

Speech by KZN Health MEC, Neliswa Nkonyeni on the occasion of the official handover and sod turning for a new Community Health Centre in Gamalakhe.

18 October 08

Programme Director

Esteemed Rev Mgojwa

Ugu District Mayor -Cllr Sthembiso Cele

Hibiscus Municipal Mayor –Cllr Shusha

Head of Department –Dr Yoliswa Mbele

Ugu Health District Manager- Mr Chetty

Councilors present

Committed employees of the Department

Malunga omphakathi

Kuyinjabulo enkulu kithi sonke ukubona kufezeka iphupho lethu ngomtholampilo walendawo, i **Gamalakhe Community Health Centre**.

Lapha asizanga ukuzovuselela lomtholampilo kodwa sizokwakha omusha sha. *A totally new Community Health Centre is being built in terms of the Master Plan done in 2005.*

Lomsebenzi esiwuvulayo namhlanje ozokwakhiwa ngezigaba ezimbili kanti ke imali efekiwe isamba sika **R43 million**.

Ukwakhiwa kwalomtholampilo kuyingxenye yezinhlelo zikahulumeni zokuqikelela ukuthi usizo lwezeMpilo oluyilo luyafinyelela kubantu, *our key priority as a Department is to ensure access to quality health care.*

Lomtholampilo uzokwazi ukusondeza usizo kubantu lapho behlala khona, ukwazi futhi nokwehlisa umthwalo kwezinye izizinda zethu zezeMpilo.

Sizoncipha futhi nesidingo sokuthi abantu bathuthelwe ezibhedlela ngoba kuningi okuzotholakala kuloMtholampilo, **Integrated Medical Services**, kufaka:

- Reception, Waiting and Consulting rooms
- Short-stay Ward facilities
- Maternity Unit
- Casualty Unit
- Trauma Unit
- X-Ray Unit
- Pharmacy Unit
- Dental services,
- Nutrition services,
- Social worker services and
- Eye services

Kulomtholampilo sizophinde siqinisekise ukuthi amalunga omphakathi anakekelwa ngendlela eyiyo ngokuqinisa *Administration Services*, okufaka:

- nursing services,
- finance and systems,
- human resource management,
- public relations,
- financial management and
- maintenance.

Uma sewuphelile lomsebenzi, isakhiwo salomtholampilo okhona sizoguqulwa kufakwe lezinhlelo ezilandelayo:

- Mortuary,
- EMRS base and
- Staff Residential Facilities.

Kuzokhumbuleka ukuthi uhulumeni uzibophezele ekwakheni amathuba omsebenzi ngaphansi kohlelo lwe Extended Public Works Programme, EPWP. Inkampani eyakha lomtholampilo i **Sinyathi Construction** itsheliwe ukuthi abantu okufanele baqhashwe kufanele kube ngabathathwe khona la emphakathini wase Gamalakhe.

Masikhumbuzane ukuthi indlela elula wokulwisana nezifo yileyo yokuzigwema ukuthi zingasingeni. Sebenzisanani nathi kuqikelelwa ukuthi usizo esilukhiphayo luyasetshenziswa:

Kubalulekile ukuthi ngisho komama ukuthi ,**October is Breast Cancer Awareness Month.**

Okufanele sizenzele kona iloku: Ukuzihlola ngokwakho ibele/ Breast self examination, Hlolwa amabele nyangazonke

Vakashela umtholampilo wakho uma uthola lokhu:

- izigaxa
- ukopha noma okuvuzayo kwingono yebele
- ukushwabana kwesikhumba
- ukushintsha kokuma kwebele, noma usayizi webele noma isikhumba kuya kwingono yebele.
- Uma kuwukuthi kukhona emlandweni womndeni owake waba nesifo somdlavuza webele, bikela udokotela noma umhlengikazi womtholampilo

Mayelana nabantwana masazi ukuthi uMnyango ukhathazekile ngesibalo esiphezulu se **neonatal mortality rate**

Singumnyango sikhatheke kakhulu ngesibalo esiphezulu sabantwana abashona bezalwa bengakaqedi ngisho izinsuku eziyisikhombisa (babies dying before 7 days).

We provide free Ante Natal Care

Lolu usizo olubhekele ukuhlola ukuthi umama ngabe ume kanjani ngama nutrition emzimbeni wakhe, sibe sinendlela futhi

esingawakhuphula ngayo, siphinde sinikeze neziluleko ngendlela okufanele aziphathe ngayo.

Ngakhoke siphakamisa loku; **Attending ante natal care early within the first three months is essential:**

Lapha maningi ama **screening tests** esiwenzayo ukuqinisekisa ukuthi umama kanye nomtwana omusha basisimeni esihle sempilo. Kungaso futhi lesikhathi lapho siyaye sigxuse ukuthi abazali bobabili, ubaba nomama ukuthi benze i HIV ukuze kuzokwazi ukuvikeleka umntwana ongakazalwa uma bona bobabili sebephila nalo igciwane legculazi. Siphinde siluleke ngokuthi abantu abenze ucansi oluphephile ngenkathi owesifane ezithwele.

SinguMnyango sikhalaza kakhulu ngesibalo esiphansi sabesifazane abeza emitholampilo ukuzohlola igciwane. **Too few pregnant women are being tested for HIV**

Usizo olunikezwa kuma clinic ethu lutholakala mahhala kodwa izibalo zethu zikhipha okushaqisayo ngelokuthi **Only 35% of women come for ante natal care before 4 months** in KZN. Ingozi enkulu lapha yilokhu:

- **Deformity**
- **Still births.**
- **Premature babies**

Okunye engifuna ukucebisa ngako, ukubaluleka kobisi lwebele kubantwana **Breast is best for the baby**

- It helps prevent infections such as diarrhoea and pneumonia.
- It makes a good bond with the mother for the mental health of the child, and
- It has been shown the breast fed people do better at school.

Makwaziwe futhi ukuthi singuMnyango asisafuni kube khona izingane ezibulawa i measles.

Sifuna ukuthi kubanjiswane mayelana ne **immunisation** as *it is one of the corner stones of Primary Health Care.*

Masibambisane futhi ukuqeda izikelemu ezihlupha abantwana, yazi ukuthi **six monthly deworming is available at all clinics.**

Clinics are also providing a growth monitoring service. Iapha abantwana siyabakala sibenzele ne chart ezokhombisa ukuthi umntwana kufanele akhule kanjani.

Mangiphethe ngokusho ukuthi sifuna namalungelo abantu abadala ahlale ehlonishwa ngaso sonke isikhathi ngoba ziningi nezifo ezibahluphayo kodwa abantu bengazi ukuthi umuntu okhulile useyagula. Bheka njengoba kukhona nesifo esibahlaselayo esaziwa

ngele **Alzheimer**.

Lesisifo shlasela siququde ama brain cells bese umuntu omdala alahlekelwe ingqondo, angabe esakwazi nokukhumbula izinto ezibalulekile. Sibonakala ngokuthi umuntu omdala akhohlwe ukuqoka noma aphumele phandle enjalo bese kuthiwa uyathakatha. Okubi ukuthi lesisifo asilapheki.

Masiphinde sizigweme nezinto eziyingozi ezimpilweni zethu:

- Stop smoking and keep away from drugs
- Stop abusing liquor, and
- No to unprotected sex

Masizithande.