



SIKHANYAKUDE

NEWS

STAY INFORMED

APRIL JUNE 2023

UNGOONGQOSHE WEZEMPILO KWAZULU NATAL U NOMAGUGU SIMELANE WALETHELA UMPHAKATHI WASE NTSHONGWE UHLELO LWE SIBHEDLELA KUBANTU



MEC for Health in KZN Nomagugu Simelane, Mayor of Umkhanyakude District Municipality Cllr Siphile Mdaka & District Director Ms MP Themba during Isibhedlela kubantu.

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Isibhedlela kubantu endaweni yaseNtshongwe



Ungqongqoshe weZempilo KwaZulu Natal Nomagugu Simelane ezibambele mathupha ekunikezeleleni usizo lwezempilo.

I Meya yomasipala waseMkhanyakude ukhansela Siphile Mdaka ehlola impilo yakhe

UNgqongqoshe umhlonishwa Nomagugu Simelane ephelezelwa umhlonishwa uMeya weSifunda saseMkhanyakude uSiphile Mdaka baletha uhlelo oluyingqayizivele “Isibhedlela Kubantu” olwaluzobaphakela uchungechunge lwezinsiza zezempilo eMkhanyakude endaweni yaseNtshongwe mhla zingama 22 ku Ephrei 2023.

UNgqongqoshe uSimelane waphinde wadonsa ngendlebe izihambeli zalomcimbi ukuba zizihluphe ngokwazi izimpawu zomdlavuzwa webele, owesibeletso, kanye nowethumbu eliphakathi esithweni sangasese somuntu wesilisa (prostate cancer).

Wabuye waveza ukuthi kujwayelekile ukuthi uma kukhona

umuntu oke wanalolu hlobo lwemidlavuzwa iphinde itholakale nakwabanye. Unxuse abesimame ukuba bazijwayeze ukuzihlola amabele, base bevakashela emtholampilo ngokushesha uma kukhona iqhubu noma uketshezi olungajwayelekile abaluzaphelayo ebeleni.

Uthe kubalulekile ukuthi abantu besimame abaneminyaka engaphezu kuka-30 baxoxisane nabezempilo ngokwenza i-Pap Smear ukuze

basheshe bathole uma becathanyelwa yilolu hlobo

lomdlavuzwa, ngoba uyabulala uma utholakale sekudlule isikhathi. Uthe abesilisa abaneminyaka ewu-45 abanomlando we-prostate cancer emndenini kufanele bahlolwe kanye ngonyaka, kuthi abangenawo baqale ukuhlolwa kusukela eminyakeni ewu-50.



Isibhedlela kubantu eNtshongwe kwaMhlabuyalingana



Kunikezwa usizo lwezempilo kumalungu omphakathi endaweni yaseNtshongwe



Uchonywe Uphaphe Lwegwalagwala uMqondisi



Uhlonishwe ngomklomelo obizwa ngokuthi “Uhaphe Lwegwalagwala” umqondisi woMnyango WeZempilo eSifundeni saseMkhanyakude Nksz Makhosazana Themba emcimbini owawubanjwe inhlango i-Africa Health Research Institute wokubungaza usuku lwabahlengikazi phecelezi International Nurses Day endaweni yakwaSomkhele eMtubatuba ngomhla ziyi 12 ku Meyi 2023.



Portfolio Committee on Health Oversight



As part of its oversight work, The Portfolio Committee on Health for KwaZulu Natal Legislature led by Hon. NR Majola visited Othobothini CHC in Jozini and Mduku Clinic in Big 5 Hlabisa to monitor provision of health services.

Honourable members had a solid engagement with management teams of facilities; interacted with staff and patients; and conducted walkabouts to see for themselves experiences of patients when accessing healthcare services.



The committee at the end provided recommendations on how services could be improved and commended best practices.



**KWAZULU-NATAL
LEGISLATURE**

HUBBLY BUBBLY AND CIGARETTES ARE BOTH DEADLY!

QUIT NOW

GROW FOOD NOT TOBACCO

DON'T LET TOBACCO TAKE YOUR BREATH AWAY

SMOKING CAUSES THE FOLLOWING DISEASES:

- Cancer
- Lung damage
- Heart disease
- TB

GROW FOOD NOT TOBACCO



Ukhethe lwabelaphi bendabuko lwaba yimpumelelo



Ikomidi Elisha labelaphi bendabuko eMkhanyakude uSihlalo walo uMnuz Phakamani Msezane

Umanyango WeZempilo eSifundeni saseMkhanyakude unobudlelwano obuhle kanye nabelaphi bendabuko. Lobudlelwano akuve bubalulekile ngoba phela amalungu omphakathi asebenzisa izikhungo zezempilo kodwa uyaye uphinde usebenzise izikhungo zabelaphi

bendabuko. Yileso sizathu-ke esenza umnyango ube yingxenywe enkulu yokweseka umhlangano owabanjelwa eHluhluwe ngaphansi koMasipala I Big 5 Hlabisa lapho khona izithunywa ezazimele abelaphi bendabuko kubo bonke omasipala

baseMkhanyakude zazikhethela ikomidi Elisha eliholwa umelaphi wendabuko uMnuz Phakamani Msezane. Ubudlelwano obuhle buzoqhubeka ekuqinisekiseni ukuthi usizo lwezempilo lufinyelela ngendlela eyiyona emphakathini.



World Malaria Day Commemorated in Umkhanyakude



Malaria screening & testing to community



Health education on malaria



On 25th April 2023 Umkhanyakude Malaria Control team commemorated World Malaria Day through conducting awareness as part of increasing information in communities about malaria especially in areas that are more prone to prevalence of mosquitoes.

According to NICD website, World Malaria Day takes place on 25 April each year. It is an internationally recognised day, highlighting the global efforts to control malaria and celebrate the gains that have been made. Since 2000, the world has made historic progress against

malaria, saving millions of lives. However, half of the world still lives at risk from this preventable and treatable disease, which accounts for a child's life every two minutes.

The awareness was taken to Umhlabuyalingana, Mboza area where screening for malaria was done to community members; health education conducted in local schools, clinic and in communities; this was done in efforts to eliminate malaria in the district.



TB Day was commemorated in Mtubatuba



uNkz Maphumulo woMnyango WeZempilo efundisa amalungu omphakathi ngesifo sofuba

Umntwana uNhlnganiso Zulu eqwashisa amalungu omphakathi ngesifo sofuba



On 26 March 2023 Umkhanyakude Health District hosted the World TB Day commemoration in Mtubatuba as part of raising continuous awareness on tuberculosis under the theme **“Yes! You and I Can End TB”**.

The gathering did not only focus on providing health education, but also on providing TB related services such as screening and testing community members. The day was supported by district partners such as THINK, AHRI who worked immensely to provide health services to attendants.

Prince Nhlnganiso Zulu is his capacity as TB Ambassador emphasised and stressed importance of screening and testing for tuberculosis when experiencing symptoms such as: cough with sputum and blood at times, chest pains, weakness, weight loss, fever and night sweats. He even shared his own experience that he was diagnosed with TB in 2010, after which he spent 3 months in a Durban hospital before having one of his lungs removed.

“I want people to realize that I no longer have all my body parts, thanks to TB - I believe

many people can relate to the pain of this.” As a TB survivor, the Prince devotes much of his time to social and health advocacy.



Hand Hygiene Day 2023 at Mseleni Hospital



On 5th May 2023 Mseleni Hospital Team conducted Hand Hygiene Day. World Hand Hygiene Day is marked every year on 5th May, to raise awareness of the importance of handwashing to prevent the spread of infections.

The team conducted its awareness at a local primary school; visited street vendors and educated staff about the importance of hand washing.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread

from person to person or from surfaces to people when you: Touch your eyes, nose, and mouth with unwashed hands, Prepare or eat food and drinks with unwashed hands, Touch surfaces or objects that have germs on them, Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects



Healthy Lifestyle Programme held in Jozini



Every quarter staff from district office, emergency services, forensic pathology services, malaria control and hospitals under Umkhanyakude Health District participate in sport activities as part of healthy lifestyle activity.

According to experts, workers that feel valued, safe and healthy are more likely to be more productive and committed to their work and healthy lifestyle activities can increase worker productivity, satisfaction and retention.



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