



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

MBONGOLWANE HOSPITAL

ISIBUKO SEMBONGOLWANE

NEWS

STAY INFORMED

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C.E.O'S CORNER

Greeting to all workers, Hospital Board members, our partners, organized labour and Mbongolwane community at large. I would like to thank the workers for the good work they have performed in uplifting the health of Mbongolwane health ward or the last quarter of 2015/16. I encourage all of you to work with dedication & diligence in your area of operation to ensure community of Mbongolwane is satisfied with our level of performance. I'm glad to inform you that the number of permanent doctors has increased from two to six including Medical Manager, this will reduce waiting time in our facility.

I would also like to inform our community in the area of Osungulweni that Osungulweni clinic has been assessed for ideal clinic status in preparation for implementation of NHI. We have high hope that we will be accredited with the status. Gratitude is forwarded to all staff & Clinic committee at Osungulweni clinic for their excellent work. I would like to encourage our community to continue utilizing our clinics as they are the first entry level of health care as emphasized by NHI. I would like to announce that in the 2016/17 financial year Ntumeni, Samungu & Mathungela clinics will be assessed for ideal clinic.

We encourage staff members for the above clinics to continue working hard in preparation for their facilities to be accredited. Thank you.



Message from the Acting C.E.O: Mr S.M Zungu



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OSUNGULWENI CLINIC OPEN DAY



E/N Khoza and E/N Mtshali marketing health services that are offered at the Clinic

According to the Provincial Department of health statistics, clinic utilization rate has decreased as a result hospitals are congested and that increase waiting times when visiting the hospitals. On the 2nd of March 2016 Osungulweni clinic hosted a clinic open day.

The main aim of the event was presented by Sr Dlangalala (Clinic Operational Manager) which was to engage more broadly with the community, market services that are rendered at the clinics, promote healthy

living, give awareness on the outbreaks of diseases e.g. HIV/AIDS & TB etc and mostly to hear concerns & complains about the quality of services rendered to the community by our staff.

There were health activities that were done during the events such as Health screenings and HIV/AIDS testing. Mr M Dlunge (Nutrition advisor) encouraged the community to live a healthy lifestyle to fight opportunistic diseases such as high blood pressure & diabetes. Clinic Committee Chairperson stated the role they play as committee members in creating a good relation-

ship between the Clinic and the Community & encouraged community to forward complaints if they received bad treatment in the clinic. Dr Tsebe emphasized the importance of honouring referral system & the regular visit to the clinic for check ups.

Special gratitude were forwarded to INkosi Biyela and ward 1 councilor for their continued support of the Clinic.

We hoping that the clinic utilization rate will increase and the communities will honour referral systems that are put in place.

STI/CONDOM WEEK COMMEMORATION



Hast team led by sister Shezi & CCG's supervisors during the event

Sexually transmitted infection (STI's) is defined as infectious disease that you can get by having sexual intercourse or contact with a sexual partner who has an STI's.

Common Symptoms of STI's are:

- Discharge from penis or vagina
- Pain or stinging during sex or when urinating
- Pain and swollen glands in the groin area
- Painless red sores on the genital area, anus,

tongue and throat .

- Weight loss and fatigue
- Dark urine and loose, light-coloured stools
- A scarily rash on the hands and soles of the feet.
- Yellow eyes and skin

How to avoid and STI

- The best way is not to have sex at all but this is not a practical option.
- To commit to one sexual partner who has been tested and cleared for STI's

- Condoms: they are the best way of prevention available , they need to be used every time you have sex to offer full protection against infection

The Department of Health advocates for the use of condoms at all times to prevent sexual transmitted infections . According to the Health calendar, February 10-16 is marked as an STI/Condom week. Mbongolwane hospital hosted a successful STI/Condom week awareness an above mentioned topics we covered in the discussions with the community.

WORLD TB DAY



From left :MR Dlamini (T.B Nurse) giving health education about T.B, SR Shezi (Acting Hast Manager) with HAST team during the event

March is marked as a Tuberculosis Month. It is a fact that TB is one of the leading causes of death in South Africa. T.B is a common infectious disease caused by various strains of mycobacteria, usually mycobacterium tuberculosis. It typically attacks the lungs, but can also affect other parts of the body. It is spread through air when people who have an active TB infection cough, sneeze, or otherwise transmit respiratory fluids through air. The classic symptoms of active T.B infection are a Chronic cough with blood-tinged sputum, fever, night

sweats and weight loss. Treatment requires administration of multiple anti TB drugs over a long period of time (06 months or above). Defaulting treatment results in multi drug resistant TB (MDR) and extreme drug-resistant TB(XDR) which is difficult to administer.

Mbongolwane District hospital Hast team in collaborations with SHINE (a non profit organization for people with HIV/AIDS) hosted a successful T.B awareness month. On the 28 & 31 of March 2016, Emahosheni village was visited to conduct door to door TB blitz camp-

aign as the statistics revealed that most cases reported of MDR reported come from this area. During the campaign 80% of the homestead were visited and 178 sputum's were taken. On the 29/03/2016 TB awareness was conducted at Mbongolwane Hospital.

The main aim of the event was to give health education to the community about TB, where clients were educated about T.B symptoms and how it spreads. Preventive measures like open window policy was discussed. Furthermore, community was encouraged to test for T.B. ***"TB is Curable, Testing is simple & Treatment is free"***

PREGNANCY AWARENESS WEEK



Students listening carefully to presentations during Pregnancy awareness campaign

According to the Department of Health calendar, February 8-14 is marked as pregnancy awareness week. This week is used to strengthen pregnancy education and stress important issues that promote healthy pregnancy and safe motherhood. Mbongolwane hospital hosted a successful pregnancy awareness campaign where local High schools identified to have high teenage pregnancy rate were visited. During the visits engagement with female students regarding pregnancy were done. It was identified that most

cases of teenage pregnancy are closely linked to critical social issues ie most teenagers are impregnated by older men (sugar daddy). They end up dating older people because they are attracted by money. Nurses emphasized Dual protection (using of a condom and contraceptives) as a solution to the escalating number of teenage pregnancy.

They were informed that they should start attending antenatal care as soon as they suspect that they are pregnant and certainly with their first trimester. Antenatal clinic was discussed as well as advantages & consistency of attending antenatal care.

According to the Department of Health, early antenatal care attendance provides the following :

The opportunity to exclude and manage existing medical conditions which can be aggravated by the pregnancy, such as hypertension, diabetes, infections & anemia.

Free HIV counseling & testing.

Early recognition of danger signs in pregnancy and post delivery.

Birth preparedness and complication readiness.

Self care including nutrition & high standard of hygiene.

Information on the role of the father, the male partner & the family.

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