



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# King Cetshwayo Health District

## King Cetshwayo

## NEWS

STAY INFORMED

September 2016

### Make every day Mandela day



**K**ing Cetshwayo District office and Emergency Medical Services staff contributed to a worldwide call to extend a helping hand to those less privileged. District office and EMS staff visited the Nkosi Sihawukele Care Centre in Nseleni area on the 18th of July 2016.

This centre is operating with donated items. Staff members from King Cetshwayo District spent their 60 minutes by spending time at the centre.

King Cetshwayo District team donated different grocery items to Nkosi Sihawukele Care Centre. This centre is under Mrs. Nomusa Mbatha's supervision and nine community volunteers that are looking after 16 children living with different disabilities.

District office and Emergency Medical Service staff members cooked, washed children's clothes, cleaned the yards and assisted with water connection from the main source to the centre.

This successful Mandela Day was coordinated by an energetic District office Sports and Recreation team.

**Above:** King Cetshwayo staff members arriving at the Nkosi Sihawukele Centre in full energy to provide their voluntary services to the centre

We salute all those who actively participated and those donated to make this day a success.



Mandela Day, 67 Minutes Photos  
[READ MORE ON PAGE 02](#)



OSS Cabinet visit to City of uMhlatuze  
[READ MORE ON PAGE 03](#)



Women's & Men's Month Celebration  
[READ MORE ON PAGE 05](#)

# Remarks by the Director: District Health Office



Remarks by Ms SCC Mabaso District Director which contains highlights of critical aspects of King Cetshwayo District in terms of the what the District has achieved through collective of efforts of everyone in the District and District challenges

## INTRODUCTION

The district name has been officially changed from uThungulu to King Cetshwayo District. Confirmation and adoption of the new name was launched on 26 July 2016, graced by His Majesty The King Goodwill Zwelithini.

## ACHIEVEMENTS

The district has shown great improvement in Clients Initiated on ART, Total remaining in Care, Antenatal visit before 20 weeks, Infant rapid HIV test around 18 months positive rate, Cervical cancer screening coverage, TB Cure rate.

## CHALLENGES

Hijacking incidences that had an impact on Primary Health Care outreach services to certain areas. Integrated interventions assisted in the reduction of incidences.

Shortage of staff and increasing overtime expenditure

Ageing equipment with frequent breakdowns and delays in repairs

High maternal mortality rate still a challenge. Leading causes include incomplete abortions, hypertension and hemorrhage.

Below average performance in HAST indicators e.g. condom distribution has been seen as extremely worrying as these indicators are mostly dependent

on available resources to improve.

Below target immunization coverage and vitamin A coverage also poor performing areas

Slow progress in improvement of clinics towards reaching an Ideal Clinic Status

All interventions to improve performance being monitored through different forums and strategies.

## CONCLUSION

The Director and the District Health Management Team wishes to thank all staff in the district for their commitment to continue providing the much need health services in the district in the face of trying times.

**King Cetshwayo District has positioned itself as “A continuously improving health system, striving for universal access to quality health service for all persons in King Cetshwayo District”**

It is for this reason that we shall always work harder to improve the quality of the health services we provide to our communities.

# Cabinet visit to City of uMhlatuze



**O**peration Sukuma Sakhe (OSS) Cabinet days are monthly Community Outreach events for the Cabinet which rotates among all Districts within KwaZulu-Natal, with a multipronged purpose to strengthen public participation, monitor the impact of service delivery by various Departments and evaluate the impact of Operation Sukuma Sakhe as an integrated approach in changing people's lives.

On the 29th of June 2016, twelve uMhlatuze Local Municipality wards were visited by different MECs as part of their cabinet day to engage with different communities to check service delivery status from different government departments and the impact of interventions made by those departments.

Dr.SM Dhlomo, MEC for Health in province was deployed in ward 29 of uMhlatuze Local Municipality. The MEC in the morning visited Ngwelezana Hospital new infrastructure project where new wards are being built, the MEC checked the status and progress of the project at Ngwelezana Hospital.

Mabamba Clinic was also visited by the MEC, due to the fact that Mabamba clinic received a gold status during Ideal clinic assessments of which is great achievement for a rural clinic. As sign to remember this visit, a pawpaw tree was planted in the clinic by MEC and community leadership.

The other project that was visited is Ithemba Lempilo, This is a Department Of Social Development project that has luncheon club for elderly group, soup kitchen for people living with HIV and AIDS and it is also used as an Early Childhood Development Centre .In this project, elderly citizens are using bids for artwork. MEC was happy to see healthy senior citizens because the luncheon club grannies do engage themselves in physical activities and on the day the MEC briefly did some physical activities with them.

The day was concluded with community engagement in ward 29 in Iniwe area. The community received a rare opportunity where community members were able to raise concerns and appreciation for different service delivery initiatives. Most of the issues raised were related to a high unemployment rate and crime related incidences in the area. Different stakeholders were able to engage and responded to some of the issues raised. The day was a real success and the impact of the visit was felt by community members.

**Dr SM Dhlomo, Cllr M Mathenjwa and other senior officials planted a pawpaw tree at Mabamba Clinic that will be a significance of this visit in the ward 29**



# King Cetshwayo Youth Day 2016 celebration



Learners from King Cetshwayo District preparing for assembly time

**I**n remembrance of 1976 youth, the youth that changed the history of South Africa. This day changed the socio-political landscape of South Africa, as the young people marched peacefully to ban the use of Afrikaans and English as compulsory medium of instruction in schools.

The aftermath of the events of June 16 1976 had dire consequences for our country. Images of the police firing on peacefully demonstrating students led to an international revulsion against South Africa as its brutality was exposed.

King Cetshwayo District Office honoured and celebrated this day on the 15<sup>th</sup> of June 2016. The day started at the “school assembly”, the parking lot was used for this. The learners were schooled by Mrs N Lawal about the history of the June 16, the events that unfolded in various areas in those dates. The youth was then advised on how to conduct themselves by Ms N Gumede.

This day was spent with the staff coming together; singing their lungs out, District office males performed a struggle song for the audience.

This day leaves everybody with a challenge of what to contribute to the emancipation of today’s youth from current struggles which are high unemployment rate, crime and drug abuse. As an ordinary South African citizen, one small contribution like mentoring the youth can go a long way in shaping the future of today’s youth.

During the break learners enjoyed themselves by buying some goodies from vendor mothers’ this was a fundraising exercise for the district Recreation Committee.





## Improved medication access through Central Chronic Medicine Dispensing and Distribution (CCMDD) programme

**K**ing Cetshwayo District has embarked on a new programme or system that makes chronic medication easily accessible to our clients through Central Chronic Medicine Dispensing and Distribution (CCMDD). CCMDD provides alternatives for the collection of chronic medication for stable clients with chronic conditions at places convenient for the clients, and at times convenient for the clients.

CCMDD is aimed at improving access to chronic medicines, reducing waiting times at the health facilities, reducing distance travelled by clients in order to collect their chronic medicines, and reduce workload for the clinicians and thereby improving quality of health service provided at the health facilities.

Eligible clients are registered in the programme and given a maximum of two months' worth of medication on the day of registration. The clients then choose a

suitable pick-up point where they will collect their medicine, using a list that will be supplied to them. The clients only come back to the facility after six (6) to renew their prescription.

Pick up points for medication include doctors' rooms, private pharmacies, NGOs, community halls, churches and other structures chosen by the health facilities. Of importance, clients do not pay a fee when collecting medicines at a private pick up point!

The program started in King Cetshwayo District from February 2016. Currently, there are twenty one (21) health facilities participating from the program, with over 30 pick-up points for medication. Since the launch of the programme, 18 472 clients have registered and are participating in the program. The District is aiming at registering 48 788 clients on CCMDD by end of March 2017.



Eshowe Hospital CCMDD team after the CCMDD launch in Eshowe Out Patient Department which was done successfully

## Women's and Men's Months Celebration - 2016



**K**ing Cetshwayo District Office commemorated Men's Month in a unique way. Thanks to our vibrant Sports and Recreation Committee who came up with an idea for both genders to have a fun day which encouraged team building. The event was held on 19 July 2016. Activities of the day were Aerobics for warm up by Ejimini Fitness Club and a soccer game District women against above 35 years males. First group was men of 35 years, the score was a draw of 4 all. Men won by penalties (it is clear that women did their best it's just that women wanted to give men that feeling of being leaders). The day ended with delicious "Pap" and "Braai meat" with drinks served by beautiful young women of King Cetshwayo District Office. "WATHINT'ABAFAZI

King Cetshwayo District Office women had unspeakable joy for having been privileged to work with men who are loving and caring. District office men booked a special women-only event at Wave Restaurant in 5 Ways Mall. Dress code was strictly red, black or white. Venue was nicely decorated, with the provision of free shoulder and foot massage, Manicure and Pedicured service by Khanyi Spa Team. Mrs. Tanya van Aswegen, the District dietician, advised women on how to eat healthy, for a healthy body and mind.

After a moth-watering lunch, women were later blessed by inspiring teachings about "Relationships" by Pastor Peter Hughes. He mentioned that for every relationship to succeed both parties should be willing to get to know and understand each other because one can change a person's personality but not a person's Character so for a relationship to stand one would only need to adjust.

Pastor Hughes also said "all women like to speak to a man as though he is a woman. All women think men are too slow..... All men think women always want to know their whereabouts, when all a woman wants is to know if her husband is safe where he is because she worry about him".

We learned that really Men and Women operate in two different ways and that calls for both genders to do a research about both genders.

SIYABONGA MADODA ASE KING CETSHWATO HEALTH DISTRICT OFFICE.

**'They say for every successful man there is a powerful woman behind who is always one step ahead of him'**

*Compiled by: S.N Dlamini-PRO In-serve and N.S Gumede-EAP Practitioner*

# Women's and Men's Months Celebration - 2016



## Know your Health Status - Its "Free"



District office staff members effectively used health screening day. Health screening was provide by GEMS.

**The** MEC for Health: KwaZulu-Natal, Dr. S.M Dlomo advocates that a "Healthy Mind in a Healthy Body" is a sure guarantee to a productive and healthy nation. King Cetshwayo Health District Office staff accessed Health Screening Services rendered by GEMS Nursing Team and Optometrist Rihanna together with her team from Eye Wellness Clinic. The event was on 19 July 2016. Our sincere gratitude goes to District Office Management who allowed us to host such an event and also to District Office Supervisors together with staff members who fully participated and cooperated well which made the day to be a success.

Service providers also appreciated good attendance with staff being keen to know their wellness condition. 41 employees were screened for body health (26 females and 15 males); 17 went for neck & shoulder massage; 37 went for eye screening and GEMS Marketer Sihle saw 38 staff.

Staff members are encouraged to periodically check their health status so as to manage conditions before they escalate in the body, affecting their health and productivity at work.

**Compiled by: Gumede N.S - District Office Employee Wellness Practitioner**



Qiniso Mvubu did his eye testing and Bheko Khubisa was relaxed while his BP was checked.



## Breast Feeding Week - August 2016



Ms SCC Mabaso, District Director and Mrs CNN Mkhwanazi handed over Certificates of Appreciation to PATH which was represented by Ms G Sokhela and Ms Makhosi Khoza

**B**reastfeeding week is celebrated globally every year from 1-7 August. The theme for 2016 was "Breastfeeding, key to sustainable development", to show that Sustainable Development Goals (SDGs) can be achieved by promoting, protecting and supporting mothers to breastfeed optimally.

Every year for the whole month of August, the district aims to scale up every effort to create awareness around breastfeeding, with great success. The district hosted more than 36 different events and activities and had 3 community dialogues. An awareness event was also hosted by Lower uMfolozi War Memorial Regional Hospital on Human Milk Banking.

The District had 3 inserts in written media for coverage of events, 1 blog post on 'Vibe online, one interview on 1KZN TV and 2 radio slots. There was also a twitter handle *#wesupportbreastfeeding*.

Human Milk Bank Awareness event at Lower uMfolozi War Memorial Regional Hospital The District Director for Health Services, Ms. S.C.C Mabaso and Mrs CNN Mkhwanazi, CEO of LUWMRH handing over certificates of appreciation to PATH for the support they gave in establishing the milk bank. Dieticians and Nutrition Advisors supported the event.



Prize winners of healthy baby competition at Ntambanana Clinic

## Healthy Life Style - District Sport Tournament 2016



It was one of the exciting moments for Ngwelezana Hospital when Mr ZR Mhlanga, the District Director of the day and Mr B Vilane Branch Manager from Sanlam handed over trophy to 2016 soccer champions.

**I**n responding to the MEC for Health, Dr SM Dhlomo's call that healthy lifestyle prolongs an individual's life expectancy, King Cetshwayo District hosted its annual sport day event on the 3rd of September 2016. District facility employees came in numbers at uMhlathuze Sports Complex in Richards Bay to be part of different physical activities that were conducted on the day. Activities of the day were athletics, soccer, netball, tug of war, umlabalaba, volleyball and chess.

There were 11 health facilities that participated in the District sport day. Although there were incentives for ultimate winners but what is always encouraged is the maximum participation for all employees. This day is also being used as a team building exercise to boost staff morale.

In three consecutive years Eshowe District Hospital has been a dominant force in all the two most supported sport codes which is netball and soccer.

During 2016 District sport day all eyes were on them to defend their championship.

Chess was won by Ndumiso Ngema from Ekhombe District hospital, umlabalaba a champion came was Siphon Mhlanga from Eshowe hospital. In athletics 100m in females Thandeka Ntombela from Lower Umfolozi War Memorial Regional Hospital got first position and second position was Siphwokuhle Dlamini from Nkandla Hospital, 200m females Nokwanda Mbatha from Eshowe Hospital came first and Thandeka Ntombela from Lower Umfolozi War Memorial Regional Hospital got second position. Males 100M sprint first position was Thabane from St

Mary's KwaMagwaza hospital and second position was Sizwe Nqubuka from Nkandla hospital; and 200M was won by Msizi Luthuli from St Mary's KwaMagwaza hospital and Norman Nzuza from Mbongolwane hospital came second position.

Eshowe hospital netball team successfully defended their championship. Eshowe ladies beat St Mary's KwaMagwaza in the finals by 16 goals to 7 to become 2016 district champions again.

Ngwelezane hospital became the 2016 champions in the soccer game, beating the defending champions, Eshowe hospital by 4 goals to 2 through penalty kicks after 1 all draw.

Well done to all participants and congratulations to all winners on the day. A special word of appreciation goes to the sponsors of the games, Sanlam. Without their support this day would not have been a success and a special one, also to all facility Management teams to have availed all transport and personnel to partake on this day and lastly a special gratitude to the organizing team made of facility sports coordinators for the outstanding commitment to ensure the success of this day.

# Healthy Life Style - Sport Tournament 2016



# ACKNOWLEDGEMENTS



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