



# SIKHANYAKUDE

# NEWS

STAY INFORMED

JULY-SEPT 2024

# UMKHANYAKUDE TAKES PART IN FIELD EPIDEMIOLOGY TRAINING PROGRAMME



Umkhanyakude CDC Coordinator Mrs TBP Ntuli receiving her Field Epidemiology Training Programme completion certificate from Head of Department: Health: Dr Sandile Tshabalala.



**T**he recent global COVID-19 crisis exposed the critical need for a highly trained public health workforce, to protect the health of communities through timely detection and response to epidemics and similar public health threats.

The FETP Intermediate is a competency-based in-service training Programme designed to equip mid-level public health officials with hands-on field epidemiologic skills, with a goal of strengthening the capacity of the health system to prevent, recognise, and rapidly respond to public health threats that emerge in our communities.

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# Throughout training, TBP Ntuli engaged in coursework, field investigations, and surveillance activities. She tackled public health issues—from analysing data on diseases to conducting outbreak investigations and evaluating surveillance systems.

**T**huleleni Ntuli serves as the Communicable Disease Control (CDC) Coordinator in Umkhanyakude District. In her role, she is instrumental in monitoring and controlling the spread of infectious diseases, ensuring the health and safety of her community.

As part of her training in the Field Epidemiology Training Programme (FETP) Intermediate course, Thuleleni conducted an analysis of malaria cases in uMkhanyakude District, covering the period from July 2021 to July 2023. This project provided valuable insights into the patterns and



trends of malaria within the district, and informing strategies for more effective control and prevention measures.

In addition to her work on malaria, Thuleleni led an investigation into a foodborne illness outbreak in the Esitezi area of Hlabisa in May 2024. This investigation was crucial in identifying the source of the outbreak, implementing control measures, and preventing further cases. Thuleleni's participation in the FETP Intermediate Programme has significantly enhanced her skills in summarizing surveillance data and responding to public health threats. Her work ensures that the district is better prepared to tackle current and future public health challenges.

## Umkhanyakude Health District held Stakeholder session with Sanlam



Umkhanyakude Health District and Sanlam management teams

**A**s part of strengthening relations with various stakeholders, Umkhanyakude Health District held a breakfast meeting with Sanlam Jozini Management on 8th August 2024.

This effort seemed to strengthen relations between two institutions. Through this relationship, staff members will benefit with financial advice to assist them improve their wellbeing which will have a good impact on productivity and health outcomes.

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# Community engagement on health matters in Mngqobokazi area, Big 5 Hlabisa LM Ward 2

Umkhanyakude Health District's Mngqobokazi clinic located under Big 5 Hlabisa Local Municipality (Ward 2) conducted a very interactive engagement with local community. This session was made possible through working together with local authorities such as izinduna, civil society and local government.

Mseleni Hospital CEO Mrs TR Sibisi encouraged community members who had come in numbers to take full responsibility for their health through living a healthy lifestyle in all aspects of their lives to avoid diseases.

Among key objectives that was meant to be achieved through community engagement was to increase knowledge and awareness of health promoting

behaviours, increasing sexual and reproductive health knowledge, skills and decision making among community members at all ages and facilitating early identification and treatment of health barriers to access of health services.



Mrs TR Sibisi, Mseleni Hospital CEO

Induna MA Zikhali from Ngwane Traditional Authority

Sister Mbatha, Mngqobokazi Clinic OM and PHC Manager Ms PS Ndonga engaging community members on health matters



# SPRING CLEAN YOUR HEALTH



## Sleep Quality

Experts recommend that adults should sleep between 7 and 9 hours a night. Getting adequate sleep will help with energy, a better mood, an improved attention span and general productivity.

## Hydration Hacks

Just as water is an essential resource for the environment in the spring, it is just as important for our bodies. Spring means more outdoor activities and a renewed focus on wellbeing. By drinking plenty of water, people can protect their health and stay hydrated.

## Exercise and Outdoor Activities

This is always important in every season, however with warmer temperatures it is easier to do than on colder days. It is said that exercise is a natural anti-depressant that can ward off what is known as seasonal affective disorder. This is a mood disorder characterised by depression that occurs at the same time every year.

## Health promotion programme intensified



Health Promotion Coordinator Mrs L Gumede and Dietician Mrs NK Buthelezi at Maputaland FM



Mental Health Coordinator Mr M Ndlovu unpacking mental health issues at Maputaland fm

**H**ealth promotion is described by the World Health Organization as the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions.

In order to achieve this, Umkhanyakude Health District among many strategies uses local radio stations to educate and create awareness about health related programmes to maximize knowledge among the citizens for them to take full control of their health.

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# Heritage Month Commemorated across the district



**A**cross the Umkhanyakude Health District, staff members in various facilities celebrated the Heritage Month during September 2024. This was done through wearing colorful African attire, singing and dancing to indigenous music, enjoying traditional cuisines; and sharing cultural historical events and tales. The funniest activity of all was traditional wedding simulation which was done in most of these Heritage Month celebrations.

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# Isibhedlela kubantu in Umhlabuyalingana and Big 5 Hlabisa



Ukuhlinzekwa kwezinsiza zezempilo



Isibhedlela kubantu wuhlelo oluyingqayizivele olwasungulwa wuNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane, lolu hlelo luthatha zonke izinsiza (Health Services) ezitholakala emitholampilo nasezibhedlela zilethwe endaweni eseduzane nomphakathi waleyo ndawo.

ekade efundiswa kabanzi ngokuthi angazivikela kanjani ezifeni ezahlukahlukene.

Kanti namhla zingama 21 August 2024, isibhedlela saseMseleni saluhambisa loluhlelo endaweni yaseManaba ku Ward 15 ngaphansi kwendawo yaKwaMhlabuyalingana.

Mhla ziyi 18 September 2024, isibhedlela saseMseleni silwenze endaweni yase Mnqobokazi loluhlelo ehholo lo mphakathi. Ngaphambi kokuba umphakathi uzitike ngosizo lwezempilo kwaqale kwaba nezingxoxo lapho khona amalungu omphakathi



Obhekelele ukusebenza kwemitholampilo uMnu XA Nqandeka eqwashisa amalungu omphakathi maqondana nezempilo



# Health Outreach Programmes



Teenage pregnancy awareness programme at Mbadleni clinic on 26 July 2024.



Mental Health Awareness campaign at Myeki community hall



Vitamin A and Deworming campaign for children at Hlabisa on 26th September 2024.



Rabies awareness campaign in partnership with Department of Agriculture at Ndumo area on 26th September 2024



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM



**MR. THABANI S NTULI**  
AD: COMMUNICATION  
WRITER, DESIGNER  
& PHOTOGRAPHER



**MR. BHEKI FAKUDE**  
ACTING DISTRICT DIRECTOR  
EDITOR

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