



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

DUNDEE HOSPITAL

DUNDEE WEB

NEWS

Stay informed

SEPTEMBER 2023

TUBERCULOSIS AWARENESS



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DUNDEE HOSPITAL HOSTS ISIBAYA SAMADODA AT SIBONGILE HALL



ISIBAYA SAMADODA

The isibaya samadoda event was hosted at Sibongile community hall (ward 5) on the 28th of September 2023. The event was a success with a larger number of attendees.

We were welcomed by Cllr. Kheswa (ward counsellor). He welcomed everyone to feel at home, he complimented the event and encouraged that such events need to take place more often.

Sr Cebekhulu shared the purpose of the day, mainly that this day is for uplifting men, grooming boys to be a better version of men.

Mr. Khumalo from Dundee hospital MMC department cascaded information on prostate cancer and the signs. Prince Nhlanguiso Zulu was the guest speaker on the day, where he shared intelligible words to everyone

The importance of men hygiene, GBV (Gender Base Violence), and also protect themselves from HIV/AiDS and TB. He requested that men should form interim structure for men's forum.

Sakhimpilo Clinic male staff members offered clinical services to everyone who needed the service. The services offered were TB screening, prostate cancer, diabetes mellitus, blood pressure, HIV/ AiDS, and STI screening.

IMMUZATION CAMPAIGN

MEASLES CAMPAIGN

Measles is a highly contagious respiratory disease that is caused by the measles virus. It spreads from person to person by close respiratory contact i.e. Breathing, coughing or sneezing.

Measles is preventable and can be eliminated.

This year we had a National Measles Campaign that initiated from the 6th of February 2023 to 31st of March 2023 where children from the age of 6 months to 15 years were vaccinated against measles additional dose. It was implemented as a national strategy to protect children against measles as confirmed measles cases were rising nationally.

The aim of the campaign was to reach 95% protection coverage against measles and 80% coverage for Vitamin A and deworming-giving missed dose. The campaign is currently taking place until the 95% target is reached.

Schools and day care centers were visited for the for the implementation of the campaign. Endumeni Sub-district we are currently at 71%, as for that the campaign is extended



HPV CAMPAIGN

HPV is the virus that causes cervical cancer. Cervical cancer is the second most prevalent cancer among women after breast cancer. Over 99% of all cervical cancers are caused by persistent infection of high-risk types of HPV.

The vaccination protects girls from infection by HPV and reduces the risk of developing HPV related cervical cancer later in life. The younger your daughter is, the better her body's immune system can respond to the vaccine, resulting in the production of protective antibodies against the virus. The HPV campaign is conducted twice yearly. This year the first round of the campaign took place from the 20th February 2023 to 31st March 2023. Targeting the girls in grade 5, at the age of 9-15 years old. The first round campaign was a success, 46 schools were visited. 888 girls were vaccinated. The second campaign will take place on a second biannual.



TB AWARENESS IN DUNDEE HOSPITAL

On the 22nd of March 2023, Dundee Hospital Out- Patient Department (OPD) successfully hosted TB awareness event to commemorate World TB Day, celebrated annually on the 24th of March.

“TB remains the driver of morbidity and mortality in the country. “Therefore, more effort is required at all times to help reduce transmission of infection in the communities, shared Sister Zazi Ncala , OPD TB nurse. Diagnosing TB early and initiation of treatment in all patients diagnosed with TB is one of the Department of Health most crucial strategy.

Over the past three months, 50% of the recorded deaths at UMzinyathi District were attributed to TB. This is an alarming number that further puts pressure on the health system.”

As such, implementation of these strategies remains an important part of reducing the infection rate and improving the lives of community members by practicing basic health etiquette.

Everyone has a responsibility to know the signs and symptoms of TB for early detection and these include:

- Coughing more than 2weeks
- Loss of weight
- Loss of appetite
- Drenching night sweats
- Fatigue
- Chest pains and shortness of breath

People should urgently seek medical help as soon as they've identified any of these symptoms.

Early consultation and early detection can save lives. TB can be further exacerbated by other comorbidities or health conditions such as diabetes, high blood pressure and HIV/AIDS. Therefore we encourage people to come for screening and get tested and know their HIV status, as well as continue to take their respective chronic treatments properly.



The staff provided all kind of service to the patients.



People came in numbers to attend the event.



ISIBHEDLELA KUBANTU HOSTED BY CLINICS AND SUPPORTED BY DUNDEE HOSPITAL

Clinics took an initiative of visiting different high to reach areas with an aim of giving people good care for their health, this initiative is called “isibhedlela kubantu”. Isibhedlela kubantu is an initiative that bring all different services that are performed by hospitals and clinics to one place. People get to be seen and treated by different health workers.

Many activities were performed such as, health talks about the importance of pep smears. The importance of cervical screening and of prostate cancer screening/ testing. Men’s health was available to answer all questions/ concerns pertaining men. TB services, medical doctors for checkups were available. Basic screening such as diabetes, hypertension, mental illness and pregnancy.

Isibhedlela kubantu was hosted by Douglas clinic at Ezimbubeni Area, Siphimpilo Clinic at Glencoe (Sithembile Township) and Empathe clinic at Ja. The initiative was a success and stakeholders responded in a good form with their huge number of attendance. The has been numerous isibhedlela kubantu campains in the sub-district and more will be communicated.

WORLD OSTEOPOROSIS DAY

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases or when the quality of bone structure (erection) changes. This can lead to a decrease in bone strength and increases the risk of brake in a continuity of the bone. According to studies osteoporosis is more prevalent in white people and people of Asia more especially the woman.

People with this condition may not have any other symptoms but have pain in their bones and muscles particularly at the back. The condition is usually confused with osteoarthritis since often people have both, such patient present with joint pains and reduce joint mobility and function. What differentiate, diagnose and confirms one from the other are the laboratory confirms results of DXA machine that scan hip and spine where bone density measurement test is performed.



Although bone are very strong and consists of living tissue that continually break down and rebuilds up until your early 20s of one age, where has developed its ability to make new bones faster than it breaks down old bone tissues. This process slows when you get older.

Osteoporosis is called silent disease because often there are typically no symptoms until a bone is broken. The common warning signs might be manifested mainly by spine malformation such as bending forward more, shortness of breath if the disks in a spine are compressed enough to reduce lung capacity, receding gums, weakened grip strength and brittle (stiff) fingernails and lower back pain.

Cause: A decrease in oestrogen production in women at the time of menopause and a decrease in testosterone in men as they age. Side effects of certain medication that causes inflammation in the body.

LOVE YOUR BONES



Protect your future

Common risks: Old age, menopause and ovaries removed before 45 years of age, low testosterone in men, low estrogen in woman, medication that reduces hormones level, smoking and drinking alcohol frequently, low physical activities particularly weight bearing such as walking.

Steps to prevent Osteoporosis:-

- Exercise (walk, jog, dance)
- Eat food with rich calcium.
- Low fat daily products.
- Canned sardines and salmon
- Prevent falls indoors and outdoors.
- Wear nonslip shoes and socks.
- Keep rooms lit.
- Keep electrical cords against the edges of the walls
- Put grab bars in the bath room.

PHARMACY MONTH INITIATIVE

In celebration of Pharmacy Month, Dundee hospital (Pharmacy) team embarked on a meaning journey to schools and an old age home, spreading awareness, sharing knowledge, and fostering a sense of community care.

School visits: Empowering Future Healthcare Leaders.

At Primary School, our team engaged with enthusiastic students, aiming to inspire the future healthcare leaders. We conducted informative sessions, promoting the pharmacy profession and providing valuable insights into its diverse sectors. Through interactive activities like role playing scenarios, we tackled medication safety, prescription reading, and the importance of asking questions. The students did not only embraced the learning experience but also participated in a creative workshop where they crafted personalized pillbox organizers and medication reminder boards.

Old age home visit: Nurturing well-being across generations

The visit was marked by warmth, generosity, and a commitment to the well-being of our elders. We donated gifts and toiletries, spreading joy and comfort among the residents. The team conducted health talks, wellness activities, and personalized medication counselling sessions.

Pharmacy month initiative was a harmonious blend of education, community engagement and compassionate outreach. We extend our heartfelt gratitude to the community for supporting this endeavor. Together, we are building a healthier, more informed future.

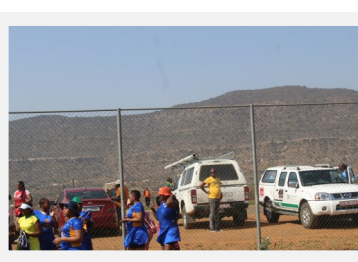


-SPORTS DAY-



WORK HEALTHY

!!WORK AND PLAY!!



DISABILTY - VISIBILITY DAY

People with disabilities are experiencing different challenges when it comes to their day to day functioning. The rehab team headed by Physio therapist, Mr. Samukelo Mkhize. Initiated a huge event for disable people, with the aim of caring for them. Looking at their day to day challenges, physically challenged people utilize nappies for their bowel control, they need caregivers to assist them with activities of daily living and all these resources require financial

assistance to be available. Mentally challenged people experience a lot of social exclusion and that includes unemployment. They rely on government grant to satisfy their needs and in most cases such assistance is not adequate. People with Albinism run short of sunscreens and this has a lethal impact on their lives.

shortage of resources impacts on other devices given to assist people with disabilities. For Example not having enough nappies results in physically challenged people urinating on a wheelchair, this causes the durability of the wheelchair to decrease and therefore poses a challenge when they need to receive a new wheelchair.

This challenges were identified by the physiotherapist at Dundee hospital and disability visibility day was a solution brainstormed believed to help address these challenges.

On the of the event, all patients were collected from their respective wards to the venue (MOTH HALL). Upon arrival, the participants were screened by qualified nurses to ensure that participants are viable to participate in activities to take place during the



event. Post screening, participants were offered snacks and water to get ready for the visibility walk. Stakeholders accompanied people with disabilities during the walk where different sensitizing and educational information was shared and displayed for the public to learn.

The walk was 1kms long to as a precautionary measure. Post the walk, breakfast was served. program then began. Different participants then performed and displayed different skills (singing, dancing and poems).



HERITAGE -CELEBRATION-

Dundee hospital celebrated heritage through dances and music. On the pictures are officials wearing different traditional garments.



- STAFF APPOINTMENT -

JUNE

Surname	Initials	Rank
Thabethe	L.N.	CNP
Mthiyane	X.	CNP

JULY

Madlala	N.P.	Professional Nurse
Sibiya	Z.	CNP
Ndlazi	M.P.T	Data Capture

AUGUST

Dubazane	N.P.	Medical Officer (Comm-Serve)
Khuluse	S.L.	Basic Assistant –Pharmacist
Madonsela	N.M.	Basic Assistant –Pharmacist
Nene	E.S.	Professional Nurse

SEPTEMBER

Zulu	P.N.B	CNP Grade 2
Biyela	O.M	Chief Artisan
Vilakazi	N.M.F	Food service Manager

OCTOBER

Nene	S.A.	OMN
Sithole	B.P.	Professional Nurse
Miya	N.W.	OMN

PHOTO GALLERY



ACKNOWLEDGEMENTS

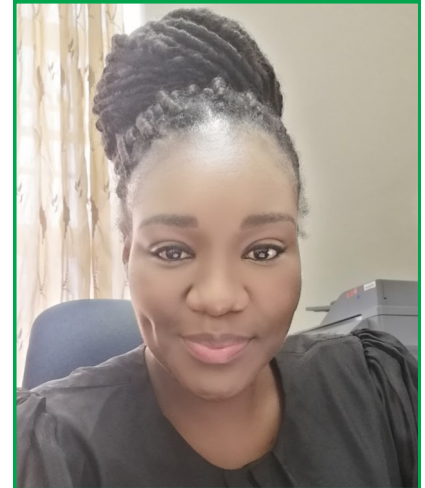
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