



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SIKHANYAKUDE

NEWS

STAY INFORMED

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MEC FOR HEALTH IN KZN MS. NOMAGUGU SIMELANE-ZULU LAUNCHED “NQONQO SIKHULEKILE EKHAYA” PROGRAMME



KZN MEC for Health Ms Nomagugu Simelane-Zulu and the Department’s senior management committee rolled up their sleeves to experience, first-hand, the day-to-day work of the Ward-Based Primary Health Care Outreach Team (WBPHCOT), and Community Care Givers (CCGs) during a visit to Vezobala and Khiphinkunzi areas of Mtubatuba under Umkhanyakude District on 20th November 2019.

They launched the Department’s brand-new “Nqonqo – Sikhulekile Ekhaya” door-to-door programme, which puts emphasis on the ward-based system – as espoused in Government’s new National Health Insurance (NHI) programme - and involves the provision of services at a household and community level.

MEC for Health Ms. Nomagugu Simelane Zulu visiting a household in Mtubatuba with Head of Ministry Dr. Mlitha, Ward Based Team and Dr Myeni



Health Promoting School Status
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MEC meets Umkhanyakude Team
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NHI Public Hearing
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MEC took health services to households

They split up into six teams - each made up of a doctor, a nurse, and Community Care Giver, among others. They assessed patients; facilitating treatment for chronic and other ailments; identifying and tracing those who default on medication and referring them to hospitals accordingly.

In one household, an elderly woman was found to have severely high blood pressure, and an ambulance was summoned and arrived after just a few minutes to take her to hospital.

The Department, under the sixth administration, has already launched a number of

community-based healthcare approaches, including but not limited to #IsibhedlelaKubantu, which brings a comprehensive range of healthcare service to the doorstep of communities who live far from health facilities.

However, there are still many people who are sick, some bedridden, at home and unable to access healthcare services.

They rely solely on these Ward Based Primary Health Care Outreach Teams.

The overall objective of this "Nqonqo - Sikhulekile Ekhaya" initiative -

which will take place once a month in various districts - is therefore to improve health outcomes in the Province, by focusing on preventative, promotive, curative and rehabilitative healthcare in an integrated, comprehensive and effective way.



Some patients were referred to clinics



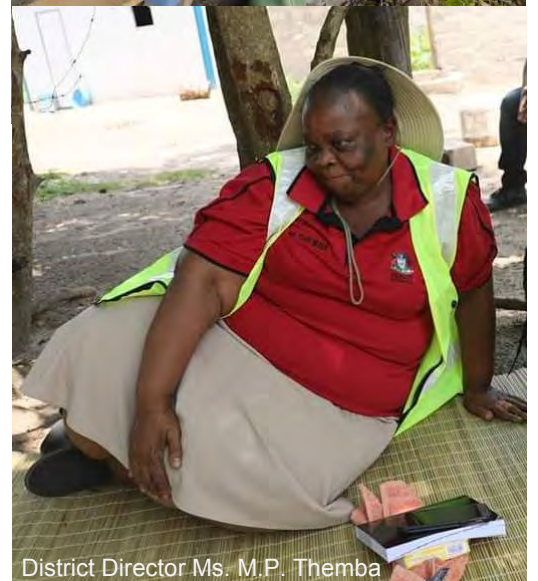
Sr TBP Mthabela, Mr. Z.V. Gama, Ms T.R. Sibisi and Ms D.R. Maola during home visits



Health services where people live



DDG Dr. M. Gumede during visits



District Director Ms. M.P. Themba

The KwaZulu-Natal Premier Mr. Sihle Zikalala spent his World Aids Day with people of Umkhanyakude on 1st December 2019.



Left: Premier Sihle Zikalala leading the lighting of the candle in memory of those who succumbed to HIV/AIDS and related diseases. **Top:** people of UMkhanyakude during World Aids Day celebration

Premier Zikalala started by visiting Hlabisa Gateway Clinic as part of World Aids Day celebrations; he met patients who had just been initiated on the new TLD anti-retroviral drug which was launched in Ugu District on 27 November 2019, Wednesday by the Minister of Health Dr. Zweli Mkhize and MEC for Health Ms. Nomagugu Simelane-Zulu. Premier encouraged patients indicating that despite being cheaper, the TLD improves the rate of viral suppression and has fewer side-effects.

Later on the day, Premier Zikalala accompanied by MEC for Department Sport & Recreation Ms Hlengiwe Mavimbela, Umkhanyakude District Mayor Cllr Solomon Mkhombo, local leadership and Civil Society structures proceeded to Hlabisa Sport Ground where the main celebration of the World Aids Day was held. In his speech, Premier Mr. Sihle Zikalala was very excited to tell the masses that Umkhanyakude is one of three districts in KwaZulu-Natal that have become the first in the country to meet the UNAIDS ambitious treatment target to help end the Aids pandem-

ic. Premier Zikalala congratulated Ugu, UMkhanyakude, and UMzinyathi districts for having reached the UNAIDS 90-90-90 targets.

The 90-90-90 concept was introduced to set goals that 90% of HIV infected people should know their status; 90% of those who know their status should be initiated on anti-retroviral therapy and 90% of those on treatment should be virally suppressed. All this should be achieved by 2020.



Top: Premier Sihle Zikalala, MEC Hlengiwe Mavimbela, Umkhanyakude Deputy Mayor Cllr Fikile Hlabisa expressing gratitude relating to the functionality of Hlabisa Gateway Clinic.



Left: Umkhanyakude District Mayor Cllr Solomon Mkhombo making remarks.

Bottom left: Umkhanyakude Health District Director presenting District Task Team Report

Ozabeni Primary School acquired “Health Promoting School” status



Pupils with parents during celebration



Unveiling of the health promoting school board



Planting of the tree



District ISHP Coordinator Mr. Z.M. Myeni making remarks

What is a Health Promoting School?

A Health Promoting School (HPS) is a place where all members of the school community work, learn, live and play together to promote the health and well-being of learners, staff, parents and the wider community. Many schools have already successfully implemented HPS and a strong network has developed for mutual support and sharing of resources.

Why is there a need for Health Promoting Schools / HPS?

Most schools experience a wide range of health problems. Some of these problems lie within the school itself. Others are problems of the surrounding community, which impact on the school environment and on health of its learners and staff. Efforts to address these

problems often fail and result in discouragement.

The HPS concept provides the basis for the spreading of health ideas and practices from the school to the community. The Health Promoting School, networks and links up with other schools in this process and may become a role model for other schools. A sense of ownership of self and the school is established and self-respect is reinforced. The health status of the learners, educators, community and the environment is enhanced. Ozabeni Primary School in Umhlabuyangana was crowned the status of a “health promoting school” on 24th October 2019. Principal Ms. Mahlangu was so excited with her school governing body, teachers, community members and pupils. This achievement came after so much

and intensive assessments that were conducted by health department to the school in order to ensure that there is compliance on health issues. “it was not easy, colleagues from department of health would come and conduct assessments and we would fail to a point of giving up, but we persisted, finally we have been crowned” expressed Ozabeni Primary School Principal Ms Mahlangu.

Mseleni Hospital CEO, Mrs. P.S. Khumalo congratulated Ozabeni for an achievement, but also encouraged other principals of the neighbouring schools to follow suit; committing support from school health team from Mseleni Hospital.

MEC for Health meet UMkhanyakude management team



It was an excitement for everyone to meet Honorable MEC for Health Ms. Nomagugu Simelane Zulu



MEC was excited to meet District Finance, Ms. Dumsile Simelane



MEC for Health Ms. Nomagugu Simelane Zulu, Head: Health Dr. Sandile Tshabalala, and Umkhanyakude Team members including CEOs

MEC for Health in KwaZulu Natal Ms. Nomagugu Simelane-Zulu visited UMkhanyakude Health District management team on 20th November 2019. The purpose of the engagement was to introduce health programmes i.e. nqonqo-sikhulekile ekhaya, isibhedlela kubantu, display of facility manager's contact details and other initiatives aimed at improving access to healthcare for ordinary citizens.

MEC encouraged managers to take corrective measures for staff members who display negative attitudes towards patients and community members; and urged that the issue of staff attitude must be addressed swiftly.

UMkhanyakude District Director Ms. M.P. Themba was delighted that MEC launched her first of its kind programme called "nqonqo-sikhulekile ekhaya" in UMkhanyakude and committed that every month the programme will be run in order to speed up services to the people.

PLEASE NOTE : Department has a new slogan: *' My Health, Your Health, Our Health: A Healthy KwaZulu-Natal.'* This slogan has been approved by MANCO. All communicate shall reflect this new slogan.



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She Conquers in UMkhanyakude



She Conquers is a three-year national campaign that aims to improve the lives of adolescent girls and young women in South Africa. She Conquers programme unites to work towards providing every adolescent girl and young woman in the country with access to the resources that they need to lead a happy, healthy and successful life.

It is believed that every girl should have the power to decide their future. This means being educated, healthy, and safe from violence. When girls gain knowledge, they get the chance to become independent. And this gives them more ways to transform their communities and break the cycle of poverty. Societies succeed when their women and girls succeed.

Hence UMkhanyakude District Municipality partnering with sector departments, NGOs and other stakeholders coordinated a dialogue for teenage pupils from schools in Mbazwana to discuss issues around: education, teenage pregnancy, male medical circumcision, substance abuse and many others. It was a very successful programme which had an impact of raising awareness on different societal issues.



Mseleni Hospital PHC Manager Mr. MP Nxumalo



Mrs N.C. Mthembu and Mr. M. Gumede



Mrs. Z Mkhumane guiding pupils on how to deliberate on issues during a dialogue



Communities embrace National Health Insurance in UMkhanyakude

During the week 11-15 November 2019, the Public Education Office from the Parliament of the Republic of South Africa working with Umkhanyakude District Municipalities, government departments and civil society had public education sessions on National Health Insurance bill. The sessions were meant to equip community members on what the NHI is all about so that they would participate actively on 22nd November 2019 during the Public Hearing.



Public Education took place in different communities in UMkhanyakude under all local municipalities

UMkhanyakude communities accepted the NHI bill.



Community members making inputs during public hearing on National Health Insurance.

During a Public Hearing on National Health Insurance which was held at Makhonyeni Hall on 22nd November 2019, community members came in numbers from all local municipalities to participate. Public Hearing was hosted by the Parliament of the Republic of South Africa. Chairperson of the Portfolio Committee on Health Dr. Sibongiseni Dhlomo explained to the community members that the purpose of the gathering was to listen to the views of the community relating to the National Health Insurance Bill. Community members unanimously supported the bill indicating that once National Health Insurance is passed into a law it will improve ordinary people's lives as essential healthcare will not only be accessed by the rich; but even the poorest of the poor will access the care which they are financially denied currently.



Farewell to Mrs S.F. Mthimkhulu

UMkhanyakude Deputy District Director: Planning, Monitoring & Evaluation Mrs. Sibongile Mthimkhulu left the service in October 2019. Her love, passion, commitment, and sacrifice for the service of humanity will always be remembered. "Chief Whip" as she would call herself was extremely passionate about service delivery in health; she highly enforced implementation of health programmes at all levels across the district, indeed she was the Monitoring & Evaluation Manager! One of many accolades she acquired was the *Best Batho Pele National Team of the Year* by the Department of Public Service & Administration which was awarded to Mseleni Hospital in 2015. Prior to that and after; UMkhanyakude hospitals and officials have received numerous awards from MEC's Annual Service Excellence Awards and Premier Service Excellence Awards; in all those activities, Mrs Mthimkhulu was always at a center stage providing coaching and technical support.



Mrs Mthimkhulu with District Director Ms. M.P. Themba and KZN Health Ombudsman Mr. Mboneni



Top: MEC for Health Ms. Nomagugu Simelane-Zulu with Mrs. S.F. Mthimkhulu
Left: Awards from DPSA and MASEA



Staff members gathered, shared stories, appreciated the years spent with Mrs. S.F. Mthimkhulu

16 DAYS of Activism
for no violence against Women and Children

ENOUGH IS ENOUGH

365 DAYS TO END GENDER-BASED VIOLENCE AND FEMICIDE (GBVF)
25 November - 10 December

Let's grow KwaZulu-Natal together

Mr Sihle Zikalata
PREMIER OF KWAZULU-NATAL

GENDER-BASED VIOLENCE

Festive season safety tips

As most of us prepare to unwind and spend time with family and friends, it is important to remember to take care of yourself and your family.

Sikhanyakude shares some tips on how to be safe at home, on the road and while having fun.

Advice to keep your home safe include:

- Make sure you have good lighting. Don't leave the outside lights on during the day.
- Don't let too many people know when you are going on holiday, only those you trust.
- Make sure your doors lock properly and that you have burglar bars.
- If your house is broken into, notify the police immediately.



If you are going on a road trip:

- Buckle up.
- Don't drink and drive.
- Keep a safe following distance.
- Do not use up your energy on activities, which will increase your fatigue.
- Get enough sleep the night before, at least six hours.
- Do not travel when you are emotional or stressed out.
- Plan your trip, the route you will travel and where you will stop and rest overnight.
- Make sure your car is road worthy.
- Make sure you have a spare wheel and that it is in good condition and a jack.
- Make sure your luggage is in the boot and that is closed properly.
- Stop every two hours, taking 15 minute breaks.
- Avoid driving between 1am and 5 am.
- If you feel tired or restless, pull over at a safe stop and rest for a little while



To ensure your safety while shopping:

- Avoid carrying large amounts of money.
- Don't leave valuable belongings in the trolley.
- Don't have your wallet or purse visible. Keep wallet in your front pocket and not the back pocket.
- Don't let money be too visible, especially large amounts.
- Hold your child's hand and be alert of them at all times. Always accompany them to the bathroom.



Water Safety Tips:

- Always swim with an adult who can swim.
- Only swim in a public pool or sea if there is a lifeguard on duty.
- Never dive into the water unless the lifeguard says it is safe to do so.
- Never run along the edge of a swimming pool or push people in.
- Stay away from diving boards when in the pool.
- Always keep chairs and tables away from the pool fence to keep children from using them to climb over the fence.
- Do not allow anyone of any age to swim alone - drowning happens to adults too.
- When you are entertaining a group of children or adults, have a designated water watcher who is responsible for keeping track of everyone.
- Never leave children unattended in or around pools - not even for a second





ACKNOWLEDGEMENTS



MR. THABANI NTULI
WRITER, DESIGNER
&PHOTOGRAPHER



MS. M.P THEMBA
District Director
EDITOR

*District Director is **wishing** you ,your families and friends a happy **holiday Season** & a successful, prosperous New Year.*



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