



Murchison **STAR** NEWS

STAY INFORMED

JUNE

CHILD PROTECTION WEEK—THE IMPERATIVE



Social workers, D. Lewis and SCMpisane with Sdumile Primary school learners

In commemoration of Child Protection Week, the Murchison hospital Social work department team visited Sdumile Primary school. The learners were taught on what constitutes Child Abuse and Neglect, Children's Rights and responsibilities and where to report if they themselves or a friend are victims of abuse or neglect. The learners were also encouraged to speak out against abuse regardless of how close the person is to them. Speaking up about abuse will stop it from continuing and will ensure that one receives the required medical and psychological attention he/she so desperately need.

The children were also encouraged to report family members who touch them inappropriately .

The educators were also provided with information on how to identify children who are possible victims of abuse or neglect and to refer to relevant stakeholders for intervention.

Mr Mavundla, the school Principal thanked the Murchison team for the information they had given to the learners and their educators." I am very grateful for this initiative as it enlightens our learners and educators as parents to be extra careful on our young ones. We as educators respect children's rights and we always teach learners that with every right there is a responsibility so they should also play their part". He said.

The Social Work Department would like to thank the Murchison staff for their contributions towards providing learners with fruit and promotional material, hence contributing to making this day a success.

Career Guidance at Nkonka High School

With the country facing a challenge of scarcity within the medical profession, youngsters at Nkonka High School were encouraged to choose medicine as their career path when applying to institutions of higher learning.

On the 1st of June 2016 Murchison Hospital staff visited Nkonka High school to encourage and motivate learners to consider a medical profession when deciding on their future careers. The learners were also encouraged to study mathematics and Physical sciences- as these subjects were the gateway to most of the medical professions

Dineo Sekese, the Human Resources Practitioner (HRD) encouraged the learners not to look at their backgrounds as a factor that hinders them from reaching their goals in life. "Being a black child raised by uneducated parents does not mean you cannot achieve big things in life, your future is depended on you, you are the one who has a potential of changing your family's state and that of a country" she said.

Miss Nzama, the school teacher thanked the hospital for coming to the school and enlightening the learners of the opportunities that available at the Department of Health. "I am truly grateful to you for coming to the school and telling the learners about these interesting fields of study and I hope they have learnt a lot and that some of them will hopefully pursue these careers in the future" She said in her closing remarks



Nkonka High School learners and their educator Miss Nzama (far right) together with the Murchison Medical team



Learners listening to the speakers as they highlight the importance of each field

TB Screening For School Kids

Tuberculosis is amongst the top three killer diseases in the world and contributing to these alarming death rates are also young children. In an effort to create a TB-free generation, the Murchison Good Hope Centre in collaboration with schools 4 health visited the EMabomvini and EMthini primary schools in Ezingoleni to educate learners about the disease.

A team of dedicated nurses from TB MDR wards visited these schools and learners, where they were educated about the symptoms of the disease, the treatment and the ways to prevent the spread of this pandemic. There were also screenings for tuberculosis and those who had symptoms of the disease - had their sputum collected for testing. Those who were at high risks of contracting the disease were referred to nearest clinics for check-ups.-



Nurses DN Khowa and TB Sikobi screening the youngsters

- TB in kids is particularly bad because school kids cannot discern between the actual illness and typical "school kid illness". So it is critical that all schools are visited and every single child is tested and screened.

The teachers were encouraged to report / take their kids to the hospital if they displayed any of the following TB symptoms :- :

- Fever
- Swollen glands
- Unintended weight loss
- Poor appetite
- Poor growth
- Tiredness
- Sweating at night
- Poor concentration
- Persist coughing
- Malnourished



Nurses ST Khawula and PN Njakazi taking down information given by the learner

Wellness Day

A healthy lifestyle has both short and long term health benefits. Long term, eating a balanced diet, partaking in regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases including Cancer ,diabetes, and cardiovascular disease. In the short-term it can also make you feel and look your best, give you more energy and help you maintain a healthy weight.

The key to reducing the risk of these diseases is making small changes to your daily lives - eating healthier food, having treats occasionally, and partaking in more exercise. Improving your lifestyle with small steps in the right direction will have a big impact on your well-being

On the 24th June 2016 Murchison hospital held its Wellness Day event . Endorsed by MEC for health the program encourages all departmental employees to at least participate in one or more sporting activity . It also encourages staff to watch what they eat -as also eating badly can have detrimental effects on the body. The program also looks at mental and financial well being of employees , teaching and encourage staff to save . Manage stress ,as stress also has the potential to de-stabilize the body's chemical make up . So by combining all these wellness recipes one stands a better chance of warding off life's breaking points / problems.

The game that were played were soccer , volley ball , netball , egg and spoon race and wheel chair racing . The day started with an aerobic exercise , which there after was followed by a volley and netball game . Over- all the day proved to be filled with a whole lot of fun and games .



Murchison Hospital staff about to engage on a 3km walk



The early morning aerobics session - wellness day

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