



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

OCTOBER - DECEMBER 2021

NORTHDALE HOSPITAL

THE NORTH NEWS

**YOU CAN PREVENT
HIV INFECTION**

THROUGH PrEP

covid-19



**CALLING ON
YOUNG PEOPLE
TO STEP FORWARD
AND GET THE JOB:**

WITH YOUR HELP, WE CAN BEAT COVID - 19

World Aids Day 2021

“End inequalities.

End AIDS.

End Pandemics”.



Siyagoma Waya-Waya nsuku zonke. **Siyagoma** Waya-Waya
#choosevaccination



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KwaZulu-Natal Department of Health



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**GROWING
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AWARENESS AGAINST GENDER BASED VIOLENCE



In 2021, Northdale hospital partnered with Department of Community Safety and Liaison, South African Police Services (Mountain Rise Police Station), Department of Transport, Umsunduzi Municipality Traffic Police, Private Security companies around Northern areas, NGO's etc. These stakeholders came together and organized a massive motorcade as awareness against Gender Base Violence targeting hot sport areas around Northern areas.

The motorcade commenced at Northdale hospital sport field, where all stakeholders met and drove through northern areas to Copesville community hall where the main event was held.

The Deputy Nursing Manager at Northdale hospital Mr. Sifiso Ndaba gave an opening prayer of the day. He said "Communities have a responsibility to come together at all times and work as one Nation in fighting violence against women and children. In these days woman are experiencing physical or sexual violence, mostly by an intimate partner. Violence against women and girls is a human rights violation and it has to stop now".

Ms. Sunitha Maharaj, a Sister in charge for Crisis Centre indicated that violence against woman can negatively affects their general well-being and can prevents them from fully participating in society. It can have an impact to their families, their community, and the country at large. She encourages woman and girls to stand up for their rights if they are being abused.

EMERGENCY LINE: 0800 428 428

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AWARENESS AGAINST GENDER BASED VIOLENCE



DR SONI READING PLEDGE DURING AWARENESS AGAINST GBV



MOUNTAIN RISE POLICE STATION HAND-OUT GIFTS TO PATIENTS ATTENDING CRISES CENTRE



NDH DECLARES WAR AGAINST ABUSE OF WOMEN AND CHILDREN



NORTHDALE HOSPITAL MEN SAY NO TO WOMEN ABUSE

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From Left: Mr. Hlalani Zondi - Hospital Board Chairperson, Middle: Sister Ulenra Chetty - HAST Coordinator Right: Ms. Nobukhosi Xulu - Chief Executive Officer, this was during candle lighting on World Aids Day.

On the 1st December 2021, Northdale hospital organized a World Aids Day event to commemorate people who are living with HIV, and to remember those who have lost their lives because of HIV and Aids. The event was organized to show Northdale Hospitals support and fight against HIV and Aids.

The theme of World AIDS Day 2021 was “End inequalities. End AIDS. End Pandemics”. This theme emphasized the importance of ensuring that everyone in the community would have access to essential HIV and Aids services.

The CEO of Northdale Hospital, Ms. Nobukhosi Xulu said “People who are living with HIV are still experiencing challenges of stigma and discrimination within the community where they live. Our fellow family members are still being marginalized even from services they need in order to protect themselves from HIV and Aids”. The CEO indicated that stigma and discrimination towards people living with HIV can limit their access to HIV testing and treatment services, and result in people not participating in HIV testing and treatment collection. She made an example about Gugu Dlamini, an HIV & Aids activist, who lost her life through an act of discrimination.

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An activist from Sinomlando, the organization that encourages healing for those who feel lack of identity and belonging, indicated that parents still find it difficult to disclose their children’s HIV status. This organization’s goal is to change this through support groups for children and training them to talk about HIV without fear.

One patient who attends Themba lethu Clinic at Northdale Hospital complimented staff for their good work. The patient indicated that even during the Covid 19 pandemic, staff from Themba lethu took care of patients and kept in touch with patients, reminding those who had missed their date for collection of medication.



Picture during World Aids Day



Mr. Manqoba Thusi



**Sister Joezett Mac Kay
Themba lethu Clinic OPM**

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Global Handwashing Day 2021

Our Future is at Hand – Let's Move Forward Together

Global Handwashing Day is an annual global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases. It is an opportunity to design, test, and replicate creative ways to encourage people to wash their hands with soap at critical times.

Why is washing your hands important?

The most common way germs are spread is by people's hands. Germs are often harmless but they can also cause illnesses such as colds and tummy bugs, as well as more serious illnesses such as E.Coli and flu. SARS-CoV-2 (COVID-19) can also be spread if handwashing is not carried out after touching your mask, blowing your nose or using a tissue. Handwashing is the single most important thing you can do to help reduce and prevent the spread of infections. Washing your hands properly with soap and clean water can help protect you, your family, children and others.

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When Should I wash my hands?

You should make regular and thorough handwashing part of your daily routine, especially:

- Before eating or handling food
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching or handling your mask
- After touching human or animal waste
- After handling rubbish
- After changing a nappy
- Before and after touching a sick or injured person

Before and after visiting a hospital ward

How do I wash my hands properly?

It takes at least 20 to 30 seconds to wash your hands properly - this is about as long as it takes to sing "Happy Birthday to You" twice through!

It is important to encourage children to wash their hands by showing them how to do it, and by setting them a good example.

Northdale Hospital takes hand hygiene awareness seriously. Communities are urged to wash hands with soap or sanitize hands frequently especially as the world is facing COVID-19 pandemic.

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October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. Northdale Hospital SOPD conducted health education on Breast Cancer. Patients were given education about symptoms of breast cancer and how the individual can detect early if she develops symptoms of breast cancer.

Sister Ntokozo Mkhize indicated that early breast cancer usually doesn't show symptoms, but as the tumour grows, it can change how the breast looks or feels. She mentioned changes that include the following:

- A lump or thickening in or near the breast or in the armpit area.
- A change in the size or shape of the breast
- Dimpling or puckering in the skin of the breast
- The nipple becoming inverted (turning inward into the breast)
- Abnormal discharge from the nipple
- Scaly, red, or swollen skin on the breast, nipple, or areola (dark area surrounding the nipple)
- The skin of the breast taking on an orange peel look or feel.

Mkhize said "if breast cancer is found early, there are more treatment options and a better chance for survival. Early detection of the condition can lead to effective treatment and a positive prognosis. About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages". Presenting yourself early for treatment may result in more effective treatment, leading to a reduction in pain and suffering and a significant decrease in the loss of life, said Mkhize.

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ACTIVITIES



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**TO ALL NORTHDALE HOSPITAL STAFF
THANK YOU FOR YOUR SUPPORT**

COMPILED BY

**PUBLIC RELATIONS OFFICE
NORTHDALE HOSPITAL**

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