



health
Department
Health
PROVINCE OF KWAZULU-NATAL

Ugu Health District Official Newsletter

UGU NEWS

NO 41 BISSET STREET PORT SHEPSTONE
VOLUME NO 1
ISSUE NO 5

STAY INFORMED

June 2016

UGU NURSES DAY OF PRAYER



**UGU HEALTH DISTRICT NURSES DAY OF PRAYER AT THE CIVIC CENTRE HALL ON
THE 11 MAY 2016**

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

UGU HEALTH DISTRICT NURSES DAY OF PRAYER AT THE CIVIC CENTRE HALL

"Nursing is not just a job, it's a calling". This is just one of the ways that nurses were described at the prestigious event held at Port Shepstone Civic Centre hall on the 11th May 2016. The event that was organized by the Ugu Health District Nursing Managers from all hospitals, assisted by the PRO's, was to honor and celebrate the nursing profession, inspired by the nursing legend, Florence Nightingale.

The day aimed to celebrate the nursing profession, its achievements and milestones. This was also an opportunity for the nurses to be appreciated for the hard work and long hours that they put into their jobs in order to save lives as adequately stated by the Ugu Health District Manager, Mrs. N C Mkhize.

Her worship the Mayor Cllr N H Gumede, also shared some memories of the time when she was still practicing as a nurse. She narrated an incident where she had a case against her assisting a white woman to deliver a baby during a time when black nurses were not allowed to touch a white patient. She further commended the nurses who are still able to study despite the work load of their profession and encouraged the nurses not to underestimate their profession as it is the backbone of the health discipline.

Amongst the speakers of the day was Mrs. NC Radebe who shared



Nursing Managers for Ugu Health District with Ugu District Municipality Mayor Cllr N H Gumede during the nurses day of prayer in Civic Centre

her testimony as a nurse. She described nursing as a spiritual calling. She further described nurses as mothers and givers of hope to the patients.

Mrs. T L Ntleko, retired St Andrews CEO, who is also a nurse, stated that the positions that nurses hold are given to them by God and encouraged the nurses to do their jobs exactly the way that God wants it to be done. She also spoke about the importance of taking the nursing profession back to basics and reigniting the passion that is needed to be a good nurse.

Delivering her keynote address, Mrs. K Majola from the Provincial College of Nursing, stated that Nurses are a force for change. She discussed the career of Florence Nightingale and stressed that resilience is what turned Florence Nightingale into a

force to be reckoned with. "Nurses need to be appreciated as they working hard and they are the key for service delivery". Mrs Majola further explained the meaning of the lamp.

The event ended by the candle lighting and the nurses pledge ceremony which was led by Gama-lakhe CHC Nursing Manager Ms N Ndlovu.



Nurses : A Force for Change

NURSES DAY OF PRAYER AT CIVIC CENTRE “NURSES FORCE FOR CHANGE”



Prayer time at the Civic Center during the Nurses of prayer day



Nurses from different clinics and hospitals enjoying themselves during their day



Choir members after entertaining the audience during the event



Nurses celebrating their profession at the Civic Center



Mrs K Majola the guest speaker receiving a gift from Capitec staff member



Nurses force for change, candle lightning by all the nurses who attended the event

HAND HYGIENE AT DEYI PRIMARY SCHOOL



Deyi children display how to wash hands with the new 5 litre Tippy Taps installed

Each year the **SAVE LIVES: CLEAN YOUR HANDS** campaign aims to progress the goal of maintaining a global profile on the importance of hand hygiene and to "bring people together" in support of hand hygiene improvement globally.

On the 5th of May, which was hand hygiene day, all health facilities in Ugu District intensified education, training and demonstrations on hand hygiene.

Health care workers also went out to schools, creches, and local radio stations to promote hand hygiene.

This year's main event was celebrated at Deyi Primary School on the 5th of May 2016. Three School Health Teams from Umzumbe South, together with the District IPC and Health Promotion Programs organized this event which was a success. With the new 5 litre Tippy Taps installed, the energy from the educators and learners was exhilarating. They loved the attention given to their school. They promised to talk to their parents about the day and continue to learn the five steps of washing their hands properly.

With so many learners at Deyi Primary, it is assumed that many families have been reached.

UGU HEALTH DISTRICT TACKLING TB IN SCHOOLS

MEC for Health, Dr SM Dhlomo launched tackling TB in school this year in Durban. TB Manager for Ugu District, Mr Shane Naidoo was also motivated to launch the project in Ugu District. (It was not an easy exercise as the team had to go out and convince school principals about the project).

Amongst the schools that were visited was Murchison Primary, Siphakamile Primary, Seshembinkosi Primary, Bongumbhele S.P, Khupuka Primary, Ifafa junior primary, Ensimbini primary, Malangeni Primary, Kwaluhlaza Primary and Buhlebezwe senior Primary and the numbers were as follows:

- 7131 pupils were screened for TB
- 115 had at least one sign or symptom of TB
- 06 pupils found to be TB positive and commenced on TB treatment.
- 102 family members found to have symptoms
- 92 TB positive and commenced on TB treatment.

The areas where these schools are situated are high burden TB areas and moving forward the



School children during the campaign

During this campaign children were encouraged to prepare small stage plays. They were also given health education on signs and symptoms of TB, handouts and pamphlets were distributed to children and teachers.

URC were so kind to give gifts to children which includes juice bottles and school bags.

UGU HEALTH DISTRICT LAUNCHES HUMAN MILK BANK



Thembile Khawula human milk bank donor and Sinethemba Adonis District Dietitian



Stage play about the importance of exclusive breastfeeding from 0-6 months



Port Shepstone Hospital staff members sharing their experience about human milk bank



Members of organizing team encouraging mothers to continue to donate human milk

Ugu Health District launched Human Milk bank on the 29th June 2016 at Maveshe hall in Murchison. Port Shepstone, GJ Crookes and Murchison Hospitals started human milk bank in February. This is saving more lives of vulnerable babies.

A Human Milk Bank is a service that screens, collects, processes and distributes human milk which is donated by mothers. 10 questions are asked to screen the mother who is interested to donate human milk, if one of the questions is answered yes that means the mother do not qualify to donate. Thembile Khawula who donated more than 3000 ml of human milk confirmed that this initiative really helps because many babies will survive. All donated breast milk is tested, pasteurized, and frozen and ready to be supplied to

vulnerable babies in need which includes premature, low birth weight, sick, special cases and abandoned babies. This also helps mothers who are unable to supply sufficient milk for their babies.

A healthy breastfeeding woman can donate breast milk, the criteria also includes non smokers, non drugs and alcohol use, lives a healthy life style and willingness to undergo screening procedures that includes HIV testing, syphilis, TB and hepatitis B.

Pasteurized milk can be stored at 18 degrees for 6 months. For pre term babies, milk should be stored for only 3 months, once the milk is thawed it can be stored for 24 hours in a refrigerator before use

UGU EMKHANKASWENI WOKUZIVOCAVOCA



U Ngqongqoshe weZempilo u Dr S M Dhlomo ugqugquzele umphakathi ukuba uzivocavoce ukuze uphile

U Mnyango WeZempilo esiFundeni saso Gwini uphume umkhankaso uhamba ugqugquzela imiphakathi ngokuzivocavoca ukuze kugwemeke izifo eziyimbelesela. Lokhu kuqale ngomhlaka 14 May 2016 ngenkathi uMnyango oweZempilo kanye noweZemidlalo behlele imidlalo eyabe ihlanganise nokujima ibanga elisuka kumakhilomitha ayishumi. Lemidlalo yabe ihlelwe enkundleni yezemidlalo endaweni yaseMalangeni.

Ngalolusuku kwagqugquzelwa umphakathi owabe uphume ngobuningi bawo ukuba uzibandakanye nokuzivocavoca ngoba kuyayisiza impilo yomuntu futhi kwenza ukuthi ungahlaselwa izifo eziyimbelesela.

Ngomhlaka 11 June 2016 ungqongqoshe weZempilo u Dr S M Dhlomo uvakasehle kulesisiFunda esaqhuba wona umkhankaso wokuzivocavoca. Lomcimbi ubusendaweni yakwaDweshula endaweni yaseMzumbe. Kube nohambo obeluhleliwe obelula kumakhilomitha amathathu kanti kube sekuqhubeka imidlalo eyahlukahlukene enkundleni yezemidlalo ebiholwa uMnyango weZemidlalo.

Umphathi siFunda weZempilo u Nkk N C Mkhize uthe uMay inyanga yokugqugquzela ukuzivocavoca kanti uJune inyanga yentsha. “intsha yakulendawo inenkinga yokuzibandakanya nezidakamizwa ngakho sila ukuziqwashisa ngobungozi umuntu agcina ekubo uma edla izidakamizwa” kuqhuba u Nkk Mkhize.

Ethula inkulumbo yakhe yosuku uNgqogqoshe weZempilo u Dr S M Dhlomo uthe kubalulekile ukuba abantu bazibheke nezinto abazidlayo ngoba ziba nawo umthelela esimnweni sempilo. “Uma umphakathi wakulendawo uzibandakanya nokuzivocavoca ngeke sadingeka kangako isibhedlela, noma sidingeka kodwa ngeke kuphuthume ngoba wonke umuntu uzo-be ephila impilo enhle nephephile ngoba eyinakekela impilo yakhe” kusho u Dr Dhlomo. Uthe izikhalo zomphakathi zokulinda isikhathi eside uma uyolanda amaphilisi ezibhedlela nasemitholampilo sezizoxazululeka ngoba kunohlelo olusha olufikile oluvumela laba abadla amaphilisi ezifo eziyimbelesela ukuba bawalande ezindaweni eziseduzane nabo ezifana namaholo, amasonto, izikole nezinye. Lokhu kuzosiza kakhulu ukwehlisa izikhathi zokulinda.

MOVE FOR YOUR HEALTH 2016



Dr SM Dhlomo and Mrs NC Mkhize with the mobile team at KwaDweshula



Dr SM Dhlomo delivering his keynote address at KwaDweshula



Winners with their gifts and medals after the MECs speech at kwaDweshula



Runners at the starting point at Malangeni area during the move for your health event



Finishing point at the sport ground at Malangeni



Runners, sponsors and the officials at Malangeni Sport ground

GEMS LAUNCH FOR FITNESS



Staff members for Ugu Health District doing exercises during launch for fitness



Colleagues enjoying music while exercising

It was an exciting moment for everyone who attended the gems launch for fitness in our boardroom on the 31th May 2016, People were really moving for their health. Nkosi Simelane encouraged the colleagues not to go in their office and sleep, they must do exercises even at home. This brought joy to participants, they were singing for their movements “**BEAKFAST! LUANCHI! SUPPER!**” with full of energy.

USUNGAKWAZI UKULANDA IMITHI YAKHO OYILANDA NYANGA ZONKE EDUZE NASEKHAYA NOMA EDUZE NASEMSEBENZINI

UMnyango weZempilo kwisiFunda sasoGwini usuwuqalile umkhankaso wokwethula uhlelo lokulanda imithi noma amaphilisi ezifo eziyimbelesela eduze nasemakhaya noma eduze nasemsebenzini. Lokhu kuwuhlelo oluhambisana nomshuwalense weZempilo ka Hulumeni kaZwelonke njengoba kwamenyezela ngokusemthethweni ukuthi usuqala ukusebenza maduze nje.

Abasebenzi beZempilo okubalwa kubo Osokhemesi, Abahlengikazi, Abaxhumanisi boMnyango nomphakathi kanye nabanye abaningi bayaphuma bavakashela imitholampilo ukwethula loluhlelo ngokusemthethweni baphinde bakhulume nomphakathi ukuze uchazeleke ngaloluhlelo. Lokhu kuzosiza kakhulu ukonga isikhathi kanjalo nokugwema olayini abade emitholampilo. Ofuna ukungenela loluhlelo uyahlolwa kuqala ngabahlengikazi nodokotela ukuze abonakele ukuthi isimo sakhe sempilo siyakuvumela ukuthi angahlolwa isifo sakhe kulezo zinyanga azonikwa zona ngaphambi kokubuyela emtholampilo. Bonke abanesifiso sokungenela loluhlelo bayabhalisa esikhungweni

Noma emtholampilo bese enikwa indawo avumelana nayo azolanda kuyo. Loluhlelo luphinde luvumele lowo olanda imithi yakhe ukuthi abhalise noma aqoke abantu ababili abangamulandela uma yena ebambekile kodwa kudingeka umuntu ome-thembayo futhi abe nomazisi. Kubalulekile ukuba lowo olanda imithi abuye noma athumele lowo amqokile ngosuku anikwe lona nolubhalwe ekhadini lakhe lokulanda khona esikhungweni kuze kushaye inyanga noma usuku alunikiwe lokubuyela esikhungweni ukuyovuselela kabusha aphinde ahlolwe isimo sakhe sempilo

Okusemqoka ngaloluhlelo ukuthi umphakathi wazi ukuthi uma uba nenkinga edinga amanesi noma odokotela uvumelekile ukuvakashela isikhungo seZempilo noma nini.



MASEA AWARDS 2015/2016



Ugu Health District is one of the district that received MESEA awards in Exhibition Centre on the 3rd June 2016. The awards included best performance on MMC program, NIMART documentation presentation and reduction of Child Mortality rate.

Chief M Xolo from KwaXolo area also received MASEA award for supporting clinics on his area.

MEC for Health Dr SM Dhlomo, Provincial TB Ambassador Mr N Zulu, HOD for Health Dr ST Mtshali and a TV personality Mr S Thwala Awarded the award to Chief Xolo during the ceremony

ACKNOWLEDGEMENT



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