



NORTHDALE HOSPITAL

MEC VISITED MAGUZU CLINIC



MEC FOR HEALTH MS NOMAGUGU SIMELANE DURING THE VISIT AT MAGUZU CLINIC.

MEC visited Maguzu Clinic

On the 11th of October 2024, the KZN-HealthChat was hosted at Maguzu Clinic in Maqongqo area and it was attended by the KZN Health MEC (Ms Nomagugu Simelane).

The host for the day was Mr Ntokozo Maphisa. The topic was Mental health and there were four guest speakers that gave insightful information on the topics that they presented. These topics were: mental health (primarily anxiety and depression), bipolar disorder and bullying in schools.

Mental health is our emotional, psychological and social well-being. Whereas mental illnesses, are conditions that affect a person's thinking, feeling, mood and behaviour in a way that impairs your ability to relate to others and function in society.

Mr Donaldson and Mr Madlala gave a brief overview on mental health services and how these are accessed and managed within the DOH. It included access to medication, for example anti-depressants and access to health professionals, for example psychologists and psychiatrists.



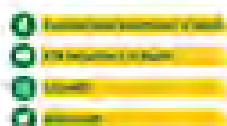
KZN MEC for Health Ms Nomagugu Simelane received update from Operational Manager Ms Nomathemba Sibisi, During MEC visit at Maguzu Clinic.

By speaking to these professionals they are able to help you by diagnosing various conditions and prescribing a multidisciplinary treatment plan.

Mr Madlala then went on to speak about bipolar disorder. He expressed that, "We are all born with the ability to be angry one minute and then be happy within a minute. However, with bipolar, your moods change to an above normal level quickly and then to below normal again and this results in exaggerated mood swings." In essence, bipolar is a mental illness that causes unusual shifts in a person's mood, energy, activity levels and concentration affecting their ability to function in society.

The last speaker for the day was Ms Mkhize. The 9th to 15th was National nutrition week. This year's theme was 'Live a better life'. They went around as a department to educate the public about the importance of nutrition not just in physical health but also in mental health.

At the close of events the MEC took a walk around the facility and engaged the staff of the clinic. She was impressed about the way Operational Manager Ms Nomathemba Sibisi manages the clinic. She found the clinic clean and the community is happy about the service at Maguzu Clinic.





CENTRAL CHRONIC MEDICINES DISPENSING AND DISTRIBUTION (CCMDD) PROGRAMME

The National department of Health introduced a programme called Central Chronic Medicines Dispensing and Distribution (CCMDD) in 2016. The aim of CCMDD is to make collection of medicines from health facilities more convenient for all health clients with chronic conditions.

Patients who take their chronic medication correctly and are in a stable condition are registered within a health facility, a Primary Health Care facility or a hospital for collection at an external pick-up point. An external pick-up point can be a community hall, a tuck shop, a local church, a local private pharmacy like Clicks or any other identified place.

September is pharmacy month and the PRO visited different pick up points registered under Northdale Hospital. Patients were interviewed at these visited pick-up points about their satisfaction with the CCMDD programme.

INTERVIEWEE 1:

Name & Surname: **Mr Msipheli Andreas Mbele**

Age: **77 years**

Area of residence: **Mahlabathini, Ward 1; Mkhambathini Local Municipality**

Pick-up-point: Mabheleni Store (a local tuck shop)

Linked Health facility: **Maguzu Clinic in Maqongqo area, Mkhambathini Local Municipality**

Mr Mbele started a long time ago when the program was introduced and initiated. He was one of the people who led the initiation of the programme in his area. He was part of the team from the community who identified the location and seconded it to the department for its inspection and motivated for it to be a pick-up point. Mr Mbele is proud of the initiative.

How often does he collect? He gets a two-month script, so once in two months. Then after 6 months he goes to Maguzu Clinic to review his script and has his medical check-ups done.

Mr Mbele said although the clinic is a walking distance, the hill is very steep to get to the clinic; most patients are not willing to walk the hill, especially the elderly struggle. “The availability of the pick-up point is very convenient for all health service users, sometimes they feared going to the clinic due to perceived stigma” “As males, we are not used or willing to visit public health facilities due to long queues and the fact that we can be impatient, so we end up not going; the point is very convenient as you just go in, get your medication and leave”. “I also have a good relationship with the Operational Manager of the clinic, if there are hick-ups like late arrival of transport; I inform her. But it is not often, the programme runs very smoothly. It contributes to people taking their medicines as they should



INTERVIEWEE 2:

Name & Surname: Thabisile Ndlovu

Age: 35 years

Area of residence: Copesville area.

Pick-up-point: Copesville Mosque, Copesville, area, Ward 29, Msunduzi Local Municipality

How often does she collect: Ms Thabsile Ndlovu collect her medication every month.

Linked facility: Northdale Hospital

The medication for patients who utilize this pick-up point is prepared and supplied by Northdale pharmacy. The PRO and District Communication team visited Copesville pick up point and the team had a discussion with Ms Thabsile Ndlovu who is a beneficiary of the pickup point. She informed the team that she has benefited a lot from the CCMDD programme. She said, “I used to collect my medication at Northdale hospital and I was spending almost R51 on taxi fees to the hospital and I am now saving money and time because this pick up point is nearest to my home”. She added that now she only visits the hospital for doctor’s appointment only and for assessment after six months.

INTERVIEWEE 3:

Name & Surname: Mr. Hoosen Masoon

Area of residence: Copesville resident for more than 30 years

Age: 63 years

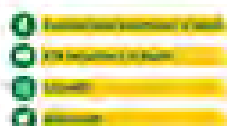
Pick-up point: Copesville Mosque, Copesville, area, Ward 29, Msunduzi Local Municipality

Mr. Masoon has been collecting from this pick-up point for a long time since its inception.

He said, him and his wife collect from the point, sometimes they collect for each other.

Linked Health Facility: Northdale Hospital

“I encourage more residents to collect from these pick-up-points as it is convenient and easy” said Mr Masoon he concluded “I hate waiting for service, and we know that the main Pharmacy at Northdale Hospital has many patients and is always full, so coming here, getting my and my wife’s two-month’ supply of medication is convenient and easy, this programme must never stop”.



NATIONAL WOMEN'S DAY



August officially marks the beginning of women's month in South Africa. The month recognizes contribution of women in the society and the role they play in community development programs especially those that promote women empowerment.

In line with the National Women's Day, Northdale hospital hosted a women's day appreciation event at the Hospital premises on the 13th of August 2024 to acknowledge the contribution that women make in the provision of health care services in Northdale Hospital and in their communities.

The key note speaker Dr N. Dlamini, who is a Psychologist by profession, highlighted the importance of making time for oneself and focussing on self awareness. She said the burden women carry from home and work is such that they end up losing themselves due to stress and pressure and not enough time. She then advised them to have a regular consultation with a psychologist to avoid or limit incidents that could lead to depression.

The Chief Executive Officer of the Hospital, Ms Nobukhosi Xulu has paid tribute to women staff for their dedication and resilience in ensuring that the community receives high level of health care. She thanked the Hospital Women's Forum for organising such an important program and encouraged women's to protect and support each other at the work place.



Heritage Day 2024

On the 27th of September 2024, Northdale hospital hosted its annual heritage day celebration. Dress code was traditional attires and the attendees did not disappoint. The MC's for the day were Cebo and Lona and did a sterling job. As per usual, wards were grouped together and given themes, which were different cultures such as the Indian culture and Zulu culture.

Each group was then given a stand at which they were to present to us the food they had made for the day. At the end of the event, each and everyone went around these stands taking different samples of the wide variety of food that was available.



After the presentation of the stands, there were two items (Indian and Zulu dance). Both of which were done exceptionally well and were very entertaining. The purpose of the day was to recognise and celebrate the cultural wealth that we have as a nation.

Heritage Day was first celebrated on September 24, 1995. Archbishop Emeritus Desmond Tutu used the term "rainbow nation" to describe South Africa's diverse cultures, customs, traditions, histories, and languages. Heritage Day is a celebration of this variety.

Heritage can be described as that which a country's population inherits. This includes its wildlife and natural beauty, sites of scientific or historical importance, national monuments, historical buildings, artworks, literature, music, oral traditions, and museum collections.





OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer awareness month is commemorated annually in October to encourage women to go for screening for breast cancer.

Northdale gateway clinic organised an awareness campaign to educate women on Breast cancer. The purpose was to bring necessary understanding the warning signs of breast cancer, risk of breast cancer and what's normal for a woman so they can take action if there are any changes in their breasts.

Women were taught and encouraged to do a monthly self-examination of their breasts as an important way to increase the odds of early detection of lumps. It also helps to understand the normal look and feel of their breasts. It is recommended to be done monthly at the same time and about 3 to 5 days after a female menstruation starts.

Signs and symptoms

Most people will not experience any symptoms when the cancer is still early hence the importance of early detection.

Breast cancer can have combinations of symptoms, especially when it is more advanced. Symptoms of breast cancer can include:

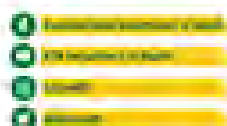
A breast lump or thickening, often without pain

Change in size, shape or appearance of the breast

Dimpling, redness, pitting or other changes in the skin

Change in nipple appearance or the skin surrounding the nipple (areola)

Abnormal or bloody fluid discharge from the nipple.



Sister Chrissy Naidoo urged women with a breast lump to visit their local clinic and seek medical advice, even if the lump does not hurt. She indicated that most breast lumps are not cancer. Breast lumps that are cancerous are more likely to be successfully treated when they are small and have not spread to nearby lymph nodes.

Breast cancers may spread to other areas of the body and trigger other symptoms. Often, the most common first detectable site of spread is to the lymph nodes under the arm although it is possible to have cancer-bearing lymph nodes that cannot be felt. Sister Chrissy Naidoo stated that over time, cancerous cells may spread to other organs including the lungs, liver, brain and bones. Once they reach these sites, new cancer-related symptoms such as bone pain or headaches may appear.





KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

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