



# U2NGULU NEWS

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Editorial comments



Editorial team leader: Miss Pakama Dlwati

Second quarter of 2010/11 financial year has come and gone. At the end of the second quarter, institutions conduct their half yearly service delivery reviews. This is done to ensure that objectives of the Department are met through the delivery of outputs.

Benefits of service delivery monitoring and measurement include:

- ◆ greater accountability and control,
- ◆ improved management practice,
- ◆ enhanced planning and budgeting and
- ◆ Improved quality of service outputs.

Since the launch of MMC and HCT, Uthungulu District is continuing to perform at higher peaks. At the end of August 2010, Uthungulu District had achieved HIV testing of 110% of the target. This is a great achievement that can only be achieved and improved on by working as one team.

In August 2010, during the women's month, Phila Ma project was launched in Uthungulu District. Colposcopy machine equipment was donated to the Department by Broadreach (NGO). The project focuses on women's health and involves prevention and treatment of conditions affecting women. The District has embarked on cervical cancer awareness, screening and management.

To increase the quality of life of the senior citizens, the Department has embarked in various activities to increase awareness on diseases affecting the elderly and the management thereof. Senior citizens participated in sporting activities to promote healthy lifestyle.

The 6th to the 10th September was set aside for pharmacy week. Pharmacy Week is intended to be an opportunity to create awareness in consumers of the services that pharmacists provide, and their role in healthcare. Its incorporation into the national Health Calendar, together with other critical issues such as TB, HIV and AIDS, diabetes and heart disease, shows that the contribution of pharmacists is appreciated and important.

September is also known as the heritage month. This is where people remind themselves of their background. As Africans, Ubuntu is our heritage. If we lack Ubuntu, patients would not receive the care they deserve.

### JUST FOR FUN

Tick that which applies to YOU!

**vertically challenged** -- short

**horizontally gifted** -- fat

**horizontally challenged** -- thin

**chronologically gifted** -- old

**morally (ethically) challenged** -- a crook

**morally handicapped** -- someone who has no

other reason to park in a handicapped zone

**folically independent** -- bald

**musically delayed** -- tone deaf

**codependent** -- finger-pointer

**gravitationally challenged** -- fat

**motivationally challenged** -- lazy

**grammatically challenged** -- one who has difficul-

ties with grammar or punctuation or spelling

**differently organized** -- messy

## FROM THE DISTRICT MANAGER'S DESK



May I take this opportunity to welcome all the readers of our informative news letter. This is our 2010/11 financial year second news letter. From the comments we got from our first news letter, we are in a process to improve on the quality of the content and layout.

It is with great pleasure for me to welcome our new team member, Ms Jabulile Yolandah Dube, the Deputy District Manager: Clinical and Programmes. From analyzing her professional background and experience – I am just about sure that we have been joined by a valuable asset – who will contribute a lot in the Uthungulu Health District service transformation and the “Make me Look like an Efficient Health District”. We want to improve our standing in all indicators measured in the District Health Barometer and DHIS.

The departure of our gallant health activist in the second quarter of the 2010/11 financial year – Dr Sandile Tshabalala left the District with a huge gap. How do you replace a visionary, committed, strategist and a creative member of the team? We only console ourselves by saying Dr Tshabalala is by no means a district material but a Provincial calibre material- especially at the time of major Provincial balance of forces re-alignment and incorporation of a new provincial strategy and tactic.

We are keeping our eyes in the horizon – health outputs, which are:-

1. Increasing life expectancy
  2. Decreasing maternal and child mortality
  3. Combating HIV and AIDS and decreasing the BOD from TB; and
- Strengthening health system effectiveness

Out internal leadership and management system reviews are beginning to yield results and incrementally making strategic district team leaders feeling “Uthungulu is the number one place of choice”. Their creative ideas in the management of TB, HCT, MMC, Phila Ma Programmes and School Health Services are a proof that they are saying “ Uthungulu is the number one place of choice”.

May I take this opportunity to congratulate all the managers and staff of Uthungulu for the wonderful work done in TB,HCT and MMC in the first two quarters. Let us keep up the momentum, we still have four more critical huddles to jump i.e.:

1. Make Me Look like a Hospital Programme
  2. Strengthening PHC Services and management
  3. Improving our Planning, Monitoring and Evaluation Capacity
- DHIS and Performance Reviews

I would also like to commend the District management team (picture on the left) for their team efforts. They would work over the weekends to improve delivery of services in Uthungulu District; keep it up.

Thank you

Below: Uthungulu Health District management team



## Build up to Phila Ma Project Launch:04-05 August 2010

**U**thungulu Health District managed to mobilize people around Uthungulu District to come and listen to Health workers from the National Health Office; Provincial Health Office and the District office while they educate them about Cancer. This was an exciting event to the community of Uthungulu; people came in numbers to listen and ask questions.

After the training, cadres conducted a door to door campaign at UMhlatuze Village to get their service delivery

Cancer is one of the largest causes of death in the country. It can develop from any tissue within any organ in the body.

**Some risk factors for the development of cancer:** Genetic and environmental factors, overindulgence of alcohol or use of tobacco products, and unhealthy diet.

Screening tests are performed in people with no symptoms but who may be at risk. Early detection allows for less radical therapy and decrease in cancer deaths.

Some tests can be performed at home, like the breast and testicular cancer. The skin should also be inspected on a regular basis for any changes.

### CHILD CANCER

Early detection can alter the course of the disease.

#### Early warning signs in children:

- C**– Continued, unexplained weight loss
- H**– Headaches, often with vomiting
- I**– Increased swelling or continuous pain in bones
- L**– Lump or mass in abdomen, neck, chest or armpits
- D**– Development of excessive bruising or rash

#### Child cancer...continued:

- C**– Constant infections
- A**– white spot in black center of the eye
- N**– Nausea that persists
- C**– Constant tiredness or noticeable paleness
- E**– Eye or vision changes
- R**– Recurrent fevers of unknown origin

#### Early warning signs in adults:

- C**– Change in wart or mole
- A**– A sore that does not heal
- U**– Unusual bleeding or discharge anywhere in the body
- T**– Thickening or lump anywhere in the body
- I**– Ingestion or difficulty swallowing
- O**– Ongoing hoarseness or cough
- N**– Notable change in bowel or bladder function.

Cancer is responsible for many illnesses and deaths. Education, healthy lifestyle early detection through screening will increase the number of cancer survivors.

Below: Cadres from various Departments were trained on various health issues and household profiling  
Ms S. Mthethwa (Far right), Provincial PTA: Non communicable diseases conducted the training on health issues.



**LAUNCH OF PHILA MA PROJECT & WOMEN'S DAY CELEBRATION— 06 AUGUST 2010**



Phila Ma project was launched by the MEC for Health for KwaZulu Natal, Dr Sibongiseni Dhlomo on the 6th September 2010 at Empangeni.

Above: Mrs B. Zungu receiving garden implements and health education pamphlets from Ndlunkulu MaNdlovu and the Mayor of Uthungulu, Mr Z. Mnqayi.

The name Phila Ma is a Zulu name meaning “get well ma”. The project was initiated by the MEC for Health, Dr S. Dhlomo with an aim of improving the health status of women and also to increase the life expectancy of women.

And then, there was 99 year old Mrs Buthelezi who sews and sells clothes for a living. Department of social welfare visited the home to assist the granny with social grant. The family received garden implements, health education pamphlets and also a cake (to celebrate Gogo's birthday).

The launch started with a health walk from Imbizo hall, around town, and back to the hall. Among the dignitaries that participated in the walk were; MEC for Health, Dr S. Dhlomo, the Mayor from Umhlathuze, Mr Z. Mnqayi, Uthungulu Health District Manager, Mr M. Zungu and Ndlunkulu MaNdlovu.

The purpose of the day was to promote women's health and also to celebrate women of the Province. Broad reach (NGO) donated colposcopy equipment to increase access to screening for early detection and management of cervical cancer. Various flagship Departments provided services geared towards social, health and economic well being and empowerment of women.

No woman deserves to die from cancer. This was the message from the broad reach team.

Other messages included the importance of breast examination for early detection of breast cancer. Men were also urged to examine their partner's breasts for lumps that might be cancerous.

After the handing over event, the District Mayor, Health District Manager and Ndlunkulu, visited homes that were profiled by cadres in Umhlathuze village and distributed garden implements and health pamphlets from the Department of Health.



Above: Mr M. Zungu, Uthungulu Health District Manager; Ndlunkulu MaNdlovu and Mrs Buthelezi

## HAST ACTIVITIES

### TB Drug quantification training—21-22 July 2010

Operational Managers from various PHC facilities within Uthungulu Health District attended a two days TB Training on Drug Quantification and Management held at Richards Bay Protea Hotel. Training was coordinated by District TB Co-ordinators and facilitated by Fathima Fyzoo from MSH. The aim of the training was to capacitate operational managers on drug supply management to ensure there are no stock outs or drug expiries experienced in PHC facilities.



Above: PHC operational managers and training coordinators.



Above: Left to Right Mrs. N.J. Ngozo Provincial TB Co-ordinator; Mr. Mdu. Mbatha, District TB Co-ordinator and Ms F. Fyzoo, who was the training facilitator.

### HCT AT QALAKABUSHA PRISON

In an effort to include all stakeholders in the HCT campaign the Uthungulu District Department of Health engaged with the Department of Correctional Services to extend the campaign.

The campaign targeted senior managers first and proceeded with correctional services staff. Plans are now to extend the service to inmates.

Services that were offered on the day were:

1. HIV counseling and testing
2. TB Screening
3. Anemia Screening
4. Blood Pressure Screening
5. Blood Glucose Screening
6. Recruitment for Circumcision

This service is envisaged to be replicable to all other correctional services in the district.



Left: Mrs P. Mbuyazi, guest speaker for the day.

Below: Department of Health and Correctional services managers at the launch.



## HEALTHY LIFESTYLES



Uthungulu Health District Officials; Left to right: Ms. B.O. Shange District Health Promotion Co-ordinator, Mrs. N. Hlongwane and Mr. V. Mncube , introducing Essay Writing Project for 2010 to Department of Education Deputy Chief Education Specialist, Mr. Rasenyalo.

**H**ealth Promoting School (HPS) Programme is where various Departments come together to assess the schools to check whether the schools do meet the requirements for Health Promoting Schools. The HPS District Committee visited Department of Education Regional Office to Promote the Programme so as to get more support from the Department of Education Management Team. From that meeting, it came out that more English educators were needed so that they will understand the concept of the project.



Above:Thembalesizwe health promoting school launch event—Mbongolwane area, 14 September



Above: A team of Educators and School health nurses marking Essays for 2010 Essay Writing Project.

### Certificates awarding.

#### Above, Left to Right

Mrs. GMP Sidaki Depart of Education District Manager; Dr. Mpungose (Ward SEM) Local Inkosi Ntuli; Miss Tau (Learner); Ms BO Shange District HPS Co-ordinator; Ms. Majola School HPS Chairperson ; Ms Sithole (SGB Chairperson) and Mr. B.J. Mdlalose (School Principal)

**N**gemuva kokuba isikole sesedlule kwinhlobo yamathimba amaningi siye sibe nomcimbi wokwethulwa njengesikole esiqquguzela ezempilo. Izinhlaka zonke ezihlanganyele ziqoqana ndawonye kuso lesosikole ukuze senze umcimbi wokubungaza umsebenzi walesosikole ekutheni sesize safinyelela eqophelweni lokuba sibe nazo zonke izinto esifanele nezidingakalayo nxa kumele kube isikole esiqququmezela ezempilo.

Education is the most powerful weapon which you can use to change the world. Nelson Mandela.



Mnu. Lucky Buthelezi  
Uthungulu Health District  
PRO

## FROM THE PUBLIC RELATIONS OFFICER`S DESK

**K**onke kunesikhathi sakho, kungenzeka ukuthi unyaka awukuze-  
langa kahle empilweni ;ezinhlelweni ;emalini emsebenzini noma ngabe  
kukuphi kodwa iqiniso lithi konke kunesizathu salokho okwenzakele.

Unyaka sesiwugoqa ;akukaphela ngawe uma omdala wezinsuku enga-  
kawuthathi owakho umphefumulo. Usengakwenza kwenzeka!

Njengalokhu sinezinhlelo kwikhalenda lethu lomnyango elichaza izinsuku  
nemisebenzi okumele ikhunjulwe kuningi okwenzakele futhi kuningi  
okungenzakalanga kodwa futhi akulahlwa mbeleko ngakufelwa bak-  
wethu.

Singaqala phansi sihlelele unyaka ozayo ekutheni sense kangcono ku-  
lokho esasikuhlelile ukuthi kuyofezeka. Njengabantu abaphokophelayo  
ngomgomo owodwa wokuphumelela sizonqoba sithuthukise izimpilo za-  
bantw zibengcono ngokubahlonipha sibanakekela; sibazisa futhi siqonda  
ukuthi badingani nini kuphi nini kanjani; siyobe siwufezile umgomo wethu  
namhla sesilala umlala wafuthi siyolala sizincoma ukuthi senze kahle  
ngokwenza umsebenzi esiwubizelwe esizweni sonkana esisebenzelayo.

Ngiyabonga Mina.

## INYANGA YAMASIKO NOBUCIKO ISHO UKUTHI ABANTU ABA BENJE KE!!!!!!

The District office staff celebrated the heritage day on the 23rd September 2010 in style. The attires say it all. The staff also performed traditional dances and shared some stories on the different cultures.



### From left to right back standing row

Ms. Bongekile Shange; Mrs Zethembe; Mr. Bernard Tembe; Miss Zanele Mthembu; Mrs. Nxele; Miss Nokuthula Nyawo; Ms. Ntombenhle Khumalo; Miss Hlengiwe Mbhamali; Mr. Bheki Khumalo

### Front Row Sitting:

Mrs. Linda Dlamini ; Miss Pakama Dlwati; Miss Zethu Gumede