



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Umphumulo District Hospital

Inkanyezi YaseMphumulo

NEWS

STAY INFORMED

September 2021

UHLELO LOKUGOMELA I-COVID 19

Mhla zingu-17 May 2021 kuqale uhlelo lokugomela i- Covid 19 ngaphansi kwesigaba -1b kanye nesigaba-2 (Phase 1b and Phase 2) , lapho bekugoma khona abasebenzi boMnyango Wezempilo, abelaphi bendabuko , abasebenzi basemakhazeni (private mortuaries and undertakers) kanye nabantu abadala asebekhulile abaneminyaka esukela ku- 60 kuya phezulu. Isibhedlela Umphumulo sibe ngesinye sezibhedlela eziqale ukugoma amalunga omphakathi ngalolu-suku.

Lolu hlelo lokugoma luqale endaweni eyaziwa ngokuthi Umphumulo Evangelical Lutheran Church eyibangana elifishane uma usuka esibhedlela. Amalunga omphakathi adele amakhaza abeshubisa umkantsha ngalolu suku , afika ngobuningi bawo bezogomela i-Covid 19. Bebuzwa ukuthi bazizwa kanjani ngokufika komgomo , baphendule ngokuthi : bayajabula kakhulu ukuthi nabo sebebawo namanye amazwe asezokwazi ukunikeza umgomo kubantu ukuze bavikeleke kwigciwane le Covid 19. Phakathi kwabantu abebekhona ngalolu suku , bekukhona neBamba Nkosi (Regent Chief) - Inkosi Ntuli kanye noMnumzane uNdlovu oyilungu lebhodi yesibhedlela okuyibona abagome kuqala endaweni yaKwaMaphumulo.

Amalunga omphakathi abebukeka eluthakasela lolu hlelo besho nokuthi bayathemba ukuthi njengoba sebewutholile umgomo ngeke besaba ntekenteke kakhulu noma sekwenzeka kufika esinye isiwombe se Covid 19.

Kugome amalunga omphakathi abalelwa ngaphezu kwekhulu (105) ngalolu suku. Umphathi Wesibhedlela u-Dr. M. J. Zulu ube esebonga kubona bonke abebekhona ngalolu suku wabe esenxusa ukuba banxenxe nabanye abebengakawutholi umyalezo mayelana nohlelo lokugoma , njengoba umkhankaso wokugoma usaqhubeka.



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**GROWING
KWAZULU-NATAL
TOGETHER**

CEO'S COMMENTS



Kuyintokozo enkulu ukuba siphinde sihlanguane kulengosi yethu. Ngifisa ukuthatha le lithuba ngibonge uMdali osasigcinile naku-lesi sikhathi esinzima kangaka esibhekene naso.

Ngidlulisa ukubonga okukhulu kubona bonke abasebenzi abakhombise ukuzimisela kanye nokusebenza ngobuqotho kusukela kuqala isivunguvungu se-Covid 19 ngonyaka ka - 2020.

Ngiphinde ngibonge amalunga e -Hospital Board , Clinic Committes , ubuholi bonke ezinhlangeni ezahlukene kanye namalunga omphakathi. Sibonga ukuhlezi niseseka , ukusibekezelela kanjalo nokusithwala ngemikhuleko zikhathi zonke. Siyanxusa ukuba niqhubeke nokubambisana nathi siyisibhedlela Umphumulo ukuze sikwazi ukunikezela ngosizo olulindelekile emphakathini wasendaweni yakithi KwaMaphumulo.

Siyaphinda sigqugquzela wonke amalunga omphakathi ukuba asebenzise amabhokisi ezikhalazo , izincomo kanye nemibono atholakala esibhedlela kanye nasemitholampilo yethu , lokhu kuzosisiza ukuba sazi ukuthi niphatheke kanjani mayelana nesibhedlela senu.

Sengiphetha ngifisa ukumema bonke abangakagomi abaneminyaka esukela kwengu - 18 kuyaphezulu. Izindawo eziningi zinezikhungo zokugoma ezisondezelwe abantu bonke ukuze kubelula ukufinyelela ezikhungweni. Izikhungo zivulwa kusukela ngehora lesi- 08h00 kuya kwi hora lesi -16h00 ntambama , kusukela ngo Msombuluko kuya kuLwesihlanu . Uhla lwezikhungo zokugoma lukhishwa njalo ngeviki ukuze nabantu abanesifiso sokuyoma basheshe bazihlele ukuthi baya nini kogoma. Siphinde sibe nezimpelasonto ezikhethekile njalo ngenyanga ezaziwa nge—Vooma Vaccination Weekends. Nalapho kusayilona uhlelo lukahulumeni lokusondelela kubantu ukuze kusizakale laba abasuke bengasitholanga isikhathi sokugoma phakathi neviki.

Sifisa ukuphinde sinazise ngezikhathi ezintsha zokuvakasha zesikhashana ezibekiwe njengoba sisengaphansi kwesigaba sokuqala (Lockdown level 1). Izivakashi zivumeleke ukuba zingene ngehora lesibi kuya kwi hora lesithathu ntambama (14h00-15h00) . Kuvumeleke ukuba kungene isivakashi esisodwa kwisiguli ngasinye ngosuku, akuvumelekile ukuba izivakashi zishintshane ukubona isiguli ngosuku olulodwa. Kuyokubakhona izikhathi lapho udokotela eyofis aukubonana namalunga omndeni mayelana nesiguli , udokotela uyobe esecela ukuba umndeni uze esibhedlela.

Dr. M.J. Zulu

Umpathi Wesibhedlela

WORLD TB DAY

Isifo sofuba (TB) sithathwa njengesinye sezifo esiyingozi uma ungasheshi uthole ukwelapheka . Eminyakeni edlule siye sabona izibalo zabantu abahaqwe isifo sofuba sikhuphuka ngesivini esiphezulu . Abasebenzi boMnyango basebenze ngokuzikhandla befundisa abantu ngesifo sofuba nanokuthi uzi-nakekela kanjani uma usunesifo sofuba

Siyisibhedlela Umphumulo kanye nemitholampilo engaphansi kwesibhedlela sikubeke eqhulwini ukuqinisekisa ukuthi siqanda ukubhebhethaka ksesifo sofuba endaweni yaKwaMaphumulo. Kuna-mathimba ahambela imiphakathi (Tracer teams) ukuyohlola imindeni yalabo abasuke sebehaqwe isifo sofuba , baphinde bajove nalabo asebenesifo sokuba osaziwa nge MDR.

Njengoba umhlaba ugubha usuku lokuqwashisa ngesifo sofuba mhlaka 24 March minyaka yonke , nathi asisalanga ngaphandle ukuqinisekisa ukuthi umyalezo ufinelela kuyona yonke indawo . Amalunga omphakathi afundiswe ngesifo sofuba , izimpawu zaso nangendlela yokuzinakekela uma usuhaqekile. Kweminye imitholampilo kuphinde kwaba khona nohlelo lokuhlolola lesi sifo kwathi labo abebesolakala ukuthi bangaba nazo izimpawu bathathwa izikhwehela ebezizoyohlolwa ukuthi engabe abanalo yini igciwane, babe sebetshelwa nokuthi imiphumela iyotholakala emva kwezinsuku ezingaki.



HYPERTENSION AWARENESS WEEK

On the 19 May 2021 , Female ward hosted hypertension awareness day. Miss Potgieter (Dietician) gave health education to staff. She explained that “blood pressure is force of blood moving against walls of your arteries.”

Miss Potgieter reminded staff about normal ranges which are BP –120/80 mmHg , the elevated ranges which are BP—120 - 139/80 –89 mmHg as well as the high ranges BP—140 and above/ 90 and above mmHg. The top numbers of blood pressure means it is the pressure or force in the arteries when the heart beats. The bottom number is the pressure measured between heart beats.

Miss Potgieter encouraged the nursing staff to lead by an example by eating healthy food , exercise more often and to drink lots of water. The Operational Manger Sister L. Ngcobo gave health education to few admitted patients about hypertension also known as “ blood pressure “ in simple term. She educated patients about lifestyle changes to keep or maintain normal blood pressure such as regular physical activities , to cut on salty foods , to take medication as prescribed , de-stress and sleep well to check blood pressure as often as the doctor recommends and to cut back on alcohol intake and no smoking.

Patients were then given an opportunity to ask questions and answers were provided . Nursing staff also demonstrated few physical activities to patients who then joined the staff. Patients were also advised about their diet, it was said that they should eat 4-5 servings per day and their meals should include vegetables , fruits , nuts , seeds and legumes. They were also encouraged to take 2-3 servings of fat free or low fat dairy per day as well as food that is fatty or oily. Also to eat less than 6 servings of lean meat , poultry and fish per day.

Sister Ngcobo emphasized the importance of maintaining normal ranges of blood pressure and exercising regularly , adhering to blood pressure treatment for patients who are already on treatment.



WORLD HEALTH DAY—MBHEKAPHANSI CLINIC



On the 21 April 2021 Mbhekaphansi Clinic held World Health Day under the theme ,
“ **CARE FOR YOUR HEALTH**”

The main objective of health day was to give awareness to clients about diseases and infections that the community might experience.

Prior an awareness day , there were build up activities such as nutritional education as well as passive and joints exercises.

Findings revealed that most people frequently touch their eyes , nose and mouth never realizing that germs can get easily when touching these body parts.

It was also noted that the other contributing factors for community members to get sick were poor sanitation , shortage of water and poor hand hygiene practice.

Clients were then given health education about the importance of hygiene , especially hand hygiene since hands carries most germs. Handwashing and tip tap demonstration was also done so that clients could also practice these at home.

Amongst other activities held on the day , there were also health screenings such as : Covid 19 ,TB , pap-smear , BP , MUAC, GM, HTS, BMI , weight and height .

It was indeed a very informative session , clients expressed that they learnt so much on



HAPPY HOUR —MAPHUMULO CLINIC

On the 27 May 2021 Maphumulo Clinic celebrated “ Happy Hour “ as part of Adolescent & Youth Friendly Services (AYFS), this was done to promote health services available to the youth at Maphumulo Clinic. It has been noted that most young people are afraid to access and discuss certain issues with healthcare workers thus resulting in youth not having sufficient information about health services available for youth.



The Adolescent Youth Friendly Services (AYFS) approach has been promoted in South Africa by National Department of Health and partners , as a means of standardizing the quality of adolescent health services in the country.

There were presentations based on the following :

- ◆ Prep
- ◆ HIV/ Aids
- ◆ Teenage pregnancy
- ◆ Family planning
- ◆ Protective sex

IEC Material was also distributed . Youth was entertained with music and dance by local dancers.



HAND HYGIENE DAY —MBHEKAPHANSI CLINIC

The best step to hygiene is to wash hands. Hands touch lot of things and carries germs for these reasons it is important to always wash your hands with soap and water.

Mbhekaphansi Clinic organized hand hygiene campaign on the 12 May 2021. this campaign is an annual global day dedicated to advocating for hand washing with soap as an easy , effective and affordable way to prevent diseases and save lives. The target audience for this campaign were children under the age of 5 years , elderly , breastfeeding women and pregnant mothers.



It is important to reduce the transmission of infections and diseases by ensuring that you do any activity that reduces the level of contamination with micro-organism.

There were also recommendations made for improvement on hand hygiene . Clients were given a demonstration on how to assemble tippy taps using 2 litre bottles. Staff members were also given in-service training to improve best hand hygiene practices.



HAND WASH DRIVE — UMPHUMULO GATEWAY CLINIC

On the 14 June 2021 Umphumulo Gateway Clinic held hand wash drive to promote personal hygiene to patients and staff. The main objective was to ensure that all people are well informed about the importance of hand hygiene.

Sister Mayeza conducted health education on hand hygiene to all patients and staff. She started by demonstrating on how to wash hands at home and when doing medical procedures. Clients also participated demonstrating on what is expected when performing hand hygiene at their homes.

During the in-service training clients raised some concerns stating they do not have enough equipment to protect themselves from infections in their homes. Also from the side of clinic staff it was noted that not all staff members knew what to do when asked about steps of aseptic technique hand wash. Recommendations were then made to conduct in-service training at least once a month on hand wash technique and other related infection and prevention control issues to patients.



HANDING OVER OF MADIBA BUGGY

Umphumulo Hospital Physiotherapy Department was so thrilled to receive a total number of 12 Madiba Buggy for their patients.

The Madiba Buggy is Shonaquip's original rugged rural posture support buggy and it was designed for children in more need of support than what a traditional wheelchair or stroller can offer. It is ideal for children from the age of 6 months and younger adults who cannot self-propel or sit up independently . It provides full body support to help control spasms and muscle weakness and imbalances .

The unique seating system offers modular full body and head support cushions which can be easily configured to optimally fit young and growing bodies. Using the adjustable tilt-in-space feature in conjunction with full body support enables optimally positioning and alignment of the child's body , which can limit the risk of developing postural deformities. With the benefit of large off-road wheels , the buggy can easily overcome the most challenging obstacles and terrains

Four of each Madiba buggy size namely : small , medium and large were ordered in February 2021 and received in July 2021. Clients on the waiting list were contacted for fitment and collection. Clients were identified during ongoing physiotherapy sessions. Thus far a total number of 8 buggies were issued to cerebral palsy clients. Clients are first being assessed and treated by a physiotherapist for rehabilitation and are then issued the most appropriate assistive device according to their needs and requirements. This depends on their abilities , posture , deformities and overall condition.



BREASTFEEDING AWARENESS WEEK

Breastfeeding is one of the best investments for saving lives and improving the health, social and economic development of individuals and nations.

World breastfeeding took place at Umphumulo Hospital from the 1st– 7th of August 2021 which was a great success. The four main objectives that were carried throughout the week included :

1. Informing people about the importance of protecting breastfeeding
2. Anchoring breastfeeding support as a vital public health responsibility.
3. Engaging with individuals for greater impact .
4. Galvanize action on protecting breastfeeding to improve public health.



This year at Umphumulo Hospital , a march was organized whereby staff members walked around the hospital with flags and placards creating an awareness of the importance of breastfeeding. Many educational talks were done that targeted hospital staff members as well as pregnant and lactating mothers attending the hospital. Educational topics that were covered were as follows :

1. The importance of breastfeeding as well as its benefits for both mother and baby.
2. Breastfeeding in the context of HIV .
3. Code of marketing of breast milk substitutes.
4. Breastfeeding during the Covid 19 pandemic .
5. Hand—expression , cup feeding and the storage of breastmilk .
6. Different positions and signs of good attachment.

Towards the end of the week , an educational talk was prepared for mothers in pediatrics , nursery and maternity wards whereby mothers had an opportunity to answer questions and got the prizes.



VISIT BY KWAZULU-NATAL LEGISLATURE

On the 25 August 2021 Umphumulo Hospital was honoured to be visited by the Kwa-Zulu Natal Legislature as part of Health Institutions Functionality programme. The main purpose of the visit was to assess the functionality of Covid 19 vaccination sites and also to render support where they could.

Mrs. Hlongwa– Madlala (MP) Committee Chairperson firstly thanked and expressed her heartfelt gratitude to the Senior Management and staff. She commended all healthcare workers for their hard work and dedication towards serving the communities especially during the time of Covid 19 pandemic. She said their hard work and dedication never go unnoticed. She further added that the Legislature was quite aware of the circumstances faced by the healthcare workers especially during the covid19 pandemic.



Mrs. Hlongwa– Madlala said their visit was mainly to give support, she then handed over to the Maphumulo Municipality Mayor Hounarable Cnllr Z.F. Khuzwayo-Dlamini who also thanked the management and staff for the huge role they play in serving the communities. She said Maphumulo is a deep rural area and there are still challenges with infrastructure especially the roads where healthcare workers and other public servants travel when taking services to the people. She commended all public servants for their passion in serving vulnerable communities.

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Dr. Zulu did a presentation based on the vaccination programme in the Maphumulo area. He also highlighted the challenges amongst those he mentioned that most people have a challenge of transport and they are unable to access vaccination sites. Management then took it upon their shoulders to ensure that all Maphumulo citizens get vaccinated, they had engagements with Maphumulo Municipality to utilize community halls as vaccination sites. He further said that it was the management's wish to vaccinate all Maphumulo citizens who are eligible to vaccinate.

After the presentations the team then proceeded to the Pharmacy where vaccinations are kept and they were very impressed with the high level of security. Thereafter they went to the fixed vaccination site which is situated inside the hospital premises.



REMEMBERING OUR FALLEN HEROES

Kube umzuzu onomunyu nosizi lapho bekukhunjulwa khona amaqhawe namaqhawekazi asishiyile ngonyaka ka 2020/2021 ngenxa yesifo se- Covid 19 , abanye basishiye ngenxa yezigameko ezibuhlungu nezishaqisayo.

Lolu suku lokukhumbula abathandiweyo bethu lube mhla zingu 16 kuSeptemba 2021 emagcekeni asesibhedlela. Umphathi wesibhedlela u-Dr Zulu uqale ngokubonga bonke abasebenzi abaphumelele ukukubakhona njen-goba bekunemvula namakhaza ashubisa umkantsha . Ube esechaza ukuthi bengabaphathi bakubone kubalulekile ukuthi bakhumbule onke amaqhawe nama-qhwawekazi ebesikade sinawo emndenini waseMphumulo.

U-Dr. Zulu udlulise amazwi enduduzo kubona bonke abasebenzi washo ukuthi kubuhlungu kakhulu ngisho nakubaphathi ukuthi sekudlule emhlabeni abasebenzi abaningi kangaka okuyinto ethusayo nengajwayelekile. Uthena yize isimo sinzima kangaka kepha uyathemba ukuthi nemindeni yabo izokuthola ukududuzeka nokwelapheka emoyeni njengoba iningi lalaba basebenzi bekuyibona ababheke emakhaya bebeka isinkwa etafuleni . Unkk.Ndlovu (Umphathi wabahlengikazi) ube esefunda amagama abo bonke abasebenzi abasishiyile ngokulandelana kwabo.

U-Reverend Nzama ube esesipha izwa leNkosi wabe esenika ithemba kubasebenzi wabanxusa ukuba baqine emkhulekweni njengoba sisabhekene nempi esingayazi waphinde wabikela Ophezulu ukuba avale umkhokha wokufa esibhedlela eMphumulo kanye nasezweni lonke. Kube sekukhulekwa .

Sifisa ukubonga kakhulu ababe ingxenye yalolusuku ikakhulukazi uMnumzane Dlamini obesiphathele uhlelo.



PICTURE GALLERY

COVID 19 VACCINATION CAMPAIGN AT MAPHUMULO TOWN & KWA-JIM DRIVE THRU



PICTURE GALLERY

VOOMA VACCINATION WEEKEND—OKHUKHO AREA & NTUZUMA COMPOUND



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