



# ILEMBE HEALTH DISTRICT NEWSLETTER ILEMBE NEWS

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## END YEAR MESSAGE FROM THE DISTRICT MANAGER



*Ms S. Dube*  
**District Manager**

2010 has gone quite swiftly and to an inside observer it may seem that we have not done much. In all fairness there is quite a lot that has been achieved, from the planning processes our District Health Plan, the District Health Expenditure review, contributions into the Annual performance quarterly reporting and reviews, Budget allocations, Supplies to the District office and critical Programmes in facilities, maintenance of the physical structure of our facilities, support of PHC clinics and integration of Health Programmes.

Although there are still a few gaps in our performance particularly in some of the Programmes, indicators viz initiation of HAART in Ndwedwe, Mandini and KwaDukuza ANC visits at 20 weeks, PHC utilization in Ndwedwe and Maphumulo, Infant and maternal mortality rates, PHC supervision, immunization coverage for one year due to underperformance at Ndwedwe and Maphumulo again, to

Mention but a few, our District has performed well in many areas, for instance we have sustained the TB Cure rates that Ilembe are much higher than the initial year 2003. Ilembe have done well in a number of other operations together we weathered the storm of the most crippling public service strike. I wish to take this opportunity to thank you all our partners for your contributions to the upholding of the service delivery in the District.

Have a Merry Merry X-mas and a Prosperous New Year.



## KNOW ABOUT MENTAL HEALTH FROM MR S. BLOSE



*Mr S. Blose*

*Disability, Rehab and Mental Health Manager*

Mental health should be one of the core priorities of everyone living in this earth. It is always vital to keep a well balanced mental health status. I often tell people that at some point in our lives we become mentally ill (stressed, depressed, etc.), but the degree of illness varies and we are able to maintain the balance between mental illness and mental health, hence we cope and consider ourselves mentally healthy.

Over the years we have neglected people that are mentally ill and have called them names. A shift in our mind set is needed and it is about time that we start treating them with dignity. It has become very scary that some of the people that are suffering from mental illness are being abused in almost every possible way, i.e. sexually, financially, emotionally, physically, etc.

While life continues normally for us that are “mentally healthy”, we need to also focus on the mentally ill. How often to you hear about campaigns that focus on the mentally ill?

For the current year, my focus has been to encourage for the provision and testing of HIV/AIDS for all mental health care users that go through to our facilities. This has not been very easy for our as staff as you may well know, but the campaign is still continuing and hopefully most of our clients will be tested.

Stay focused, stay healthy and together let's reclaim the dignity of our mental health care users.



On the 9th of December 2010 Mr Blose visited Gogo Gwamanda who was born in 1928 after receiving a call from Corporate Communications to do a home visit to her. Indeed she was assessed and it transpired that she needed a wheelchair and it was issued without a waist of time.

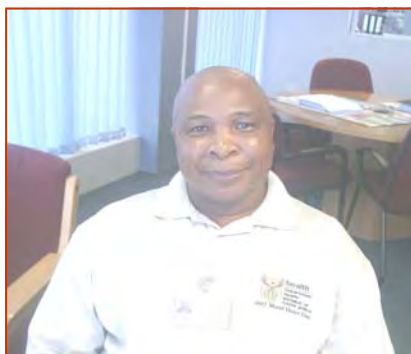
Seating on the wheelchair is Gogo Gwamanda from Driefontein (ward 4 of KwaDukuza). With her is Mrs Mahlinza from Magunyana Primary School and her soul buddies team. Mrs

Mahlinza actually made a call to Provincial Department of Health for her to get assistance with an assistive devices.

Siyabonga kubasebenzi bonke ngokwenza impilo kaGogo ibelula.



## FROM THE DISTRICT HEALTH & SAFETY MANAGER



**Mr B. Thusi**  
**District Occupational Health & Safety Manager**

In our previous issue we dealt with injuries on duty and MVA (motor vehicle accident) involving government vehicle. There were lot of positive responses I received from colleagues from other districts and I wish to say thank you guys

In this issue I wish to talk about occupational exposure to HIV as part of injury on duty

### **The following is regarded as occupational post exposure injuries**

- Needle stick injuries (this include needles and sharps that have been used)
- Eye or mouth splashes (infectious fluids splashing coming into contact with mucous membrane of the mouth or eyes)

Exposure to infectious fluids e.g. amniotic fluids, vaginal fluids and semen

### **PROCEDURE TO BE FOLLOWED FOLLOWING INJURY EXPOSING HEALTH CARE WORKER TO HIV**

#### **Reporting**

All injuries regardless of the nature or severity should be reported immediately to the supervisor

### **Occupational post exposure to be reported as follows**

- Within one hour to the supervisor
- Within one hour to occupational health nurse
- Within 24 hours to the institution manager ( CEO /CHC manager)
- Within 24 hours to the Department of Labour
- Within a month to the District office (monthly statistics)

The supervisor must ensure that the following documentation is obtained

- Statement by the injured person
- Statement by the eye witnesses if available
- Statement by the safety officer who investigated the incident (since this is regarded as an injury on duty)

### **First aid treatment**

- Wash skin with soap and water
- Flush mucous membrane and wash splashes with cold water

Encourage bleeding and wash affected site under running water.

### **Counselling support**

- Pre and post test counselling for HIV test
- Give information about risk of transmission of HIV and Hepatitis B virus
- Give information about availability of ARV drugs

Give information on the adverse effect of these drugs and available ways of

Combating these adverse effect

- Stress on the importance of adherence to drugs

During counselling advice the Health worker to practice safe sex while being monitored.

## INFRASTRUCTURE, PLANNING AND COORDINATION SERVICES



*From right: Mr D. Sikhakhane-District Engineer and Mr J. Ramsing: Chief Works Inspector*

The core functions of infrastructure Planning and Co Ordination Services is to oversee the planning, building and maintenance of civil, electrical and mechanical infrastructure, plant and equipment in the District .

In terms of the GIAMA, the Government Infrastructure Asset Management Act, it is imperative to maintain existing stock as priority over the building of new facilities. It is considered absolutely essential to address the ongoing maintenance needs in order to avoid significant deterioration of the infrastructure related increases in repair cost.

Current day to day maintenance is undertaken by District Office and institutions using both combination of in house and outsourced expertise.

Maintenance budget is devolved directly to these institutions and where possible general building and electrical contracts for both new and repair work is put in-place to facilitate delivery see attached pictures for both in house and outsourced expertise.

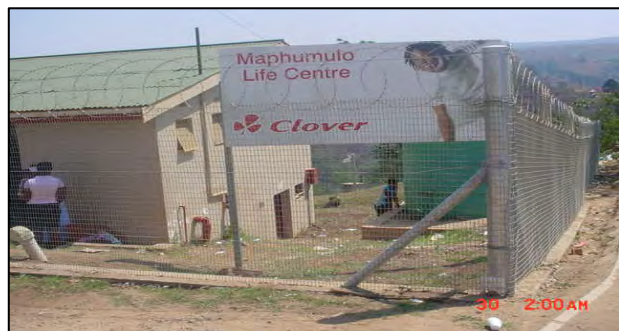


**Umphumulo Primary Health Care Centre**



**Macambini Clinic**

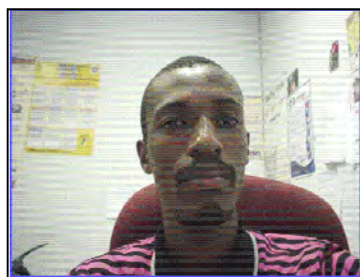
Sundumbili CHC Maintenance staff attending to urgent call as they was no water supply to the clinic from the left Mr. C. K. Sibiya, Mr. P. V. Cele and Mr. Dladla,. The first phase was to locate the fault and the second phase is to construct one brick wall main hole. This project is estimated at R 10 000.00 when calling the contractors.



**Umphumulo Life Centre**

This building consist of the waiting area, and three consulting rooms as part of compliance with Infrastructure Asset management Act. Umphumulo Life centre has been fenced with 1,8m high security fence which consist of one motor gate and one pedestrian gate. The new electrical watt meter was installed by ESKOM and the building has been issued with the First Certificate of Compliance, SANS 1042. The total budget for the above projects amounts to R 150,000.00.

## GOODBYE MESSAGE FROM THE EDITOR



Mr Eugene Zungu

It is very sad for me to announce that I will no longer be with you. I would like to thank all the staff and management, especially HR for giving me such an opportunity to prove myself and to gain an experience.

To Bonie MaNdlela Sishi (Asst Manager- Communications), "ngithanda ukuthi, okwenze kimi sengathi ungakwenza nakwabanye, ukwanda kwaliwa umthakathi, that all I can say to her since I'm out of words for her".

I'll always keep in my heart the good times I've had here at Ilembe Health District, the strong and loyal support from the staff in tough times and the love from all Ilembe Health District staff

Kube injabulo kimi ukubamba elikhulu iqhaza ekushicilelweni kwalengosi eyaziwa ngokuthi i-Ilembe News. Ngethemba ukuthi umaNdlela usazoqhubeka nokushicilela ezimtoti izindaba lezi.

I have no words to thank you enough for all these months (18) I have spent here and I am very proud to say that I was your Communications Officer trainee .

I will miss you all guys.

Thank you so much once more and always remembers: "to fight diseases, fight poverty and give hope because "Together we can do more."

Ngakwelami uhlangothi ngithi manginifisele ukhisimusi omnandi nonezibusiso kanye nonyaka omusha.\*\*



**I CARE ENOUGH  
TO ACT . DO YOU?**

Ms B Sishi

Assist. Manager Com-  
munications



The year 2010 has gone so quickly, few months back we were all excited about the World Cup Tournament that took place in our country. The spirit of the world cup was amazing to all of us. Having said that the Public Service Strike begun, well I must say it was not the nice experience again to all of us.

I hope the year 2011 will be year of accomplishing all businesses that was not properly done during the year 2010 as this was a busy year for all of us. On 1 December 2010 Ilembe Flagship team successfully conducted a World Aids Day event at Mandeni Sub District, that is when I realized that the year was over. Indeed the flagship project is the one that I recommend for taking services to the people because all departments work together in achieving one vision of taking services to the people.

I would like to congratulate Mr Eugene Zungu for finishing his 18months of in-service training in Communications Unit. I wish him all the best in his career. Your contributions to Ilembe District as whole was an amazing and the brilliant one. You will be missed by the district team and I will miss you more than anyone else.

On that note I would like to wish everyone a Merry X Mas and A Happy New Year with full of Blessings from our Almighty!



# HEALTHY LIFESYLE CORNER “NGESO LOMTHWEBULI”



Ilembe Health District Team with Mr. Ndaba in a fun walk that was proudly sponsored by Old Mutual.



Picture of the year

Kodwa ungadla kanje omunye esokole, kanti baba uMnyandu unjani. Hawuuu!!!!



Jiva yoyoh! Makhosi Xulu edlala Ijika majika.



Ama-Ladies eLembe Health District ezivocavoca!!



Ilembe health District staff in a fun walk. Bahole Buhle nino Gcinile (former Data Capture).

# DISTRICT TEAMBUILDINGS

## IXOXWA NGEZITHOMBE



Planning, Monitoring & Evaluation Team



Mrs Van Heerden handing over a trophy to Mrs Hlophe for being voted as a best team member.



Programmes Team



P, M & E during lunch time



Programmes members doing their team building exercises



Lunch Time, Lunch Time , Lunch Time





## ILEMBE HEALTH DISTRICT

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### VISION STATEMENT

To be better than the best in achieving optimal health status and a functional district health system for the community in Ilembe District

### MISSION STATEMENT

With compassion, deliver comprehensive, integrated, coordinated, sustainable and responsive quality health care at all levels based on the primary health care approach through the district health system.

### CORE VALUES

Committed to performance, courage to change/transform with honesty, trust, integrity and mutual respect in an innovative, open and transparent manner.

## STAFF BIRTHDAYS: HAPPY BIRTHDAY GUYS!

### OCTOBER

- ◆ Mr R. Phahla-Principal HR Manager
- ◆ Mrs S. Erusan-HRM Assistant

### NOVEMBER

- ◆ Mr V.K Mthunzi- STA-Chronics and Eye Care
- ◆ Ms E.N Biyela -HAST
- ◆ Ms S.R Thompson- Secretary

### DECEMBER

- ◆ Mr S.B Blose-STA-Mental Health and Rehabilitation
- ◆ Mr N. E Nxasane-Asst. Manager-SCM
- ◆ Mr K.G Mungwe-Asst Manager-Environmental Health

