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Department:
Health
PROVINCE OF KWAZULU-NATAL

EZASEMTSHEZI

ESTCOURT DISTRICT HOSPITAL NEWSLETTER: JUNE 2012

THE PLIGHT OF TEENAGE PREGNANCY ESCALATES



**FULL STORY
ON PAGE 3**

(Pictures: Google)



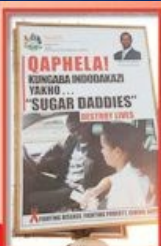
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QAPHELA
KUNGABA INDODAKAZI YAKHO...
"SUGAR DADDIES"
DESTROY LIVES



SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA



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FIGHTING DISEASES, FIGHTING POVERTY, GIVING HOPE

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I would like to thank management and staff of Estcourt Hospital for the warm welcome I have received . My appreciation goes to all the PRO's that paved the way before me, you have left a mark in this hospital with so many success stories!



I can not believe my 1st quarter in this institution is over, time flies indeed. My gratitude goes to hospital management for affording me an opportunity to get work exposure

Shortly after having joined the hospital assessment was conducted which gave us true reflection of where we are in terms of the compliance with National Core Standards. I trust that we will jointly work on all gaps identified with an intention of making our hospital to look like a hospital.

In closing, kindly be advised that your comments or contributions are welcome. You can either call us on 036 3427000 ext. 7089 or Fax it to 036 3427116 or email it to:

zandile.mngomezulu@kznhealth.gov.za

Ngiyabonga,

Zandile Mngomezulu– PRO

within the institution and I am beginning to understand what is expected of me in the workplace however there is still a lot to be learned.

My request goes to all sections and wards to involve communications as early as possible when planning events to be assisted in terms of sending out a clear message to clients.

Putting together this issue was a very exciting and a great experience every PR Intern could wish for.

Till next time folks

GUGU MABASO, PR INTERN.



MR. B.J. VILAKAZI

HOSPITAL CEO

I am excited that the hospital will have a newsletter again. Thanks to the young new PRO in the name of Zandile Mngomezulu. What excites me most is that the newsletter coincides with the youth month. We unfortunately had only one youth camp in Weenen in June.

I would like to share developments on the construction of the new hospital. I have been informed that the project is shelved for now. Another blow is that staff rented accommodation in town will not be renewed after its expiry in September 2012.

I am praying that renovations on staff quarters on the South Wing are completed by then. My condolences to staff that have lost their love ones and also wish to salute staff that passed on in the course of duties, may their souls find solace in the arms of Abraham.

May I extend my warmest welcome to all new employees and not forgetting retired soldiers who soldier on under very trying conditions. I salute all of them on their contribution in making our hospital what it is today.

FROM THE CAPTAIN OF THE SHIP

HEALTH WORKERS CAN MAKE A DIFFERENCE

KwaZulu Natal has a highest rate of teenage pregnancy with not less than 17 260 pregnancies reported. The question that remains is that what we have done wrong and what is it that we can do rectify it. The answer is that the world we are living in today has changed and we need mindset shift to ensure that we rise to the challenge. Today we have many challenges and this calls for each one of us to look back and see if we are doing enough.

The department launched Anti-Sugar Daddies Campaign after having discovered that many young girls get involved in cross-generational sex in exchange of goodies which increases their chances of getting pregnant at a very young age and moreover being infected with HIV/AIDS. The latest figures that have been released are disheartening and calls for urgent joint intervention.

A strain on the public health system is concerning and a major contributing factor to this pressure is pupil pregnancy since their bodies are not well developed and they present complications which compels medical officers to do caesarian section. Not only does it put strain on health system but it also affects target for Millennium Development goal number four (4) which is to decrease child mortality rate because children born by these pupils who are themselves children who lack parental care die less than a year old.

A Major concern is that 50% of these teenagers are HIV positive and they don't understand how is that going to affect them in a long run.

"Imagine a young girl proudly holding her HIV Status results saying she is negative!"



MRS. T.J. MPEMBE

ASSISTANT NURSING MANAGER

During the interview with Assistant Nursing Manager Mrs. T.J. Mpeembe, she raised concern over a number of challenges experienced with teenagers like their tendency of hiding pregnancy until very late and complications advances to the extent that they cannot be assisted at all. In some instances these young girls eat unhealthy food while pregnant and that affect them during delivery.

Mrs. Mpeembe warned teenagers that getting pregnant at an early age is not fashionable as it may seem because there

are lifetime consequences to be endured. Accelerated body developments, exposure to diseases like cervix cancer and HIV/AIDS at a very young age are some of the consequences and that result in life expectancy being shortened.

She further urged health professionals to go beyond the call of duty in the fight against teenage pregnancy. She challenged them to use knowledge that they have to market "Know Your Status Campaign and share the benefits of being negative and the consequences of status change to young girls so that they can start to behave responsible knowing that their status is key to their bright future. She advised professionals to use platforms like churches, community meetings, youth platforms and even neighbours in that way a mark can be made towards a better province and a better South Africa.

We bid farewell to Mrs. Mpeembe and wish her all the best in her future endeavors.



PROTECT A CHILD, PROTECT OUR FUTURE



Mrs. T.S. Hlongwa Nursing manager and Mrs. N.O. Sithole leading match on Child Protection



Employees holding placard with one of the messages communicated to clients



Hidden talents were showcased with an aim of sending out a clear message on child protection

Child abuse is rife in different communities and that been proved by a case of a young girl that was gang raped few months ago. Child abuse is not only confined to rape but there is also emotional abuse, child neglect, physical abuse and other forms of abuse. Estcourt catchment area has challenges of severe malnutrition and child neglect. Research conducted indicated that lack of proper parenting and misuse of child grants are major contributors to this. In some instances children are raped by close families and such cases are not reported because they are seen as a disgrace within the family and they prefer to discuss it in close doors yet such a child is left with deep long lasting scars. Based on these challenges, Social services and Crisis Centre teams hosted Child Protection Week from 22 to 26th May 2012 to educate communities about child abuse.

Campaign started with a match where matchers had placards with different messages emphasizing child protection and discouraging abuse of any kind that can be directed to children. Different sections were targeted and communities were educated about different types of abuse, symptoms on how to see if a child is abused and rights of children endorsed by South African Constitution. Many questions asked were mainly based on rape cases and full explanation was given. Response received was positive, people seemed to understand everything that was said and promised to pass information on to others for them to be empowered as well.

National Department of Social Development has taken child protection to the next level by calling all officials to report any case of abuse or suspect that a child is abused to either social workers or nearest police station and will be called accountable for any deviations from this. In some cases children are taken to hospital because of a certain illness but if any form of abuse is suspected such children have to be referred to social service for intervention.

Since schools are closed, parents should know their children's whereabouts to ensure that they are not exposed to any form of abuse and in so doing our future will be secured.



Sr. Moloi encouraging child protection

LOVE YOUR CHILD ENOUGH TO DISCLOSE STATUS

Child abuse has been making headlines by different media houses therefore parents and guardians of orphans are taking extra care of these precious souls. Some of these children are HIV positive and are already on ARV treatment. Parents take them to different health facilities for medical examination but scared to tell them the reason for that.

As they grow up, they start to be inquisitive about things including medication that they are taking but parents fail to tell the truth because they are scared on their reaction thereof which may put their grounded relationship in jeopardy and if they will be accepted by people close to them thereafter.

Children of today are exposed to internet and social networks therefore it is not possible to hide information because they will eventually get it.

Once that happens, children lose trust on their parents or guardians and end up refusing to take treatment which in turn affects their health. Parents or guardians do all this in the name of "LOVE" but love does not hurt!

ARV Clinic decided that this was enough and conducted a research to get the underlying problems behind this and findings indicated that parents are not well capacitated on how and when to disclose status to children. Shortly after that, ARV team organized Awareness on Disclosure to Children which was held on the 20th April 2012 at Estcourt Hospital and it was attended by parents and guardians of HIV positive children. During this event Mr. M. Mchunu did admit that disclosing is not easy but parents/ guardians should love their children enough to disclose status. Among other things, they were advised to do the following before disclosing status were the following:

- Seek information on HIV/AIDS to answer any questions their children might have.

- Check child's maturity by asking questions on HIV/AIDS before disclosing status

- If more than one child is HIV positive disclose to them one by one.

Dr. Nzimande urged parents and guardians to rise above the stigma within communities and face the situation with the future of their children in mind. They must approach health facilities for assistance and when the child is due to take ARV's that has to be done for them to live longer.

She discouraged usage of ARV concurrently with traditional medicine and explained consequences of doing so. A chance to ask questions was given to attendees and they were assured that the institution has open its arms to assist them in disclosing by not to disclose on their behalf because that is for parents/ guardians to do. Day unfolded with entertainment from ARV team which left everybody asking for more.



Internal and external stakeholders gathered to empower each other with information on how and when to disclose status to children so that grounded relationships are not affected along the way.



MEET OUR NEW MEDICAL MANAGER



DR. B.S. MADLALA
MEDICAL MANAGER

**“I AM A PERSON’S
PERSON “**

WHO IS DR MADLALA?

I am Dr. Madlala, born in Pietermaritzburg and studied there to matric level. I then studied medicine at the University of Kwazulu Natal and completed in 2001. I then opened my private practice in Ladysmith in 2004 after having finished my internship at Ladysmith hospital.

HOW WOULD YOU ATTRACT DOCTORS TO THIS RURAL HOSPITAL?

Shortage of doctors is a problem countrywide however I have created a conducive environment to retain the ones we have and attract others.

HOW WOULD YOU ENSURE THAT WAITING TIME IS IMPROVED?

Shortage of doctors is a major contributing factor to the increased waiting times especially at OPD however I have allocated a doctor specifically for this section so that we can improve the current situation.

WE HAVE A CHALLENGE OF NEGLIGENCE WHICH LEADS TO BAD PUBLICITY , WHAT CAN BE DONE TO IMPROVE THIS?

Mistakes do happen when you are a human being but handling such complaints professionally with a positive attitude is crucial to change the situation around.

WHAT CHALLENGES DO YOU COME ACROSS WHILE DOING YOUR WORK?

TB and HIV positive patients are taking medication but some still default which has to be improved through enforcing education. One of the challenges is that parents don't keep their medication away from kids (aged two to five years) which results in poison ingestion.

WHAT IS YOUR MESSAGE FOR THE YOUTH IN ESTCOURT?

It is worrying that this year more than twenty teenagers (15 years of younger) have given birth in this hospital. My message is simply ,youth must focus on their studies to have a brighter future. As an institution we have a responsibility of educating them about dual contraception to put a stop to this problem.

PROMOTING HEALTHY LIFESTYLE

Healthy lifestyle is not about keeping yourself thin but it is about feeling great, having energy, stabilizing your mood and keeping your body healthy is a message said by Mrs. Lyn. Julius, Provincial Health Promotion Manager during official Launch of Integrated Wellness and Healthy Lifestyle for Uthukela Health District. District Manager Mrs. T.M. Zulu encouraged staff to live by example by being physically active , eat healthy and have team spirit to decrease statistics of patients on chronic medication. A day started with a fun walk from Settlers Park to Agra Civic Hall in Ladysmith and aerobics. The day unfolded with entertainment from Indlamu.



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