



MANDENI

NEWS

MARCH 2024

CONDOM AWARENESS



Judging by the increasing statistics of teenage pregnancies overtime, clearly illustrates that the youth is no longer using condoms or aware of

how it impacts their future. By condom distribution that enables the youth and other community members to easily access condoms in all the places where they meet. Health talks were done

during the month of February 2024, emphasizing on the advantages and the importance of using condoms.

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FROM THE CEO'S DESK..

Well wishes for the year 2024



Dr. R. Vishnupersadh—CEO & Medical Manager

2024, the beginning of the new year to everyone nationally, with the new year resolutions to be achieved during the course of the year. To the Health department January marks the beginning of the last quarter to our financial year, where we look at how the previous year went, what we have achieved and plan for the current year.

Together as the team in Mandeni sub-district have worked tirelessly to providing the best health services to our community. In 2024, let's continue to stay focused on our goals and take this year as another opportunity to come out of anything even stronger. It is important that we remain positive all the time and continue striving towards our objectives.

Everyone's hard-work and dedication is truly appreciated, I am proud of all that we have achieved and accomplished as a team this previous year. We wouldn't be where we are currently without each other.

Keep up the good work and be proud of your efforts!



Mr Lungisani Sihle Magutshwa employed as the AD: Human Resources Manager in Sundumbili CHC.

His journey at HR has been an impeccable one through the years. He worked at King Edward from 1 April 2007 to 30 April 2013 as HR Officer, moved to Catherine Booth Hospital as HR Practitioner from 01 May 2013 to 31 Jan 2014. He then climbed the ladder to Ngwelezana Hospital as Snr HR Practitioner from 01 Feb 2014 to 31 March 2015, then moved to Ilembe Health District with the same position from 01 April 2015 to 31 Jan 2023. the journey continued at Bethesda Hospital from 01 Feb 2023 to 30 November 2023 as HR Manager, then transferred to Mandeni Sub-district at Sundumbili CHC with the same position.

A true reflection of hard work & dedication, I wish him nothing but the best and a productive stay with us as part of the team.

END.

From the CEO



Sr. DE Ntuli—D M N

“ As the year 2024 begins, I wish the Community that we serve in the area could know they have a very special place in our hearts. Wishing everyone a fruitful and prosperous year, for all the preventable illnesses, let us get vaccinated. Through God's grace we made it through the previous years and we shall make it through this one as well.

To the staff in Mandeni sub-district, remember we still have a very long way to go. In order to achieve the departmental goals, we need to stand together, love each other and most importantly, our community. Remember. Targets, targets and targets

”
Love you all

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CONDOM DISTRIBUTION

Condom distribution is a continuous project in Mandeni sub-district that is done every month with the help of the outreach teams and the CHW's.

From the 06th—10th of February 2024 condom distribution was intensified since according to the health awareness calendar it was condom week. During this week the community members and the patients in the facilities are encouraged and motivated to use condoms through awareness talks. They are also reminded on how to use the condoms and the importance of using them.

As it is always said “prevention is better than

cure”, hence the use of condoms. By using condoms whether female or male condom one gets to prevent sexual diseases like Sexually Transmitted Infections, HIV etc. and also prevent unplanned pregnancies.

The country is faced with the increase in teenage pregnancies, hence abstinence and dual protection is encouraged. There are interventions in place to help reduce the number of teenage pregnancies in the sub-district like the Zulu's reed dance also popularly known as Umhlanga ceremony where total abstinence is encouraged and practiced. In the health facilities there is the AYFS initiative where the youth has their own consulting room, complaints, compliments and suggestions box and the happy

hour once a week where the youth meet with the identified Professional Nurse to discuss all issues affecting the youth.

Condoms are being distributed in health facilities, local tuck-shops, taverns and door-to-door home visits by the Community Health Workers.



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OUTBREAKS

BILHARZIA

Due to the statistical increase in children infected with Bilharzia in Mandeni Sub-District, it was then considered as an outbreak. In the month of February 2024 more than 244 children were reported to having been infected with Bilharzia. The statistics were from Sundumbili CHC, Isithebe and Ndulinde clinic.

The remedial action was then to immunize all children from the ages of 05 to 19 years, who are from in an around the health facilities mentioned.

The mobilization for the immunization campaign in the form of loughailing by the Health promoting team and word of mouth by the CHW's was a success.

To reach children as many as possible, the immunization campaign was carried out by the outreach teams setting up in various spots in the community and also by nominated Professional nurses in the facilities.

The campaign was ran from the 1 to the 31 March 2024 and it was a huge success.



Sr. N. Mkhize—Outreach team Leader

PINK EYE

There has been high numbers of community members infected by pink eye around the whole Sub-District, especially in schools.

Frequent hand washing, Avoiding touching your eyes and preventing crowded places are being encouraged to curb the spread of pink eye.

The community is educated about the symptoms and encouraged to visit health facilities when ever they suspect that they might have been infected by pink eye.

According to statistics, the pink eye infections are decreasing in Mandeni sub-district and all thanks for the cooperation of the community.

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Vit A & Malnutrition



Mrs Ringeta Mafako—Isazi sokudla (Nutritionist)

Ngokwehla kwesibalo sabantwana abazothola uvithamini A emtholampilo kwenze Isazi sokudla (Nutritionist) uNkz. Ringeta Mafako Kanye nabaye ozakwabo baphume umkhankaso baye emphakathini ukofundisa ngokubaluleka kokuletha abantwana emtholampilo ukuze bathole iconsi lika vithamini A.

Ngomhlaka 16 Kanye no 24 bekuyiwe endaweni yakwaSithebe Kanye nase Mandafarm ukofundisa omama kanye nabagadi babantwana ngokubaluleka kokuqinisekisa ukuthi umntwana uyawuthola uvithamini A ngezikhathi ezifanele ukuze avikeleke esifweni sokungondleki kahle.

Izihloko ebebegxile kuzo ilezi ezilandelayo:

- **ukutholwa kusenesikhathi kokungondleki kahle komntwana**

- *Kusiza ukuthi ingane ithole ukusizakala kungakabi nezinkinga zokuthi igcine seyigula noma ishona.*

- **Izimbangela zokungondleki kahle komntwana**

- *Izihlobo zokudla okunikwa izingane ezisencane, isibonelo: ukunika ingane itiye uyiyekise ubisi.*

- *ukuqalisa ingane ukudla ingakabi nezinyanga eziyisithupha.*

- *Ingakho kugqugquzelwa omama ukuthi bancelise ubisi lwebele kuphela ize ingane ibe nezinyanga eziyisithupha.*

- **Ukubaluleka kokuthi umntwana athole uvithamini A**

- *Ngoba izingane aziwutholi uvithamini A ngokwanele ekudleni.*

- *Kuvikela izifo enganeni*

- *Ikhuthaza ukubona kahle kwamehlo.*

- **Izimpawu zokungondleki kahle komntwana.**

- *Izinwele ziba lula.*

- *Isikhumba siyaphaphatheka.*

- *Isisu sibe sikhulu.*

- *Ehle emzimbeni izimbambo zibe sobala.*

- *Ukuvuvukala ebusweni, izinyawo kugcine sekuvuvukala nomzimba wonke.*

- *Ukungaluleki kahle (ubude).*

- *Uma sekwedlulele esegula ugcina isikhumba sakhe sesiphicika engathi ushile.*

Izinsuku zombili zihambe kahle kakhulu nabebekhona bebebuza imibuzo kwisazi sokudla nabahlengikazi abebekhona, okusikhombisile ukuthi ulwazi ebelulethiwe baluthathile futhi konke sekuzohamba kahle, abantwana bazonakekelwa ngendlela efanele.

TB AWARENESS



Nurses from ICDM—TB department and outreach team during their TB awareness

I nyanga kaNdasa, yinyanga okuqguquzelwa ngayo umphakathi Kanye nabasebenzi ngokuzivikela kwisifo seTB. Isifo iTB siyalapheka kodwa siyingozi uma singalashwa noma ungadli ngendlela imishanguzo oyinikiwe.

Isifo iTB sihlala kunoma isiphi isitho somzimba, kodwa ejwayelekile eba semaphashini okuthiwa isifo sofuba.

Mhla zingu 25 kuNdasa 2024, abahlengisazi abasebenza emphakathini nabasebenza ngesifo seTB emtholampilo bazungeza zonke izindawo zokulindela ukuthola usizo befundisa umphakathi ngokuzivikela isifeni iTB.

Bafundisa ngezimpawu, ukuthi imishanguzo uyithatha kanjani nangokuzimisela ekuthatheni imishanguzo uma sewutholakele ukuthi sikuhaqile lesisifo. Baphinde bafundisa nanokuthi unakekelwa kanjan umuntu osehaqwe ilesisifo, ukubaluleka kokuzihlola uma usondelene nalowo onalesisifo Kanye nokuthatha kahle amaphilisi okuvikela iTB uma utholakale ukuthi awunayo ukuze ungahaqeki mawusanakekela ogulayo.

Ngalolusuku ngaphandle kokufundisa, babehlebelela amaculo anemiyalezo ebalulekile nomphakathi owawukhona. Kuningi nokwakubuzwa umphakathi konke kwahamba njengezinhlezo ezazihleliwe kwaba imphumelelo.



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