



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

MBONGOLWANE HOSPITAL

ISIBUKO SEMBONGOLWANE

NEWS

STAY INFORMED

SEPTEMBER 2018



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FROM THE CEO'S DESK



Mrs S.I Mkwana :
Chief executive officer

I am proud to call Mbongolwane – My hospital and I therefore say “My Hospital my Pride”. This is the slogan that I wish all the employees of this institution adopt.

I am here because I am determined to offer the people of Mbongolwane and its surroundings the best. As we come on duty everyday, let's sacrifice our today so that our clients can have a better health tomorrow.

We have to work together to make Mbongolwane the best Health institution.

Progress is impossible without change, those who cannot change their minds cannot change anything. If you don't like something change it, we have to change our attitudes and our mind sets so as to get to greater heights.

We should always remember that we cannot change the direction of the wind, but we can adjust our sails to always reach our destination. Change will not come if we wait for some other person or some other time; we are the ones we have been waiting for. Let us work together, laugh together if it's the time to do so, cry together if the situation so demands and always pull towards the same direction.

Commitment to our work should always be the order of the day. The contribution of each one of us is valuable, regardless of the positions we hold. We have to always remember that amongst ourselves there are leaders without titles and we should therefore cherish one another's views.

We might differ in opinions because we are unique individuals and at times we view the aspects from the different angles- this is natural, however, we need to have a common goal: making Mbongolwane District hospital AN IDEAL HOSPITAL. Through hard work we will all leave a legacy when we get out of this institution in one way or another.

CHILD PROTECTION WEEK



Mpundumane primary school learners, teachers and officials from Health and SAPS

According to the Department of health calendar, Week of May 27–June 3 is recognized as a Child Protection week. This week aims to mobilize the community to care and protect children. Child Protection Week allows South Africans to play a role in protecting children and creating a safe and secure environment for them.

Protections are further reinforced through the Children's Act, which emphasizes the State's role in the provision of social services to

strengthen the capacity of families and communities to care for and protect children.

Mbongolwane school health team in collaboration with hospital Social work services & SAPS visited local communities & primary schools giving awareness on child abuse.

The social worker explained children right as constituted in children right act. She further elaborated on the different types of abuse and how they should react when they are abused.

SAPS spoke about the numbers that can be used to report any type of abuse incidence.

Children were encouraged to speak out about rape cases, if afraid to report to SAPS, they can speak with people whom they trust, such as teachers .

We as South African have a big role to play in fighting against the abuse of our children and creating a healthy society where our children can be safe and protected from abuse.



CERVICAL CANCER AWARENESS



Breast and cervical cancer screening led by sister L.C Simelane and V.T Ntuli at Mbongolwane hospital—Outpatient Department.

Cervical cancer is a preventable disease which is curable when detected early, it affects woman.

Women aged 18-25 who are sexually active should have pap smear every 3 years, or 2 years later after first sexual activity and continue until age 70.

Mbongolwane district hospital hosted successful cervical cancer awareness campaign aiming at educating women about the disease.

Some of the topic that arose in the session, involves the signs and the symptoms of

cervical cancer that includes abnormal bleeding or pelvic pain when you urinate. Cervical cancer is diagnosed using the Pap smear.

Cervical cancer usually affect woman who smoke or woman who involves themselves in sexual intercourse with more than one partners without using condoms.

Breast cancer

Breast cancer is the growth in the breast that affect both males and females.

In order to check whether you have breast cancer or not, always check if there is any lump or abnormal feeling in your breast, if you do have, go for medical checkup, early detection ensures

early treatment. The community appreciated the information shared with them regarding the above mentioned topics. Soon after the awareness was over reproductive health was packed with clients who wanted to do pap smear.

Mbongolwane management urge the community of Oyaya and surrounding areas to continuously do check ups for breast & cervical cancer for early dictation.



NELSON MANDELA DAY 100 YEARS COMMEMORATION



MRS S.I MKHWANAZI LEADING THE MANAGEMENT & CCG's DURING THE VISIT TO GAZU FAMILY

Nelson Mandela International Day 2018 marks 100 years since the birth of Nelson Mandela. According to Nelson Mandela foundation, The Centenary is an occasion to reflect on his life and legacy, and to follow his call to "make of the world a better place."

One hundred years after his birth, Mandela's example of courage and compassion continue to inspire the world.

The Nelson Mandela Foundation is dedicating this year's Mandela Day to Action Against Poverty, honouring Mandela's leadership and devotion to fighting poverty and promoting social justice for all.

Following the call made by Nelson Mandela foundation to fight against poverty and promotion of social justice, Mbongolwane district hospital

management acted on the call. Two homes that were identified as the poor of the poorest in ward 3 & 4 during the wards profilings were visited. Food parcels were given to the families in commemoration of Nelson Mandela day. Happiness was written all over the faces of the recipients, they further thanked the management for doing such a generous donation.

During the house holds profiling, the following were identified:

One of the families have six members' two of them are our patients and two have social problems and school children . Their only source of income is the child support & social grants.

The Department of Social Development was informed about the state of the family members through OSS programme.

The other family have 3 members and their source of income is the child support grant that is payed to 2 children. Their house is leaking and not in good condition.

Ward 4 counsellor Mr. Jiyane was informed of the condition of the homestead, he promised to assist the family in fast-tracking the building of the RDP house since they are already on the waiting list. The hospital is nursing the hope that all stakeholders that were contacted regarding the problems identified during the families profiling will be speedily attended too.

#MandelaDay #Mandela100

BREAST FEEDING WEEK



Phindile Gumede (dietician) & Sr. T.E Mdletshe and mothers during breastfeeding awareness

Breastfeeding is the most effective way to feed infants and an optimum nutrition for all children.

It ensures the optimal growth and development of the child.

As it is known that in the month of August from the 1st to 7th is marked as a breastfeeding week. Mbongolwane hospital took part in encouraging and supporting mothers on breastfeeding.

Mbongolwane hospital was grateful to assist the mother who had preterm triplets whose weights were ranging from 1.1kg admitted in nursery.

The mother was encouraged to breastfeed and was supported through Kangaroo mother care (KMC).

The support given was successful because the children were discharged on a very good weight of 2.8kg.

During the breast feeding awareness week campaign 2018, Maternity ward was visited, all mothers were encourage to continue with breastfeeding and further informed them of the benefit of breastfeeding as it is said to be the best.

In the nursery , there were mothers who also had pre-term babies and were happy with the support given by the staff , stating that they are being looked after and their children are given excellent care one can imagine.



Article submitted by:
dietician department

WELLNESS DAY



Living a healthy lifestyle is very vital in our day to day lives since it is each and everyone's responsibility to stay healthy at all times.

Mbongolwane District hospital hosted a Healthy Lifestyle Event on the 29 July 2018. The day started with financial Wellness that was offered or presented by old mutual.

There was a 3km fun walk that started in the hospital premises and proceeded towards the Mbongolwane police station. It brought joy, teamwork and socializing amongst staff from different departments.

To mention a few that participated Mr. S.M Zungu (HR Manager) , Mr. S Mgobhozi(Finance Manager) and Ms.B.R Dlamini(Systems Manager) . Our physiotherapist intern, Mr. Cebo Dlamini led the aerobics and staff participated with enthusiasm.



Our partners Old mutual were also on - site offering medical screening for staff. The nurses from old mutual were screening our employees for blood pressure , blood sugar , cholesterol, weight monitoring , BMI and HIV counselling and testing. Staff also had an opportunity to check and update their policies with old mutual without having to travel 49km to town.



On the 4th of August 2018 , the wellness activities continued as Mbongolwane hospital hosted another successful sport day where 6 teams participated comprising of different government departments .

Article submitted by : Sr N Sotondoshe (Occupational health department)



RABIES AWARENESS



Learners of Masundwini primary school during rabies awareness

World Rabies day is an international awareness campaign. Rabies day takes place each year on the 28 September. World rabies day aims to raise awareness about the impact of rabies of human and animals, to provide information and advise on how to prevent the disease in at risk communities and support advocacy for increased effort in rabies control.

According to Wikipedia, Rabies remains a significant health problem in many countries of the world. Over 99% of all human deaths caused by rabid dog bites happen in the developing world, with 95% of all deaths occurring in Africa and Asia. With the exception of Antarctica, people and animals

on every continent are at risk of contracting rabies. One major problem with rabies prevention is a lack of basic life-saving knowledge among people at risk. Organization working on the issue can often feel isolated, and as a neglected disease, rabies does not attract sufficient resources, even though the world has the tools and knowledge to prevent rabies and nobody needs to die from the disease.

Health awareness days can help to improve policy on disease and increase resources to prevent and control them. This understanding led to the development of an awareness day against rabies. uMlalazi One Health Action Group (OHAG) visited Mbongolwane hospital

, clinics (Samungu, Ngudwini & Mathungela) and local primary schools (Masundwini, ceremony & Ngudwini) to give awareness on rabies. The team comprised of officials from Mbongolwane hospital, Eshowe hospital, Catharine booth hospital & Environmental health department. The awareness covered broader information on rabies disease and emphasized the community on the importance of vaccination of dogs & casts.



OHAG team during the awareness activation

PHARMACY MONTH



Pharmacy team led by M.S Qatvana during pharmacy month awareness

The pharmacy staff enlightens the patients on pathology of hypertension and diabetes, what medicines is taken for the two conditions, special precautions on how to take the medicine, side effects of the medicine and how to store and dispose of the medicine.

Pamphlets on how to use medicine wisely was handed out to the patients. Towards the end of the presentation we had question and answer session where patient could ask questions about the presentation and any other health related issues.



Article submitted by :Pharmacy department

The purpose of pharmacy month is to promote public health, the topic for 2018 was *know your medicine-ask your pharmacist.*

On the 27th of September the pharmacy staff did a presentation on hypertension and diabetes in the outpatients department.

CAREER GUIDANCE DAY



Different departments officials who were advising students during career guidance day.

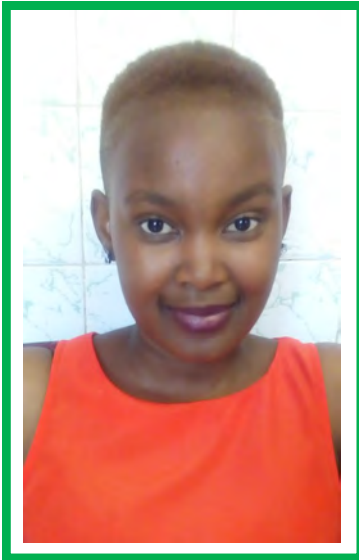
Mbongolwane hospital working together with other government department visited Qhokinsibhi high school as part of giving back to the community through career guidance . It has been noted that rural schools surrounding

Mbongolwane area are not exposed to career guidance expo's at an early age. The target audience were grade 8 & 9 learners ,as they are the ones who need to be equipped with knowledge that will assist them in choosing their subject wisely in grade 10.

Teachers and students appreciated the visit from different department as it was for the first time the school being visited for career guidance. Mbongolwane hospital was represented by Dr Khoza , Mr. K. Zulu (radiographer), Ms. Ashirea Singh(Occupational therapist), Ms. Hella Moustache (audiologist) and Mr. SE Buthelezi (P.R.O)



ACKNOWLEDGEMENTS



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