



ILEMBE HEALTH DISTRICT NEWSLETTER

UPDATE FROM THE DISTRICT MANAGER

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It is with great pressure indeed to get this opportunity to communicate with the public through our publication. I would like to highlight a few things as we all know that July is dedicated as the mental health awareness month. Despite the budgetary constraints, we at Ilembe District know that "knowledge is power" and as a result have sustained the slots with radio Ikhwezi & Good-news Community radio, to educate the public on mental illnesses.

There is such a lack of knowledge about mental health that certain groups experience abuse of different kinds, simply because the relatives are not aware that the person is mentally disturbed.

Alzheimer's is one of the conditions that we know so little about, but it seems to occur in many families. However when problem of a serious nature occur then the notion that the sufferers are getting old is replaced by abuse.

WHAT IS ALZHEIMER'S DISEASE?

It is a brain disorder named for German physician Alois Alzheimer, who first described it in 1906. **DID YOU KNOW THAT?**

As many as 5 million Americans are living with Alzheimer's disease. Alzheimer's destroys brain cells, causing problems with memory, thinking and behaviour severe enough to affect work, lifelong hobbies or social life. Alzheimer's has no cure. But treatment with the right services and support, can make life better for the people living with the condition.



Ms S. Dube-District Manager

Alzheimer's get worse over time, and it is fatal. Today it is the sixth-leading cause of death in the United State of America



Brain-Symptoms of Alzheimer's

SYMPTOMS OF ALZHEIMER'S

The signs are all due to loss of memory and the following is the behaviour the affected persons manifests most of the time:

- ◆ Forgets who significant others are. A wife forgets that the person she lives with is actually her husband or a son or a daughter etc.
- ◆ They forget to put on

clothes and leave the house naked, that is when neighbours who see them walking naked label them as "witches"

- ◆ Forget how to put on clothes, sometimes they are seen struggling to puts their heads through a sleeve, or with the wrong side of a dress, shirt, etc on.
- ◆ Forget the way to their home and they land at other people's homes even at odd hours of the nights
- ◆ Lose touch with time and place, they will demand that they be taken somewhere on wrong dates. A person would be in Durban, but he/she will be heard addressing people that are in Johannesburg, reminding them to take her to some family event that is either gone or that no one else knows anything about.

In closure, even though the disease is incurable, love, safety & security, nutrition, shelter etc will go a long way toward improving the quality of life.



DIABETIC AWARENESS



“Norvo Nordisks and Department of Health were taking services to the people”.

“Diabetics can be controlled”.



Truck from Norvo Nordisks during diabetic screening together with

On the 10th and 11th of June 2008 the Ilembe Health District together with Norvo Nordisks embarked on diabetic screening within the district. The purpose of this exercise was to effect early detection of diabetes mellitus for early intervention. The theme for the day was “Changing Diabetes”. The District successfully managed to complete the awareness campaign in three sub districts, namely KwaDukuza, Ndwedwe and Mandeni sub districts. The following outcomes were reached during the campaign:

Mandeni Sub district:

- ◆ 120 patients were screened although the venue had to be changed due to the taxi violence
- ◆ 13 cases were newly diagnosed
- ◆ 14 patients were referred to Sundumbili CHC
- ◆ 89 had concurrent eye problems, 20 had hypertension, 16 were screened and found to be healthy!

KwaDukuza Subdistrict :

- ◆ 202 patients were screened
- ◆ 45 patients were newly diagnosed, 20 had uncontrolled diabetes



Staff members during the campaign

- ◆ 25 had hypertension, 47 with eye problems and 65 were and found to be healthy!
- ◆ Patients were referred to the nearest institutions for further investigation

Ndwedwe Subdistrict:



Community waiting to be tested

- ◆ 288 patients were screened
- ◆ 112 had eye problems
- ◆ 49 had hypertension and were already on with treatment
- ◆ 18 were newly diagnosed with hypertension
- ◆ 3 were newly diagnosed with diabetic, 12 known diabetics, 94 hypertension on treatment were seen and found to be adhering to the treatment.

Furthermore, advice on controlling diabetes was given to the community. Pamphlets written in isiZulu and English were also distributed.

ILEMBE PROMOTES HEALTHY LIFESTYLES



Ilembe Health District Staff

Ilembe Health District staff members from all facilities are participating in different sporting activities, e.g. soccer, netball turbo dance etc in line with the objectives of the healthy lifestyle programme.

Most facilities have gym machines which they utilize to exercise during lunchbreaks and after hours.

BE ACTIVE / ZIVOCAVOCE

We encourage our staff members as well as the community to walk, run or dance for at least 30 minutes per day, or accumulate 10 minute sessions, three times a day, 5 days a week

Hamba, gijima, dansa okungenani imizuzu engu -30 ngosuku, noma ziphe imizuzu engu—10 yokuzi vocavoca kathathu ngosuku, izinsuku ezinhlanu ngesonto. Ilembe District staff and KwaDukuza Clinic have for the past months participated in turbo in order to keep healthier, physically and mentally.

EAT HEALTHY FOOD/YIDLA UKUDLA OKUNEMPILO



Healthy Mixed fruits

Eat plenty of fruits and vegetables daily. Try to eat a variety of healthy foods and drink at least 8 glasses of water a day.

Yidla izithelo nemifino eminingi nsuku zonke. Zama ukudla izinhlo-bonhlobo zokudla okunempilo, uphuze okungenani izingilazi ezingu-8 zamanzi njalo ngosuku.

Moreover, Practice safe sex, Be faithful to your partner,

Condomise

Practice what you preach

HLOLA MANJE, TEST NOW



No smoking

PROMOTE A SMOKE FREE ENVIRONMENT/GQUGQUZELA INHLALOMPILO ENGENAKHO UKUBHEMA

Do not smoke, Smoking increases the risk of heart and respiratory diseases.

Ungabhemi. Ukubhema kwandisa amathuba okuba nesifo senhliziyo nenkinga yokuphefumula

To support the above, the smoker's body posters were distributed to 200 schools from April to June 2008. 40% schools are promoting

smoke free environment.

The schools also developed NO SMOKING policies.

PUBLIC AWARENES AT ISITHUNDU CLINIC



Community members listening to speeches

The campaign took place on 23rd May 2008 as a joint effort between Ilembe District Municipality, Umgeni Water and Environmental Health to address health issues in the area as a result of water pollution and inadequate purification facilities in the area. The Tribal Authority representatives and the local Councillors also attended the meeting.

Umgeni Water outlined the state of the water supply in the area as well as Umgeni Water's future plans to erect a plant in the area. They also highlighted to the community some challenges that Umgeni Water may face that hinder the efforts to supply water. Issues of vandalism, shortage of staff to monitor chlorine dosing points and water flow were highlighted. The community expressed their satisfaction and commended Umgeni Water for their work, and efforts to supply good quality water as well as opening communication channels with the community about the development plans.



A demonstration by an official from Umgeni Water on how to use JIK to purify water

They also talked about water pollution and the importance of maintaining clean water sources in order to curb occurrence of water-borne diseases. A bleach dosing demonstration was performed for the audience and the pamphlets that cover domestic water treatment methods and health and hygiene issues were distributed to the people.

Education on household health and hygiene was conducted by the Environmental Health Practitioners. They also indicated that at least one bleach making machine will be installed at Isithundu clinic by end of June 2008. Each participant was handed a bottle of bleach.

Ilembe Municipality covered issues of service delivery pertaining to water wastages through leaks and emphasised that community members should ensure that they monitor work done by the plumbers in fixing reported leaks in the area.



Community listening to different speeches

The tribal Authority and the councillors addressed the people about other water related initiatives taking place in the area and ensured the community that they will cooperate with Umgeni Water in serving the community in a satisfactory manner.

The campaign was a success because the community turn out was good and people were asked to convey messages to those who couldn't attend the campaign. It was apparent from the comments made that the people were satisfied by Umgeni Water's service in the area.

UPDATE FROM THE EDITOR'S DESK



Mrs Bonie Sishi-Senior Communication Practitioner

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It is a greatest pleasure to release the second publication of Ilembe newsletter and I hope that the staff, relevant stakeholders and the community at large will use this publication to share the ideas pertaining improvement of service delivery, assist in developing healthcare messages and submitting information for this publication. This is the eighth month since I joined this district but I have noticed a great team spirit in the office. This makes intergration between the Programmes and District Management and easy task. In particular I would like to thank the management and staff of Ilembe Health District for the warm welcome I have received since my arrival in January 2008. Not forgetting the remarkable experience I attained at Un-tunjambili Hospital for the past 3 years, which I believe it enabled me to grow mentally, physically and spiritually.

August is the National Oral Health Month, National Women's Month, Organ donor month and World Health Month. I would like to encourage all the ladies out there to look after themselves, look after your weight, "Zivocavoce", examine your breasts for early detection of cancer, go for regular pap smears and those who have kids please breastfeed your baby for at least 6 months. " Ngesizulu kuthiwa ibele likamama linomsoco".

In closure, let us all work together "To be better than the best in achieving optimal health status and a functional district health system for the community in Ilembe District".



Mr S. Zwane-Supply Chain (District Comedian)

JOKES FOR THE MONTH BY THE DISTRICT COMEDIAN



Everything went well but the problem occurred when they were walking back home. They found a pile of bank notes mistakenly dropped during a bank robbery. Police had noticed that one batch was missing and must have been picked up by a member of the community. They then started going around the houses asking whether anyone had found the money. The old man told his wife that if the police come around asking for that money he would tell them that they got it. The old lady said "No! no! no!! don't you dare do that". Police arrived at this couple's house. One police asked " have you ever found any batch of bank notes?" The old lady said no. "Do you perhaps know who got it?", the police continued . The old man said "I know." The old lady said, "Do not listen to him he is losing his mind." The policeman said " Please explain " The old man started explaining "On our way back from school.....,"Before he could finish the sentence the policeman said "let's go he is wasting our time."

An old couple was celebrating a 50 year wedding anniversary. They decided to go and celebrate it at a school where they met for a wedding.

WELCOME TO DISTRICT OFFICE TEAM



Miss V. Gcabashe

Miss Gcabashe is originally from Mandeni, matriculated at ICESA. She has been previously working for the Department of Health under Catherine Booth Hospital as from 01 May 2006 and joined the District Office on 1 June 2008.

Welcome Girl!



Mrs N. Ndadane
STA-PMTCT

Mrs Ndadane is originally from Highflats, Studied at Emmaus Nursing from 1993-1995. Worked as an Enrolled Nurse at Stanger Hospital & Ohwebede Clinic, & Cathering Booth Hospital. From 200-2003 she studied Bcur Degree at UNIZULU. In 2004 she worked at Sundumbili as a Professional Nurse and started the HAST Clinic where she was promoted to a CPN post. In 2005-2006 she Post Graduated in Clinical Management of HIV & Aids at UKZN. In June 2008 she received a Diploma in PHC. In October 2007 she started at Zululand Health District as the STA -PMTCT Co-ordinator and on 1 July 2008 she joined Ilembe District on the same post.

Welcome Girl!

HAPPY BIRTHDAY! HAPPY BIRTHDAY!

JULY 2008

1. Mrs S. Moodley-STA-MCWH
2. Miss R. Strydom-Deputy DM-P, M&E
3. Mrs H.V Ngcobo- Principal Accountant
4. Mr S.B Mabika-Snr HRM Practitioner
5. Miss L.M Xulu- Receptionist

Fun to be with. Secretive. Difficult to fathom and to be understood. Quiet unless excited or tensed. Takes pride in oneself. Has reputation. Easily consoled. Honest. Concerned about people's feelings. Tactful. Friendly. Approachable. Emotional temperamental and unpredictable.

→ Easily hurt. Witty and sparkly. spazzy at times.

Not revengeful. Forgiving but never forgets. dislikes nonsensical and unnecessary things. Guides others physically and mentally. Sensitive and forms impressions carefully. Caring and loving. Treats others equally. Strong sense of sympathy. Wary and sharp. Judges people through observations. Hardworking. No difficulties in studying. Loves to be with friends .

AUGUST 2008

1. Ms R. Sahadeo—QA Manager
2. Mr E. Von Maltitz- Pharmacy Manager
3. Miss S.P Zondo- Accounting Assistant
4. Mr L.I Luthuli -Accounting Assistant
5. Miss Mbuthuma Z- SCM Assistant
6. Mr B. Dlamini- General Orderly
7. Mr C.M Ndaba- Office Manager

→ Outgoing personality. takes risks. feeds on attention. no self control. kind hearted. self confident. loud and boisterous. VERY revengeful. easy to get along with and talk to. has an "every thing's peachy" attitude. likes talking and singing. loves music. daydreamer. easily distracted. Hates not being trusted. BIG imagination. loves to be loved. hates studying. in need of "that someone". longs for freedom. rebellious when withheld or restricted. lives by "no pain no gain" caring. always a suspect. playful. mysterious. "charming" or "beautiful" to everyone.

HAPPY BIRTHDAY GUYS!



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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 a 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 honest, trust, integrity and mutual respect in an innovative, open and transparent manner.

FINAL RESULTS OF THE DISTRICT LEAGUE GAMES

SOCCER: LOG TABLE

TEAM	P	W	D	L	G F	G A	G D	P T S
1. UMPHUMULO HOSPITAL	14	10	1	3	35	13	22	31
2. UNTUNJAMBILI HOSPITAL	14	9	4	1	32	10	22	31
3. STANGER HOSPITAL	14	6	5	3	22	12	10	24
4. SUNDUMBILI CHC	14	7	2	5	22	24	-2	23
5. MONTEBELLO HOSPITAL	14	6	2	5	23	17	6	21
6. EMRS	14	3	2	9	11	37	-26	11
7. NDWEDWE CHC	14	2	1	11	11	28	-17	8
8. DISTRICT OFFICE	14	2	3	10	12	28	-16	7

NETBALL: LOG TABLE

TEAM	P	W	D	L	GF	GA	GD	PTS
1. NDWEDWE CHC	14	12	0	2	339	119	220	36
2. SUNDUMBILI CHC	14	11	0	3	196	81	115	34
3. STANGER HOSPITAL	14	11	0	3	284	144	140	33
4. UNTUNJAMBILI HOSPITAL	14	8	0	6	239	159	80	24
5. UMPHUMULO HOSPITAL	14	8	0	6	196	172	24	22
6. MONTEBELLO HOSPITAL	14	2	0	12	103	192	-89	6
7. DISTRICT OFFICE	14	2	0	12	61	226	165	6
8. EMRS	14	0	0	14	26	270	-244	0

CONGRATULATIONS TO ALL THE WINNERS! DISTRICT TOURNAMENT IS PROPOSED FOR 5/09/08