



# EASTBOOMER'S

# NEWS

Created by : Nosipho Dlamini –Public Relations Officer

16 FEB 2022

On the 16 February 2022, we celebrated Pregnancy week. Exclusive breast feeding is very important for child's growth because of the nutrition it provides and for creating a strong bond between mother and child.

### Diet:

A balanced diet needed for mum and growing baby was emphasized. They were advised to make daily food choices and also select foods high in iron which is very important during pregnancy. Fun and answer session followed where prizes were won.

### ART:

Initiation with ART is done with TLD currently EBCHC maternity has 100% initiation of pregnant women who test HIV positive. Emphasis is given on adherence so they can suppress and deliver HIV negative babies. Those that are not suppressed are closely monitored and counselled. If need be they are changed to regimen 2 after being assessed by the doctor. The clients are normally switched from TEE to TLD if suppressed as per protocol.

### Cancer screening :

At EBCHC maternity all pregnant women are screened. Pap smear is done according to protocol which says all HIV women must be done below 20 weeks of their pregnancy. HIV positive women as long they come on their first visit they should be screened and pap smear done. Results are then followed up, traced and linked accordingly. If the mother receives abnormal results she is then transferred to Northdale Hospital for

further assessment and management.

### Safer conception:

At EBCHC maternity we encourage clients to come for counselling pre-pregnancy for assessment especially those that are high risk e.g.: had miscarriages or HIV positive so that we can assess them and refer to Greys before they can conceive for safer journey towards pregnancy. Counselling is individualized depending on the condition of the client e.g.; hypertension client to start Folic Acid pre-conception will reduce chances of having eclampsia during pregnancy. HIV positive to be monitored to prevent mother to child transmission (they need to be virally suppressed before conception).

### Fetal kick count chart

Start at 28 weeks of pregnancy, should be done on daily basis until delivery. Normal kicks for the baby is 4 to 10 in an hour, should be less than 4 in another hour.. When doing this process, you should sit comfortably with legs raised up or lie on the left side after have eaten. Count the whole hour and record on the maternity record. If the kicks are less than 4 in those 2 hours, mother should go to the clinic for consultation.

### Stickers

All patients files have stickers with colours attached outside the file. Green means it a low risk client that will deliver at the clinic/ CHC. Yellow sticker means the client is high risk and must have been discussed with a referral institution during the course of pregnancy e.g.: Previous C/S to deliver in hospital.

### ANC visits

It important to keep appointments , visits are done according to special need of each client. Visits are scheduled according to Basic Antenatal Care Plus.

### Syphilis and treatment

Syphilis is sexual transmitted infection, there has been a rise of clients who get it. A test kit is used to check, and gives results instantly. Treatment for pregnant women is Benzathine Penicillin Intramuscularly 1 dose weekly for 3 weeks. Tracing of partner is vital so they can also come for counselling and treatment of Doxycycline for 14 days uninterrupted. Risks for Syphilis are: babies might suffer blindness, babies might have popular rash at birth, babies might have yellowish discharge on the eyes. At birth the babies will be treated with benzyl penicillin whether symptomatic/ asymptomatic.



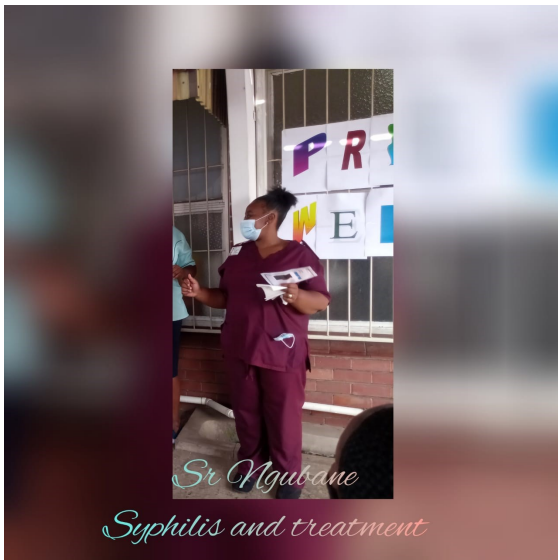
# PHOTO GALLERY



Sr. M.P. Ntontela ( Operational Manager), covered all important points to have a healthy baby..



*Sthe Khanyile  
MC*



*Sr Ngubane  
Syphilis and treatment*



Sr N.M. Ntuli (CNP) covered safer conception.



**Audience**

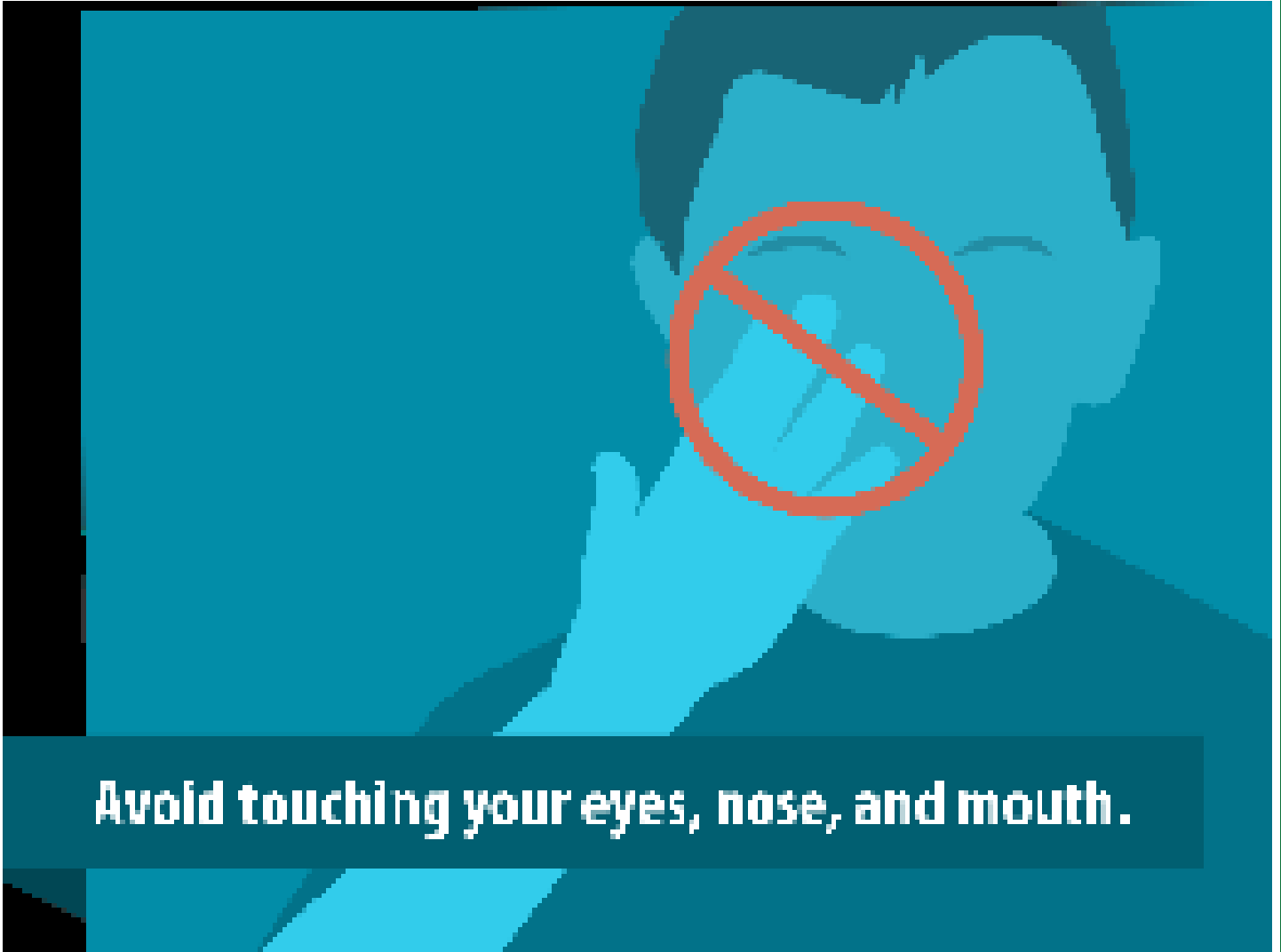


*Sr Mucedane  
E  
EN Motshwa  
Breastfeeding practice*



# COVID-19

Help prevent the spread of  
respiratory diseases like COVID-19



Avoid touching your eyes, nose, and mouth.

Call the COVID-19 Hotline: 0800 029 999

Send 'hi' on Whatsapp to COVID-19 Connect: 060 012 3456

Visit the website [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)



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