



SEKUSILE

NEWS

STAY INFORMED

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TEENAGE PREGNANCY AWARENESS CAMPAIGN

Teenage pregnancy is one of the biggest challenges facing eDumbe sub-district where 30% of women that give birth are teenagers between the ages of 10 to 19 years... [READ MORE ON PAGE 09—10](#)



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WORLD BREASTFEEDING WEEK



Many women choose to breastfeed their babies due to the significant health benefits found in exclusive breastfeeding for both the baby and the mother. Any amount of breastfeeding has positive effects and the longer a child is breastfed for, the longer the health benefits will last for both baby and mother.

Breast milk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses, it also provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.

Literature tells us that breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life, Women who breastfeed also have a reduced risk of breast and ovarian cancers.

This year's 2023, World Breastfeeding Week theme was "Let's make breastfeeding and work, work!" which emphasizes necessary actions by policymakers, employers and colleagues to support continued exclusive breastfeeding in working women to their infants. The aim is to promote awareness regarding the importance of optimal breastfeeding in infants and measures to support working women in successfully completing exclusive breastfeeding.

eDumbe sub-district dietetics team hosted a series of events commemorating World Breastfeeding Week involving other components within the CHC such as Physiotherapy, maternity, nursing staff. The team was targeting all women with a purpose of educating them and also creating awareness on the importance breastfeeding. More than 400 people benefited from this campaign.

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GALLERY FOR WORLD BREASTFEEDING WEEK



ISIBHEDLELA KUBANTU



eDumbe Sub-district is making a good progress in promoting health services and gathering communities to take charge of their health through its Isibhedlela kubantu, providing a one-stop-health approach which includes free health screenings for tuberculosis (TB), HIV, non-communicable diseases, and other auxiliary services. Through this Initiative, residents also had access to pap smears, eye and dental care.



MEN'S MOBILE CLINIC LAUNCH

Men's Clinic health workers strive to create and provide a comfortable and confidential environment where Men can discuss their concerns with complete discretion and receive personalised care tailored to their needs. The mens health mobile visits all wards to create awareness on mens health and encourage men to screen for NCDs(Non-communicable Diseases),HIV/TB, Prostate cancer, mental disorders and other conditions including sexual dysfunction.



WOMENS DAY COMEMORATION



Every year, in August, South Africa celebrate Women's Month, where we pay tribute to the women of this country who marched to the Union Buildings in protest against the extension of Pass Laws to women. The year 2023 marks the 67th Anniversary since the march of approximately 20 000 women to the Union Buildings to petition against the pass laws of the country at the time.

Women's Month allows us to gauge how far we have come in transforming society, particularly the transformation of unequal power relations between women and men. While also focusing on and addressing gender oppression, patriarchy, sexism, racism, ageism, structural oppression, and creating a conducive environment which enables women to take control of their lives.

All women in different facilities under eDumbe sub-district on the 23rd of August 2023 commemorated this day wearing African attire (iPhinifa). This initiative was aimed at honoring the women of this country who fought against the extension of pass laws to women. It was a normal cheerful working day for our staff in all facilities.

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GALLERY FOR WOMEN DAY COMEMORATION



PHARMACY WEEK



Pharmacy Week forms part of the official Health calendar.

Pharmacists in all sectors make a valuable contribution to the health and wellbeing of the people of South Africa. From the pharmacist working in industry to provide the medicines that treat illness to those pharmacists who make sure that patients in institutional settings and in the community receive the most benefit from their medicines, their involvement helps people to achieve and maintain health, which improves their quality of life. And without the academic institutions that train pharmacists, this wouldn't be possible.

September is the month where the work done by pharmacists is celebrated. This year's theme was "Pharmacy United in Promoting Healthcare for Patients", The theme aimed at educating the public on the role of pharmacists and pharmacy support personnel in delivering primary healthcare services to the community; promoting the uptake of immunisation and educating the public on adverse drug identification and reporting; and promoting infection prevention and control (IPC).

eDumbe sub-district's pharmacy team lead by Mr. S Sithole, played a remarkable role in ensuring that our communities around eDumbe knows and understand the role of pharmacists in primary healthcare services, by demonstrating what the profession is doing in the healthcare sector. The team visited schools, old age homes and also engaging with clients at eDumbe CHC's outpatient department, educating the public on adverse drug identification and reporting, and also promoting infection prevention and control (IPC).

Festivities of the week ended with various healthcare workers within eDumbe subdistrict coming to eDumbe CHC where they were made aware of the roles and responsibilities of pharmacists/prescribers through recreational activities by the pharmacy team.

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GALLERY FOR PHARMACY DAY COMMEMORATION AROUND EDUMBE SUB-DISTRICT



TEENAGE PREGNANCY AWARENESS CAMPAIGN



present. Health educational talks were given to teens in order to be able to know what to do if the teenagers encounter problems related to their social life.

Programme directors for the day were Miss Nokuthula Buthelezi (social worker) at Vryheid old age home & Miss Stholwa Myeza teenager from Vryheid

There were speakers that made the day to be a success including eDumbe CHC CEO/ Medical Manager Dr TH Ndlovu, Ward Councilor Mr V Mthethwa, Ms Mtshali (HAST coordinator), Mrs Mathonsi (AMN), Ms Zondo (Paulpietersburg clinic OM), Ms Masondo (Ophuzane clinic (AYFS champion)

This campaign was organized by maternity staff led by Mrs Ndlela, Miss N Buthelezi, Miss N Nyandeni, Mrs S Thabethe, Ms Sbani, Ms Nondumiso, Ms S Phakathi, Ms O Ndlela and Mr Buthelezi.

Young children gained a lot from these talks and they are looking forward to eliminate this burden that makes the area of eDumbe to be an area of teenage pregnancy.

Teenage pregnancy is one of the biggest challenges facing eDumbe sub-district where 30% of women that give birth are teenagers between the ages of 10 to 19 years . The statistics has shown that particularly in ward 3 (eDumbe location), Mangosuthu and Bilanyoni are leading with teenage pregnancy. As a result eDumbe CHC organised a teenage pregnancy awareness campaign for teenagers both females and males to fight teenage pregnancy. The event was held at eDumbe community hall in ward 3 under ward Councilor Veli Mthethwa.

The attendance was very good DSD honored the invitation by health and were



GALLERY FOR TEENAGE PREGNANCY AWARENESS CAMPAIGN



BREAST CANCER AWARENESS MONTH



The incidence of breast cancer among South African women is increasing and it is one of the most common cancers among women in South Africa. It is the most prevalent cancer amongst white and Asian women and the second most common cancer among black and coloured women.

Early detection of the condition can lead to effective treatment and a positive prognosis. About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages. Regular self-breast examination and regular mammograms are key to early detection. Presenting yourself early for treatment may result in more effective

treatment, leading to a reduction in pain and suffering and a significant decrease in the loss of life.

Breast Cancer Awareness Month reflects a nationwide drive by public and private healthcare structures to raise awareness of this debilitating disease across all races and class structures.

Ophuzane Clinic under eDumbe Sub-district hosted a breast cancer awareness campaign inviting women around the community of eDumbe, to take charge of their lives. Ophuzane clinic team used this initiative to educate the community about breast cancer and how they should do self breast examination.



GALLERY FOR BREAST CANCER AWARENESS MONTH



REPUBLIC OF SOUTH AFRICA

EDUMBE CHC

Vision
To achieve quality holistic service for all within the of Inkosi Langalibalele.

Mission
To provide an efficient, and sustainable health services available resources.

Core values
Mutual respect
25/10/2023 13:16

- Responsi
- Client Sa
- Honest



KWAZULU-NATAL PROVINCE HEALTH REPUBLIC OF SOUTH AFRICA

EDUMBE CHC

Vision
To achieve quality holistic health care services for all within the local boundaries of Inkosi Langalibalele.

Mission
To provide an efficient, effective and sustainable health services available resources.

Core values
25/10/2023 13:31

- Mutual respect
- Client Sa
- Responsi
- Honest





NATIONAL NUTRITION WEEK

Eating well and feeling good every day helps us to build resilience and to enjoy life. Here you will find nutrition advice for South Africans that specifically focuses on the 2023 National Nutrition Week theme 'Feel Good with Food'.

This year's theme highlights the overall impact that nutrition has on our physical and mental wellness. The information and expert recommendations provide simple ways to make daily food choices that boost cognitive abilities and stabilize mood, while supporting physical health and helping to prevent disease.

eDumbe CHC Nutrition team visited schools around eDumbe, educating children about how they should maintain healthy diet in their lives.



FIRE DRILL



Fire is one of the major disaster that cause significant threat to human life and properties, hence it is very important to insure that the institution is fully prepared. Safety officer has ensured that fire devices such as fire extinguisher are serviced, alarm are properly working smoking detectors are installed and emergency door are always opened.

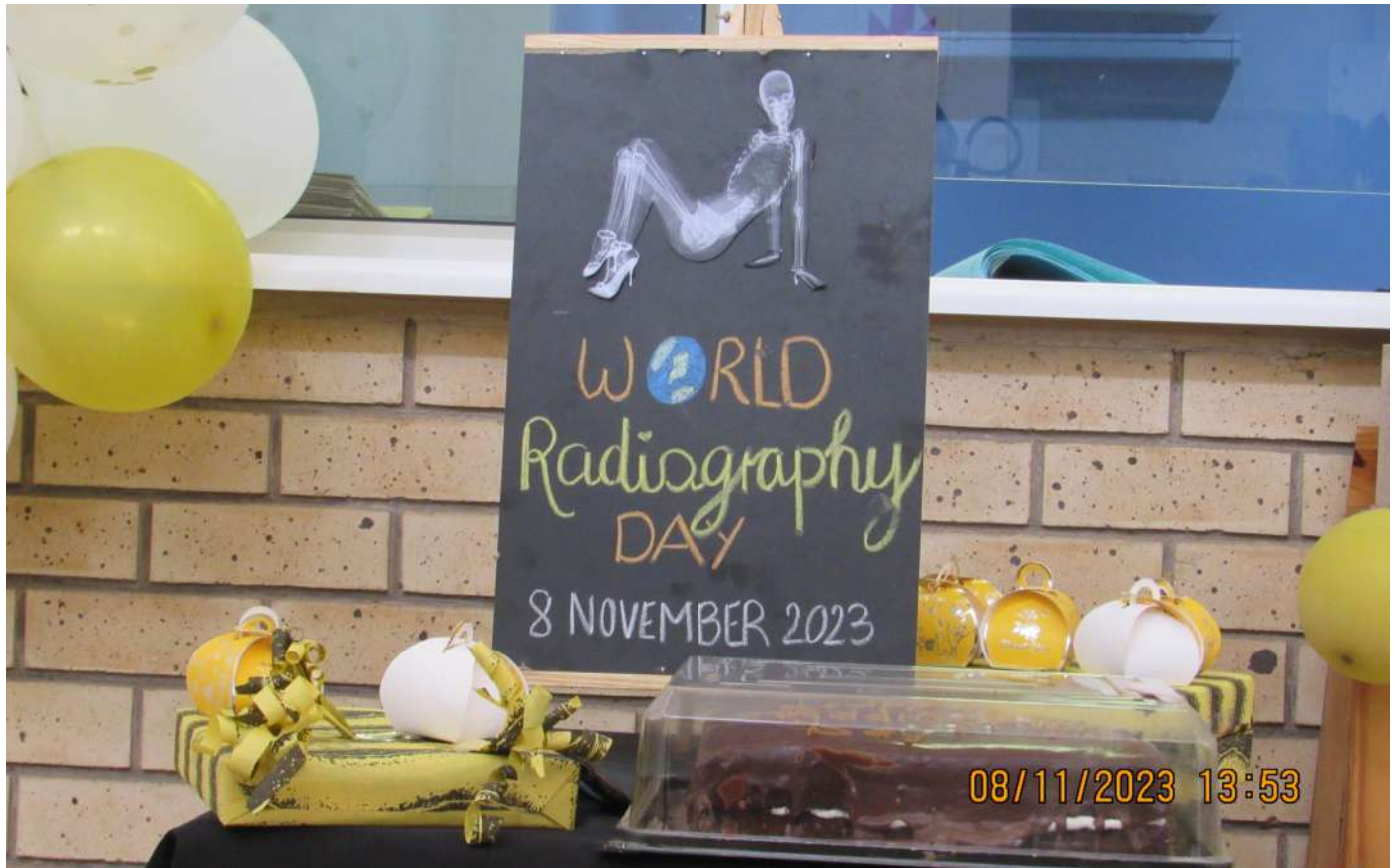
Fire department visited eDumbe CHC to conduct fire drill, this is one of the most important method of practice to ensure that the staff members and our communities knows what to do in the event of fire or other emergencies.



GALLERY FOR FIRE DRILL



RADIOGRAPHY DAY



World Radiography Day marks the anniversary of the discovery of x-radiation by Wilhelm Roentgen in 1895. The purpose of this day is to raise public awareness of radiographic imaging and therapy, which play a crucial role in the diagnosis and the treatment of clients most importantly ensuring radiation is kept to the minimum required, hence improving the quality of patient care.

The theme for World Radiography Day 2023 is "Celebrating patient safety." This theme focuses on the vital responsibility of healthcare professionals in safeguarding the health and safety of patients.

eDumbe CHC X-ray team commemorated this day by organising small Gifts for clients, and educating them about X-ray services. The team decided to go black on that day.





EDUMBE SUB-DISTRICT HOSTING ZULULAND SPORT GAMES

Gaming is an excellent way to release any pent up stress one may have surrounding their job (or life in general). In fact, gaming is known to have powerful stress-relief properties, so incorporating gaming into the workplace can provide an avenue for employees' to eliminate daily stress.

Zululand district game where hosted in eDumbe sub-district, where all Department of health employees under Zululand were invited to participate in sport. The Zululand squad for soccer team, Netball and other games was formed on the day



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EDITORIAL TEAM / DETAILS



Dr TH Ndlovu
CEO/ Medical Manager
Call: 072 656 2325



Dr MM Sibeko
Clinical Manager
Call: 082 904 8119



Ms BTN Kunene
Nursing Manager
Call: 083 995 2925



Mr S Sithole
Pharmacy Manager
Call: 072 310 2502



Ms LT Msibi
PHC Manager
Call: 072 411 6636



Ms NZP Mdluli
M&E
Call: 063 797 4978



Mr S Shandu
Finance Manager
Call: 081 058 2426



Ms EP Mdlalose
HR Manager
Call: 076 528 1570



Ms PE Mchunu
Acting Systems Manager
Call: 078 577 4198



Mr NKJ Mhlongo
PRO
Call: 072 418 8946

Approver : Dr TH Ndlovu

Designer : Nhlanhla Mhlongo, KZNhealth website

Distribution : Nhlanhla Mhlongo

Content contributor : Nhlanhla Mhlongo, Internet , Managers

Photography : Nhlanhla Mhlongo, Internet

Your comments and suggestions for stories to be featured in this Newsletter are welcome.

Please sand your input/ suggestion to : Nhlanhla.Mhlongo@kznhealth.gov.za

CONTACT DETAILS

PHYSICAL ADDRESS:

463 eDumbe Main Street
Paulpietersburg, 3180

POSTAL ADDRESS:

Private Bag X322
Paulpietersburg, 3180

SWITCHBOARD:

034– 995 8500

SWITCHBOARD FAX NUMBER:

034– 995 8579/ 56

EMAIL:

Nhlanhla.Mhlongo@kznhealth.gov.za

WEB ADDRESS:

www.kznhealth.gov.za



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