

Condom awareness



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It starts by an individuals' decision or choice whether to use a condom or not. Peoples mindset need to be shifted from the myths they say about condoms. Condoms are not just one of the contraceptive methods that are used to prevent unplanned pregnancies, but also to avoid spreading of STI's, HIV/AIDS and to protect part-

ners from transmission of different diseases

The community of Pongola gathered at Mkhwakhweni clinic to be educated on how to use condoms and how one's life can turn into a night mare for having an unprotected sex. People were also informed as to how the HI virus is transmitted from one person to another and how people

living with HIV can be supported.

Clinics are also utilized as one of condom distribution points.

Health workers can play an important role in educating people about HIV, STDs, safe sex and the use of condoms.



GIVING BACK TO THE COMMUNITY



U Cynthia Nhlenyama oku Board of Directors ku JZRDP, nabahlengikazi benikezela ngezipho kubantwana.

Lolusuku lwangomhlaka 18 July 2009, lusho okuningi ezimpilweni zabantu kanye nasemlandweni waseNingizimu Afrika. Ukuhlonipha lowo owayenguMongameli waseNingizimu,Afrika, uNelson Mandela izinhlela ezithile zemiphakathi kanye nosomabhizinisi beligubha lolusuku lokuzalwa kwakhe ngezindlela eziningi. Noma kunjalo kodwa kwiJacob Zuma RDP Education Trust beluchaza ukunikela ngezipho kubantwana abagulayo kanye nokwamukela labo abazalwayo. Abantwana abangama-26, bathola iziphos zamathoyisi kanye nokokwembatha kulabo abasanda kuzalwa.



Mr. Reaad, Ebrahim, owner of Mavalane wholesalers in Pongola accompanied by Mr. Sabir. Tubai, local business owner giving blankets to inpatients.



The main objective of the outreach program is to ensure continuity of care to discharged patients. Follow ups on treatments and tracing is done. Educational programmes are also conducted in different forms. The team also visits amaKhosi areas to address certain Health related issues and give assistance.

The hospital has got eight community outreach sites that are visited continuously guided by the year plan. Services like VCT, screening of blood sugar level, blood pressure, education on oral hygiene are rendered, mostly to areas that are highly disadvantaged and have difficulty in accessing health services. Permission to offer these services is obtained from the Chief and his cabinet. After the Chief and his cabinet are screened, they therefore extend the message to the community to come for the screening. Those that needs thorough investigation are then advised to visit their nearest clinics or the hospital.

This kind of interaction builds trust between the community and hospital. During the visits, information is shared, and the community is always aware of the new hospital developments.

Health care workers offering counseling to clients, in KwaShoba, Simelane Tribal Authority



Outreach team at Ntumbane area, screening members of the Tribal Authority under Inkosi Msibi.

BEST MOMENTS SHARED

Operating Theatre staff celebrating the achievements of five staff members who passed their bridging courses and theatre techniques. They are Mr. F.M. Dlamini, Ms Q.S. Mthabela (bridging course) , Ms. P.C. Zondo (Education and Admin) Mr. M.P. Ndlovu, Mrs. N. G. Mdluli (Theatre tech).



uNksz. G. Buthelezi , Mnz. T. Mophuthane kanye no Nksz. S. Maphisa bephethe izitifiketi zabo zokuphothula ukuqeqeshelwa umsebenzi.



Abasebenzi bevalelisa ama-interns ngesikhathi ephothula uqoqosho lwawo. uMrs. Ntshangase ophethe izindaba zabasebenzi wayalisisa laba ababili wathi 'noma zikhona izinselelo zokuthola umsebenzi kodwa kumele bangapheli amandla futhi lokhu abakufundile bakusebenzise ngendlela eyiyo naphambili. Wabaqinisa nangezwi leNkosi ukuthi uma uNkulunkulu evala umnyango usuke esohlelweni lokuvula omunye futhi'



Tsepo, ofake ezibomvu uthi ujabule kakhulu ngosuku lwakhe lokuzalwa.



Hip hip to Ms Z. Samantha (standing), she turning 30, LOL! Izinto zimanukwenzeka!

Ubani ke lona, ujabulela iqatha lenyama nonamenedi phambi kwakhe, umfo ka Kunene ke lowo.



Umaspopizana usekhule waze wangaka, ekukhuleni kwakhe wethiwe igama lokuthi u T.H. Simelane. Halala!!!

Simphiwe Mhlungu, nabangane bakhe, happy birthday!

uMs Mnyezima uthi akakholwa ngempela ukuthi usehlanganise iminyaka engaka, yena bandla ubukeka esemncane, cha siyakubongela ntokazi!!



umaZaza nomshungu wakhe, bayamhahlalisela, phela umaZt uyazifela ngezimnandi.



Learners from Langa high school were visited by Itshelejuba hospital Crisis Care Centre staff for educational programmes on STI's, HIV/AIDS, Sexual, physical, child abuse as well as on teenage pregnancy.

Sometimes it is not simple to talk about the abuse more especially in children, but the following signs might assist to identify abused children.

A constant crying child

A child who is often bruised or injured

A child who is often very withdrawn

A child who is often very dirty or smelly

A child who is often hungry, or under or over-dressed for the time of year

A child who is often left at home alone

A child who is often left in unsafe situations, or without medical attention when they need it

A child who is constantly 'put down', insulted, sworn at or humiliated

A child who seems very afraid of particular adults, and reluctant to be alone with them

A child who has unexplained changeable emotions, such as depression, anxiety or severe aggression

A child who shows sexual knowledge or behaviour that is inappropriate for their age

A child who is growing up in a home where there is domestic violence

A child who is living with parents or carers who are involved in serious drug or alcohol abuse.

Information by NSPCC

Childline KwaZulu Natal

Tel: (+27)-(0)31-3120904
 P O Box 37875, Overport, 4067
 Email: childlin@global.co.za
 Web: www.childlinekzn.org.za

Need Help?

You can call us for free, any time:

0800 055 555





Construction of comprehensive OPD has already been started, the new structure is behind the new Admin block. The estimated period for the project is 2 years. The structure will have units such as X-Ray, Pharmacy, Theatre, Casualty, Laboratory, CSSD and Crisis Care centre. With this project job opportunities have been created for the local people and it has also bring a positive change to Pongola community.

The old structures, such as Theatre, X-Ray, Pharmacy have been moved to other buildings where they could be accessible to patients.



SAVING PEOPLES' LIVES



EMRS provide a 24hour emergency medical response to sick and injured patients. Their qualified and trained staff knows how to render emergency medical care to public.

They use alarm codes to classify type of emergencies. The Red Cross Air Mercy Service transport critical patients to tertiary hospitals like Ngwelezane etc.

**Emergency Toll free number :
10177**

Promoting Healthy lifestyle

HEPATITIS B

What is Hepatitis ?

Hepatitis is an inflammation of the liver.

It's a serious disorder that has a general tendency to progress to hepatic cirrhosis and possibly even primary liver cancer.

Symptoms and Signs

Patients are usually asymptomatic for a long time. Signs and symptoms often occur when an advanced histological disease is present. Sometimes symptoms are vague and may be mistaken for other disease or simply consequences of aging.

Main symptoms

- asthenia (70%). Often it gets worse as the day wears on;
- upper abdominal pain or discomfort (20%);
- anorexia;
- weight loss;
- aching joints;
- itching

Clinical signs are:

- hepatomegaly (70%);
- enlarged, palpable spleen (20%);
- palmar erythema;
- spider nevi;
- ecchymosis;
- fever;
- cirrhosis, jaundice, ascites (abdominal accumulation of liquid), liver failure and coma.

Diet

Patients with very advanced liver disease may require a special low-protein diet to minimize damage to the brain, called *hepatic encephalopathy*. This type of diet is usually used along with other treatments under the care of a specialist. Most people with hepatitis B should just ensure they eat normal, healthy foods.

You should completely avoid consuming any alcohol or drugs that are potentially poisonous to the liver.

NEW STAFF MEMBERS

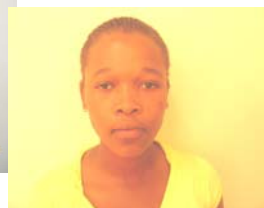
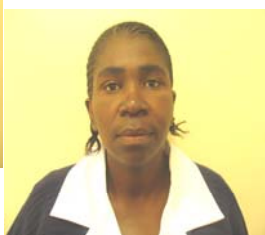


Dr. Kasongo, Dr. Kanyeza
Medical officers

Ms T.P. Mavuso, Mr. T.S. Tembe
Professional nurses



General orderly Ms Sengwayo, Ms D. Simelane (in serve)



Newly appointed Ms H. Dlamini, P. Shongwe (Lay Counselors) Data capturers, and Mr. A. Ncube. N. Mchunu, S.



F. K. Hadebe, T.I. Simelane (interns) L. Masinga, N. Ntshangase, G.I. Nene (in serve)

Editors comments

The next time you're at work, decide...

.....Just for one day, think in a whole new way.

Just for today

I will be as friendly as can be to the people I work with. I am going to treat them as if they were responsible for keeping me in my job and be grateful they are there.

I will try to see the good in every situation and will look for something to praise in every person who works with me.

If I correct someone, I will do it with as much good humour and self-restraints as if I were the one being corrected.

To be continued.....

I hlobo seliseduze, ngakho kubalulekile ukugcina imizimba yethu iphilile futhi yondlekile. Imizimba yethu iyilokhu esikudlala, "Healthy diet, healthy bodies".

Acting PRO Ms Fikile



Next issue... how to stay healthy? Tips from Thandeka..



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