



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

THE NORTH NEWS

June 2025

NORTHDALE HOSPITAL

Follow hand hygiene *and* food safety practices

International Day against Drug Abuse and Illicit Trafficking

Date: Thursday, 26 June 2025



**men's
month**

"Yiba indoda enakekelayo"

The newly appointed Hospital Board met with Northdale hospital management.



Following the expired term of the previous hospital board at Northdale hospital. The MEC for Health Ms Nomagugu Simelane has appointed new hospital board members to serve at hospital . The Chairperson of the new board is Njabulo "Kalushi" Ntshaba. This board will serve a period of three years in office.

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CONGRATULATIONS TO COMRADES RUNNERS

Northdale hospital wants to congratulate its employees who participated in 2025 Comrades Marathon. This was the 98th running of the Comrades Marathon since it was started in 1921. The hospital always has employees who take part in this milestone event, and it encourages other employees to participate in activities that promote healthy lifestyle.

This year, the hospital was represented by eight employees and all of them managed to complete 89.98k race between City of Pietermaritzburg and Durban. The participants of 2025 was Mr Skhulile "Skhu" Mpanza, Ms Nana Duma, Mr Xolani Mthembu, Mr Vusi "Mfundisi" Thabethe, Mr Melisizwe Nkosi, Mr Mondli Mthembu, Mr Dinna Naidoo and Mr Majozi.

The CEO Ms Nobukhosi Xulu congratulated our runners for raising the flag of the hospital and Department of Health high. She said, "You've completed a truly incredible challenge, congratulations on your perseverance and dedication, well done!". The CEO also thanked all staff members who went to support the athletes from Northdale hospital.

CONGRATULATIONS TO COMRADES RUNNERS



Mr Skhulile Mpanza



Mr Majozi



Mr Xolani Mthembu



Ms Nana Duma



Mr Vusi Thabethe



Mr Melisizwe Nkosi



The MEC For Health Ms Nomagugu Simelane visited Balgowan Clinic and hosted KZNHealthChat.

On the 14th of February 2025, the MEC for Health, made a surprise visit to Balgowan Clinic situated in the uMngeni Sub-district of uMgungudlovu, in the midlands of KwaZulu-Natal.

The purpose of the visit was to inspect the clinic and to present the current KZN health chat topics to the attendees. The MEC chaired the health chat and introduced the speakers namely Dr Bonga Khoza and Dr Zamambo Mkhize.

Dr Khoza's topic was epilepsy and gave a broad overview about the condition. This is a disorder whereby nerve cell activity in the brain is disturbed causing seizures. The cause of epilepsy can be due to a genetic disorder or an acquired brain injury, such as a trauma or stroke.

Dr Mkhize presented the second topic of the day namely body odour. She explained that we have apocrine sweat glands besides normal sweat glands. She also explained that the reason behind the bad odour is not sweat, but the bacteria on our body interacting with sweat. Excessive sweating during very hot and humid conditions example summer in Durban can exacerbate the situation. Hormones also have influence the activity of apocrine glands and can contribute to body odor.

After the health chat the MEC had a walk about around the clinic and she was happy that the clinic is clean and there is enough medication in the clinic to serve the communities needs.

ASIDLALE HOSPITAL GAMES

On 25/02/2025, Northdale District hospital hosted the “Asidale Hospital Games” in the Doctor’s complex foyer. The purpose of the games day, was to allow the staff of the hospital to unwind for a while and take a break from the everyday work life and also to promote a healthy lifestyle.

Individuals from various components within the hospital attended making it a resounding success.

The games that were participated in were, netball, volleyball, stick fight, mulabalaba, relay, chess, tug of war and aerobic exercises. Living a healthy lifestyle with a good life-work balance is essential in ensuring that lifestyle diseases do not develop.





Gateway Clinic Open Day

In the month of May, Gateway Clinic hosted an open day for its patients. There were several guests speakers on the day, each there to educate in respect to their respective fields.

The Social Workers Department, had Ms. Mlaba there to represent them. One of the first topics that she spoke on is depression. She educated everyone about depression and how it affects people. She then went on to encourage those that may be facing problems at home, to come forward and speak to them. Not to bottle up your issues when they are there to help.

She addressed the major problem that weed is causing right now in communities and that the hospital

currently has an influx of patients that have mental problems as a result of the drug. She further stated that they do send patients to rehab, in order to be rehabilitated.

She re-instated that, if you have been emotionally abused you are more than welcome to come and see them, but that you need a referral to come and see them: In the case of an emergency, you are allowed to do walk-ins.



HAND HYGIENE AWARENESS CAMPAIGN

Hand hygiene awareness campaign is a World Health initiative aimed at preventing the spread of micro-organisms. It was launched by the Minister of Health, Dr. A. Motsoaledi in 24th November 2014 with the aim of raising awareness on the importance of washing hands with soap as a key approach to disease prevention and to mobilize communities and healthcare facilities to wash hands with soap.

World Health Organization (WHO) declared 5th May as World Hand Hygiene Day; and came up with the slogan: **“SAVE LIVES-CLEAN YOUR HANDS”**. **May 2025 theme: IT MIGHT BE GLOVES. IT’S ALWAYS HAND HYGIENE**. The World Hand Hygiene Day calls on healthcare workers and facilities to unite in providing quality healthcare and a safety climate or culture in support of Hand Hygiene and IPC as a programme. This is a calls for people of all levels to recognize and work together to influence the culture/climate through clean hands knowledge and behavior, to meet the common goal of safety and quality in the health care organization. The following stakeholders have a role to play in ensuring

1. Quality and Safety Leaders: working with IPC colleagues to support hand hygiene improvement.
2. Policy-makers: prioritizing resources, programmes and trainings on hand hygiene.
3. Facility Managers: promoting a quality and a safety culture to ensure clean hands.
4. Health Workers: leading by example and encouraging others to clean their hands.
5. IPC Practitioners: engaging health workers to be part of new hand hygiene initiatives.
6. People who use healthcare: getting involved in local campaigns and hand hygiene activities

In support of this global initiative, various departments at Northdale Hospital participated in the hand hygiene drive by educating through practical demonstration of the hand washing and fingers-first techniques healthcare workers, during the month of May.

Gateway Clinic Open Day



The next speaker was Ms. Mzolo – Department Of Community Liaison Under Crime Prevention, based in Mountain Rise Police Station and she was there to talk about GBV. They play a major role in supporting victims, to ensure that they get the justice that they deserve.

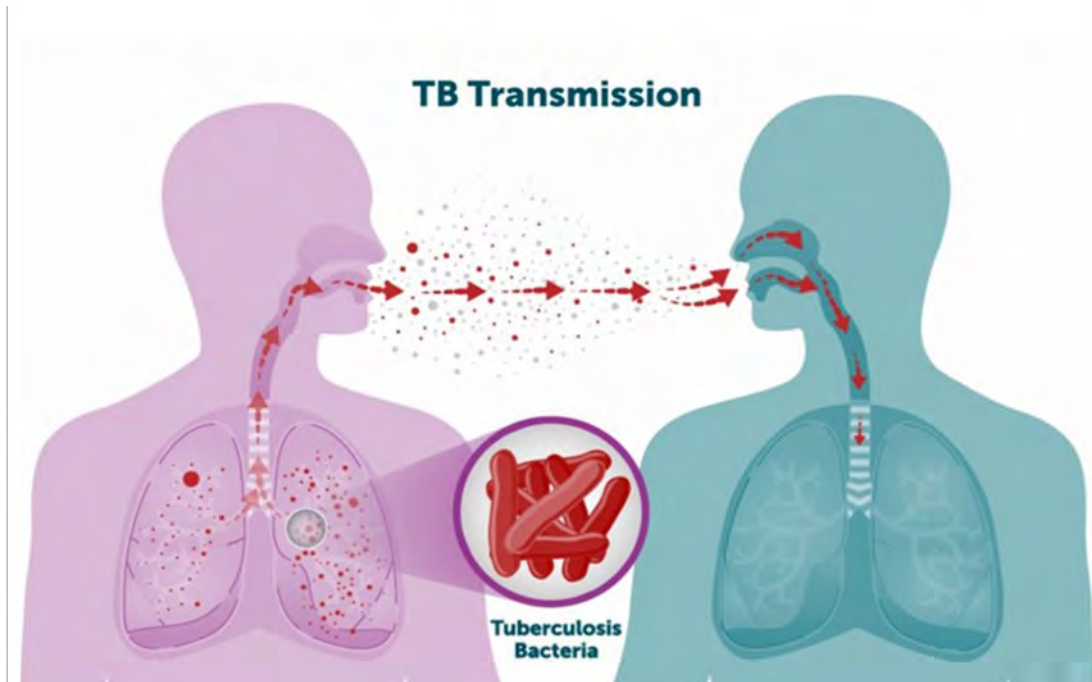
Their job is to support victims, victims report to them and then they will personally go with the victim to the police station to ensure that the victim doesn't not experience further abuse, this time by SAPS. So they are there to protect the victim and ensure that they get helped. They also accompany victims to court and make certain that everything goes well with your case.

They also emphasized the importance of bringing back the spirit of Ubuntu. The floor was briefly opened to patients to speak and there were two male patients that got up to speak about the abuse that men also go through. There were concerns that females tend to be believed over males and calls for concerns.

To wrap it all up, OM Mr. Malinga spoke to the patients and taught them about prostate cancer in men and cervical cancer in women. Made them aware of the importance of checking yourself on the regular.

TB AWARENESS MONTH

The Health Awareness Calendar for the Department of Health heralded the month of March as TB awareness month. The Public Relations Office interviewed our Operational Manager for the TB programme at Northdale Hospital, Sr. Ulentia Chetty. The following topics were discussed with the intention to educate the community about TB.



WHAT IS TB

Tuberculosis is an infectious disease that most often affects the lungs. TB is caused by a type of bacteria, which spreads through the air when infected people cough, sneeze or spit.

CAUSES OF TB

Poor nutrition:

Poor nutrition can weaken the immune system, putting individuals at risk of TB infection and disease.

Overcrowding:

Poor ventilation and overcrowding in homes, workplaces, public transport, taverns, schools, and prisons increase the likelihood of TB transmission.

HIV Co-infection:

People living with HIV are at a much higher risk of developing active TB disease, and TB and HIV co-infection increases the number of people dying from TB.

Poor Health-Seeking behavior:

Delayed health-seeking behaviors among individuals with TB, as well as a high burden of undiagnosed disease in communities, contribute to the spread of TB.

Weakened Immune System:

Conditions like HIV/AIDS, malnutrition, diabetes, or tobacco use can weaken the immune system, increasing vulnerability to TB.

Other Risk Factors:

Alcohol use disorders, smoking, and diabetes are also associated with an increased risk of TB.

How is TB spread

Tuberculosis (TB) germs spread through the air from one person to another.

TB germs become airborne when someone with active TB disease coughs, speaks, or sings.

People nearby may breathe in these germs and become infected.

People with inactive TB, also called latent TB infection, cannot spread TB germs to others.

Prevention of TB

Screening and Testing:

TB testing allows for prompt identification and treatment of TB.

Early diagnosis and treatment of active TB are crucial to stop the spread of the disease.

Medication Adherence:

Ensuring patients take all TB medications as prescribed is vital for successful treatment and preventing the development of drug-resistant TB.

Preventing Active Disease

The World Health Organization (WHO) recommends TPT for individuals at high risk, such as those living with HIV, household contacts of people with TB, and other risk groups.



Contact Tracing:

Identify and test individuals who have had close contact with someone with active TB to detect latent infections and prevent progression to active disease.

Good Hygiene:

Encourage frequent hand washing, especially after contact with potentially contaminated surfaces, and covering coughs and sneezes.

Ventilation:

Ensure adequate ventilation in homes and workplaces to reduce the concentration of TB bacteria in the air.

Natural Light:

Exposure to natural light, especially UV light, can help kill TB bacteria.

Masks:

Wearing masks, especially N95 respirators, can help prevent the spread of TB, particularly in healthcare settings.

Isolation:

Individuals with active TB should be isolated, especially during the first few weeks of treatment, to prevent transmission.

Vaccination:

BCG Vaccine:

The Bacillus Calmette-Guérin (BCG) vaccine is the only vaccine against tuberculosis, and it is recommended for children in areas with high TB prevalence.

Vaccination in High-Risk Groups:

BCG vaccination is particularly important for babies born in areas with high TB rates and those with family members who have TB.





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