO WORLD DAY AWARENESS

‘Every 8 second someone dies from tobacco use, says the World Health Organization. Research suggests that people who start smoking in their teens (as more than 70% do) and continue for two decades or more will die 20 to 25 years earlier than those who never light up. It is not just lung cancer or heart disease that cause serious health problem and death’.



Lomkhankaso wokuqwashisa ngobungozi bokusebenzisa uGwayi, ububungazwa ngokuhlanganyela nabafundi abasha eMthashana TVET College, Emandleni Campus – Ulundi.

Umyango Wezempilo ophikweni lwakwa Health Promotion, Kanye neZululand Health District under Sub-District Ulundi ku-be uhlelo olunempumelolo.

Izinhlobo eziyingozi zikaGwayi kubalwa kuzo, isinemfu, immboza, usikilidi omhlophe, ugwayi wesintu oluhlaza.

Abafundi baphumele obala ngezinto ezibenza bengcine bewele ogibeni lokubhema.

Kulombungazwe wokuqwashisa ngoGwayi, kube nezinhlelo ezifana noku Masha ibanga elide lapho izinkumbi zabafundi Kanye nothisha bezwakalisa ukunqanda lesihlava esihlasele wena Ntombazane wena Mfana wena Bhuti nawa Sisi.

Izinhlangano ezingenzi nzuzo emphakathini bezineqhaza kanye nezinhlangozi zabafundi.

Izinsiza kusebenza zezempilo bezithe chithi saka, kuhlolwa, kulashwa abafundi.

Umyango wezokuphepha nawo ubukhona uzogcizelela ububi bokusebenzisa izidakamizwa kwetsha.



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KwaZulu-Natal Department of Health



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UMKANKAZO WOKUQWASHISA NGOBUNGOZI BOKUSEBENZISA GWAYI NEZIDAKAMIZWA. JULY 2022



Amazing dancers and aerobics

Do you think that smoking hubbly bubbly is less harmful than smoking cigarettes? **Think again!**

ONE TYPICAL CIGARETTE SESSION	VS	ONE TYPICAL HUBBLY BUBBLY SESSION
<ul style="list-style-type: none"> 5 to 7 minutes 8 to 12 puffs 40-75ml of smoke per puff 		<ul style="list-style-type: none"> 20 to 80 minutes 20 to 200 puffs 0.15 to 1litre of smoke per puff (equivalent to inhaling the smoke of 100 or more cigarettes)



Credits for the event goes to: KZN-DoH Head Office officials, Zululand Health District officials, Health Promotion component and Officials from Health Systems Trust and HIV/AIDS Care.

The campus management , students and SAPS officials.

Below: Members of South African Police Services , awareness on drugs misuse by youth especially tertiary students.



HAND WASH/RUB FOR HEALTH CARE WORKERS

THEME : “ GEZA IZANDLA, ZIVIKELE KUMAGCIWANE ”



16 Residential clinic facilities including the Hospital, Hand wash awareness was conducted including private owned companies assisting the cleaning of building and garden & grounds were all given a health education on daily basis.

The IPC coordinator actively walk about on weekly basis for Medical Ward including other clinical areas and others to emphasis Washing of Hands after each and every patient. Treated or attended.

Step 1 to 12: as below

HAND WASHING FOR HEALTHCARE WORKERS

1. Wetting of hands
2. Apply liquid soap
3. Palm to Palm
4. Right palm over left dorsum
5. Left palm over right dorsum
6. Palm to palm fingers interlaced
7. Back of fingers to opposing palm with fingers interlocked
8. Rotational rubbing of right thumb clasped in left palm and visa versa
9. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and visa versa
10. Rinse hands thoroughly
11. Switch off tap with elbow
12. Dry well with paper towel

KwaZulu-Natal Department of Health



BURNS AWARENESS DAY

NKONJENI GATEWAY CLINIC NEWS CLIP BY REHABILITATION UNIT.

'THINK SMART AND AVOID FIRES AND BURN WOUNDS' (by kznDoH)



The sub-district cases of burns increased yearly from the local community.

This encouraged the Rehabilitation Unit to embark on clinical based awareness' to the community at large, especially to our client visiting our clinics on weekly basis to educate our client on burns, how to avoid burns, children must be carefully taken care, away from fire places, boiling water and during the burning of waste at their home.

Also the Rehabilitation unit showed case using the illustrations on how to attend a burn person and what to use during the fire at their home.

WHAT TO DO IF THERE IS A FIRE? ACTION TO BE TAKEN.

Raising the alarm/ wake up others in the house, this many also mean neighbors.

If clothes are on fire, lie on the floor and roll over.

Only put water on burn wounds.

When evacuating, crawl if necessary .

Remove burn clothing and jewelry from the burnt area of the body.

HOW TO AVOID BURN RELATED CHALLENGES

Do not leave candles or cooking pots unattended while they are being used on a stove.

Never allow children to play near fires, burnig pots or kettles.

Do not leave candles or cookers near curtain or on an uneven surface.

Do not go to sleep with candles, fire or heat still burnig.

Teach children about fire and its dangers and keep matches out of reach of children's.



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YOUTH MONTH ACTIVITIES by PHC

PRIMARY HEALTH CARE NEWS CLIPS: ULUNDI A CLINIC : EDUCATIONAL TALKS WITH LOCAL SCHOOLS



INYANGA YABANTU ABASHA

Umkankazo obubhekiswe kubafundi bamabanga ahlunkene ,

Primary and High Schools, bebevaka shele umtholampilo ngezinhlelo zezempilo ezehlukene, okubalwa kuzo a Adolescence Youth Friendly Service eqala ngo 14h00 every day, lolu uhlelo olunika abafundi noma abantu abasha ithuba lokunakekelwa kwempilo yabo ngezinga eliphezulu.



What does youth-friendly mean for you?

Youth friendly sexual and reproductive health services are series or clinic that deliver a comprehensive range of sexual and reproductive health services in ways that are responsive to the specific needs, vulnerabilities and desire of young people.

What is a Youth Friendly Corner?

Is a **safe zone** for young people.

What are the 3 stage of adolescence?

Adolescence, these years from puberty to adulthood, may be roughly divided into three stages:

Early adolescence, Generally ages eleven to fourteen; middle adolescence, Ages fifteen to seventeen; and late adolescence, ages eighteen to twenty-one.

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PRIMARY HEALTH CARE YOUTH MONTH ACTIVITIES



Main organizers for Youth Zone : Mashona Clinic and Mabedlane Clinic with the help of partners HST and HIV AIDS Care organizations.



Thank you ! Siyabonga! kubobonke abafake izandla ukuze lolusuku lwe Youth Zone luphumelele.



Ngenhla: Umkankazo oqhutshwa ngohlelo lokusonka ezikoleni, lomkhankaso ususize intsha eningi under Ulundi Sub-District ukuthi balithakasele futhi bakhuthazane ukuba bayoSoka.



PHOTO GALLERY



The Red Devils: Zululand Government Departments season champions.



NO TOBACCO WORLD AWARENESS TRAINER



OFFICIALS DEMONSTRATIONS TO IGNORE TOBACCO



Primary Health Care Youth Month Games Champions: 2022/2023



ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS



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Designer (PRO)



Mr. Z.E ZULU
Editor (Acting CEO)

“We like to thanks: Medical Component, Human Resource Component, Systems Component, Finance Component and Nursing Component and Primary Health Care Management and our Health Partners as we work with them in our Sub-district to deliver what we have promised through our Mission, Vision and Core Values.

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