



ILEMBE

NEWS

STAY INFORMED

October 2016

MASEA AWARDS



ILEMBE HEALTH DISTRICT TEAM WITH THEIR MASEA CERTIFICATES



[Read more on page 2](#)



[Read more on page 3](#)



[Read more on page 8](#)

NUTRITION AWARENESS EVENT AT NEVAS HALL



From the left: Programme Director– Lindiwe Ngubane. Middle: Ms M Panhella and MS S Moonsamy– cooking Legumes demonstration. Right: Ms S. Monegi– Provincial Nutrition Advisor

Ilembe Health District hosted a Nutrition event on the 13th of October 2016 at Nevas Hall- Ntshawini in celebration of National Nutrition week from 11-15 October 2016.

The theme for this year was **“Love your beans – eat dry beans, peas and lentils!”**

Various Departments were invited to give talks in order to educate the community of kwaDukuza Mrs Z. Myeza from the Department of Agriculture addressed the community members present of food being the most important pill that our bodies require especially garden food. She further emphasized that local Agriculture offices are available where people can get seeds for planting as well as vaccines for dogs amongst other things.

Mrs T. Nzuzza from the Department of Social Development also emphasized the importance of beans in our diet as they have a lot of health benefits and the “one home one garden” initiative. She went on to explain that food vouchers are no

longer offered at this Department but a new plan of food parcels has started where those who have been assessed and found to be needy are given food parcels which also contain beans.

The Guest speaker- Nutritional Advisor; Ms S. Monegi from the National Department of Health spoke about the importance of enjoying beans. She explained that this year’s theme was chosen as a result of the current social ill which is that people are getting diabetes and BP at a younger age because of bad diets. She explained that beans should be eaten atleast 4 times a week, not restricted to dry beans but lentils, soya beans and others can also be enjoyed. Beans need no refrigeration prior to cooking with locks in the nutrients required by the body. For those who suffer from bloating and other related sicknesses after eating beans, they can boil it the day before and throw away that water to avoid this and drink lots of water to prevent constipation. Watch your food portions, decrease salt and oil and exercise to keep a healthy body.

The event was a great success.

SANTACO AWARENESS CAMPAIGN AT KWADUKUZA TAXI RANK



On the 7th of October 2016, the South African taxi council– KZN launched a campaign at KwaDukuza taxi rank which allows for taxi drivers, community members as well as rank Marshalls to engage with the regional leadership on taxi industry issues affecting them.

Representatives from SANTACO, SAPS and Department of Health were present to support the event.

All stakeholders participated in the aerobics session offered by the Department of Health and were educated on the importance of healthy living and knowing your status. Community members were also urged to circumcise in order to reduce the risk of diseases and to use condoms every time during sexual intercourse; said Mrs Nontobeko Ndadane– Zungu who is the HAST Manager for iLembe Health District.

ZAZI CAMPAIGN- “KNOW YOUR STRENGTH”



A Zazi campaign which means “know your strength” was held at Amatiguli PHC Training centre on the 3rd to the 7th of October 2016 to empower young girls regarding health issues and their general well being.

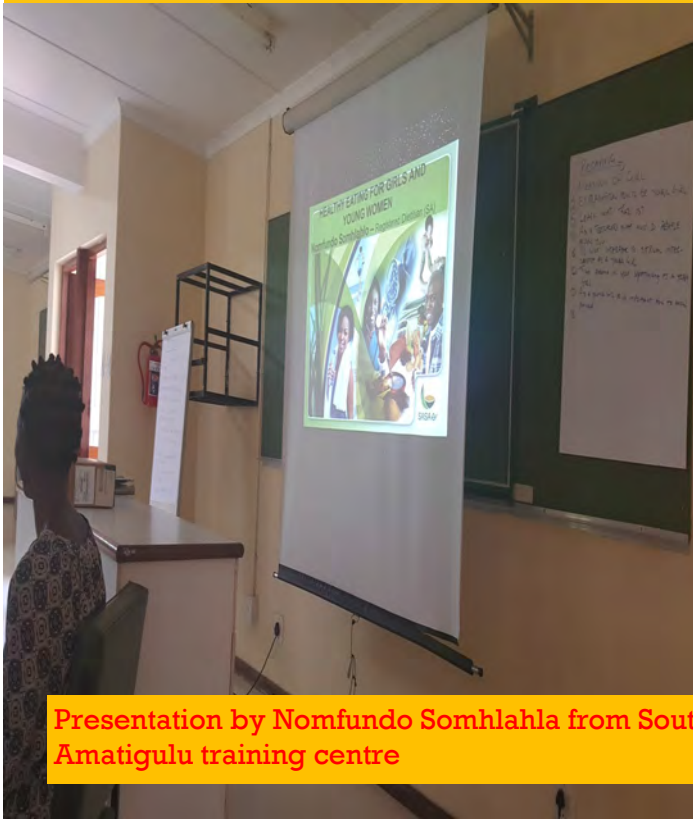
The young women aged between 12 to 18 years were educated on Nutrition (healthy eating), relationships, sexual health, planning and preventing pregnancy, family planning methods, male & female condom demonstration women & safe pregnancy, sexually transmitted diseases, drug alcohol abuse, male medical circumcision, anti sugar daddy and sugar mamma syndrome amongst other topics.

The young women were gifted with goody bags consisting of coffee mugs and pens which were sponsored by the South African Sugar Association(SASA).

Other stakeholders that were involved included the Department of Education, School Health teams, SASA and Mbhekaphansi Love Life groundbreakers.

The event was a great success and the young women demonstrated what they learnt during their presentations.

ZAZI CAMPAIGN- "KNOW YOUR STRENGTH"



Presentation by Nomfundo Somhlahlha from South African Sugar Association(SASA)- at Amatigulu training centre



Goodies given to attendees sponsored by SASA



Presentations done by young learners

PHARMACY CORNER



iLembe Pharmacy Managers , fom Left :Musa Mzimela from Montebello Hospital ; Lindiwe Mthiyane from Ndwedwe CHC ; Renal Govender – Umphumulo Hospital ; Ashina Rajkumar – Sundumbili CHC; Sushila Reddy – Stanger Hospital and Vani Naidoo from iLembe Health District Office



And the rose amongst the thorns , Middle: Pharmacy Manager from Untunjambili Hospital Sbonelo Mbatha flanked by other Pharmacy Managers in iLembe Health District



The 2nd National Pharmacy Conference was held at Durban ICC from 21-24 October 2016. The theme was 'Moving to 2030- Shaping the Future' The conference brought together pharmacists from all over the country, working in many different sectors of the profession. There were several distinguished academics from Canada, New Zealand and London who shared their country's best practices in pharmacy policy and practice.

The themes of the various commissions , held over the 4 day period, were as follows:

Evolving Roles of the pharmacy profession

Developing and enhancing models of care

Innovation in pharmacy

NHI, primary care and the burden of disease

iLembe was well represented , by all Pharmacy Managers in the district. They were truly inspired by the presenters , including the Minister of Health, Dr A Motsoaledi and several motivational speakers.

There was also the National Pioneer (Professional and Facility) Gala Awards Dinner. We congratulate RK Khans Hospital from Ethekwini on winning the award for the best public sector hospital pharmacy , for their decongestion initiative.

Lessons learnt : Pharmacists are an integral part of the multidisciplinary team ; there is a need for stronger advocacy for the profession ; more involvement with clinical pharmacy and continuing Professional Development ; embrace innovations and change .

Watch this space our Pharmacy Managers are back with a louder and stronger voice.....

CENTRAL CHRONIC MEDICINE DISPENSING AND DISTRIBUTION(CCMDD)

CCMDD rollout commenced at 9 facilities in iLembe on 25 July 2016. To date 6 298 stable chronic patients have been enrolled onto the programme . Patients have been very eager to join the programme as it means shorter waiting times and a wider range of community points to collect from. Thus far, private doctors in KwaDukuza and Ndwedwe have been contracted as pick up points. Private pharmacies in KwaDukuza and Mandeni have also been contracted. Several other community pick up points are also being assessed and utilized for this programme.

A successful CCMDD training was held recently at Amatikulu and further rollout in the district has been scheduled for this month.

30% of district target has been achieved in 3 months. Together everyone achieves more.....come on iLembe team We can do this !!!!! We need to get to 21 228 and beyond..... All authorized prescribers are encouraged to identify and enroll all eligible stable clients so that more of our patients can enjoy the benefits of this programme.



YOU CAN COLLECT YOUR CHRONIC MEDICINES CLOSE TO YOUR HOME OR WORK!



ILEMBE HEALTH DISTRICT CHORAL MUSIC COMPETITION

As part of the wellness programme for staff, the Provincial department of health is encouraging staff participation in all wellness activities like any kind of sports, exercise, healthy eating and choral music. It is against this background that ILembe Health district conducted its choral music competition for its employees on 21 October 2016 at KwaDukuza Town Hall. The main aim was to maintain good staff morale, reduce stress levels for staff and to keep our employees healthy. The department encourages everyone in the public and private sector to be involved in wellness activities in order to keep employees healthy at all times.

Results

Western piece:

3rd position- Untunjambili Hospital Choir

2nd position-Sundumbili CHC Choir - **received a trophy**

1st position- Stanger Hospital Choir- **received a trophy**

Jingle:

3rd position-Untunjambili hospital Choir

2nd position- Stanger Hospital Choir - **received a trophy**

1rd position- Sundumbili CHC Choir - **received a trophy**

African piece:

2nd position- Stanger Hospital Choir - **received a trophy**

1st position- Sundumbili CHC Choir - **received a trophy**

Overall winner : **Stanger Hospital Choir**

ILEMBE HEALTH DISTRICT CHORAL MUSIC COMPETITION IN PICTURES



PROGRAMME DIRECTOR:
MR MAHLABA



WELCOMING :MR
PHAHLA, ILEMBE DOH;
H.R.& WELLNESS
MANAGER



PURPOSE OF THE DAY:MR
DUMISA- PROVINCIAL
DOH; STAFF WELLNESS
MANAGER



UNTUNJAMBILI HOSPITAL CHOIR



SUNDUMBILI CHC CHOIR



UMPHUMULO HOSPITAL



STANGER HOSPITAL CHOIR

INTERNATIONAL DAY FOR OLDER PERSONS



THE ELDERS DURING THE EVENT



DEPUTY MAYOR, MRS DOLLY GOVENDER ADDRESSING THE ELDERS



WHEELCHAIR HANDED OVER TO ONE ELDER AT THE EVENT



CCG'S AND ELDERS

Story continues on page 11



THE ELDERLY PEOPLE WHO ATTENDED THE EVENT

In commemorating the International day for older persons, an event was held at iLembe Auditorium in KwaDukuza Municipality on the 28th of October 2016.

The main purpose of the event was to encourage elders to live a healthy lifestyle by eating healthy food and exercising.

The event started by a 1.5km walk from KwaDukuza Clinic to iLembe Auditorium.

Health education and health screening was done and the main focus was on healthy eating since October is Nutrition month.

A big thank you goes to the following people for making this event a great success: CCGs, Nompilo Nxumalo, Thembi Khumalo, Thelma Williamson, Nozipho Msomi and Khanyo Ngubane– Nutrition Advisor and Sister Khumalo.

A job well done guys!!!!!!

ILEMBE HEALTH DISTRICT WELLNESS DAY IN PICTURES



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Special thanks to all those who contributed to the contents of this newsletter.



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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE