



Ubuhlebezwe Health NEWS

Bringing Ubuhlebezwe Sub-District Health News To You

Q3 - December 2024

Nursery Ward Hosts A World Prematurity Day Event For Its Clients



Main Stage For World Prematurity Day Celebration

The Nursery Ward hosted a World Prematurity Day event on the 20th of November 2024 at the hospital lecture hall. The purpose of this event was to come together to increase awareness of the difficulties and burdens of premature births. World Prematurity Day is celebrated every year on November 17 to raise awareness about the challenges faced by preterm babies and their families, as well as to demonstrate solidarity and compassion for such

families. This day was commemorated by the March of Dimes in association with the Euro-NICU as World Prematurity Day to celebrate the resilience and strength of families raising preterm babies and to extend an arm of hope, love, empathy, and support to them. Babies born too early face numerous complications in many aspects of life while growing up and require special assistance to help them grow safely.

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Farewell Message From The Public Relations Trainee



Mr A. A. Dlamini
Public Relations Trainee

By Asamkele Dlamini

To re-introduce myself, my name is Asamkele Dlamini, I have been serving at Christ The King Hospital as the Public Relations Trainee for Work Integrated

Learning (WIL) for my Diploma in Public Relations and Communications Management.

To the hospital management, supervisors as well as all staff; I would like to say that I am grateful and honored to have worked with a team like yours. Thank you for allowing me to do my in-service training at this hospital. Your positive attitude and work ethic have made me feel part of your team!" It was quite a great privilege to work with all CTK staff and all stakeholders. As my WIL period has come into an end, I am saddened to say goodbye. Working at CTK was a wonderful experience for my public relations and communication management career.

During my service, I participated in numerous CTK events, functions

and programmes, working hand in hand with my supervisor, Mr Mkhize who is the hospital's Public Relations Officer.

This has been an amazing experience which encouraged me to elevate my public relations and communication skills. I strongly believe in the credibility of the hard work and the projects that I participated on during my service.

I would like to thank all colleagues for welcoming me with warm hands and I pray that God continues to bless you all with all you have wished for. A massive shout out to my supervisor Mr Mkhize for being supportive and reliable throughout my service at CTK.

Meet The Hospital's Youngest Professional Nurse

Mr Ayabonga Mlahleni (23) mostly known as "Daffy" was born and bred in a small town called Libode in the Eastern Cape Province. His educational background is very short as he did his primary education in Libode village, he then went on to obtain his National Senior Certificate at St Practrik's High School. Due to his impressive matric results, Mr Mlahleni enrolled at the University of Fort Hare where he obtained a Bachelor's Degree in Nursing Science (Community, Psychiatry and Midwifery) in July 2023. During his course, Mr Mlahleni did his student training at Frere Hospital and Cecilia Makiwane Hospital in East London. After completing his qualification, he then did his community service at RK Khan Hospital in 2023. He joined Christ The King Hospital as a Professional Nurse for Male Ward in November 2024.

Why Did You Study Nursing?

Personally, I wanted to be a Police Officer so that I can protect those in need, but my mother chose nursing for me because she saw how protective and caring I was to everyone around me. She believed that I could make a great Professional Nurse one day. During the four years of studying nursing, I fell in love with putting people's health before mine and being an advocate for my patients. I also learnt that you can actually protect the people around you not only against criminals but also against sicknesses.

What Is Your Primary Roles As A Professional Nurse?

My role as a Professional Nurse is to care for my patients in all ways possible, including putting their health first before mine; to advocate for my patients and to be able to work in a team and be a team leader.



Sir A. Mlahleni
Professional Nurse

Where Do You See Yourself In The Next Five Years?

In the next five years, I see myself making change in the health department so that everyone can get better healthcare and helping people in and outside of the hospital.

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Nursery Ward Hosts A World Prematurity Day Event For Its Clients

The Nursery Ward hosted a World Prematurity Day event on the 20th of November 2024 at the hospital lecture hall. The purpose of this event was to come together to increase awareness of the difficulties and burdens of premature births.

World Prematurity Day is celebrated every year on November 17 to raise awareness about the challenges faced by preterm babies and their families, as well as to demonstrate solidarity and compassion for such families. This day was commemorated by the March of Dimes in association with the Euro-NICU as World Prematurity Day to celebrate the resilience and strength of families raising preterm babies and to extend an arm of hope, love, empathy, and support to them. Babies born too early face numerous complications in many aspects of life while growing up and require special assistance to help them grow safely.

Prematurity is the broad category of newborns born before 37 weeks of gestation. The most significant cause of newborn mortality and the most prevalent reason for prenatal hospitalisation is preterm delivery. The three leading causes of death for premature newborns born with birth weights less than 1000 g are respiratory distress and infection.

Preterm birth can occur for a number of reasons.

The majority of preterm births occur spontaneously. However, some are due to infections or other conditions issues that necessitate early induction of labour or caesarean birth.

Christ The King Hospital Nursery Ward celebrated this day under the theme **“Small Actions, Big Impacts”**. Sr N Msomi who is the Nursery Professional Nurse was tasked with being the programme director for the day and did a stellar job. Matron N. C. Ngubo (Assistant Manager Nursing - Maternity and Peds) did the welcoming and explained the main purpose of the day. Sr B. H. Cele (Operational Manager Nursing - Maternity Ward) introduced the guests for the day. The maternity staff gave a musical entertainment and then there were speeches from Sr Mnguni, Dr Sosibo and Ms Aphelele Shabane (Prem Mother). The staff came back again on stage to do a role play that creates an awareness on prem babies. The guest of honour were then given their gifts by Dr Ndinisa and Sir Cele. Dr Ogbeiwu and Matron Ngubo did a vote of thanks and the Nursery Team was awarded a certificate of appreciation for their exceptional job in managing pre-term babies. There was then cutting of the cake that was done by Dr Sosibo and one special guest for the day.



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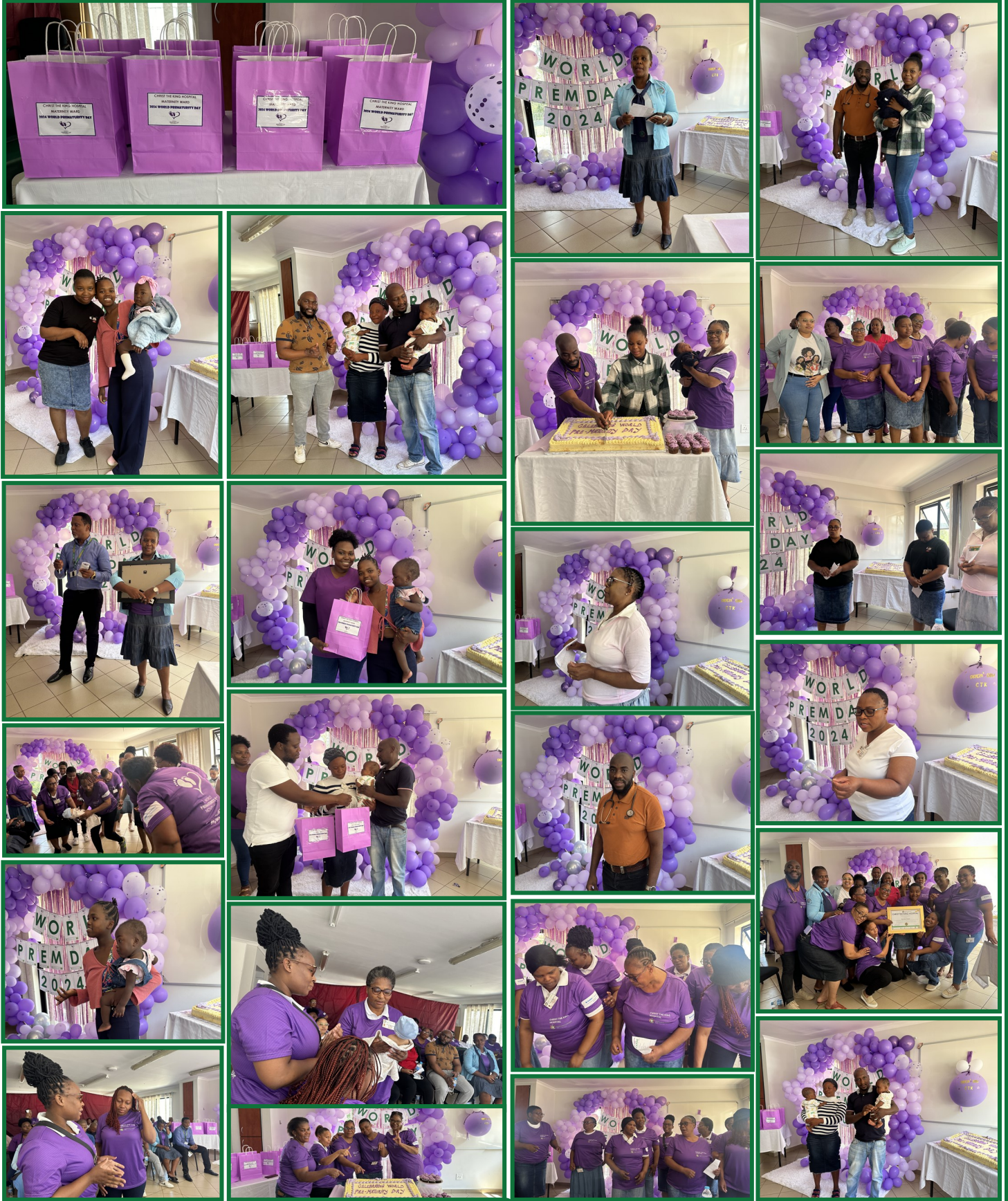
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Photo Gallery



Rehab Department Celebrates Its Clients Through a Cerebral Palsy Christmas Party

The rehabilitation department hosted a Cerebral Palsy Christmas Party for their clients and their guardians on the 13th of December 2024 at the hospital's Old Nurses Home Lounge. The Cerebral Palsy Party is an event held annually by the Rehabilitation Department to commend caregivers and patients who have been compliant with therapy throughout the year and to reflect on their progress and skills gained. The purpose behind the party is to encourage and reward adherence to therapy. The party was also hosted to help create a positive lens for patients to view therapy through, which should assist with further adherence.

Cerebral Palsy (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture. CP is the most common motor disability in childhood. Cerebral means having to do with the brain. Palsy means weakness or problems with using the muscles. CP is caused by abnormal brain development or damage to the developing brain that affects a person's ability to control his or her muscles.

Mr Maduna (Occupational Therapist) did an opening and welcoming and then the Comm Serves (Ms Crouch, Ms Naicker, Ms Mazibuko and Ms Mkhize) each gave a speech thanking the parents and guardians for attending therapy throughout the year. Mrs Mkhize (Chief Occupational Therapist) gave a keynote speech. There was then a pampering session where parents, guardians and their kids received manicure, hand massage and fun face painting. They also received Christmas gifts and then refreshments were served. Ms Xaba (Physiotherapist) did a vote of thanks. This event was sponsored by Ixopo Pedros and Lynford School.



Ubuhlebezwe Health Sub-District Commemorates 2024 World Aids Day

UBUHLEBEZWE HEALTH SUB-DISTRICT



"Take The Rights Path:
My Health, My Right!"

01 DECEMBER 2024



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Ndwebu Clinic

Ndwebu Clinic hosted a World Aids Day awareness on the 2nd of December 2024 at the clinic's main waiting area. The purpose of this awareness was to remind the public that HIV has not gone away and that collectively, there is the need to increase awareness, fight prejudice and improve education to maintain and achieve the aims and objectives of the country as set out in the National Strategic Plan on HIV, STIs and TB 2017-2022.

Every sexually active Ndwebu citizen is at risk of contracting HIV. The clinic calls on all clients to recognise that HIV and AIDS are chronic diseases, and that people living with HIV can have full and happy lives. We each have a responsibility to treat those who are struggling with an HIV-positive diagnosis with compassion, those struggling with AIDS with care, and ourselves and our sexual partners with respect. Addressing stigma and discrimination is important in mitigating the impact of HIV.

World AIDS Day is commemorated each year on the 1st of December and is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have died.

Ubuhlebezwe Health Sub-District has been relentless in its mission to turn the HIV, AIDS, and TB epidemics around and there are notable achievements to celebrate. A review of our efforts in addressing the HIV and AIDS epidemic over the past 20 years, paints a mixed picture. There have been many scientific advances in HIV treatment and we now have a much better understanding of the virus. More people are receiving antiretroviral treatment, which means HIV infection rates are decreasing. There is also a scientific optimism around the benefits of treatment as prevention, and progress towards a cure and vaccine.

However, despite these advances, stigma and discrimination still persist for many people living with, or affected by HIV. World AIDS Day 2024 is an opportunity for all Ubuhlebezwe citizens to remind themselves that HIV is still a reality and that it is incumbent on all of us to continue fighting prejudice, stigma and discrimination.



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Emergency Drill In Preparation For The Festive Season

Christ The King Hospital in partnership with Ubuhlebezwe Municipality, Ixopo EMS, Ubuhlebezwe Disaster Management, Ubuhlebezwe Fire and Rescue, Harry Gwala District Municipality, Ixopo SAPS, Ixopo Towing and Ixopo Traffic Department hosted an accident emergency drill on the 27th of November 2024 at R56 and R612 Intersection. This was to demonstrate preparedness for the festive season in case of an emergency.

An emergency drill is a practice run of an emergency procedure to test how well a facility, system, or people respond to an emergency. This emergency drill was very important because it was a strategy to test and improve emergency plans, prepare staff and stakeholders, identify gaps and weaknesses, minimize confusion, and reduce panic during a real emergency. This drill assisted the hospital and partnering stakeholders to identify any weaknesses in their overarching, more generalized emergency plans, of which the drill is a part, so that any weaknesses in the overall plans can be fixed before an actual emergency occurs.



Ubuhlebezwe Health Sub-District Successfully Launches Isibaya Samadoda At Bayempini Hall

By Asamkele Dlamini

Ubuhlebezwe Health Sub-District launched Isibaya Samadoda on the 6th of November 2024 at Bayempini Hall, KoZondi Ward 9. Isibaya Samadoda is a health initiative started by Prince Nhlanguiso Zulu with an aim to promote the wellbeing of men and alleviate the health issues they face daily – often contributing to detrimental social ills such as gender-based violence (GBV) and inequality, teenage pregnancy, substance abuse, high school dropout rates, suicide, social disintegration of the aged as well as persons with disability, and the preventable spread of HIV and other sexually transmitted infections. It is a platform where men can speak up and discuss issues related to voluntary medical male circumcision (VMMC), HIV Testing Services (HTS), Tuberculosis (TB) screening, prostate cancer and mental health issues.

The Launch was supported by the Ward Counselor, Induna, Right To Care, MatCH, Vukuzithathe, Department of Social Development and Ubuhlebezwe Municipality. There were presentations done by different stakeholders encouraging men to take a stand in fighting social illnesses.

Sir T. E. Mhlongo was the keynote speaker. During the speech, Mr Mhlongo encouraged men to take good care of their health and gave an educational lecture on the importance of prioritizing health care. Men's health was the main topic of the programme, domestic violence and Gender-based Violence (GBV) were also discussed.

The food that was served included; rice, chicken curry, inyama yenhloko, istambu, salads and drinks.

- Picture 1** - Event main stage
- Picture 2** - Men listening to the speakers.
- Picture 3** - Speaker from Right To Care.
- Picture 4** - Event view
- Picture 5** - Sir T. E. Mhlongo delivering his keynote speech.
- Picture 6** - Consulting stand.
- Picture 7** - Food eaten on the day.
- Picture 8** - Vitals and screenings stand.



Nutrition and Dietetics Department Celebrates National Nutrition Week In Style

The Nutrition and Dietetics Departments hosted its annual National Nutrition Week Staff Marathon on the 06th of December 2024. The marathon was categorized into two distance; 3KM which started at Ixopo Clinic and finished at CTK Hospital Assembly Point and 6KM which started and finished at CTK Hospital Assembly Point.

National Nutrition Week is celebrated every year from 9 – 15 October to create awareness of the importance of eating healthy. This year's theme, **“Eat Right for a Better Life!”** emphasises the importance of good nutrition in supporting physical, mental, and emotional well-being. By making healthier food choices, we can fuel our bodies and minds for optimal growth, energy, and performance.

After the marathon, the participants gathered at the assembly point where they did aerobics led by Ms Zamambo Mkhize. This successful event was sponsored by Ntateko & Admin Consultant Dieticians led by Lindani Gumede (former Dietitian - Comm Serve), Sanlam, Melusi Zwane (former Physiotherapist - Comm Serve) and supported by Ixopo EMS and Ubuhlebezwe Municipality Traffic Department.

Here is the list of winners:

3KM

- (Female) - Ms Yonela Mckombeli (Pharmacist - Comm Serve)
- (Male) - Mr Vusi Biyase (Enrolled Nursing Assistant - Christ The King Gateway Clinic)

6KM

- (Female) - Ms Sthembile Ngongo (Enrolled Nursing Assistant - Ixopo Clinic)
- (Male) - Mr Sanele Mbanjwa (Electrical In-Service Trainee - Maintenance)



Photo Gallery



National Nutrition Week Commemoration At Ixopo State Aided Primary School



The Nutrition and Dietetics Department visited Ixopo State Aided Primary School on the 23rd of October 2024 to educate pupils about the important of eating healthy and planting fruits and vegetables.



National Nutrition Week is celebrated every year from 9 – 15 October to create awareness of the importance of eating healthy. Christ The King Hospital highlights the concept and supporting messages for National Nutrition Week 2024. Food insecurity is still a major concern in Ubuhlebezwe Municipality. Food insecurity in pupils can lead to low nutrient intake, diabetes, cardiovascular disease, obesity, and mental health issues because they rely on low-cost, high-energy foods that are high in added sugar and fat, and they worry about where their next meal will come from. Energy-dense foods, often low-cost, are associated with low food expenditure, low fruit and vegetable consumption, and a less-healthy diet.



Eating right also positively impacts mental health by enhancing mood and reducing stress, making it possible to live a happier, more balanced life. **“Eat Right For A Better Life”** reminds us how crucial good nutrition is in feeling better, achieving more, and ultimately living life to its fullest.



Ms Mxhobo (Dietitian - Comm Serve) educated pupils about the importance of healthy eating. There was then a dialogue between the dietitian and pupils where they were given an opportunity to ask questions related to nutrition. After the dialogue, they were then educated on how to start their own vegetable gardens without having to spend much.



There was then a competition session where pupils were asked questions based on what was taught and demonstrated, those who gave the best answers were rewarded with educational gifts.

Picture 1 - Ms Mxhobo with the gifts recipients.
Picture 2 - Pupils getting ready to answer questions.
Picture 3 & 4 - Pupils learning to plant vegetables.
Picture 5 & 7 - Pupils receiving their gifts.
Picture 6 - Ms Mxhobo educating pupils.

Picture 8 - Pupils learning how to water their plants.



National Nutrition Week Commemoration At Maternity Ward

By Asamkele Dlamini

The Nutrition and Dietetics department hosted a National Nutrition Week Awareness Event 2024 at the hospital's lecture hall for the Maternity Ward clients on the 16th of October 2024.

Every year from 9 to 15 October is National Nutrition Week in Ubhulebezwe Health Sub-District, promoted by the Nutrition and Dietetics to raise awareness about the importance of nutrition and promote healthy eating habits. The theme for 2024 is **“Nutritious Diets for Everyone,”** aligning with the sub-district’s goal for sustainable development, focusing on encouraging diets that meet the nutritional needs of people at all life stages. The main purpose of this event was addressing nutritional deficiencies and promote a healthier nation. With a large percentage of the population, especially children and women, suffering from malnutrition, this period is geared towards spreading knowledge about the critical role nutrition plays in growth, immunity, cognitive development, and overall well-being. It also emphasizes the prevention of lifestyle-related diseases such as obesity, diabetes, and heart conditions through proper nutrition.

Ms Madlala (Dietitian), Ms Mxhobo (Dietitian - Comm Serve) and Mr Bele (Nutritionist) each gave an educational lecture to the expecting mothers from Maternity Ward. The mothers were given promotional material which they can use to gather more information about eating healthy food and how they should feed their babies. They were also educated about the healthy foods they should consume during and after pregnancy.

Human Milk Bank was also an important topic for the event. A human milk bank is a service that screens, collects, processes and distributes human breast milk. Ms Madlala further explained why it is important for them to donate breast milk for sick and vulnerable babies. She also explained the procedures and protocols of the Human Milk Bank. At the end of the event, the pregnant women were given fruits which included apples and oranges.



Picture 1 - Ms Madlala, Mr Bele and Ms Mxhobo.
 Picture 2 - Ms Madlala educating the expecting mothers.
 Picture 3 - Ms Mxhobo educating the expecting mothers.
 Picture 4 - Expecting mothers during an open discussion.
 Picture 5 & 6 - Ms Madlala educating the expecting mothers.
 Picture 7 - Expecting mothers during an open discussion.

Picture 8 - Mr Bele, Ms Madlala and Ms Mxhobo giving mothers fruits.

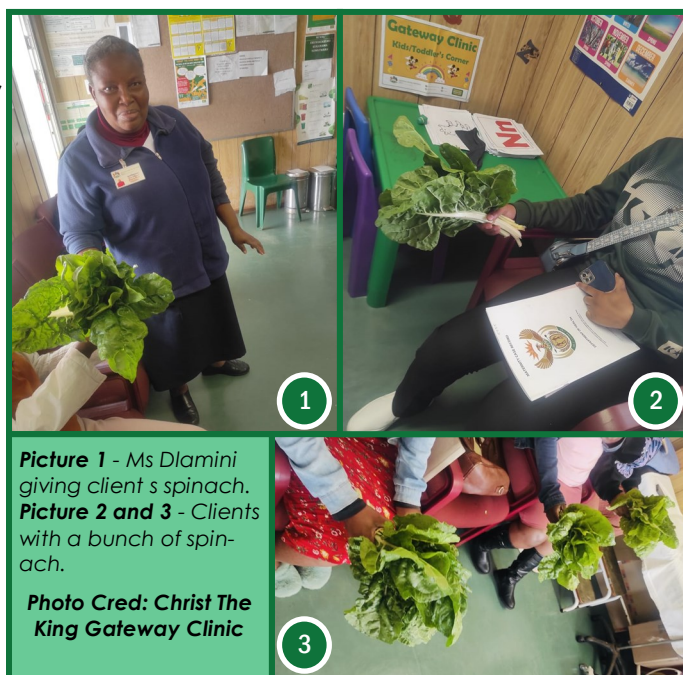


Christ The King Gateway Clinic Commemorates 2024 National Nutrition Week

National Nutrition Week (NNW) 2024 in Ubuhlebezwe Health Sub-District was celebrated from October 9–15, with the theme **"Eat Right For A Better Life!"**. The week's goal was to encourage clients to make better food choices and prioritize nutritious options to improve their health.

In celebration of National Nutrition Week, Christ The King Gateway Clinic gave its clients a bunch of spinach each from the clinic's vegetable garden. This is part of the clinic's strategy to encourage healthy eating without having to spend much. The garden was started by the clinic staff a few months ago in preparation for National Nutrition Week.

Ms Dlamini (Nutritional Advisor) emphasised the importance of good nutrition in supporting physical, mental, and emotional well-being. By making healthier food choices, we can fuel our bodies and minds for optimal growth, energy, and performance.



Picture 1 - Ms Dlamini giving client's spinach.
Picture 2 and 3 - Clients with a bunch of spinach.

Photo Cred: Christ The King Gateway Clinic

Jolivet Clinic Visits Day Care Centres To Commemorate The 2024 National Nutrition Week

By Asamkele Dlamini

In Commemoration of National Nutrition Week 2024, the Nutrition and Dietetics Department in partnership with Jolivet Clinic visited two daycare centres, Senzakwenzeke Crèche and Vuleka Crèche on the 10th of October 2024.

National Nutrition Week is celebrated every year from 9 – 15 October to create awareness of the importance of eating healthy. In 2024, the **"Eat Right For A Better Life"** theme focuses on encouraging South Africans to make healthier food choices in their homes, workplaces, schools, and communities.

Ms Mxhobo (Dietitian - Comm Serve) and Mrs Mkhize (Jolivet Clinic Nutritional Advisor) educated the kids about the importance of planting fruits and vegetables. The kids were given fruits and Vitamin-A. There was also an assessment of their vaccination cards.

Parents/guardians of the kids appearing on the pictures gave us written consent.



Picture 1 - Kids from Senzakwenzeke Crèche learning about planting.
Picture 2 - Kids from Vuleka Crèche learning about planting.

Picture 3 - kids learning how to plant.
Picture 4 - Planting demonstration.
Picture 5 - Mrs Mkhize giving Vitamin A to the kids.



Isibhedlela Kubantu - Nhlangwini Hall

By Asamkele Dlamini

Ubuhlebezwe Health Sub-District visited Nhlangwini Hall, Ofafa (Ward 3) on the 09th of October 2024 for the Isibhedlela Kubantu initiative. The main objective of this event is to bring hospital health care services closer to the people's residences.

Isibhedlela Kubantu is a way of giving critical health care services especially to the elders who rely on social grants who struggles to reach out to the hospital facilities. The healthcare services that were offered on the day include dental services, rehabilitation services, nutrition and dietetics, medical male circumcision, health screenings and treatment, doctor's consultation and vaccinations.

Different Outreach Teams from all the Ubuhlebezwe Health Sub-District Facilities were in present to bring health services closer to Ofafa citizens. The event was supported by MatCH and Right to care. This is a progressive movement by Ubuhlebezwe Health Sub-District for helping the society on fighting with social ills.



Picture 1 - Isibhedlela Kubantu view.
 Picture 2 - Nurses doing vital signs.
 Picture 3 - Doctor's consultation.
 Picture 4 - Vital signs stand.
 Picture 5 - Immunisation and IMCI services.
 Picture 6 - Nhlangwini citizens awaiting for health care services.
 Picture 7 - Right To Care stand.
 Picture 8 - Immunisation and IMCI services.
 Picture 9 - Nurse's consultation.
 Picture 10 - Rehab and nutrition services.
 Picture 11 - Nurse's consultation.
 Picture 12 - Dental services.
 Picture 13 - Nurse's consultation.
 Picture 14 - HTS/TB Screening.



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PHC Department Wins Big At The 2024 MatCH & Harry Gwala Health District Office Service Excellence Awards

The PHC Department impressed Ubuhlebezwe Health Sub-District when they won four awards in major categories at the 2024 MatCH & Harry Gwala Health District Office Service Excellence Awards held at Sani Pass Hotel on the 30th of October 2024.

The purpose of this event was to reward the facilities for their exceptional performance in the HAST portfolio for the year 2024. Recognition and reward is integral to ensuring a happy and satisfied workforce that feels valued by the organisation and district office.

Below are the categories won by Ubuhlebezwe Health Sub-District:

- ◆ Best Performance In Case Finding - Ubuhlebezwe Health Sub-District
- ◆ Best Performance In Operation Phuthuma - Ubuhlebezwe Health Sub-District
- ◆ Highest Contribution In HTS Positive - Ixopo Clinic
- ◆ Best Paediatric Performance - Jolivet Clinic

It's always so exciting when a facility from the sub-district earns a big award! Congratulations.



Outreach Services By Sangcwaba Clinic



Picture 1 - Health screening and treatment.
Picture 2 - Sr Ngcobo giving her speech.
Picture 3 - Health screening.

Photo Cred: Sangcwaba Clinic

Sangcwaba Clinic visited Bhobhobho Hall on the 19th of October 2024 to render outreach health services during a community event.

Outreach health services involve providing professional healthcare services, or services of a specific expertise, to a group of people who may not otherwise have access to those services. It is performed where those in need are located.

This is Sangcwaba Clinic's initiative to enhance access to health services and to improve overall healthcare at a primary health care level. Health screening and treatment was administered during this event.

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Teenage Pregnancy Awareness At Amazabeko High School By Gcinokuhle Clinic

Gcinokuhle Clinic was invited by Amazabeko High School for a teenage pregnancy, TB, substance abuse and family planning awareness on the 11th of October 2024. The purpose of this awareness was to mainly educate pupils about teenage pregnancy and preventative measures to overcome this.

Adolescent pregnancies are a major issue in Ubuhlebezwe as this is a poor and marginalised community. Many girls face considerable pressure to marry early and become mothers while they are still children themselves. Teenage pregnancy increases when girls are denied the right to make decisions about their sexual and reproductive health and well-being.

Sr Chule and Sr Xulu were representing the clinic and they encouraged young girls to be able to make their own decisions about their bodies and futures, understand the effects of teenage pregnancy, and have access to appropriate healthcare services and comprehensive sexual-education.



Picture 1 - Sr Xulu and Sr Chule giving teenage pregnancy awareness.



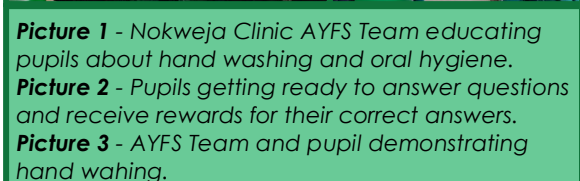
Picture 2 - Sr Xulu during her talk.

Picture 3 - Sr Chule demonstrating different contraceptive methods.

Photo Cred: Gcinokuhle Clinic



Nokweja Clinic Adolescent and Youth Friendly Services Visits Nokweja Primary School For Hand Washing and Oral Hygiene Awareness



Picture 1 - Nokweja Clinic AYFS Team educating pupils about hand washing and oral hygiene.

Picture 2 - Pupils getting ready to answer questions and receive rewards for their correct answers.

Picture 3 - AYFS Team and pupil demonstrating hand washing.

Photo Cred: Nokweja Clinic AYFS Team

Nokweja Clinic Adolescent and Youth Friendly Services Visited Nokweja Primary School for Hand Washing and Oral Hygiene Awareness on the 14th of October 2024. The purpose of this visit was to create an awareness on hand washing and oral health in schools.

Hand washing in schools is an important step in keeping staff and children safe. Nokweja Clinic recommends that in schools both the children and adults should be washing their hands at key times throughout the day. Hand washing in schools should be done with soap and water for a minimum of 20 seconds, followed by hand drying, ideally with a commercial hand dryer. Oral hygiene awareness in schools is important because many school children lack awareness and have inadequate oral hygiene habits.

The team encouraged teachers and pupils to build time into daily routines to wash hands, especially at key times like after bathroom breaks, before lunch, or after playing outside. There was then a hand washing demonstration where the pupils got to show what they were taught during an awareness.



Rehab, Nutrition & Dietetics Departments Celebrate World Diabetes Day



The Rehabilitation, Nutrition and Dietetics Departments visited the Out-Patients Department on the 25th of November 2024 to create an awareness and educate clients about diabetes. Every year on November 14, the World Diabetes Day is observed to increase the awareness of diabetes, a chronic condition that affects millions of people around the world.

Diabetes mellitus, also known as diabetes, is a metabolic disease marked by consistently elevated blood sugar levels. Diabetes is a chronic illness in which the body either produces insufficient amounts of insulin or is unable to use the insulin that it does produce efficiently.

The theme for this year is **"Breaking Barriers, Bridging Gaps,"** highlights the department's commitment to reducing the risk of diabetes and making sure that everyone with the disease has access to equitable, thorough, reasonably priced, and high-quality care. The team educated clients about what they need to know when it comes to diabetes.

World Radiography Day Commemoration

The radiology department celebrated World Radiography Day on the 08th of November 2024 at their main waiting area. The primary purpose of this event was to drive education on radiography. World Radiography Day honors the people who work in the field of radiography and celebrates the discovery of x-rays which has changed the course of medicine.

The theme for this year is **"Seeing The Unseen Significance"**. This year's theme promotes radiography as a career; recognises the vital contribution of radiography to modern healthcare; increases public awareness of radiation effects on the body and recalls the major contributions of radiography professionals to the healthcare systems. Do not confuse it with Radiography – Radiology is a medical discipline that leverages sophisticated imaging tools to identify and combat diseases. Some of these technologies include CT scans, MRI, and X-rays. The difference radiography can make is staggering – by identifying diseases early and developing targeted treatment plans, more patients can receive the care they need to thrive.

During this year's celebration Mrs T. Dotyeni (Chief Supervisory Radiographer) reassured clients that attention is given to making accurate diagnosis for our referring doctors, maximising patient care, and minimising waiting times.



Photo Cred: Radiology Department



Ndwebu Clinic Hosts A 16 Days of Activism for No Violence Against Women and Children Dialogue

Ndwebu Clinic hosted a 16 Days of Activism for No Violence Against Women and Children dialogue on the 26th of November 2024 at Nhangwini Multi-Purpose Community Hall. The purpose of this dialogue was to raise awareness of the impact of gender-based violence and femicide on women and children, and to challenge attitudes and stereotypes that perpetuate violence.

The 16 Days of Activism for No Violence against Women and Children Campaign (16 Days Campaign) is a United Nations campaign which takes place annually from 25 November (International Day of No Violence against Women) to 10 December (International Human Rights Day). The theme for this year is **“30 Years of Advancing Collective Action to End Violence Against Women and Children”**. This year’s campaign emphasizes addressing the root causes of GBVF, promoting positive masculinity, promoting gender equity, and creating economic opportunities for women and children.

Sr Qwabe was the programme director for the event and did an exceptional job. Sr Cele welcomed the guests and stated the purpose of the day. Mrs Mhlongo (Nutritional Advisor) explained the health related abuse children experience at the hand of their parents and guardians. The dialogue was supported by Department of Social Development.



Picture 1 - Mrs Mhlongo explaining health related abuse on children.
Picture 2 - Sr Qwabe as the programme director.
Picture 3 - Sr Cele explaining purpose of the day.
Picture 4 - Health screening.
Picture 5 - Audience listening to the presentations.

16 Days of Activism Against Gender-Based Violence Awareness By Ixopo Clinic AYFS



Picture Cred: Ixopo Clinic AYFS

Ixopo Clinic Adolescent and Youth Friendly Services (AYFS) team was invited by Wozamoya on the 26th of November 2024 at Ofafa for the 16 Days of Activism Against Gender-Based Violence Awareness campaign.

The 16 Days of Activism for No Violence Against Women and Children Campaign will take place between 25 November and 10 December 2024 under the theme: **“30 Years of Advancing Collective Action to End Violence Against Women and Children”**. Violence against women happens in every country and culture, causing harm to millions of women and girls. Risks and challenges to access care increase even more for women and girls living in humanitarian emergencies.

Ixopo Clinic AYFS plays an active role in strengthening health systems and local health partner capacity to prevent and respond to violence against women and girls in humanitarian emergencies.



Getting To Know The OMN - Mr K. A. Khumalo

Mr Khanyisani Aubrey Khumalo was born and bred in Mahhehle Location, Ixopo. He obtained a Diploma in Nursing (General, Community and Psychiatry) and Midwifery in 2009 at the KwaZulu-Natal College of Nursing, Edendale Nursing Campus. He furthered his studies with a Diploma in Primary Health Care at the University of Kwa-Zulu Natal in 2016. In 2020, he obtained a Bachelor's Degree in Nursing Education and Administration from the University of South Africa.

He started working as a Professional Nurse at Edendale Hospital from 2010 to 2012. In December 2012, he was then employed by Netcare St Anne's Private Hospital as a Professional Nurse. He was then employed by St Apollinaries Gateway Clinic as a Clinical Nurse Practitioner in 2013. He joined Ubuhelbezwe Health Sub-District as a Clinical Nurse Practitioner at Ixopo Clinic in 2019. In December 2019, Mr Khumalo

was employed as the Operational Manager Nursing - General Stream at Montobello Hospital until May 2021. He then transferred to Ubuhlebezwe as the Operational Manager Nursing - General Stream at Christ The King Hospital in June 2021.

In July 2022, he was then appointed as the Operational Manager Nursing at Nokweja Clinic. Nokweja Clinic was officially opened on the 25th of May 1999 by Dr Nkosazana Zuma and Dr Zweli Mkhize.

The clinic offers PHC Services and operates from Mondays to Fridays at 07h30 - 16h00. It is closed on weekends and public holidays. His role as the OMN is to provide 80% administrative duties and 20% clinical work though at times



Mr K. A. Khumalo
Operational Manager Nursing
Nokweja Clinic

circumstances forces him to do everything but the overall responsibility is to make sure that the clinic is functional at all times.

Some of his hopes for the clinic in the next financial year is recruitment of more staff.

Getting To Know The OMN - Ms N. Dlamini



Ms N. Dlamini
Operational Manager Nursing
Gcinokuhle Clinic

By Asamkele Dlamini

Ms Nombuso Dlamini was born and bred in Pietermaritzburg. She obtained her Diploma in Nursing (Science, Community, Psychiatry and Midwifery) in 2003 at the KwaZulu-Natal College of Nursing, Edendale Nursing Campus and qualified as a Professional Nurse. She then furthered her studies and obtained a

Diploma in Nursing Science, Health Assessment, Treatment and Care at the University of Kwa-Zulu Natal in 2013. In 2018, she obtained a Bachelor's Degree in Nursing Education and Administration.

She worked as Professional Nurse at Edendale Hospital now called Harry Gwala Regional Hospital, and further moved to Gomane Clinic where she worked as a School Health Nurse. She eventually got promoted to be a Senior Professional Nurse at FortNapier Psychiatric Hospital and later got promoted to be a Chief Professional Nurse at Church of Scotland Hospital. For the love of Primary Health Care, Ms Dlamini came back to be a Clinical Nursing Practitioner at Impilwenhle Clinic. She then worked at Caprisa as a Research Nurse, Health Systems Trusts as a Facility Team Leader and returned to UMgungundlovu Health District as HTA. She joined Ubuhlebezwe Health Sub-District as a Clinical

Nurse Practitioner at Sangcwaba Clinic, and was officially appointed as the Operational Manager Nursing at Gcinokuhle Clinic in 2023.

Gcinokuhle Clinic was built by Romans + 40 years ago called Assis Organization and offers all PHC services operating from Mondays to Fridays at 07h30 - 16h00. It is closed on weekends and public holidays. Her role as an OMN is to oversee daily operations, optimizing processes, managing resources, ensuring quality control, collaborative developing, quality improvements and lead the team to achieve departmental goals. She likes bringing change to the community and providing optimal and quality healthcare.

The clinic is experiencing increased number of teenage pregnancies and drugs, she would love to see health statuses of the community improved. She hopes that there will be a community free of drugs and a decrease in teenage pregnancy. One of her key projects is to sustain MINA project which is men's clinic so that all males can utilize the facility.

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Ixopo Clinic Service Excellence Awards

Ixopo Clinic hosted a Service Excellence Awards Ceremony for staff on the 13th of December 2024 at the clinic's parking area. The purpose of this event was to recognize, appreciate and reward staff for their valuable contribution towards service delivery in 2024. The Service Excellence Awards is an annual event held by the clinic's management which promotes a citizen centric culture, entrenches professionalism, as well as recognizes and rewards excellence.

There were recognition certificates for some of the clinic's retired staff. All streams, sections and partnering organisations were awarded with certificates of appreciation for their hard work in 2024. Best performing streams and individuals were also awarded with certificates of achievements for their exceptional jobs in different indicators and meeting different targets. The clinic management then awarded their Operational Manager Nursing, Mr Morajane for his leadership and guidance.



Data Management Year-End Function



The Data Management component under Monitoring and Evaluation hosted their year-end function on the 05th of December 2024 at the hospital's lecture hall. The purpose of this event was to celebrate the hard work that Data Capturers have shown in the year 2024.

Recognition and reward is integral to ensuring a happy and satisfied workforce that feels valued by the sub-district. The Data Management component has acknowledged that there are many initiatives that demonstrate service excellence which deserve recognition and reward.

All Data Capturers within Ubuhlebezwe Health Sub-District, District Anchor and Monitoring and Evaluation Manager (MatCH) were awarded with certificates of recognition for their valuable contribution to the sub-district Data Management in the 2024/25 financial year. This event was sponsored by MatCH and supported by the district office.

Farewell Asamkele

Asamkele Dlamini joined Christ The King Hospital as the Public Relations Trainee on the 6th of September 2024. This was part of his final year as a Public Relations and Communication Management student at Durban University of Technology. He served under the leadership of Mr Mkhize for three months.

It has been great having you with us! You have made great contributions and gained valuable experience. I will definitely miss your enthusiasm and positivity. You have been a valuable part of the team, and I am excited to see where your journey takes you. Thank you for all your hard work during your Work Integrated Learning. Your willingness to learn and positive attitude have been greatly appreciated. You gave us your all, and I need you



to know that you have set a new standard for our future trainees! Your fresh perspective was refreshing, and I know you will do great things in your career. On behalf of everyone on the team, I'd like to say it's been



a pleasure working with someone as creative and dependable as you.



Jolivet Clinic CHWs Host A Farewell Party For Their Retiring Counterparts



Sr Davids (left) and Sr Gaqa (right) handing over Mrs K. D. Mazibuko, Mrs F. Dlamini and Mrs N Ndlovu their retirement gifts.



Jolivet Clinic Community Health Workers hosted a farewell party for their three retiring counterparts, Mrs F. Dlamini, Mrs N. Ndlovu and Mrs K. D. Mazubuko on the 12th of December 2024 at Jolivet Community Hall. The purpose of this party was to bid farewell and recognise the hard work these ladies have shown throughout their service at Jolivet Community.

Ms W. Ndzabe (Social Worker - Love Life) was the programme director for the day and did a stellar job. Sr Davids (Senior Outreach Team Leader) did an opening and welcoming and then Nurse S. S. Mgilane (Enrolled Nurse) explained the purpose of the day. Sr Khumalo gave words of support and then Sr N. Gaqa (Operational Manager Nursing - Christ The King Gateway Clinic) spoke on behalf of PHC Management. There was then an entertainment by the CHWs and their gifts were presented. The retiring ladies each received a four-plate stove as a retirement gift.

Congratulations on this special milestone; we have so many fond memories of working alongside you, and it will be hard to say goodbye as you retire from Jolivet Clinic. Working with you over the years has been a pleasure. You have always been amazing colleagues and brought out the best in everyone around you. Thank you for being wonderful mentors to the current CHWs, friend, and constant source of support throughout these many years. Your dedication to serve the community has never gone unnoticed; we are truly blessed that we have been able to call people like yourselves team members for all these years.

From the bottom of our hearts, thank you for being such an incredible part of our team throughout these many years - may your future be full of laughter and joy during this new stage in life!

Wishing health, joy, lots of happiness and peace in your retirement journey ahead.



New Appointments - Quarter 3

Mr K. M. Dinangwe
Operational Manager Nursing
Christ The King Hospital

Mrs Z. P. Madonda
Professional Nurse
Christ The King Hospital

Ms N. A. Mneno
Professional Nurse
Christ The King Hospital

Mr A. Mlahleni
Professional Nurse
Christ The King Hospital

Mrs Z. D. Mqadi
Professional Nurse
Christ The King Hospital

Mrs V. Y. Mbele
Human Resources Intern
Christ The King Hospital

Mr T. A. Khumalo
Clinical Nurse Practitioner
Ixopo Clinic

Mr S. M. Sibisi
Clinical Nurse Practitioner
Ixopo Clinic

Staff Exits - Quarter 3

Mrs S. W. Maseko
Chief Executive Officer
Christ The King Hospital

Dr J. E. Mkhize
Clinical Manager
Christ The King Hospital

Ms P. N. S. Shezi
PHC Manager
Christ The King Hospital

Dr P. B. Chonco
Medical Officer
Christ The King Hospital

Mr M. S. Dlamini
Human Resources Officer - Supervisor
Christ The King Hospital

Mr A. A. Dlamini
Public Relations Trainee
Christ The King Hospital

Mr A. Ndlovu
Human Resources Management Trainee
Christ The King Hospital

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Layout Designer



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