



**KWAZULU-NATAL PROVINCE**

**HEALTH  
REPUBLIC OF SOUTH AFRICA**

**JUNE - November  
2022**

# KING CETSHWAYO DISTRICT NEWS



**GROWING KWAZULU-NATAL TOGETHER**

# DR-TB

## decentralized to Nseleni Community Health Centre



**AS** part of the National Department of Health mandate to decentralize health services, the Drug Resistant-Tuberculosis treatment mandate seeks to fast-track treatment initiation and care for early initiation on treatment. Decentralization will improve access and provide level of convenience to the client.

According to the National Health mandate each sub district must have at least one site that initiates and treat Drug Resistant-Tuberculosis (DR-TB) patients.

All King Cetshwayo sub districts have decentralized TB health services, with Nseleni Community Health Centre being the latest decentralized site to offer full DR-TB treatment on site that will be looking after clients that from UMfolozi Local Municipality areas. Stable clients are no longer going to

be sent to Catherine Booth Hospital for treatment initiation and care.

This is advantageous to clients because, clients are now going to be treated nearer to their homes and be able to stay with their families. Decentralization of Drug Resistant-Tuberculosis treatment will reduce death rate and loss to follow-up because clients on treatment will be receiving treatment closer to their homes which enhances tracing and adherence.

This DRTB latest Guidelines stipulate that all Rifampicin Resistant /Multi Drug Resistant-TB patients in fair to good general condition may be started on ambulatory treatment regardless of their bacteriological status. Such patients are expected to be without extensive disease and stable.

Rifampicin Resistant /Multi Drug Resistant-TB that are admitted for treatment initiation may be kept

until two negative smear microscopy results are received if they were positive initially or when their general condition improves.

*This has been achieved through MEDECINS SANS FRONTIERS-DOCTORS, WITHOUT BORDERS, affectionately known as MSF, who donated a two cubicle park-home unit that will be utilized by Nseleni Community Health Centre. King Cetshwayo District health services would not have been able to urgently fulfill these community and client needs without support from MSF as Department of health partner, the immediate structural intervention needs was made possible by MSF. Department of Health in King Cetshwayo District would like to tender a great word of gratitude to MSF as a partner for the intervention and donation for service improvement.*



# Isibaya SaMadoda launch at Khabela Tribal Council under Nkandla Local Municipality

**Isibaya SaMadoda** launch at Khabela Tribal Council under the leadership of Inkosi M.E.Dlomo under Nkandla Local Municipality was characterized by celebration and acknowledgement of traditional basic behaviors, **'azibuye emasisweni.'** Mobilization was really good hence Malunga community hall was full to its capacity with local men to share experiences, listen and learn from one another. Dr. Bonginkosi Zungu, Ekhombe District Hospital CEO, spoke about Men's health clinic that has recently been started as a pilot project to cater for the male population. All clinics under Ekhombe hospital are offering a happy hour for men. This will go a long way in attracting men into clinics. Most of HIV and Tuberculosis loss to follow up clients are men, they are cited long waiting hours as the reason that is chasing them away from clinics. HIV, TB and Male Medical Circumcision were also one of the topic featured most in his speech.

Lifeline Zululand shared information about Gender Based Violence (GBV), males were encouraged to report GBV to SAPS. They must not hide victimization by their female partners as men are also affected by GBV by female counterparts. According to SAPS most perpetrators of violence, rape and other social ills are men. No men have been chased away at Ekhombe police station when reporting GBV. He said the police station is very welcoming in victims of gender violence. Mr.S.Sibiya, Nkandla Local

Municipality Speaker shared his words of support on the day by speaking about men being the role model for their families and community at large. He urged men to respect women's right, men have to take full responsibility of being responsible and helpful members of the society. Mr. Sibiya edged the men of Malunga community to stop and report perpetrators of violence crimes and killings that are taking place within the Malunga area.

The guest speaker was Prince Nhlanganiso Zulu, He talked about Umkhosi Womhlanga and its background, he said it was started by his sister with less than 100 virgin girls. He talked about Men's circumcision's benefits which is cleanliness. He encouraged men's to go to the clinic and get circumcised. He encouraged men's to respect their parents because they will give them blessings. He talked about his history with TB infection that resulted in his right lung being removed. He condemned the impregnation of young girls as young as 10 years by older men.



# Isibaya SaMadoda launched at Khabele Tribal Council Photo Gallery



**Amadoda endawo ethamele isigcawu sawo kubhungwa ngezindaba ezintinta impilo yendoda kwi Isibaya SaMadoda endaweni yase Malunga ngaphansi kweNkosi yakwaDhlomo**



**UmNtwana u Nhlanganiso Zulu ethula inkulumo yosuku**



**Inkosi yesizwe samaKhabele ihola Amadoda nesigungu sayo**



**Dr. Bonginkosi Zungu– Ekhombe District Hospital CEO delivering his word of support during Isibaya SaMadoda at Malunga Area**

# Positive behavioral alignment through a Health Promoting School program



**A** Health Promoting School does not start with a launch, but with integration of multidisciplinary of stakeholders who are coordinated to ensure that a school as a community entity becomes a positive symbol internally and externally. There are different stages that a school needs to accomplish in order for that particular school to be graded and launched as a Health Promoting School. Congratulations go to Sitholinhlanhla Primary School at Mzingazi are under UMhlatuze Municipality. The immense work has been done by Principal, School Management Team and Ngwelezana Hospital School Health team under the leadership of Sir. K. Manzini. The team worked tirelessly to ensure that this school becomes accredited as a Health Promoting School. The school was launched on the 27<sup>th</sup> October 2022 and celebrated their achievement of being a Health Promoting School (HPS) status at Current Community Hall at Mzingazi area.

There are lot of community benefits that come with having a Health Promoting Schools in the area. The school played a significant role in accepting the concept and begun to work on the five principles of Health Promoting School which are Healthy School Policies, Personal Skills Development, Healthy supportive environment, Support Services, Community involvement. The school did very well to achieve 82% during the District assessment and during the Provincial assessment the school achieved 92%.

Health and Education is intensely linked, hence healthy children are more likely to learn effectively and that reduces the risk and burden of diseases amongst learners and educators. This will then foster positive attitudes to learners, improves the ability to learn and achieve academically, decreases behavioral issues in the classroom and school yard. Ultimately these benefits

enhances physically, mentally and social health of the whole school community.

Interrelationship is built between the school and the community, the sense of ownership, through the children the community's health knowledge and skills are developed hence leading to effective management of their sick children. Communities are more involved in their children's academic performance at school that leads to health promoting homes. The whole society benefits with Physical and mental health at large. Stronger community support Cleaner environment to all. More holistic educational opportunities. **Health Promotion School** Motto: "A Health Promoting School constantly strengthens its capacity as a healthy setting for living, learning and working".

# Sitholinhlanhla Primary School Health Promoting School launch gallery



Mr. Shadrack Khanyile- King Cetshwayo District School Health Co-coordinator handing over certificate to Ms.



Ms. Jabu Kunene- King Cetshwayo District Primary Health Care Specialist handing over certificate to Ms



Mr. Shadrack Khanyile- King Cetshwayo District School Health Co-coordinator handing over certificate to Ms

**SITHOLINHLANHLA PRIMARY SCHOOL**

The Principal: Mr M Gwala and HPS Committee  
 Has developed and implemented HPS Policies.  
 Made successful endeavours in making their environment healthy.  
 Involved the community in school health activities.  
 Made school community to exercise control over their own environment.  
 Worked intersectorally with other departments.

Proudly supported by: **SignForce** health  
 Year: 2022





## Spiritual healing, appreciation and workforce motivation for King Cetshwayo Health sector

King Cetshwayo District Management came up with an idea of alleviate work force spiritual moods, motivate and appreciate the good work done by the health workforce in the past two years which were devastating due to Covid 19 Pandemic which affected all of us in one way or the other. Some of the work force lost family member, colleagues friends and love ones. The health sector worked beyond expectations in a fight to save lives, in the process employees were drained affected by a lot of emotional draining issues and situations hence the creation of this platform for employees to vent and shout for emotional support and psychosocial support. The health sector worked fully during all levels of lockdowns which was something that was not easy because that

came with a lot of mental health strain on any individual. The idea of cluster prayer days was motivated by all of that, prayer days were divided into three cluster where Nkandla Sub district was combined with Mthonjaneni Sub District and the prayer was at Melmoth Sports Centre, the second one was hosted at uMlalazi Sub District hosted at King Dinuzulu hall and the last one saw UMfolozi and uMhlathuze being combined and had their prayer day at Ngwelezana Municipality hall.

In all these cluster prayers the district was fully supported by Reverend Luvuno and Reverend Shangase from Chaplaincy unit at Head office who were delivering spiritual and motivational messages. Spiritual Support that was administered to the King

Cetshwayo District during the psycho social support road show focused on the following Reinvigorating self-awareness and esteem among employees. Assisting employees with coping mechanisms when they face diverse life situations. Inculcating a culture of focus and discipline to their calling as health workers. Cementing their understanding of interpersonal relations and teamwork in the work space and life in general. Imparting boldness and courage to take decisions that influence their lives for the better. Fostering resilience in the lives of employees when faced with difficulties in life and in their workspaces.



# Prayer Day photo gallery







## King Cetshwayo District women's day celebrated in style

### WOMEN'S FORUM EVENT – COMMEMORATING WOMEN'S MONTH

31 August 2022 was indeed a day not to be forgotten. A home will never be complete without a mother. Thank you to our District Director mama N.E Hlophe and Old Mutual Team who supported and rendered informative presentations. Women's Forum serves as support group & Women empowerment. The event started on a high note as women were chanting songs like "Mina sengikhumbul'umam'owangizalayo umam'owangibeletha" "inkos'kazi yembeth'amandla njengengubo" our mom District Director shared on a topic "**SHE IS A WOMAN**" – a woman has her own values; she knows what to do, when and how. She is truthful at all times. She is a woman of gratitude. She is self-respecting; she knows how to handle issues, not all arguments need your attention. She is forgiving- forgiving is a process, it is not easy but worth it, you live longer when you have a forgiving heart. She nurtures: a great woman is filled with selfless love & care and concern for others. Mr. Ayanda Mkhize an Old Mutual "On the Money" Trainer shared on the

importance of saving money, avoiding many debts that lead to frustrations.

He touched on the **Big Five Secrets of Money Management**: 1. A **Lion** eat first – one should have saving debits monthly before spending. 2. The **Leopard** never let its prey out of sight – have proper planning and focus on your goal. 3. The **Elephant** never forgets – do not forget to budget, know if you have to increase your savings or reduce your debts. 4. The **Rhino's** weapon is to charge when confronted by danger – develop a habit of reducing debts fast and manage debt wisely. 5. The **Buffalo** steadily grows its herd, & diligently protects all the members of its family – women should protect their belongings by saving, investing, ensuring their properties. Women should avoid pyramid schemes – always know that "**EASY COME –EASY GO**".

**Article by Ms. Zethu Gumede—Employee Assistant Practitioner.**



# King Cetchwayo District Sports day for keeping workforce healthy

**I**mportance of Occupational Health and healthy lifestyle in the workplace. Most feelings at the workplace are *sparked (review)* by stress and everybody wants to succeed in any duties they perform. If you were to ask most people to define “wellness”, the answer you will get will reflect what one individual sees in another. The signs of being well are living a life free from injury or any medical condition, upon the ability to exercise and feel rich from a balanced diet. Anybody who is not perceived to be well once lived a level of a good optimal health. As the body ages, every body parts declines, there are many particular factors that contribute to this decline. One would ask how could we identify these symptoms? we cannot see? Like mental illness can be caused by subconscious factors that we do not entirely notice, like the state of Occupational health.

There are seven dimension to overall wellness. Each dimension has a significant part in how we perceive better physical and mental health on daily basis. Occupational health, emotional health, intellectual health, Spiritual health, social health, physical health and environmental health are all dimensions that can be affected by any factors in our lives which may silently deteriorate our health. Occupational health as significant dimension in overall wellness, is the leading factor for good health as we spend 8-12 hours daily at the workplace. In most cases people who don't have certain level of occupational health, don't take initiative of their physical or social health therefore are not living healthy lifestyle.

King Cetchwayo District health as employer is providing personnel with occupational health services as to ensure if personnel are troubled by their own ill health and stressful circumstances they receive quality care treatment. Some of the elements of occupational health service are promotion of wellness and prevention of injuries and diseases through medical surveillance, biological monitoring, immunization, monitoring of special vulnerable groups, employee assistance program, health promotion and physical activities through sports and exercise.

Hence on the on the 10th of September 2022, all King Cetchwayo Health facilities converged to uMhlathuze Sports Complex, to participate in athletics, umlabalaba, chess, tug of war, netball, volleyball and soccer. The day was characterized by jubilant workforce and this day was full supported by District and Facilities management teams who came all out to support and cheer for their individual facilities. With popular codes that netball taken by Ngwelezana Tertiary Hospital netball team as 2022 champions and runner's up were Nkandla District Hospital. In soccer the 2022 King Cetchwayo District games champions are Eshowe District Hospital and the silver price went to Ngwelezana Tertiary Hospital. Congratulations to all participants, without them taking time to participate this day was not going to be a success. A special gratitude goes to the sponsor of the district games Sanlam Sky, their gesture of intervention with tokens for participants made this to be a special one indeed.

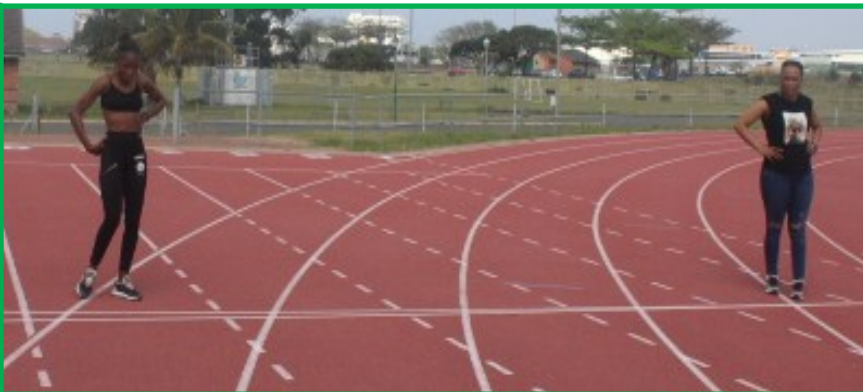
# Photo gallery for the sports day tournament



Ngwelezana Tertiary Hospital, King Cetshwayo District games netball champions



Eshowe District Hospital, King Cetshwayo District games soccer champions



*Azishe  
Dlala  
Msebenzi  
Day Well  
spent*

