



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

KwaKhoza Reserve , Umlalazi Municipality ward 15
P/Bag x 105 , Amatikulu 3801
Tel: 035 474 8407 Fax: 035 474 7694 Email: Nompilo.Xaba@kznhealth.gov.za
www.kznhealth.gov.za

Catherine Booth Hospital

JANUARY—MARCH 2018

INSIDE
THIS
ISSUE



PG 4: Youth on
ART Club.

PAGE 5: Thola
amaphilisi akho
eduze nalapho uhlala khona.

PAGE 6: Amanzi aseyaphuma kompompi
eNsingweni Clinic.

Health services to the most Deprived area at
Umlalazi Ward 6.

PG 7: Banakekeleka ngokukhethekile abe-
sifazane abaneminyaka engama 19-24
Ezempilo zilethwa ngqo kwabasebenza
emapulazini.—PG 7

PAGE 8: Hearing Awareness.

PG 9 :Dual protection /ukuzivikela
okumbaxa mbili.



PAGE 10: Five keys to safer food.

PAGE 12: Pregnancy Awareness.

PAGE 13: Staff wellness.

PAGE 14: TB Awareness.



COMPILED BY

NOMPILO XABA

PUBLIC RELATIONS OFFICER

UHLELO LOKUSHESHISELA ABANTU ABASHA (AYFS) ESIBHEDLELA NASEMITHOLAMPILO

Ngaphambilini bekunokuthi abantu abasha ikakhulukazi ama-thineja (teenagers) angakhululeki noma angayi emitholampilo noma ezibhedlela uma bedinga usizo ikakhulukazi oluphathele- ne nezifo zocansi, ukukhulelwa nokunye ngenxa yokusaba abahlengikazi ukuthi bazobathethisa noma babukeke njengezingane ezingaziphethe kahle.

Emitholampilo sekunohlelo olubizwa nge AYFS okumele u-Adolescence Youth Friendly Services. Kuphinde kube ne “Happy Hour” okuyihora lokubona ama teenagers nentsha.

Asisekho isidingo sokusaba ukuya emitholampilo uma ungumfundi noma ungu- muntu omusha.

Babonwa ngumhlengikazi osesigabeni sabo noy- intsha naye futhi noqonda kancono izindaba zolusha okwenza bakhululeke ukuxoxa naye njengomuntu omusha. Lokhu kwenza intsha ukuba ihlangane ikhulume ngezinkinga ezibhekene nent- sha ngokwezempilo ifundisane, iphinde yakhane njengabantu abasesigabeni

AYFS - HAPPY HOUR

ENSINGWENI CLINIC

EVERY WEDNESDAY - AND
THURSDAY 14:00—15:00

GINGINDLOVU AND MVUTSHINI CLINIC

EVERY WEDNESDAY 14:00—15:00

esisodwa. I Happy Hour iba ngesikhathi lapho abafundayo sebephumile ezikoleni kusukela ngehora lesi 14:00 –15:00. Loluhlelo luphinde lusize ekutheni bangabambi ulayini ngoba ngokocwaningo kwatholakala ukuthi enye yezizathu ezenza banga- thandi ukuya emitholampilo ukubamba olayini.

Uma befika ngalelihora baqonda nqo egunjini labo bodwa lapho bakhuluma ngokukhululeka khona bebodwa ngezinkinga zabo futhi bengasabani. Loluhlelo lukhona eGingindlovu Clinic, Ensingweni Clinic Kanye nase Mvut- shini Clinic.

PHC SERVICES—ABASEBENZA EMPHAKATHINI

Health Promoting School

Isibhedlela sinohlelo noma ithimba elisebenza nezingane ezikoleni. Loluhlelo lwaziwa ngo School Health Services nokuyithimba elihambela izingane ezikoleni ngenhloso yokubhekelela ezempilo ezikoleni. Izingane zihanjelwa ezikoleni zibhekwe izidingo zezempilo nokuthi uma ingane itholakele nenkinga edinga abezempilo ithole ukwelapheka noma idluliselwe esibhedlela kumbe emtholampilo. Kuningi ke okubhekwayo ezinganeni okungaba yinhlanzeko,

izindlebe, amehlo, ezenhlalakahle nokunye okuphathelene nezempilo

Kunohlelo futhi lapho isibhedlela siqoka khona isikole esizosilekelela ekubambeni iqhaza ukuba lesosikole sibe ngesikhuthaza ezempilo (Health promotion). Ngalokho kumele lesosikole sihlanzeke, sibe nengadi yezitshalo enakekelwayo, namabhuku aqondile uma kubhekwa ezempilo nezindlu zangasese ezihambelana nemigomo yezempilo ngokohlelo lwe Health Promoting School.

Isibhedlela sihlomule ngezimoto ezintsha ceke!!!

Uma kuthiwa izinsiza maziye swa emiphakathini kusuke kungakhulunywa nje into engenzi. Isibhedlela sinophiko lwakwa Mobile nokuwuphiko oluhambisa umtholampilo ongomahamba nendlwana emiphakathini eqhelelene nesibhedlela noma nemitholampilo ngenhloso yokunciphisa ibanga elihanjwa ngabantu uma bedinga usizo lwezempilo. Isibhedlela sisendaweni yasemakhaya kanti kwezinye izindawo kunzima ukufinyelela kuzo ngenxa yokuntuleka kwezinto zokuhamba. Ezindaweni ezinjalo kuba khona umahamba nendlwana wezempilo ofika njalo ngenyanga ukulekelela umphakathi ukuba ungahambi ibanga elide uma uza emitholampili noma esibhedlela.



Imoto entsha yase Mobile Clinic

THEY ARE LIKE A REAL FAMILY– YOUTH CLUB



FRONT LEFT: Nomcebo Buthelezi, Thandani Nzuza, Ndumiso Mgudlulwa, Slungile Mpanza.

BACK: Mabaso Samkelisiwe, Vuyani Luthuli, Phiwayinkosi Nzuza, Talente Zungu, Sfundo Ncube (Spokes person)

**“We
are
the
family”**

Something in common made these enthusiastic and energetic youth and teenagers to come together and form a support group. They came from different areas from Amatikulu, Gingindlovu, Mtunzini and other surrounding areas under the catchment area of Catherine Booth Hospital.

They come to hospital once a month and that is when they get time to meet and share their ideas, experiences and advise one another on health issues. They are so organized and have their own spokes person as a club.

Other than receiving health service from the hospital, they are encouraged on life issues in general including education and the behavior of youth

and teenagers in order to have a bright future.

They are mothered by a loving, carrying mother, a Professional Nurse who is the Operational Manager. She goes an extra mile in assisting and supporting these young stars. She even sourced some bursaries for them to further their studies in the institution of higher education. That is Sister S.G Jackson whom they call “mother”

Others are at tertiary education which encourages them to take good care of themselves despite of other negative circumstances. They are focused and know what they want in life.

Abantu abayeke ukuhlukumeza abasebenzi bezempilo uma besebenza emiphakathini yangakubo!!!!

Izinsiza zezempilo ziyiswa emiphakathini ngenhloso yokulekelela umphakathi ohamba amabanga amade uma udinga usizo lwezempilo. Kuba nzima ke nokho ukuthi uma befika e phoyintini (Mobile Point) kube khona iqeqebana thizeni elisebenzisa kabi abezempilo. Uma kwenzeka lokho kungadala ukuba lelophoyinti livalwe abantu bahambe ibanga elide ngoba behlulwa ukuziphatha.

ABANTU MABANGENE OHLELWENI OLUZOBENZA BANGALINDI ISIKHATHI ESIDE ESIBHEDLELA NASEMITHOLAMPILO (CCMDD)



UMUNTU MAKAZIYELE YENA UKUYOLANDA IMITHI YAKHE OKUNGENANI IZINYANGA EZINTATHU ZILANDELANA, ANGATHUMELI!!!.

Asikho isidingo sokuma kulayini isikhathi eside esibhedlela noma emtholampilo uma ulande imithi / amaphilisi ezifo ezingamahlalakhona. Abantu abalanda imithi yezifo ezingomahlala khona, bayakhuthazwa ukuba babhalise ohlelweni olubenza bakwazi ukulethelwa imithi yabo ezindaweni eziseduze nabo ngaphandle kokuza esibhedlela noma emitholampilo. Lena ngenye

yezindlela ezenzelwe ukunciphisa olayini abade ezibhedlela nase-mitholampilo. Uma udla amaphilisi ezifo ezingomahlalakhona, ungaxhumana noNompilo wangakini (Community Care Giver) noma ucele kumhlengikazi okusizayo akuphe ulwazi lokungena kuluhlelo. Loluhlelo alusizi ukunciphisa olayini kuphela, luphinde lwehlise nenani labantu abangayilandi nabangayidli



ngendlela imithi. Phela manje usuvele uye esitolo kumbe ehlo lomphakathi noma enkulisa bantwana eseduze nomuzi wakho uthole imithi yakho. Ngalesosizathu, asikho isizathu esenza umuntu angawalandi noma angawadli amaphilisi akhe ngesikhathi. Konga nemali yokugibela.

FINALLY, WATER HAS COME OUT OF THE TAPS AT ENSINGWENI CLINIC

Ensingweni Clinic has been without water for some years. That put the clinic at risk of not being able to retain nurses who are supposed to stay at the clinic yet Ensingweni clinic is a busy clinic based on the number of patients coming to the clinic. After all the efforts by the department and community leaders, finally water has been sorted out with the help of uMhlathuze Water!!!

Clinic will now be able to function better hoping that staff especially nurses will be retained. We all know that water is the most

basic necessity one cannot live without. Unavailability of water at the clinic had a negative impact during the Ideal Clinic Assessment as the clinic was assessed. Some of the questions were marked none compliant because of the water challenge.



HEALTH SERVICES TO THE MOST DEPRIVED WARD AT UMLALAZI MUNICIPALITY—WARD 6

Ward 6 under Umlalazi Municipality was seen to be the most deprived ward in the Municipality. This ward is within the catchment area of Catherine Booth Hospital. In an effort to assist the community of ward 6 on Health issues, there is a Phila Mntwana Centre which is a health center where children under the age of 5 years are monitored for health conditions including growth, deworming, weighing and other health problems. The site of Phila Mntwana is in the Thuthukani Creche situated at Thuthukani. Parents are urged to bring their children as health services is brought closer to them as they are not travelling distances to clinics/hospital for their child wellbeing.



BANAKEKELEKA NGOKUKHETHEKILE ABESIFAZANE ABANE-MINYAKA ENGAMA 19-24 EMITHOLAMPILO.

Umanyango wezempilo wenza ngakho konke okusemandleni ukufinyelela nomama ukuhambisa ezempilo kubantu. Muva nje abesifazane abaneminyaka engama 19 kuya ku 24 sebenohlelo lokulandelelwa ezindaweni zabo ngenxa yakho njalo ukukhathalela ezimpilo zabo ngabomnyango weZempilo. Kulohlelo kunabesifazane abaqashwe ngokohlelo lwakwa Global Fund ababizwa ngama—Navigator ukunakekela ezempilo zalaba besifazane abanemin-

yaka ewu 19-24. Isibhedlela I Catherine Booth Hospital sona sihlomule ngama Navigator ayi 4 asebenza emitholampilo okuyi Mvutshini Clinic, Ensingweni Clinic, Gingindlovu Clinic Kanye nesebenza neMobile Clinic. Lama Navigator akhuthaza laba besifazane ngokuziphatha nokuhlolela isifo soFuba (TB), ukuhlela umndeni, ukuhlolela igciwane lesandulela ngculazi negciwane laso.

EZEMPILO ZILETHWA NGQO!! KWABASEBENZA

EMAPULAZINI

Isibhedlela sisendaweni eyakhelene namapulazi nokwenza ukuthi kube nomphakathi omningi osebenza emapulazini nokungelula ukuthola isikhathi sokuya emitholampilo nasezibhedlela. Isibhedlela ngophiko lwaka Community Outreach, basebenza ngokuzikhandla nokuyibona abafinyelela emajukujukwini ngenxa yokukhathalela ezempilo kubantu. Abasebenzi basemapulazini nabo bayavakashelwa nokuyilapho ababhekwa khona izifo ezahlukene abezempilo okubalwa ukuhlololwa isifo sofuba (TB), ukuhlololwa igciwane lesandulela Ngculazi negciwane laso, ukuhlela umndeni nokunye.

Abanesidingo sokudluliselwa esibhedlela bona babhalelwa incwadi ebadlulisela esibhedlela kwazise kusuke kufike umahamba nendlwana okungukuthi ezinye zezinsiza kusebenza zitholakala emitholampilo



Ithimba lakwa community outreach livakashele eplazini



nasesibhedlela. Kunohlelo lokuhambisela abanezifo ezingomahlala khona imishanguzo yabo khona emapulazini ukugwema ukwanda kwenani labantu abangayilandi ngendlela imithi yabo.

HEARING AWARENESS



Ms Veronique Niom (Audiologist) speaking to clients at Mvutshini Clinic and nurse translating.

In support for the World Hearing Day, Hospital Audiologist (Ms Veronique Niom) visited Gin-gindlovu Clinic on the 02 March 2018, Mvutshini Clinic on the 09 March 2018 and Ensingweni Clinic on the 16 March 2018 for the Hearing Awareness. In all these 3 clinics, she was educating the community on the cause and symptoms of Hearing loss. She explained the cause of Hearing loss which is in most times due to the following reasons:

She explained that ears have wax which helps to keep ears clean by preventing germs from entering and it keeps your ear moist so it doesn't get too dry or itchy .

CAUSES OF LOSS OF HEARING

- Old age
- Head Injury
- Ear infection
- Noise exposure from working environment / factory
- Ototoxic medication (medication that cause hearing loss)

SIGNS AND SYMPTOMS: ADULT

- * Ear pain.
- * Difficulty hearing.
- * Ringing in the ear.
- * Drainage from the ear.

SIGNS AND SYMPTOMS: CHILD

- Pulling of ear every day.
- You can also see drainage of fluid.
- Ear ache/pain.
- Fever can also be the sign of the ear infection.
- Difficulty hearing.



Patients at Mvutshini Clinic listening to the Audiologist during Hearing Awareness

DUAL PROTECTION / UKUZIVIKELA OKUMBAXAMBILI

REPRODUCTIVE HEALTH

Steps you can take to avoid getting pregnant can also protect you from HIV



Always use a condom, even if you are using other contraceptive methods. This is called Dual Protection.



The Female Health Company manufactures and markets the FC2 Female Condom.

FC2 is the *only* product currently available:

- Approved by the FDA and cleared by the WHO
- Under a woman's control

Which provides dual protection against:

- Unintended pregnancy
- Sexually transmitted infections (STIs), including HIV/AIDS



Sebenzisa ijazi lomkhwenyana (Condom) noma ngabe lukhona olunye uhlelo lokuvikela ukukhulelwa olusebenzisayo.

Zivikele ezifweni ezithathelana ngokocansi nakwi- sandulela ngculazi negciwane laso , Hlakanipha!!!! **USE CONDOM ALWAYS !!!**

Five keys to safer food



Keep clean

- ✓ Wash your hands before handling food and often during food preparation
- ✓ Wash your hands after going to the toilet
- ✓ Wash and sanitize all surfaces and equipment used for food preparation
- ✓ Protect kitchen areas and food from insects, pests and other animals

Why?

While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These microorganisms are carried on hands, wiping cloths and utensils, especially cutting boards and the slightest contact can transfer them to food and cause foodborne diseases.



Separate raw and cooked

- ✓ Separate raw meat, poultry and seafood from other foods
- ✓ Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- ✓ Store food in containers to avoid contact between raw and prepared foods

Why?

Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage.



Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood
- ✓ Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- ✓ Reheat cooked food thoroughly

Why?

Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70°C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.



Keep food at safe temperatures

- ✓ Do not leave cooked food at room temperature for more than 2 hours
- ✓ Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- ✓ Keep cooked food piping hot (more than 60°C) prior to serving
- ✓ Do not store food too long even in the refrigerator
- ✓ Do not thaw frozen food at room temperature

Why?

Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperatures below 5°C or above 60°C, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5°C.



Use safe water and raw materials

- ✓ Use safe water or treat it to make it safe
- ✓ Select fresh and wholesome foods
- ✓ Choose foods processed for safety, such as pasteurized milk
- ✓ Wash fruits and vegetables, especially if eaten raw
- ✓ Do not use food beyond its expiry date

Why?

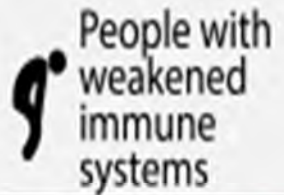
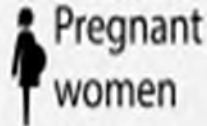
Raw materials, including water and ice, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.

LISTERIOSIS

What is it?

Listeriosis is food poisoning caused by eating foods contaminated with the *Listeria monocytogenes* bacteria.

Who's at risk?



Symptoms

Fever
Muscle aches
Nausea or diarrhoea
Headache
Confusion
Convulsions

Cases in SA

180 people have died
over 940 cases reported
*as at 5 March 2018



Source of outbreak

Enterprise Foods
factory in Polokwane



Foods to avoid

Ready-to-eat cold meat products including

Polony



Viennas and
other sausages



Cold meats



PREGNANCY AWARENESS



Ngeviki lokuqwashisa ngokukhulelwa, isibhedlela saqwashisa bonke ababeze esibhedlela nabakhulelwe ngokufanele kuqashelwe umuntu ekhulelwe nezinto okumele azigweme. Kwabangakakhulelwa bona babeqwashiswa ngokubaluleka kokuzivikela ekukhulelweni, izifo ezithathelanayo nakuso isandulela ngculazi negciwane laso. Lokhu kuqwashiswa kwakwenziwa kusukela ngomhlaka 12-16 March 2018.

CONDOM AWARENESS



UMama uNtombi Gumede nongumeluleki efundisa ngokubaluleka kokusebenzisa ijazi lomkhwenyana—icondom

STAFF WELLNESS DAY — 01 March 2018

WITH THE SUPPORT FROM OLD MUTUAL



Mrs LD Manqele ebhucungwa izinyawo ngabakwaKhanyie ababexhase lolusuku ngokuwotawota abasebenzi



HCT was done to staff members as part of wellness



Mrs Thembi Gasa checking High Blood Pressure



Body and foot massage was offered free to staff

Special thanks to Old Mutual, Khanyie Facial & Waxing from Empangeni and nurses who offered service during the awareness

IXOXWA NGEZITHOMBE

TB AWARENESS



UMnu. Sibiya nongumphathi wegumbi labaphethwe yisifo se MDR –TB exwayisa umphakathi nge TB



Ababenandisa ngomdlalo ofundisayo la omunye owayene TB waqeda amaphilisi esebuyele emzimbeni wakhe eseyisigora



Abahlengikazi u FT Shabalala no NE Mhlongo benikeza u mama uPhindile Ngobese iziphso nongomunye owasinda emuva kukudla amaphilisi eTB. Umama uPhindile Ngobese wayekhuluma esidlangalaleni ngokusinda kwakhe ekhuthaza nabanye.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

I-TB IYELAPHEKA!!! SISONKE MASILWE NOKUBHEBHETHEKA KWALESISIFO.

Isifo sofuba singezinye zezifo eziyingozi kodwa siyelapheka!!

Ngomhlaka 20 kuNdasa 2018 isibhedlela I Catherine Booth saba nomkhankaso wokuqwashisa ngesifo sofuba emphakathini owakhelene nesibhedlela owawukhona ngalolo suku ngenhloso yokuzohlenga izimpilo zabo. Umphakathi awugcinanga ngokuzozixilonga kuphela kodwa wazuza ulwazi olun-

zulu mayelana nalesi sifo esiyingozi esithathelana ngokomoya. Umphakathi wanxaxxa futhi ukuba uma umuntu ezwa noma enalezi-zimpawu zaso lesi sifo aphuthume emtholampilo ngokushesha.

Baphinde batshelwa ngobungozi bokuyeka amaphilisi kwabatholakale benalesisifo. Bakhona abathi bangazibona seabukeka bephilile bese bayayeka ukulanda nokudla amaphilisi abo. Kubalulekile ukudla amaphilisi nsuku zonke kuze kufike isikhathi abezempilo abayosho ngaso ukuthi usululame ngokwanele, usungawayeka amaphilisi. Uma uziyekela wena, usuke usuzibizela iTB enobungozi nebizwa nge MDR. Uma umuntu sekutholakale ukuthi une MDR lowomuntu usuke eseyingozi futhi kudingeka athole ukwelashwa okukhethekile kanti futhi yena esakhe isikhathi sokululama siphindekile kunalesi seTB ejwayelekile. Yena ke lo ose MDR ulashwa ngokujovwa nsuku zonke!!!

Uma unalezi zimpawu, phuthuma emtholampilo ngokushesha.

- ◆ Ukujuluka njalo ebusuku uma ulele
- ◆ ukukhwehlela ngaphezu kwamasono amabili
- ◆ Ukukhwehlela izikhwehlela ezinegazi
- ◆ Ukwehla emzimbeni nokungakuthandi ukudla.



Abasebenzi besibhedlela emkhankasweni wokuqwashisa ngesifo sufuba i-TB



ISEXWAYISO

- I TB itholakala emoyeni ngakho abantu abasebenzisa izithuthi zomphakathi mabaqikelele ukuvula ama fasitela ukuze kungene umoya ohlanzekile.
- Umuntu odla imishanguzo makayidle ngokwethembeka njengalokhu eyaliwe ngabezempilo
- Uma kukhona otholakele nalesisifo ekhaya, onke amalunga omndeni ahlala kulowo muzi kumele aye emtholampilo ayohlolwa ukuthi akekho yini omunye othelekile.

Ngalolusuku kwabe kukhona omunye owasinda kuso lesisifo nowakhuthaza abaphila naso ukuthi ngempela uma wenza konke oyalwe ngakho ngabezempilo futhi udla amaphilisi ngendlela, lesisifo siyelapheka. Wabe esechaza indaba yakhe njengomuntu owake waphathwa yilesisifo.