

MBONGOLWANE DISTRICT HOSPITAL

NEWS

HEALTHY LIFESTYLE AWARENESS DAY

FEBRUARY-JUNE 2025

ABOVE: MBONGOLWANE HOSPITAL WAS PROMOTING HEALTHY LIFESTYLE AWARENESS.



SPORT TOURNAMENT DAY



PREMIERE'S OFFICE VISIT



TB AWARENESS MONTH

HEALTHY LIFESTYLE AWARENESS DAY



ABOVE: PEOPLE WHO WON WHILE PARTICIPATING

Mbongolwane Hospital marked Healthy Lifestyle awareness Day with a goal of encouraging both staff and patients to adopt habits that support long-term health and well-being. The focus was on critical behaviors such as getting adequate sleep, eating a balanced nutritious diet, engaging in regular physical activity, maintaining a healthy weight by monitoring BMI, avoiding smoking, limiting alcohol intake and managing stress and mental health effectively.

To make the day engaging and interactive, staff participated enthusiastically in several fun activities that encouraged teamwork and physical movement. These included traditional board games like Umlabalaba, card games that fostered social interaction, and group aerobics sessions that promoted cardiovascular fitness and stress relief. Educational discussions were also held to raise awareness about lifestyle diseases such as diabetes, hypertension, and cardiovascular illness, highlighting the impact of poor dietary habits and sedentary lifestyle. Additionally the event touched on personal finance management, emphasizing how avoiding unnecessary debts and managing money wisely can reduce stress and contribute to mental wellness. Overall the event successfully cultivated a positive and health-conscious culture within the hospital workforce, emphasizing the importance of balancing professional responsibilities with self-care and recreation for improved quality of life and productivity.



MBONGOLWANE DISTRICT HOSPITAL COLLEAGUES ENJOYING THEMSELVES

HEALTHY LIFESTYLE PHOTO GALLERY



OUR DJ FOR THE DAY



COMMUNITY MEMBER JOINED US



OUR DIETICIAN



GENTS PLAYING CARDS



OUR O.T ADVISING US



SACK GAME (GIRLS)



UMLABALABA GAME



OUR WINNERS



AEROBICS TEAM



PHC FACILITIES OPEN DAY CAMPAIGN



Over nearly a month, Mbongolwane District Hospital's Primary Health Care (PHC) facilities organized an Open day campaign to strengthen the connection between healthcare providers and the community. This was Coordinated by the Monitoring and Evaluation Office with strong support from Hospital Management, this campaign mobilized resources including staff and transportation to facilitate access to five different clinics: Mthungela, Samungu, Ntumeni, Osungulweni, and Ngudwini. A broad range of key stakeholders were invited and actively participated including the Environmental Health Department, Sanlam, South African Police (SAPS), Izinduna, Amakhosi, Ward Counsellors, District Office representatives. Their involvement enriched outreach by fostering community trust and partnership. The campaign's objectives were multifaceted: to educate residents about the full spectrum of available healthcare services, promote healthy lifestyles, facilitate open communication between community members and healthcare workers, and ultimately increase the utilization of clinic services. Topics were carefully selected based on data indicating service delivery gaps and included men's and women's health issues, teenage pregnancy, complaints procedures, after-hours service availability, ambulance shortages, child health and nutrition, nursing staff shortage and communicable diseases. These discussions were complemented by resources distribution and interactive engagements to enhance public understanding. Community turnouts were strong at all sites and the campaign successfully highlighted critical areas needing improvement. The team identified specific challenges such as insufficient IUCD (Intrauterine Contraceptive Device) insertion skills among nurses, ambulance response delays, elevated teenage pregnancy rates in some localities, and prolonged waiting times. To address these, Mbongolwane Hospital plans to implement targeted quality improvement initiatives, including staff training, enhanced collaboration with emergency services, prevention programs, and workflow optimization.

This campaign demonstrated Mbongolwane Hospital's commitment to responsive, community-centered healthcare and continuous improvement.



OPEN DAY (OSUNGULWENI CLINIC)



CLINIC OM-Mrs. CS ZIKHALI

At Osungulweni clinic Open day was on the 28th March 2025. Osungulweni is on the west of Eshowe along the road P50 under Mlalazi Municipality and it is ± 21 km away from the Hospital. It is Category B, therefore operate 7 days per week. It is under Osungulweni Ward 1. it was officially inn May 23 1992.



PHC MANAGER-Mr. VH ZIKHALI



OPEN DAY (NGUDWINI CLINIC)



Ngudwini Clinic was built in 1973, it is found in deep rural area of Ngudwini and it is under Umlalazi Municipality. It is found in the South west of Eshowe Town, it is in road P710, It is almost 29km from Mbongolwane Hospital, It is category B. It is the smallest clinics of them all under Mbongolwane hospital



CLINIC OM-Miss LI SHEZI

PHC MANAGER-Mr. VH ZIKHALI



OPEN DAY (NTUMENI CLINIC)



CLINIC OM-Mr. PLS MKHIZE

Ntumeni clinic is situated at west of Eshowe at Ntumeni area in Ward 8. It is 30km away from Mbongolwane hospital on road P50. Ntumeni clinic is under Umlalazi Municipality. It is also Category B, therefore operate 7 days per week.



PHC MANAGER-Mr. VH ZIKHALI



OPEN DAY (MATHUNGELA CLINIC)



CLINIC OM-Mrs. B MCHUNU

Mathungela clinic is situated on the west part of Eshowe town and it is in ward 2 under Umlalazi Municipality it is \pm 35 km away from the hospital, it is also category B, it is on call system for after hours services. It is in a rural area.



PHC MANAGER-Mr. VH ZIKHALI



OPEN DAY (SAMUNGU CLINIC)



CLINIC OM-Miss. NT ZUNGU

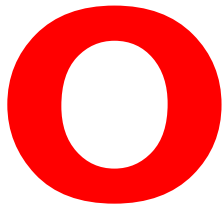
Samungu clinic is found in the South East of Eshowe and it is almost 27km away from Mbongolwane hospital. It is also Category B, therefore operates 7 days per week. It is also under Umlalazi Municipality.



PHC MANAGER-Mr. VH ZIKHALI



SPORTS TOURNAMENT EVENT



On 5 April 2025, Mbongolwane District Hospital successfully hosted a sports tournament at the Mbongolwane Sports Grounds, aimed at promoting physical health, wellness, and team cohesion among healthcare workers. This event was part of the ongoing “Work and Play” initiative launched in 2012 by the former MEC for Health, Dr. Sibongiseni Dhlomo, which encourages active lifestyles within public healthcare workplaces. The tournament featured competitions in aerobics, soccer, and netball, encouraging participants to engage physically while building camaraderie. Teams from multiple institutions were invited, including Eshowe Hospital, Nxamalala Legends, Kwamagwaza Hospital, Durban Transport, and Mbongolwane Legends. Unfortunately, Mbongolwane Legends could not participate due to other commitments. Despite adverse weather conditions, the tournament proceeded without interruption. Soccer highlights included Eshowe Hospital securing first place and Kwamagwaza Hospital finishing as runners-up. Netball highlights included KwaMagwaza Hospital securing first place and Mbongolwane hospital finishing as runners-up. The event also served as a special occasion to bid farewell to Mr. ST Cebekhulu, the hospital’s long-serving and dedicated soccer coach, honoring his contributions to sports development and mentoring within the hospital.



T.B AWARENESS MONTH

M

arch is Tuberculosis (TB) awareness month. At

Mbongolwane District Hospital we celebrated this day on the 31st of March 2025 at OPD educating our patients about TB and encouraging them to always check TB before it

spreads, we also told them that this is a serious treatable, and many have been cured of the infectious disease. We promoted efforts to end disease by taking the right medication in the the global TB epidemic. World TB day is correct manner. **Symptoms of TB** are likely to be; Fatigue, Prolonged coughing sometimes with blood, Fever, night sweats, weight loss and chest pains. TB also affects your lungs, spine, brain or kidney. TB can spread when a person with active TB coughs, sneezes, talks, sings or even laughing. TB can only be diagnosed using skin or blood test, lab test on sputum and lung



MBONGONGOLWANE H: LETS END TB TOGETHER



PHOTO GALLERY: TB AWARENESS DAY 31/03/2025

fluid, chest X-ray and Computed tomography scans. Once the hospital has tested you and the results come back positive we then go to your home as Mbongolwane health workers to test the whole family because TB spread fast and very contagious. We can reduce risk of contracting TB by washing our hands thoroughly and often, coughing into your elbow or covering your mouth when coughing, avoiding close contact with other people, making sure take all your medications prescribed to you and also not returning to school or work until you have been cleared by your Doctor or a nurse.

VACCINATION WEEK



Africa vaccination week is observed annually from April 24th to 30th. This awareness promotes the importance of life-saving vaccines and improves access to immunization throughout life. Here at Mbongolwane we celebrated this day at POPD on the 5th of May. Sr Mhlongo educated mothers who were there on the day about the importance of vaccination. This Awareness was conducted by Sr Mhlongo (IPC) and Sr Mdletshe(OM).

DIPHTHERIA OUTBREAK



SR MDLETSCHE AND SR MHLONGO

Mbongolwane District Hospital raised public awareness about diphtheria, locally called “Uklilo,” a severe bacterial infection affecting the throat and nasal passages. The infection is highly contagious and can lead to serious complications if untreated. Symptoms typically appear 2 to 5 days post-infection and include a thick gray membrane coating the throat and tonsils, sore throat, hoarseness, swollen neck glands, breathing difficulties, nasal discharge, fever and fatigue.

Early medical attention is critical, and anyone showing symptoms is urged to seek care at their nearest clinic or hospital immediately. Prevention is strongly linked to timely vaccination, with recommended immunizations administered at 6 weeks, 10 weeks, 14 weeks, 18 months, 6 years, and 12 years. Mbongolwane Hospital actively encourages parents and caregivers to maintain up-to-date vaccination schedules to protect individual children and the wider community.

INTERNATIONAL NURSES DAY

The International council of nurses holds the International celebration of the nurses day under different themes. The international nurses day is celebrated in commemoration of the late Sister Florence Nightingale's birthday which is on the 12 of May. The theme for 2025 was "Our Nurses, Our Future" taking care of nurses improves economies. Here at Mbongolwane District Hospital we celebrated Nurses day on the 21st of May 2025 at Main boardroom. The event was attended by the executive committee of the institution led by Dr. PC Mchunu(ACEO), the event was also honored by Mrs. SI Mkhwanazi our former CEO and she delivered a keynote address in relation to nursing profession. We also had Pastor TE Ximba who is a well known local Pastor and he delivered a sermon and conducted a special prayer for the nurses. The event had different activities according to the program of the day, we had worshipping which was led by the nurses, educational role play by nurses from primary care. We also had awarding of tokens of appreciation to the nurses which were certificates, scarfs from DENOSA and fob watches. There was also awarding of gifts to invited delegates, the guest speaker and the Pastor. Awarding of tokens to the organizing committee.



KZN OFFICE PREMIERE'S VISIT

M

bongolwane District Hospital hosted a delegation from the KwaZulu-Natal Office of the Premier on 22 May 2025. The visit aimed to provide oversight and support, particularly regarding challenges requiring legislative or provincial intervention. The Acting CEO, Mr. PC Mchunu, presented on key issues including medicine stock levels, readiness for the National Health Insurance (NHI) rollout, and operational challenges impacting service delivery. The Legislature team engaged actively, expressing commitment to resolving escalated issues. Critical concerns such as emergency medical services (EMS) availability and patient transport logistics were highlighted and immediately referred to the Provincial Health Office for urgent action. A guided walkabout allowed the delegation to observe hospital facilities, interact with staff, and gain insight into daily operations, fostering transparency and



SCHOOL HEALTH SERVICES

In support of national Child Protection Week and World No Tobacco Day, Mbongolwane District Hospital conducted an extensive outreach program across five local schools: Ngilandela Primary, Nqumizwe High, Mafunda High, Mvuzane Primary, and Vulingqondo Primary. The program reached 1,983 learners with interactive education on critical topics. Covered issues included children's rights and responsibilities, child abuse and bullying, crime and violence prevention, human trafficking awareness, substance abuse, teenage pregnancy prevention, sexual assault, common health conditions affecting learning, and available clinic services including emergency contact numbers. The campaign was bolstered by partnerships with Lifeline Mtubatuba, Inkandla Community Policing Programme (CPP), Rise and Shine, FAMSA, Rainbow Circle, ERA, the Department of Economic Development, Tourism and Environmental Affairs (EDTEA), hospital social workers, and district supervisors.



HAND HYGIENE AWARENESS

W

orld hand hygiene day is on the 5th of May. Mbingolwane District Hospital successfully conducted a Hand Hygiene Awareness Campaign on the 28th of May 2025 which was led by Sr HN Mhlongo our Infection Prevention and Control (IPC). The event was a great success, involving collaborative support from Sr TR Shoba (QAM), Mr. T Cele (EHP) and IPC Champions. The campaign commenced at Outpatient Department (OPD) with a health education sessions. Mr. T Cele from Environmental Health Department presented on the Diphtheria disease outbreak to raise awareness among patients. Sr HN Mhlongo then provided education on the importance of hand hygiene including a demonstration of proper handwashing techniques. Afterwards clients were invited to demonstrate proper hand hygiene techniques. Prizes were awarded to those who answered questions correctly and demonstrated the correct technique. The IPC Champions conducted real time observations in the dressing room focusing on the World Health Organizations **Five Moments of Hand Hygiene** which are as follows; **Before touching a patient, Before clean/aseptic procedures, After exposure to body fluids, After touching a patient and After touching Patient surroundings.**



IPC CHAMPIONS



ENVIRONMENTAL HEALTH (MR. CELE)

Educational and fun activities were held , Each section delivered presentations on the importance of Hand Hygiene, there was a panel of judges to evaluate hand hygiene dance competition to departments who showcased creative performances. A poem on Hand hygiene was recited by Sr Biyela. There were prizes for 1st and 2nd place winners, other participants received consolations prizes such as Hand rubs, paper towels and hand creams. Refreshments were provided.



WASH ING HANDS, SAVES LIVES



HAND HYGIENE PHOTO GALLERY



MOST COMPLIMENTED COLLEAGUES



Mr. SS ZULU

**COMMUNITY BASED
REHABILITATION WORKER**

The ability to build trust within the community is truly inspiring and the people you work with are happy. Your dedication to this role is admired. Thank you for bringing positive energy.



Miss SN BIYELA

**MATERNITY PROFESSIONAL
NURSE.**

Your expertise in caring for new mothers and babies is truly impressive. Thank you for ensuring a positive and memorable birthing experience for all your patients.



Mr. S MANTAME

ADMITTING OFFICER

The patients have noticed how efficiently you handle their admissions and it really makes the difference to the team at Admitting. Keep up with your good service that you provide to the community.

IN LOVING MEMORY

T

o Our beloved colleague, Paeds ward is not the same without your presence. Of all the special gift in life however great or small, to have you as our colleague was the greatest gift of all. May the winds of love blow softly and whisper in your ear "we love and miss you and wish that you were here". Deep in our hearts, your life is kept to love and cherish, not forget. No more tomorrows we can share but yesterday s are always there. A silent thought, a secret tear keeps your memory ever near in our hearts forever. Death may have taken you away from us Ms. JSK Ndlovu but it could never take away our memories of you, you will always be in our hearts, in your own special place.



IN LOVING MEMORY OF JSK NDLOVU

SPONSORS OF OUR EVENTS

M BONGOLWANE DISTRICT HOSPITAL is incredibly grateful for your support and partnership with us . We are so thankful for your ongoing support and sponsorship of our organizations events. Your generous sponsorship has made a tremendous impact on our cause and we would like to express our sincere appreciation for your dedication to our hospital. We hope you will continue to be part of our journey and we look forward to seeing you at future events.

SPONSORS



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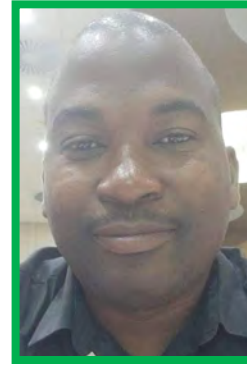
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