



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# UMPHUMULO DISTRICT HOSPITAL

## INKANYEZI YASEMPHUMULO

# NEWS

GROWING KWAZULU-NATAL TOGETHER

DECEMBER 2020

# GBV AWARENESS CAMPAIGN



Umphumulo Hospital staff and community members during the march led by the hospital CEO -Dr M.J. Zulu

Lifeline Durban together with Umphumulo Hospital took to the streets to say “Enough is Enough” with Gender Based Violence in our country. Staff members and community members carried placards with slogans, singing songs against Gender Based Violence.

The campaign took place on the 9 December 2020 at Mshukangubo Association for the Aged, Maqumbi Area in Ward 4 ([Read more on page 03](#))

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KwaZulu-Natal Department of Health



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# AMAZWI AVELA KUMPHATHI WESIBHEDLELA

Ngifisa ukuthatha le lithuba ngibonge uNkulunkulu osithwalile kunyaka 2020 , kuze kufike isikhathi lapho siwuvala khona.

Sibonga ukuzikhandla konke kwa-basebenzi baseMphumulo kanye nakuyona yonke imitholampilo yethu. , ekuletheni impilo emphakathini wakwaMaphumulo nama-phethelo .

Ukusebenzisana kahle kwesibhedlela nomphakathi ingxenye yezinto ezibalulekile ezenze kwaba lula kakhulu ukusebenza ngonyaka ka-2020. Sidlulisa ukubonga okukhulu kwi—Hospital Board kanye nama Clinic Committee members ngalendima enkulu kangaka abayidlalile kulonyaka.

Ngifisa ukuthatha le lithuba ngidlulise amazwi enduduzo kuyo yonke imindeni yabasebenzi nezihlobo zabasebenzi kanye nomphakathi wonke ngokulahlekelwa izihlobo zabo kulonyaka.

Impela bekungunyaka ongajwayelekile onzima kakhulu ngenxa yobhubhane lwe Covid 19. Sithi bonke abasishiyile abalale ngokuthula nemindeni yabo iphinde ithole induduzo kuSomandla.

Sengiphetha ngifisa ukuba siqhubeke silandele imigomo ye- Covid 19 ngasosonke isikhathi ngoba isakhona. Masizivikele sigqoke ama-mask, sihlanze izandla zethu ngamanzi anensipho noma ngesibulali magciwane (sanitizer ) siphinde sishiye ibangana elingu—1,5m phakathi nomunye.



**DR. M.J. ZULU—UMPHATHI WESIBHEDLELA**

# GENDER-BASED VIOLENCE AWARENESS

Izwe lakithi iNingizimu Afrika libukeka lisabhekene nenkulu ingwadla mayelana nokuhlukunyezwa kwabantu ngokobulili, kanye nokuhlukunyezwa kwabasefizane kanye nabantwana. Minyaka yonke kuhlezi kunemikhakhankaso lapho kugqugquzelwa ukulwisana nalesi sihlava esibhekene nezwe lakithi, kepha yonke lezimamo ifana nokuthela amanzi emhlane wedada njengoba zilokhu ziqhubeka njalo izigameko zokuhlukunyezwa kwabantu.

Inhlangano engenzi nzuzo I - Lifeline ezinze eThekwini, bahlanganyele nesibhedlela Umphumulo baphuma inqina bamashela emgwaqeni beyozwakalisa ilaka bethi sekwanele ngokuhlukunyezwa kwabesimame, abantwana kanye nokuhlukumeza abantu ngokobulili. Lo mkhankaso ububanjelwe endaweni yase Mshukangubo Association for the Aged (Maqumbi) mhlazane zingu 9 December 2020.

Lemashi ibiholwa uMphathi Wesibhedlela u Dr. M. J. Zulu okhulume kabanzi ngokuhlukunyezwa kwabantu besifazane kanye nabantwana. Uthe kuyakhathaza ukubona izibalo zokuhlukunyezwa kwabantu zinyuka usuku nosuku. Uphinde wathi uyafisa ukuthi abantu bengayeka ukwenza izenzo zobulwane. “Ayikho into edumaza njengokubona umuntu esefika esibhedlela esehlukumezeke ngokocansi, lokhu kuyamhlukumeza impilo yakhe yonke ngoba uyohlezi enesilonda esingapheli”, kusho uMageba. Ube esenxena abesilisa abebehambele lonkhankaso ukuba babe ngamadoda aqotho, anakekelayo bavikele abantu besifazane kanye nabantwana. Ube esebonga kubona bonke ababe ingxenye yalomkhankaso ikakhulukazi abasebenzi ebebesuka esibhedlela naseMtholampilo.

Kuphinde kwaba khona nezikhulumi ebezisuka emnyangweni wakwa- DSD, FAMSA nabo abashayebele isipikili sokulwisana nalesisihlava esibhekene nezwe lakithi.

Unkosazane Samke Mthembu obewumgqugquzeli walomcimbi ube esebonga kubona bonke abebekhona, ube esenxusa ukuba konke obekukhulunywa ngalolusuku kuhlale ezinhliziyweni zabantu baphinde bebe ngamanxusa emphakathini bavikile isizwe.



Umphumulo Hospital CEO—Dr. M. J. Zulu, staff and community members during Gender-Based Violence Campaign

# BREAST FEEDING AWARENESS WEEK

The first week of August is considered Breast-feeding week as per the health calendar.

The whole world celebrates and encourages all pregnant women and those who have young children, to breastfeed from birth to six months and up. Mothers are also encouraged not to give solid foods to babies under six months old.

Umphumulo Hospital Dietetics Department also hosted trainings and awareness campaigns within the hospital. Several target groups were given health education on the importance of breastfeeding. Nutritional Advisors from our satellite clinics formed part of this training as they are the key stakeholders in the clinics when it comes to breastfeeding and other nutrition related issues.

Miss Kylie Mather ( Comm. Serve Dietician ) emphasized that Nutrition Advisors should assist all mothers understand the benefits of breastfeeding and how all mothers can breastfeed. Miss Mather also visited different sections within the hospital to give training to staff and patients.

She also encouraged mothers to breastfeed even during Covid 19 pandemic since others were sceptical to breastfeed during this time. It was indeed a very informative session .



Outpatient / Casualty Department staff



From left—right :Umphumulo Gateway Clinic Staff after Breastfeeding training. Miss Mather educating clients about the importance of breastfeeding

# KUQWASHISWE NGOMDLAVUZA WOMLOMO WESIBELETHO



**U-Sister H. N. Gumede beno Sister H.R. Khoza befundisa umphakathi ngomdlavuza womlomo wesibelesho**

Mhla ziya -08 kuNcwaba ( August ) 2020 kufundiswe iziguli ebezise esibhedlela , mayelana nokubaluleka kokuhlola umdlavuza womlomo wesibelesho ( Cervical Cancer ). Lomkhankaso ubuhlelwe u Sister H.R. Khoza ongumphathi emnyangweni wase OPD nase – Accident & Emergency khona lana ngaphakathi esibhedlela.











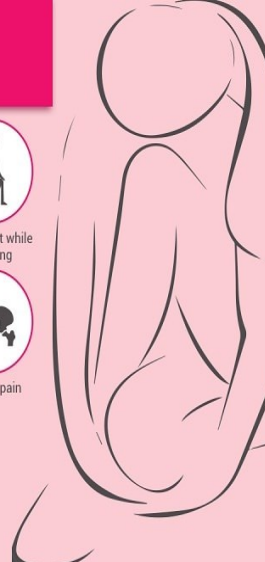
Kunxuswe abantu besifazane ukuba bazinakekele bahambe bayoyohlela umdlavuza womlomo wesibelesho emitholampilo eseduzane nabo nomama esibhedlela.

U-Sister Hlengiwe Gumede ukucacisile ukuthi kumele kube umuntu oneminyaka esukela kwengamashumi amathathu (30) kuya kwengamashumi amahlanu (

50) . Kumele bahlale njalo emva kweminyaka emihlanu ngaphandle uma bethatha imishanguzo bazayiswa ukuthi babuye emva kwesikhathi esingakanani. Uphinde wachaza nokuthi ukuhlola akuthathi isikhathi eside , akubuhlungu , kuphephile kanti futhi kumahhala akukhokhwa mali.



### 10 WARNING SIGNS OF CERVICAL CANCER

 Unusual vaginal discharge	 Abnormal vaginal bleeding	 Heavier & longer menstrual cycle	 Discomfort while urinating
 Loss of bladder control	 Pain during intercourse	 Constant fatigue	 Pelvic pain
 Unexplained weight loss	 Leg pain		

**Amalunga omphakathi abehambe Isibhedlela nawo athole ithuba lokunda ngomdlavuza womlomo wesibelesho**

# CERVICAL CANCER SCREENING AT MBHEKAPHANSI CLINIC



Sister N. Khumalo delivering her speech

On the 16 September 2020, Mbhekaphansi Clinic held Cervical Cancer Awareness Day. This comes after several clients in Mbhekaphansi catchment area have been investigated for cancerous cells (squamous cell carcinoma, adenocarcinoma and mixed carcinoma).

Sister Khumalo (Operational Manager) explained that cervical cancer happens when the cells of your cervix changes. The cancer might invade other tissues and organs. She then explained the symptoms and risk factors of cancer as follows:

- Vaginal bleeding after intercourse, between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odour
- Pelvic pain or pain during intercourse

## Risk factors

- Many sexual partners.
- Early sexual activity.
- Other sexually transmitted infections (STIs).
- A weakened immune system.
- Smoking.
- Exposure to miscarriage prevention drug.

## Prevention

To reduce your risk of cervical cancer:

- Ask your doctor about the HPV vaccine.
- Have routine Pap-smear tests.
- Practice safe sex.
- Don't smoke.

Pap smears and other health screenings were performed on the day.



Clients listening to the speeches on the day

# GLOBAL HAND HYGIENE DAY

Report & photos submitted by Mrs. D. Padayachee ( Infection Prevention & Control Manager )

## INTRODUCTION

Effective hand hygiene (HH) is a critical component of Standard Precautions and ensures patient and staff safety; it is the simplest, and most cost-effective measure to reduce Hospital Acquired Infections. Although the link between HAI and HH was made in the mid-1800s by Dr. Ignaz Seimelweiss, a systematic review by Erasmus *et al*, 2010, found HH compliance rates to be only 30-40 %.

Despite its lifesaving potential, hand washing with soap is seldom practiced and not always easy to promote. In order to ensure successful implementation and sustainability of Hand Hygiene strategies, commitment by management at all levels is critical.

## GLOBAL HAND HYGIENE DAY

15<sup>TH</sup> OCTOBER 2020

Global hand hygiene day, serves as a yearly reminder that handwashing with soap and water is the best step we can take to avoid getting sick and spreading germs to others. The aims of Handwashing Day are to:

- ◆ Foster and support a general culture of handwashing with soap in all settings and societies.
- ◆ Shine a spotlight on the state of handwashing in each country and,
- ◆ Raise awareness about the benefits of handwashing.

## COVID-19

The COVID-19 pandemic provides a stark reminder that one of the most effective ways to stop the spread of a virus is also one of the simplest: hand hygiene, especially handwashing with soap. To beat the virus today and ensure better health outcomes beyond the pandemic, handwashing with soap must be a priority now and in the future.

## GLOBAL HAND HYGIENE DAY 2020 AT UMPHUMULO HOSPITAL

Umphumulo Hospital Infection Prevention & Control office felt it would be ideal to involve Senior Managers in a hand hygiene audit so as to encourage staff , to help staff see the important role hand hygiene plays in their lives and the lives of the patients they serve . Also to encourage staff to make it a priority to practice hand hygiene at all times to prevent hospital acquired infections.

There were also campaigns in all departments about the importance of hand hygiene and emphasized the critical moments to wash or spray hands. The hospital CEO, Doctors Operational Managers and Programme Managers were part of the audit, while our nursing staff, cleaning staff and allied staff formed the campaigning team for dance, song, assessments and health education on hand hygiene.

## AUDIT RESULTS

An overall percentage of 92% was achieved, 80% being compliance. Well done to all who achieved excellent results in the audit.

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# GLOBAL HAND HYGIENE DAY



# GLOBAL HAND HYGIENE AWARDS

On the 19 November 2020 IPC Department awarded all those who performed very well during the hand hygiene audits. Male ward Operational Manager Mr. N.L. Sibisi scooped an award for achieving 100% during the audits.





# KUFUNDISWE NGOKUPHEPHA KWABANTWANA



Izikhulu zoMnyango Wezempilo eSifundazweni , abasebenzi bezempilo , omama kanye nabantwana babo abathola izipho ngalolu suku

Mhla zingama 21 kuMfumfu ( October ) 2020 ihhovisi lika Nksz. Gloria Rasi obeqhamuka eMnyangweni Wezempilo eSifundazweni ngaphansi kohlelo olwaziwa nge Health Promotion , bavakashele umtholampilo - Isithundu ohlonzwe njen-gomtholampilo osendaweni lapho intuthuko isagqoza khona.

Inhloso yokuvakashela lomtholampilo bekuwukuzofundisa abazali mayelana nokukhula kanye nokuphepha kwabantwana. U-Nkk. Thembelihle Mungwe uthe kubalulekile

ukuthi abazali babheke ukuthi abantwana bakhula ngendlela okuyiyona. Abazali babantwana , ikakhulukazi omama kumele baqaphele ukuthi abantwana bayazenza zonke yini izigaba eku-khuleni kwabo. Kwezinye zezinto azibalululile omama kumele babheke ukuthi umntwana uyakwazi ukuhlala engasekelwe emva kwezinyanga eziyisithupha , uyakwazi yini ukubona okanye ukulandelisa izinto eziphambi kwamehlo akhe, izandla zomntwana ziyakwazi yini uku-bamba kanye nokunye okuningi akubalile.

Ube esenxusa ukuba omama babike emitholampilo noma esibhedlela uma kukhona abangakuqondi mayelana nokukhula komntwana.

Kubuye kwaxuswa abazali ukuba baqaphele izinto eziyingozi emakhaya ezingagcina sezili-maza abantwana , okubalwa kuzo amaketelo, ukushiya isitofu sivutha, ukubeka amabhodwe eduzane uma upheka , ukushiya amanzi endishini noma entweni evulekile kanye nokunye okuyingozi . Abantwana bayashesha ukufinyelela endaweni enobungozi ingakho kmele abazali behlezi bebaqaphe ngawokhozi.

Abazali baphinde bafundiswa nangokubaluleka ngokugeza izandla. Omama abanabantwana abancane baphinde baphiwa nezimbeleko ezazinikelwe abakwa ChildSafe .

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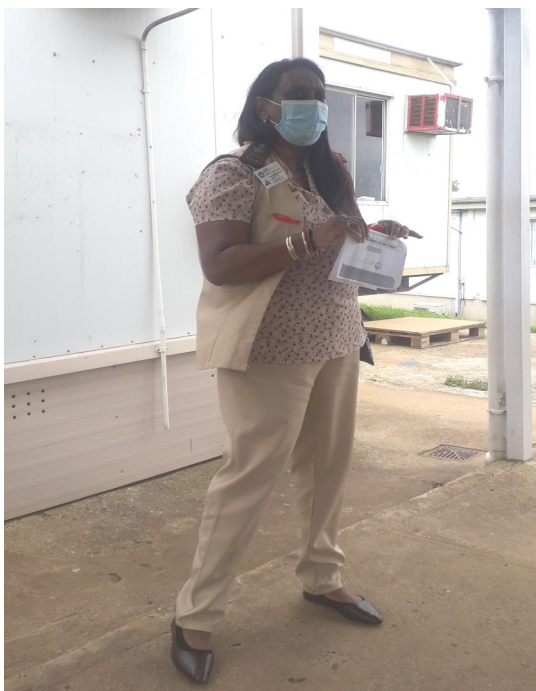
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# WORLD AIDS DAY COMMEMMORATION



**Sister Reddy delivering her speech on the day**

Umphumulo Hospital commemorated World Aids Day on the 1st December 2020. This day is commemorated in the whole universe to remember all those who have lost their lives to this pandemic, also to support those who are infected with the virus.

Sister Reddy (OM-HAST) said the purpose of this day was to create an awareness to the community about HIV/Aids . She said though the number of infections has dropped but they were still getting new clients infected with HIV/Aids. Sister Reddy encouraged people to look after themselves especially when engaging in sexual activities. People should use condoms at all times so as to prevent HIV and other sexual transmitted infections( STI 's ). She also informed the audience that HAST Department is offering free HIV counselling and testing.

Matron Ndlovu ( Assistant Manager Nursing led the candlelight ceremony and she then requested for a moment of silence in honour of everyone who has passed on . Staff then took a walk to all departments , prayed for patients outside each ward.

During lunch time staff members participated in mountain climbing to show their support to all people living with HIV/Aids



**Umphumulo Hospital staff listening attentively to the speeches**



**Staff members holding candles , singing and praying for patients in the wards**

# PHOTO GALLERY

## WORLD AIDS DAY COMMEMMORATION



## GBV AWARENESS CAMPAIGN



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM / DETAILS



**DR. M.J. ZULU—CEO & MEDICAL MANAGER  
EDITOR**

**TEL : 032 481 4101**

**EMAIL : [mandla.zulu@kznhealth.gov.za](mailto:mandla.zulu@kznhealth.gov.za)**



**MISS THANDEKA NGUBANE—PRO  
WRITER/DESIGNER/PHOTOGRAPHER**

**TEL : 032 481 4193**

**EMAIL : [thandeka.ngubane@kznhealth.gov.za](mailto:thandeka.ngubane@kznhealth.gov.za)**

