



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# MBONGOLWANE HOSPITAL

## ISIBUKO SEMBONGOLWANE

# NEWS

STAY INFORMED

MARCH 2019

## TB AWARENESS CAMPAIGN



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**Mrs. . S.I Mkhwanazi:  
Chief Executive Officer**

Our financial year (2018/9) is coming to an end , we have to reflect on the past year so as to improve the future. Personally from the day I stepped in as the Chief Executive Officer of the institution I have learnt many things and have had a number of experiences. In this position there are many struggles that one has to confront head on.

I would love to thank the employees for their valuable contribution to the survival of the institution. Some of them go to the extent of putting their lives at risk so as to save the institution; this does not go unnoticed and its extremely appreciated , may you all grow from strength to strength.

The only way I can motivate you into continuing working hard is by reminding you all that there is so much that still needs to be done so as to take Mbongolwane to greater heights.

At times we are criticized for the things we did not do, do not be discouraged. There will be success in the midst of the storm; the lightning may flash, thunder may crash and the winds may blow; keep on moving forward. Instead of allowing trials to devastate us, we should use them for our growth. Someone will keep us safe till the storm passes.

The best way to start a new financial year is to understand our purpose, and most importantly the responsibilities that lie ahead. As the captain I always pray to God for the wisdom to steer the institution towards the right direction, though I know it will not be always smooth.

To my colleagues in the leadership positions, may I urge you to adopt servant leadership. Let us encourage, support and enable people we lead to unleash their full potential. Let us be role models and demonstrate what we preach. Let us be fair and honest to the people that we lead . We must also know that at times as leaders we appear visible in the crowd, not because we are the tallest but because we are lifted by many within the same crowd.

We have to concentrate on what is uniting us rather than focusing on what may be causing division. Let us manage time and the limited resources at our disposal effectively and efficiently. I am always motivated by the story from the bible where it is stated that when Jesus went to Girus`s house to resurrect his only daughter that had died, He did not allow everybody to enter; He only took three of His disciples; Peter, John and James. We don't need a big crowd to do great things; a few well motivated individuals can bring dramatic change for the betterment of the institution.

Mbongolwane Hospital is ours , lets throw all we have to make it a safe place for our community to run to when they are chased by the burden of diseases.



# TB AWARENESS CAMPAIGN



## Health workers and Thembimfundo teal during TB health awareness campaign

**T**uberculosis (TB) remains one of the leading causes of death in South Africa despite the availability of effective treatment. Kwa-Zulu Natal is an area of high T.B transmission.

In the above view, Mbongolwane hospital TB team planned a month program to try and fight the spread of TB since March is marked as TB awareness month. The team visited schools and different communities creating health awareness on T.B

On the 7th -8th of March 2019, the team visited Thembimfundo special school . They conducted health education on types of TB, symptoms and treatment. Both teachers and learners attended the seminars and sputa were taken for lab analysis.

On the 13th March 2019, the team visited Emhlehlweni area (Ndikilini) under ward 4 to conduct door to door campaigns. This area was targeted because there were several multiple drugs resistance cases reported within the neighboring house holds.

From the 20th to the 29th of March 2019 , Mbongolwane hospital joined hands with MFS( Medicines sans frontiers ) to continue fighting to end TB.

Local farms rated as high transmission areas (HTA) and our feeder clinics were visited by the chest x -ray mobile truck. The chest x -ray mobile team were comprised of specialist radiologist, clinical nurse practitioners and a doctor.

All x-rays were analyzed immediately by a computer program which generates a score correlating to a likelihood that TB is present. Clients whose x-ray score were above a threshold went for further investigations to confirm or exclude the diagnosis of TB. The researched shows that systemic screening by chest x-ray can improve the diagnosis of TB.





# STI & CONDOM WEEK AWARENESS CAMPAIGN



**Mbongolwane hospital team during the STI & condom awareness campaign**

**M**bongolwane hospital hosted a successful Sexual transmitted infections (STI) / Condom week awareness campaign at Mbongolwane area. This awareness is conducted every year in the month of love, February. Its encourages the community to use condoms to prevent STIs.

On the 13th of February 2019, the team visited Mbongolwane OPD and neighbouring areas to preach the importance of using condoms and giving health awareness on signs & symptoms as well as the prevention of STIs.

Sr. L.C Simelane (reproductive health nurse ) was one of the speakers who gave detailed information on STI's.

“STIs are sexually transmitted illness passed from one person to another during the unprotected sexual act. Common known signs & symptoms for female is the unusual foul smelling discharge from the vagina, it can

be brownish or yellow. For men , pain or burning when urinating & discharge coming from the penis.

She pleaded with the community to use condoms to protect themselves and their partners. Males were encouraged to do circumcision. Prompt clinic visit when suspecting you have an STI was also encouraged.

Mr. R.S Sweli (enrolled nurse) demonstrated the correct insertion of both males & female condoms. He also informed the community on the importance of safety condom discarding after use.







## Maternity clients & staff led by Sr.LC Magwa (Maternity Operational Manager)

**T**he month of February is recognized as a reproductive health month. Mbongolwane maternity team hosted a pregnancy awareness campaign to discuss danger signs in pregnancy. Mbongolwane hospital is situated in deep rural area, there is this belief that a pregnant women should use traditional medicine “isihlambezo” to ease labor pain.

This awareness focused more on the side effect of isihlambezo to the mother & the baby. Sr. Y.N Magwa maternity ward operational manager said that “isihlambezo causes a very strong uterine contraction while the mouth of the womb still closed. This can cause uterine rupture. To the baby, it causes fetal distress and the baby is in the high risk of dying”.

The second speaker Sr. S.G Mkhize (midwife) spoke about the danger signs of the pregnancy. She emphasized that pregnant women should watch for the following danger signs in pregnancy :

- Feeling tired and weak with no energy

- Headache, hands feeling stiff and rings are tight, feet swollen( pre-eclampsia )
- Passing urine frequently and is burning (urinary tract infection)
- Vaginal discharge and itching (vaginal infection)
- Abdominal pains and lower back pains but the baby is not fully developed yet (premature labour)
- Baby kicking less than 4 in 1 hour (reduced fetal movements)
- Vaginal bleeding (ante-partum hemorrhage)
- When waters have broken (pre labour rupture of membranes)

Pregnant mothers were informed to immediately go to the nearest clinic or hospital should such signs occurs.

It was also encouraged that pregnant women should eat health food and exercise more often. Even when a person is in active labour she is encouraged to be mobile to encourage descent of the head, provided it is safe for her to do so.



## NGUDWINI MENS FORUM LAUNCH



Mr. V.H Zikhali (PHC supervisor) presenting during Ngudwini men's forum launch

**N**gudwini area in ward 5 is perceived as one of the violent ward under uMlalazi municipality. In recent times, there have been few violent community protest which led to vandalism of government building and disturbed health services in the area.

Operation sukuma sakhe (OSS) supported by uMlalazi municipality launched Ngudwini men's forum on the 15 March 2019 at Ngudwini hall. The forum is aiming to motivate, engage, assist and inspire men to be examples of change in their community and build a society where all people who live in it, are free without fear.

The community attended the event in their numbers to support the men's forum launch initiative and to be capacitated with knowledgeable information from different speakers of the day.

The launch was graced by the presence of uMlalazi municipality mayor, his worship Cllr TB Zulu who gave the key note address. The mayor pleaded with men to love their communities and protect government buildings from being vandalized. He also encouraged all men to become responsible leaders of their families and to play a positive role in the community.

Mr. Mthethwa who is the King Cetshwayo district men's forum chairperson discouraged the violence against women and children and requested men to protect their families.

PHC supervisor Mr. V.H Zikhali emphasized the importance of visiting the clinics for regular checkups as most men do not take care of their health. He spoke broadly about men's health .

## GLAUCOMA AWARENESS



**OPD O/M Sr. B.A Mfeka , Nursing Manager: Mrs. Z Mthembu & Sir D.B Mzobe Ophthalmic nurse presenting during the awareness campaign**

The 10th -16th of March 2019 is marked as glaucoma awareness week . Mbongolwane hospital hosted glaucoma awareness day at Mbongolwane hospital on the 13th of March 2019. This awareness was driven by Sir D.B Mzobe who is the ophthalmic nurse at eye clinic.

On his speech he stated that “ Glaucoma is high intraocular pressure; it is not easily diagnosed because it is painless and progress slowly. Clients do not know that they have the disease, until they are checked for IOP (Intraocular Pressure).

Its causes blindness if not identified early. It is important to check IOP once a year for every person. Once it is diagnosed, it is important to take your medication to delay the process of blindness”.

He furthered stated that there are conditions that are curable, reversible and others are not reversible. Those that are not reversible may be caused by diabetic, hypertension and HIV&AIDS.

## INTRODUCTION OF NEW HOSPITAL BOARD MEMBERS :2019-2021



Chairperson : Ms. B.P Simelane



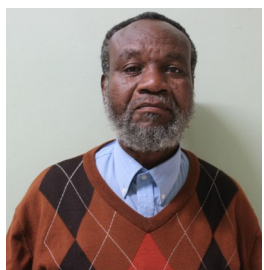
Deputy Chair: Mr. A.A Zulu



Mr. B.K Xulu



Mrs. P.A Khumalo



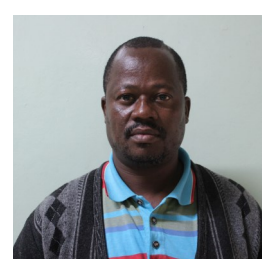
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Mr. M.M Mdlalose



Mr. M.P Nxumalo



Mrs. Q.T Xulu



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