



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

St Chads CHC

ESITEBHISINI

NEWS

STAY INFORMED

March 2019

PLANTING THE SEED OF HEALTH MINDFUL TO LEARNERS



Health Promoting School launch at Falethu Junior School

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

SEKUYISIKHATHI SOKUNQOBA I-TB

I-TB isifo esibhebhetheka kalula emphakathini wonkana, kodwa uMnyango yezeMpilo esifundazweni saKwaZulu Natal wenza ngakokonke okusemandleni ukwehlisa nokufundisa ngelesisifo.

Inyanga kaNdasa inyanga lapho sixwayisa, sigqugquzela, sifundisa ngesifo sofuba. Izimpawu zaleli gciwane yilezi: ukukhwehlela okungapheli, ukukhwehlela isikhwehlela esinegazi, ukwehla emzimbeni ngokungenanhloso, ukungakuthandi ukudla, ukujuluka kakhulu ebusuku kanye nobuhlungu esifubeni. Uma ubona lezi zimpawu phuthuma emtholampilo ukuze uyohlolwe isifo sofuba noma ngabe ubona uphawu olulodwa kulezi ezibaliwe. Ukuhlolwa nokwelashwa kwesifo sofuba kumahlala kuyoyonke imitholampilo.

Uma selitholakele leligciwane lesifo sofuba kumele uthathe imishanguzo izinyanga eziyisithupha uwadla nsuku zonke amaphilisi. Kuyagqugquzelwa ukuthi uma kukhona onalo leligciwane ekhaya alethe bonke abantu ahlala nabo ukuze nabo bezothola ukuhlolwa, ukuze mabetholakala kuthi banalo leligciwane belashwe nabo. Lokhu kuvikela ukubhebhetheka kwaleli gciwane. Abantu bayacelwa kuthi bagweme ukukhafulela phansi ngoba lokho kudala ukuthi igciwane libhebhetheke njengoba isifo sofuba sitholakala emoyeni. Uma ekhaya ekhona onesifo sofuba siyacelwa ukuba sijwayele ukuvula amafasitela ukuze kuzongena umoya. Uma ukhwehlela uvala umlomo, uma kwenzeka ukhwehlela isikhwehlela sebenzisa ipheshana langasese bese ulilahla ethoyileyithi. SinguMnyango sikumkhan-kaso lapho sihlola bonke abantu sibahlola ezindaweni zokuphuzela utshwala, isemasontweni, isezikoleni kanye nasemakhaya imbala. Kukhona abantu abaphuma bengena behlola abantu ngoba siyaqonda ukuthi bakhona abantu abaningi emphakathini abahamba nalo leli gciwane. Isiqubulo sethu kulonyaka sithi "Sekwiyisikhathi" okungukuthi sekuyisikhathi sokuthi wonke umuntu ahlolele isifo sofuba, sekuyisikhathi sokuba sisingobe lesi sifo.

Miss HH Hlatshwayo

IMITHOLAMPILO EYASABELA KWIKHWELA



Umtholampilo waseZakheni NO.2 kanye nomphakathi bathatha igxathu lokulwisana nesifo sofuba. Umcimbi wawuhlelwe mhlaka- 28 kuNdasa, ezinkundleni zemidlalo yase—Endakane High School. Umcimbi wawuhlelwe ubhekiswe kubantu abasha ikakhulu kazi ukuze bezoba nolwazi olunzulu ngesifo se-TB.

Isifo se-TB yisifo esidlangile kakhulu emphakathini wethu. Umtholampilo wase Zakheni kwa-E nawo wasabela ekulwisaneni nesifo sofuba. Umcimbi wawuhlelwe mhlaka-27 March 2019 ehholo lomphakathi. Usuku lwaba impumelelo enhle kakhulu njengoba ekuseni kwaqalwa ngemashi lapho kwakuhamba kufundiswa ngayo i-TB



PLANTING THE SEED OF HEALTH MINDFUL TO LEARNERS



Integrated School Health Program Provincial Coordinator Mrs Rani Manicum and Health Promoting Provincial Coordinator Ms. Gloria Rasi unveiling official of Ifalethu HPS.

Despite bad weather on the 1st November 2018, community of EZakheni C2 gathered at Falethu Junior School to celebrate the school being recognized as Health Promoting School (HPS). HPS is established within the context to assist in strengthening pupils' knowledge and skills, advancing the idea of social and behavioral changes, health promoting to learners, educators and even the community at large. I have mentioned the community, as parents also need to take part in ensuring the wellbeing of their children. Ms. P Mazibuko, Ifalethu J School governing body urged parents to implant the seed of hygiene to their children even at home.



Parents came in numbers to celebrate the success of the school

EQUIPPING YOUNG WOMEN FOR BETTER TOMORROW



Attendees during group discussions

On the 24th January 2019, UThukela Health District heeded to a call to roll out the “She Conquers” National Campaign. Campaign is aimed at empowering young women and adolescent girls to stay safe in terms of decreasing teenage pregnancy, decreasing sexual and gender based violence abuse; creating economic development, decreasing new HIV infection and taking young girls to school for them to be dependent not rely to sugar daddies.

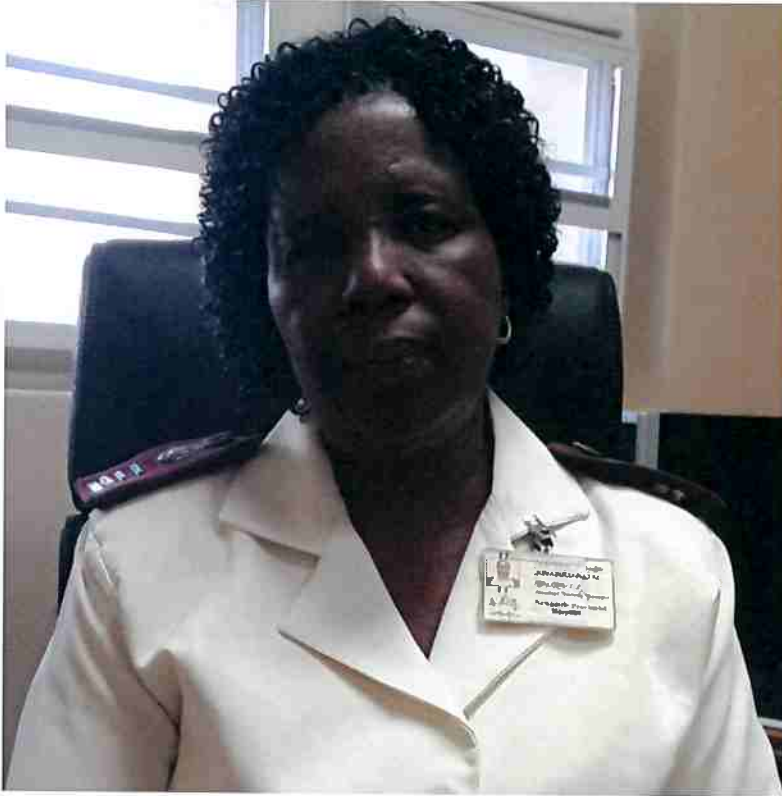
Pupils from different schools around Mhlumayo Area assembled at Gcinalishone Tribal Court where they were voicing out about their socio life and they were also equipped about life as Mhlumayo is one of the heightened vulnerable communities of young girls with escalating teenage pregnancy.

“We are pleading with the community leaders to look at the issue of “ukuqomisa” (parents giving away their young girls or women for marriage)”, said Ms. Gloria Rasi during the group discussion with community leaders.

Induna yeNkosi Mr Mnchunu said that before they didn't have “ukuqomisa” in their area, it is a new practice and it is escalating now. He further said young males are not educated enough about life so it is their responsibility as community leaders to promote/educate young men about education, manhood and Ubuntu.

It was a successful day as young women were openly voicing out their thoughts and experiences.

REMARKS FROM DEPUTY MANAGER NURSING: NURSES ETHICS AND PROFESSIONALISM



Nursing is a backbone for health profession, without nurses the health system can collapse. In order for the Department of Health system to succeed, the nursing profession must be revived professionally and ethically to its former glory were it was before i.e. dedication and passion to the service delivery by :

- Displaying good attitudes
- Professional appearance
- Integrity and loyalty
- Respect of self, colleagues, senior and the community/patients

There is a saying which says” People may forget your name but they will never forget how you made them feel” Maya Angelou.

Nursing Component has achieved the following:

1. Complying to quality standard

- Quality standards have improved in most facilities under Alfred Duma—St Chads as they were able to achieve gold status in Ideal Clinic assessment.
- All facilities have the SOP for dress code for nurses
- All facilities have adopted 3 streams which is Mother and Child, Acute and Chronic including CHC.

2. Professionalism and Nursing Ethics

The Deputy Manager Nursing was selected to represent UThukela District at a Province on Nursing Ethics and Professionalism. District workshops commenced in June 2018 and there were ongoing. Nurses showed great interest to be revived in their profession. The three sub districts have launched the Nursing Ethics and professionalism. St Chads CHC launched on the 7th December 2018 and it was a huge success. The outcome is a process professionalism and ethical standards is improving and it continue to improve

ACKNOWLEDGEMENTS

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