



health

Department
Health
PROVINCE OF KWAZULU-NATAL

SUNDUMBILI CHC

SUNDUMBILI NEWS

JANUARY—JUNE 2016



Female learners of uThukela high school showing off their certificates of participation after the successful career expo hosted by Sundumbili CHC. On this day we marketed the DOH bursaries and assisted young females to make informed career choices.

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

BREAST CANCER AWARENESS



Sr. L. L. Ngubane during breast cancer educational talks.

Every morning from the 1—5 February 2016 General Out Patient department had awareness talks about breast cancer. Their target audience was the females of all ages but emphases were based on chronic patients.



Miss .L. Mbuli demonstrating breast cancer self examination.

The main aim of creating this awareness was to remind their patients of the importance of the early diagnosis of breast cancer and that it is curable if diagnosed early.

They were taught of the signs and symptoms of breast cancer. It was also demonstrated to them on how to self examine their breasts for any signs and symptoms of breast cancer.

STI AWARENESS

The GOPD also had an STI awareness on the 18th February 2016 in the morning on their waiting area. Their target audience was both males and females.

The main aim of the awareness was to sensitize the importance of bringing your partner when coming to the clinic for STI check up, importance of finishing the course of treatment given and coming to the clinic early to report any sign or symptom of STI.

They were also taught about the different types of STI's and their signs and symptoms for the community members to go to the clinics early should they spot an STI sign or symptom.

Pictures of different types of STI's were shown to the audience and questions asked for evaluation purposes.

The GOPD awareness was informative and went very well, the audience interacted very well with the staff.

PREGNANCY AWARENESS

On the 08th and 09th of February 2016 maternity department had a pregnancy awareness day for their patients on their waiting areas during the morning.

The main aim for the awareness days was to educate women about the healthy pregnancy, antenatal care and the importance of breast-feeding.

Amongst the topics that were covered which were HIV & pregnancy, importance of taking supplements, maintaining a healthy pregnancy, infant feeding and foetal monitoring.

During the unpacking of the above mentioned topics, it was emphasized that women should plan for their pregnancy before falling pregnant. Early booking to screen for any events was also encouraged to prevent an eventful pregnancy.

They were also told that they can have healthy babies even if they are HIV reactive because there is a treatment to protect the unborn baby from contacting the virus. If an HIV reactive women plans to fall pregnant again she is advised to come for a full assessment so that she is made fit for the coming pregnancy.

It was also outlined that from 32weeks of pregnancy the women is prepared for infant feeding method, of which exclusive breastfeeding for the first six months is the most healthiest feed for the baby.



Sr. E..P.S. Ntuli At Maternity Ward During The Educational Talks.



HIV reactive mothers can also exclusively breastfeed their infants for the first six months. Exclusive formula feeding is only advised if the woman is HIV reactive and not virally suppressed with the help of AFASS criteria.

It was a successful and informative two days for the maternity patients and they interacted very well with employees during the awareness talks.

By maternity

OUTREACH TEAM



Sr Nsele of the Sundumbili CHC outreach team handing out condoms

On the 11 February 2016 Sundumbili CHC's outreach team had the above mentioned awareness day at the Umfolozi TVET College. There was also representatives from the premiers office for the day.

The purpose of the awareness day was to remind the students about the safety precautions when it comes to STI's, condoms and pregnancy.

The target audience for this awareness was the Youth. Outreach team got the chance to enter each class and market the services brought to the learners.

Services offered on site: **BP, HGT, STI treatment, Pregnancy test, HCT, PAP smear and condom distribution.**

Total number of students seen—109

HIV tested clients	- 56
T B screening done	- 109
Pap smear	- 02
Female condoms distributed	- 500
Male condoms distributed	- 12000
Family Planning	- 03
BP Screening	- 109
Pregnancy Tests	- 15
HGT	- 109



DOWN SYNDROME



Sr FF Mkhwanazi Operational Manager at Maternity ward during the educational talks

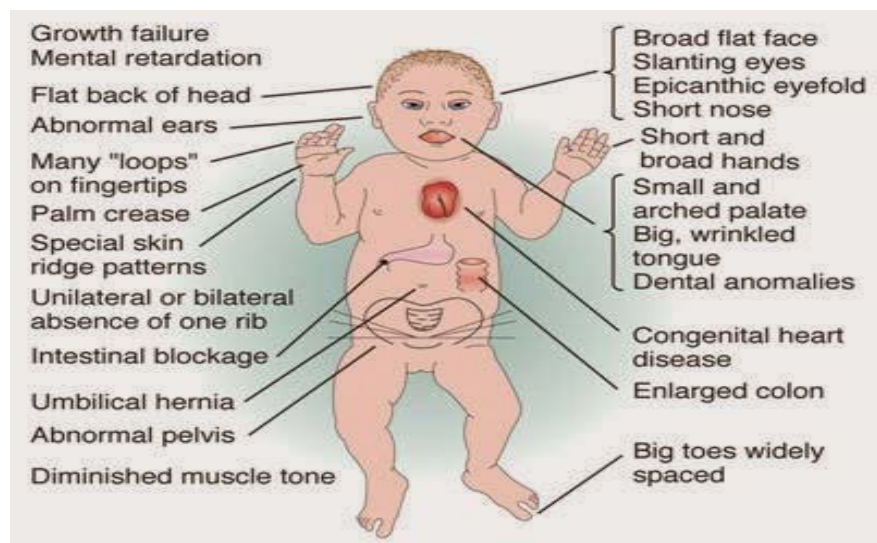
On the 16 February 2016 maternity department created awareness of the down syndrome to pregnant women and new-born mothers for them to be able to identify their children early should they develop this disease.

They told of the early symptoms of the disease and also shown pictures (since they couldn't find anyone locally who has the disease) of the people who have the disease for them to see how they look like.

The main aim was to teach them that people with the above mentioned disease lead a normal life, they go to school and also have careers. It was also demonstrated using their babies on how to identify signs and symptoms on a new-born baby.



DOWN SYNDROM



HEALTHY LIFESTYLE



MR.T. Blose The Data Capturer of Dokodweni Clinic checking his vital signs.

It is that time of the year again where employees are reminded about the importance of looking after themselves and leading a healthy lifestyle.

On the 19th February 2016 Sundumbili CHC had a Healthy Lifestyle awareness day where all staff members participated in different activities through out the day. There was a wellness team from Old Mutual, staff members were checking their vitals.

Employees who participated on the healthy life style awareness day were from the CHC and it's satellite clinics. Capitec marketing team was also part of the awareness, they had different types of physical activities that the employees participated on.

Aerobics were also done, conducted by Mr Smanga Mthembu the instructor of the local fitness gym at Makoya centre near the CHC.

Employees who were screened are estimated at ±90.

A day well spent.

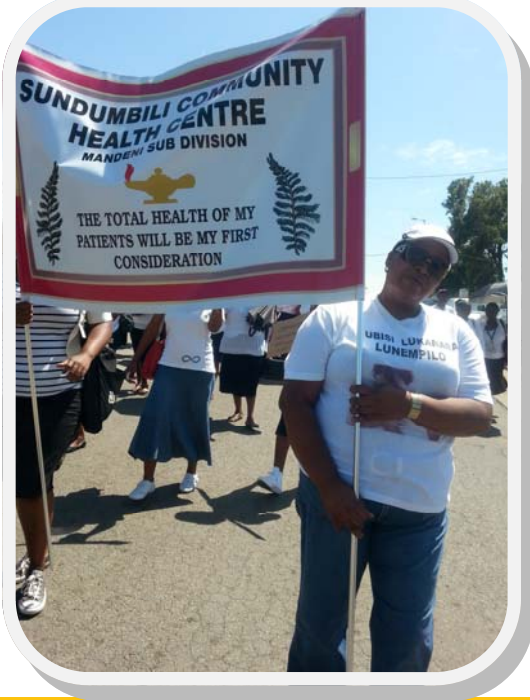


MR. M. Mjadu System Manager Participating during Healthy Lifestyle Awareness.



Mr.B .S Sithole .The Driver of Sundumbili CHC He is checking Vital sign During Healthy Lifestyle Awareness.

BREASTFEEDING WALK



Sr FF Mkhwanazi Operational Manager at Maternity during the awareness walk in the township

“While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby”

By—Army Spangler

On the 1 March 2016 Sundumbili CHC and Community Care Givers embarked on a walk around Sundumbili Township to market the importance of breastfeeding.

The main aim of this walk was to encourage and advise the breastfeeding mothers and tell them about the importance of breastfeeding their babies.

The walk started from Sundumbili CHC with songs about breastfeeding. The first stop was at Mandeni Mall. FF Mkhwanazi the Operational Manager for maternity department led the educational talks on the advantages of breastfeeding and disadvantages of not breastfeeding.

The community gave great response to the awareness walk and interacted very well with the employees who participated on the walk. The walk then continued to Sundumbili Plaza, Home affairs waiting area, DSD and SASSA waiting areas.

The awareness walk was success and much appreciation to all those who supported the Sundumbili CHC during the walk and the employees who participated in preaching the word of breastfeeding.



Sr PP Mhlongo leading the awareness walk



Sr Mhlongo delivering the talk at the Home Affairs waiting area

DISTRICT SERVICE EXCELLENCE AWARDS



On the 6th of May 2016, Ilembe Health District hosted a District Service Excellence Awards ceremony which was held at KwaDukuza Town hall where all department of health workers under Ilembe Health District gathered. The main aim of the event was to encourage the employees to continue with rendering the excellence service to their Sub-Districts.

Sundumbili CHC scooped awards on the following categories:

- ⇒ Certificate of gold performance in the category of choral music (jingle) ,
- ⇒ Gold trophy in the category of grounds maintenance,
- ⇒ Silver performance in the category T.B
- ⇒ Silver performance in the category HAST
- ⇒ Two trophies for the best cleanest CHC .
- ⇒ Gold trophy for Monitoring & Evaluation.

Management wishes to convey much appreciation to the rest of the Sundumbili CHC employees for their hard work and determination.



Top Left: Sundumbili CHC having a good look at their awards for excellent service.
Left: Ms EPCN Mtshali receiving an award.
Top-right: Ms HS Mbatha receiving an award on behalf of Sundumbili CHC choir.

TAKE A GIRL CHILD TO WORK DAY



Uthukela High School female learners with the radiographer at X-Ray department

On the 26th of May 2016, Sundumbili CHC hosted 30 female learners from Uthukela High School. The aim for the Take a Girl Child to Work Day is to encourage young female learners who are doing Science studies between grade 11 & 12 to venture into health-related courses and also to market the DOH's bursaries.

For them to make informed career choices they have to be given a chance to interact with the young people who are doing those jobs and get a chance to shadow them.

It was a fun day moving up and down different departments with these energetic young full-of-life females.

Much appreciation to the employees who participated in making the day a success, the CHC management for the support and the principal of Uthukela High School.



CHILD PROTECTION WEEK



Sundumbili Primary School getting ready for an awareness walk

It's a child protection week during the month of May 2016 in the whole south Africa . Miss Zama Nzuza and Lindokuhle Mhlongo-Sundumbili CHC social workers, have run this campaign by visiting two local primary schools together with other stakeholders inclusive of Sundumbili SAPS.

On the 27th May 2016 they visited Sundumbili primary school and had a short awareness walk from the school to the local shopping complex for awareness talks. They were singing and carrying different posters on child protection. On the 08 June 2016 all the stakeholders visited Cranburn Primary school for the above mentioned awareness.

Educational talks covered were breaking the silence and reporting child abuse, rape and human trafficking.

Miss Rengeta Mafako Sundumbili CHC Nutritionist was also there to give them some tips on how they can maintain a healthy diet as children, and also emphasized some points on their right to a healthy and safe environment. She also touched on eating healthy for a healthy brain development.

Much appreciation to the stakeholder who participated to make the awareness campaign a success.



Cranburn Primary School learners presenting the children's rights

ACKNOWLEDGEMENTS

This issue contains awareness campaigns according to the KwaZuluNatal Health Awareness Calendar for the two quarters of the current year 2016.

Much appreciation goes to the team who participated in putting together this issue namely:

- Dr Ravin Vishnupersadh the CEO/ Medical Manager
- Miss Thembela Cele PRO intern
- Miss Lungile Mthembu PRO inservice trainee
- Maternity department
- General Out Patient Department
- Out-reach team

For any comments, suggestions and complaints kindly use the contacts bellow or personally visit the Public Relations Office situated at the main building next to the main Pharmacy.

Thank You



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