



HEALTH
KwaZulu-Natal

ITSHELEJUBA HOSPITAL WITNESS

OCTOBER – DECEMBER 2009

Message from Management

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The Management of Itshelejuba hospital conveys a word of gratitude to all Unit Managers and all categories of staff at PHC and hospital for the wonderful work done through 2009.

You are commended for your perseverance and commitment towards quality service delivery despite the limited resources currently experienced by our department.

God bless you

MEASLES OUTBREAK RESPONSE— FIND MORE ON PAGE 6

A number of measles cases were reported in KwaZulu-Natal early December 2009. From December 2009 to date at least 16 520 children from the age of 6 months –15 years have been immunized around Pongola area. 4 cases have been confirmed positive and 35 cases investigated . 23 admissions and 2 deaths between this period.





Sibongela umphakathi wasoPhongolo namaphethelo ngokuba naloluhlobo lomcimbi owawuhlanganise iminyango kaHulumeni eyahlukahlukene. Injongo okwakuwukhumbula labo abahlaselwe igciwane lesandulela ngculaza kanye nayo uqobo, futhi kuwukukhuthaza umphakathi ukuthi umuntu ngamunye azazi ukuthi umi kuphi nanezindlela ezingasentshensiswa ukuze kuliwe nokubhebhetheka kwaso.

Abesifazane nezingane ezihlukumezwa ngokocansi kanye nangezinye izindlela bagqugquzelwa ukuba bakhulume ukuze bathole usizo.

Izinga lezingane zesikole ezihlukumezana zodwa labonakala likhuphuka ngokombiko owatholakala ngalolusuku.

UMhlonishwa umeya wasoPhongolo uB.J. Mncwango wathi umphakathi wonkana kumele uqaphele njengoba uPhongolo kuyindawo eyakhe emnceleni waseSwazini kanti futhi umgwaqo omkhulu uN2 udabula phakathi kulendawo. Wathi ama-trucks amaningi avela emazweni afana noZambia, Mozambique, Botswana, aphumulela kulendawo.

Amongst the departments that participated was Health dept, Home Affairs, Social development & Welfare, SAPS, Agriculture, SASSA, amaKhosi, Traditional healers, Love life, Youth motivators and etc.





WELLNESS WEEK

Sibonga ithimba lika Wellness ngokusi-nakekela nangokusikhumbuza njalo ukuthi nathi singabasebenzi bezeMpilo kubalulekile ukuthi sizinakekele futhi sihlale siphila ukuze sikwazi ukunakekela abagulayo.

Kulamalanga amathathu eyebekiwe abasebenzi bebehlola izifo ezifana no hypertension, umdlavuza, inani lika-shukela egazini, isandulela ngculaza, amazinyo, belulekwa ngokunakekela imizimba, ukudla okunempilo, ukuzivocavoca, swine flue, kanye nokunye.



Abasebenzi balesibhedlela balindlele ukungenisa emagumini abini ahluke kahlukelele ukuhlola izifo ezinhlabonhlobo.



IPhysiotherapist iluleka abasebenzi ngezindlela eziqondile zokugoba nokuphakamisa izinto ezinesisindo. Waqhubeka wachaza ukuthi kumele siyiqikelele kanjani imigogodla yethu kanye nokhalo, ngoba ukugoba nangayiphi indlela kungazikhinyabeza lezindawo ngokuhamba kwesikhathi sempilo. Indlela esihlala ngayo uma nayo futhi ibalulekile.



Ithimba lezeMpilo laliphume umkhankaso wokuqwashisa ngegciwane leHINI kanye nesandulela ngculaza emnyangweni wakwaWorks ozinde eNcotshane Township.

Eceleni: AboMnyango baphinde bavakashela isikole sasePongola high ukufundisa ngezidakamizwa, laphinde lakhuthaza abafundi ukuba bafunde bajabulelele isigaba sokuba abafundi ukuze babe nekusasa eliqhakazile.

Abomnyango weZoLimo bafundiswa ngegciwane leHIV, ushukela, izidakamizwa. Emva kwesifundo labo abakhululekile bathola ukwelulekwa base behlolwa futhi.





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♦ it is essential that we keep our bodies healthy and fit through regular exercises and by sticking to healthy diet.

The 10 minutes No-Excuses body maintenance workout

Lack of time is the number one excuse for falling off a workout regimen. So, once you've built up a solid fitness, keep this maintenance plan in your pocket for those weeks when job, family and other obligations threaten to keep you from exercising.

The workout takes just 10 minutes, 3 days a week, and it covers every major muscle group in the body, including the cardiovascular system.



Day 1: Using dumbbells, a bench and an exercise ball

- ♦ Squat, seated shoulder press, and crunch



Day 2: Rest for 45 sec between sets

- ♦ Squat : 3 sets of 6–8 reps
- ♦ Dead lift: 3 sets of 6–8 reps
- ♦ Bench press: 2 sets of 6 –8 reps

Eating tips

1. Eat plenty of high-fiber foods—that is, fruits, vegetables, beans, and whole grains. These are the "good" carbohydrates—nutritious, filling, and relatively low in calories.
- 2 Make sure to include green, orange, and yellow fruits and vegetables—such as broccoli, carrots, cantaloupe, and citrus fruits.
- 3 Limit your intake of sugary foods, refined-grain products such as white bread, and salty snack foods.
- 4 Cut down on animal fat. It's rich in saturated fat, which boosts blood cholesterol levels and has other adverse health effects. Choose lean meats, skinless poultry, and nonfat or low-fat or nonfat dairy products.
- 5 Cut way down on trans fats, supplied by hydrogenated vegetable oils used in most processed foods in the super-market and in many fast foods.
- 6 Eat more fish and nuts, which contain healthy unsaturated fats. Substitute olive or canola oil for butter or stick margarine.
- 7 Keep portions moderate, especially of high-calorie foods.
- 8 Keep your cholesterol intake below 300 milligrams per day. Cholesterol is found only in animal products, such as meats, poultry, dairy products, and egg yolks.
- 9 Eat a variety of foods. Don't try to fill your nutrient requirements by eating the same foods day in, day out.
10. Drink a lot of water.

Day 3:

- ♦ 1 minute of low intensity (running, swimming)
- ♦ 8 minute of high intensity (cardio exercise)
- ♦ 1 minute of low intensity (cardio exercise)



STAFF FAREWELL

Theatre staff bidding farewell to Ms Q. Mthabela



Emva kweminyaka eminingi besiza umphakathi ogulayo, uSr. Gwala osebenzela ePOPD kanye no Mrs. L. Dlamini osebenzela eMaternity ward kufike isikhathi sokuthi khumu ngoba sebethatha umhlalaphansi. Okhulumela abakwaHR wathi ukuhamba kwanoma yimuphi umsebenzi kuzwakala kuyinto enzima njengoba kungaselula ukugcwalisa ezikhala. Kodwa wababongela ngokuthi baphile kuze kufike kulelizinga abakulo njengoba impilo nayo ibonakala ifana namanzi kulezinsuku zanamuhla.



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WHAT IS MEASLES?

Measles is a highly infectious disease.

WHAT ARE THE CLINICAL FEATURES OF MEASLES?

The incubation period is 10 to 14 days (often longer in adults than in children).

It is characterized by:

- ♦ Tiredness
- ♦ Fever
- ♦ Rash(Maculopapular)
- ♦ loss of appetite
- ♦ red, watery eyes
- ♦ cough
- ♦ runny nose

The illness may resemble a severe respiratory tract infection. Just before the appearance of the rash, Koplik's spots may appear on the buccal mucosa (mucous membrane on the inside of the cheek). These are tiny white spots with bluish-grey centres and are characteristic for measles, but may easily be overlooked. The rash usually appears 3 - 5 days after the start of the fever. It begins on the face and spreads down the body to involve the neck, trunk, and lastly the arms and legs, including the palms and soles. The rash usually lasts about 5 days. The patient with measles is usually most ill during the first or second day of the rash. Several days after the appearance of the rash the fever subsides and the patient begins to feel better.



WHAT CAUSES MEASLES?

A very small germ called the measles virus causes measles. It cannot be seen with the naked eye. It is spread when a person suffering from measles coughs or sneezes, passing on the germ to others.



Children in schools and Pre-schools were immunized responding to the measles outbreak.

WHY IMMUNISE AGAINST MEASLES?

Measles spreads so easily that a child who has not been immunised will most likely get the disease if exposed to it. The measles virus can remain in the air for up to 2 hours after a person with the disease has left the room. Since the discovery of a vaccine to prevent measles in children, the number of deaths due to measles has been significantly reduced.

WHO IS AT RISK?

Infants less than one year of age who are too young to have been immunised
Immuno- compromised including HIV positive people
Any person who has not had measles infection or has not been vaccinated against measles.

CAN MEASLES BE TREATED?

The risk of death from measles can be greatly reduced if the disease is recognised early before complications develop. It is important to take the child to the nearest health facility as soon as measles is suspected.

CAN MEASLES BE PREVENTED?

Measles can be prevented through vaccination. People who have measles should stay away from others until at least 4 full days have passed since the time the rash first appeared
Women should not get the vaccine if they are already pregnant or plan to get pregnant within 3 months after getting vaccinated

HOW TO CARE FOR A PERSON WITH MEASLES AT HOME.

Isolate the person to prevent spread.
Keep in dark room- away from sunlight.
Give lots of fluids.
Continue good nutrition.

The client will be managed according to the signs and symptoms.

WHAT TO DO IF YOU SUSPECT THAT YOU OR YOUR CHILD HAS MEASLES.

Take the person to the nearest clinic, hospital or your doctor. The following will be done:
Examination will be conducted to exclude other illnesses.
Blood and urine specimens will be taken.
Specimens will be sent to the laboratory to confirm if the client has Measles.

MEASLES CAN HAVE THE FOLLOWING COMPLICATIONS:

pneumonia (infection of the lungs)
infection of the middle ear which can cause deafness
ulceration of the eyes which can cause blindness
malnutrition
brain damage and even death.

Compiled by:

*KwaZulu-Natal Department of Health's
Expanded Programme on Immunisation,
Maternal, Child & Women's Health.*

Amazwi kaMhleli

Ngithanda ukubonga uNkulunkulu ngamathuba onke asinikeze wona empilweni nangakho konke esifinyelele ukukwenza kanye nalokho esingafinyelelanga ukukwenza onyakeni ka 2009.

Ngikholwa ukuthi izinqinamba esihlangabezane nazo zisenze saqina futhi sahlakanipha. Masizelulele kunyaka ka 2010 kube isiqalo esisha sempilo nezinqumo. Sibe nomoya wothando, nowokulula isandla kulabo abasingayo siphinde sikhuthaze labo ase-bephelelwe yithemba.

Sinakekele abagulayo ngamandla ethu onke nangokuzinikela okukhulu.

Ecclesiastes 9:10-whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

Fikile Simelane



Baby Christmas 2009

Zibe isishiyagalolmbili izingane ezizalwe ngosuku lukaKhisimuzi. Zonke zitholwe zisesimweni esikahle sempilo.

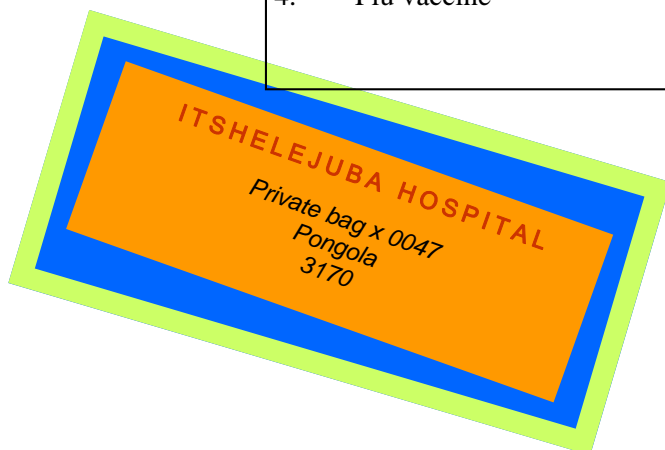
Siyabobongela abazali ngoba losuku luyisibusiso nasezimpilweni zabantu abaningi.

Inspirational QUOTES

- *'never design your character like a garden where anyone can walk. Design your character like the sky where everyone desire to reach. Hitler.*
- *Hard time are like a washing machine, they twist, turn and knock us around, but in the end we come out cleaner, brighter and better than before.... Unknown publisher*

Upcoming campaigns

Name	Date	Age
1. Measles and Polio	12-23 April 2010	9mths –under 15 yrs.
2. Vit A, Polio & deworming	24-28 May 2010	under 5 years
3. H1N1 vaccine		all pregnant women and HIV+ children under 15 years
4. Flu vaccine		Vulnerable clients.



Amazwi kaMhleli

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