



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Ugu Health District Official Newsletter

## UGU NEWS

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## UGU HEALTH DISTRICT SUCCESSFULLY HOSTED PHILA MA WALK TO RAISE AWARENESS AGAINST BREAST AND CERVICAL CANCER



**MEC FOR HEALTH DR S. M. DHLOMO AND UGU HEALTH DISTRICT DIRECTOR MRS N. C. MKHIZE LEADING THE WALK FROM FREEDOM SQUARE TO CIVIC CENTRE WHICH WAS GRACED BY THE PRESENCE OF INKOSI LUSHABA**

Ugu Health District hosted  
Phila Ma Walk

Ugu Health District hosted  
Ethics Seminar

Ugu Health District Legis-  
lature Visit

# UGU HEALTH DISTRICT PHILA MA WALK



On the 19th of April 2018 Ugu Health District hosted Phila Ma walk. The walk which started at freedom square in Port Shepstone and ended at Civic Centre was an awareness against Breast and Cervical Cancer. The objectives of the walk was to promote universal access to early Breast Cancer screening, detection and treatment of our community. To voice collaborative efforts and aggressive cancer education, screening and detection, lastly to make sure that all community members of KwaZuluNatal can identify the early breast cancer symptoms to prevent late disfiguring prevention at the hospital facilities.

Ugu Health staff and the community members including cancer survivors participated during the walk which was led by MEC for Health Dr Sibongiseni Dhlomo .

Mrs Mnguni who is a cancer survivor gave her testimony at the end of the walk, she was giving in-depth information about her experience in cancer "I was normally an ill person and constantly attending doctors, but I never got any better" said Mrs Mnguni. Later she went to Port Shepstone Regional Hospital and was diagnosed of cancer. Mrs Mnguni got help from different hospitals which includes Inkosi Albert Luthuli Hospital, she is now better and continuing to take her treatment according to doctor's order while committing herself in living a

healthy life. MEC for Health Dr S.M Dhlomo urged more women to come forward as soon as possible and screened for breast cancer and cervical cancer so they will live much longer, healthier and a productive lives and be there for their loved ones who needs them instead of dying at a young age. He mentioned that cervical cancer affects 1 in 40 women and kill up to 3500 women per year, while breast cancer affect 1 in 26 women in South Africa. He warned all women about obesity and alcohol consumption which he said it increases the risk of breast cancer.

Dr S .M Dhlomo described the walk as part of the "Phila Ma" campaign aimed at promoting screening for breast and cervical cancer among the women and is one of the build up event towards a National campaign on cancer announced by President Cyril Ramaphosa during the state of the Nation address in February this year.

The MEC urged women to get into the habit of regularly getting screened for cancer so that any abnormalities can be detected early followed by necessary treatment intervention. He ensured that every health facilities in and around Ugu District has a trained doctors or officials and enough equipment to help identifying cancer.

# ETHICS SEMINAR



PSC Dr Mpilo Sithole addressing staff members



Health workers during Ethics Seminar



Mrs N C Mkhwanazi and MEC for Health



Role play by health workers

On the 19th of April 2018 Ugu Health District had an Ethics Seminar at the Civic Centre, Connor street in Port Shepstone. The purpose of the seminar was to Revive work ethics to all Ugu Health workers. The objectives of the ethic seminar was to improve work ethics, rekindle professionalism, motivate and encourage the staff, and lastly to improve communication between health professionals and patients.

District Director Mrs NC Mkhize opened by noting few challenges that the District is facing, amongst the challenges are poor work ethics, negative staff attitudes and long waiting times. More than 300 Ugu health workers from all categories attended the seminar. MEC for Health Dr SM Dhlomo emphasized on commitment and serving with passion. He quoted from the book of Mathew chapter 25:13 "So you too must keep watch, for you do not know the day or my return". MEC stated that ethics is about doing the right way even though you know that you will not be rewarded. He reminded staff that the majority of patients that they serve do not have any other health care options as they do not have medical Aids.

They deserve to be treated in a professional manner. MEC also stated the importance of empowering clients to be able to record and evaluate the quality of service they receive from health institutions. He pleaded health care workers to always perform their duties efficiently and to the best of their ability, and work because they fear God, treat patients as if they are treating God himself.

Public Commissioner Dr M P Sithole who was a guest speaker gave her talk on Enhancing Ethics and Ubuntu in Health Care Facilities. She stated that ethics is being good and bad, it assumes a relationship between people, within feelings, preferences and dignity. She said the quality of the service that is available at in the institution is determined by the presents of good ethics. The importance of using language a patient will understand was emphasized. "Respect and tolerance was amongst the things that health works must apply when dealing with clients" said Dr Sithole. The issue of workers who are present at work but they are not productive was also highlighted as an issue the Department must deal with.

# UGU HEALTH DISTRICT KZN LEGISLATURE VISIT



Hon. N Majola introducing member of legislature on the first day of the visit.



District Director Mrs N C Mkhize introducing Department of Health officials



Walk about at Umtentweni Clinic



Walk about at Assis Clinic

Ugu Health District had a Legislature visit which was targeting three Clinics. The visit started at Morrison's Clinic on the 19<sup>th</sup> of June and proceeded to Assis Clinic on the same day, it then ended at Umtentweni clinic on the 20<sup>th</sup> of June. The briefing for the District Management was at the District office after walk about in Umtentweni Clinic.

The main purpose of the visit was to check the progress of Clinics following the last year's visit by the Legislature. A lot of developments were spotted by the Legislature members in all the Clinics. They only discovered long term outstanding issue which are infrastructure related. The credit was given for the quick reaction about the issue of water even though it's a District crisis. Legislature members congratulated all the clinics on their improvements. Assis Clinic was congratulated for their ideal clinic status.

They were edged to continue with the excellent job they are doing in serving the community and keeping the facility up to a high standard. The visibility of the Chairperson for Clinic committee was also acknowledged at Assis Clinic.

Transforming infrastructure at Morrison Clinic and Umtentweni is going to take a long time of which Health workers needs to adapt to the current situation. The only thing they should do is to comply with the policies and their indicators must talk to the reality.

Legislature members congratulated the District team for their great work. It was noted that Clinics are performing to their level. The Legislature team functions to encourage workers to do even better, if there are areas where things are not done properly they must be addressed. Improvement was noted in all Clinics that were visited.

# COMMUNITY IS URGED NOT TO ENTERTAIN STRANGE ANIMALS. “RABIES KILL”

The KwaZulu-Natal department of agriculture and rural development has warned the public about an increase in new cases of rabies in the province, which has resulted in the loss of people’s and animal’s lives.

According to the department, the new cases have been detected along the coastal belt of the province affecting South Coast, Durban, iLembe District and Empangeni/Richards Bay areas, under King Cetshwayo District.

People in KwaZulu-Natal have been urged to do the following:

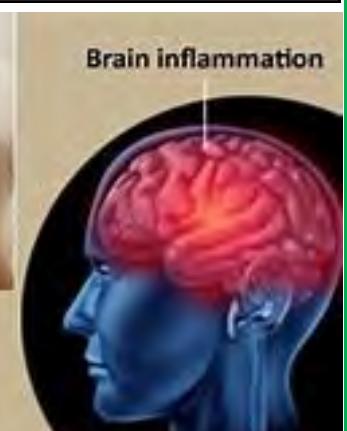
- They must not entertain strange animals in particular dogs and cats in their neighborhood;
- They must report strange dogs and cats to their nearest local offices or to SPCA for collection;
- Children must be monitored not to play with these domesticated animals unless they have been recently vaccinated for rabies; and
- In cases where someone has received a dog or cat bite, no matter how minimal it may look, the department has urged them to immediately approach a clinic or hospital within less than 24 hours for rabies treatment.

## Rabies - Common facts

- Mad Dog biting Humans lead to Rabies.
- Latin Rabhas means Frenzy.
- Hydrophobia Fear of Water, Saliva of Rabid dogs
- **Pasture’s success – Vaccination**  
Fixed virus from Rabbit injected into Joseph Meister  
Injected 13 injection of the cord vaccine.

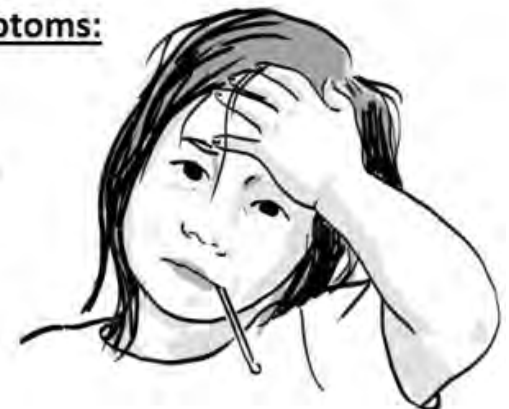


Virus transmitted by infected saliva through bite or wound



## Rabies Symptoms:

- 1) Headache
- 2) Fever
- 3) Poor appetite
- 4) Vomitting
- 5) Sore throat
- 6) Depression
- 7) Fatigue



## Symptoms in Human being

Early symptoms of rabies often include:

- Sensory changes at the site of the bite (numbness or tingling).
- Fever
- Headache
- and a general feeling of discomfort.



## Symptoms of rabies in humans

- Fever, Headache, Sore throat, Feeling tired (these are the general symptoms).
- The signs include
  - Pain and tingling at the place they were bitten.
  - A fear of water because of sudden, strong tightening of the muscles in the throat. Fear of light, Fear of air (Breeze). These are unique to Rabies.
  - Being paralyzed and unable to move parts of the body.
  - Nervousness, confusion
- Coma and death.

## RABIES

- Rabies means 'madness' in Latin.
- A preventable viral disease of mammals most often transmitted through the bite of a rabid animal.
- Transmission of rabies virus usually begins when infected saliva of a host is passed to an uninfected animal.
- The most common mode of rabies virus transmission is through the bite and virus-containing saliva of an infected host.



# HEALTH AWARENESS IN UGU HIGH SCHOOLS



One of the nurses educating learners at Malusi



Awareness day event at Malusi High School



One of the nurses learners at George Mbhele High



Nompilo engaging with the learners

HIV & AIDS, Drugs, and teenage pregnancy is very familiar with the youth of South Africa. The Department of Health in Ugu visited two schools which are George Mbhele High School on the 30<sup>th</sup> of May under Umzumbe Municipality and Malusi High School under Ray Nkonyeni Municipality on the 15<sup>th</sup> of June. These schools are amongst the best as far as the infrastructure is concerned in the entire Ugu District.

The passing rate is decreasing year in and year out due to the behavior of the students of these schools. Sr Gumede from Assis Clinic addressed the learners in deferent topics which includes Teenage Pregnancy, Drug addiction and Drug abuse. Most of children are affected by drugs teenage pregnancy very high. Sister Gumede gave hope to those who are already affected by HIV/AIDS, TB, Drugs, etc and she advised them to do regular checkups to the nearest clinics. Unprotected sex which leads to teenage pregnancy and STDs was said to be a very serious issue because high number of learners who fall pregnant

while they still at school is increasing. Learners are failing to concentrate at school because of drug addiction which also course underperformance of these schools "It is very painful to see young person damaging their body with drugs" Sr Gumede added. What the teachers also discovered is that some learners don't have parents at home and they face these challenges alone.

Health promoter Ms Nompilo Xulu took the stage giving tips on how to keep their bodies healthy at all times, as she was interacting with the learners and you could see the excitement when they asking questions. Nompilo spoke about the importance of staying in school till they complete matric to fulfill their dreams. She also touched a bit on her educational background. "You can achieve anything you want in life regardless of your current situation. You need to stay focused and enjoy child hood stage". Said Nompilo.



# UMUZIWABANTU UBAMBE ISIBAYA SAMADODA



Umntwana Nhlanganiso Zulu enika inkulamo yosuku

Mhla ziyi 29 kuNhlolanja 2018 uMnyango weZempilo ubuhambele uMasipala waseMuziwabantu esigodini sakwa Ngubelanga lapho obusingathe khona uhlelo olwakhayo nolukhulisa abantu besilisa olubizwa ngeSibaya Samadoda. Isibaya Samadoda uhlelo lapho kusuke kuxoxwa ngezinto ezithinta abantu besilisa okubalwa kuzo ukuSoka, ukuziphatha kahle komuntu wesilisa nokuhlonipha abantu besifazane. Loluhlelo belunezihambeli okubalwa kuzo indodana yeSilo Umntwana uNhlanganiso Zulu obeyisikhumi sosuku kube uDkt Ngubelanga no Mnu N Roji ophuma ehhovisini leZempilo eMgungundlovu.

uDkt Ngubelanga ukhulume ngokunyuka kwezinga lwamadoda adlwengula izalukwazi nezingane ezincane okuyinto enyuke kakhulu futhi esijwayelekile kulo mphakathi. Uphinde waveza nokuthi ezinyangeni ezimbili ezedlule amacala okudlwengula awu16 awu 9 kuwona awamantombazane angaphansi kweminyaka ewu 13. uDkt Ngubelanga wengeze ngodaba lokugwazana kwa-bantu besilisa emphakathini nesiyi nsakavukela umchilo wesidwaba. Umphakathi ukhombise ukukhathazeka ngalezi zehlakalo wase ubeka nemgudu engasiza eku-theni kwehliswe noma kuqedwe lezigameko ezihlasele lomphakathi wase Harding.

Umpathi wohlelo uMnu T M Mbanjwa ube esenikeza uMnu N Roji ithuba lokuba ethule ngokusemthethweni isihambeli sosuku okuyindodana yeSilo Umntwana uNhlanganiso Zulu, okuthe uma engena kwasukuma wonke umuntu obengaphakathi eholo ebigcwele betshengisa ukuhlonipha izinyane leNgezengeze. Uvule ngodaba oluthinta ukubaluleka kokusoka kumuntu wesilisa oluhamba nesiqubulo esithi “Zithande, Zivikele, Zihloniphe Soka” okuyinto abayishaya indiva ikakhulukazi laba asebezibandakanya nocansi. Uchaze nokuthi umuntu osokile usuke engazivikeli yena kuphela kepha uvikela nothandawo wakhe ezifweni ezifana nomdlavuzi wesibeletho. Uphinde waveza ukuthi isifo sofuba siyingozi futhi asikhethi ukuthi ungubani ngoba naye ukewaba yisisulu salesifo kwaphoqeleka ukuthi eyokhishwa iphaphu asale nelilodwa. Ugcizelele nokuthi akumele uze ubheme ugwayi ukuze uthole lesisifo yingakho abantu kumele bavakashale emtholampilo noma kungekho okusoliso.

Umntwana uNhlanganiso Zulu ube esekhuluma namadoda asekhulile kuleyandawo ukuthi kungumsebenzi wabo ukuxoxa noma ukukhulisa izingane zabafana ngenhlonipho nangezinto zobudoda ukuze zikwazi ukumela imizi yazo masezifike kulesosigaba sokuba ubaba womuzi. Uphinde watshela amadoda ukuthi ukuphepha kubantu basifazane kusezandleni zawo.

# ABASEBENZI BAZIBANDAKANYA KWEZEMIDLALO UKUZE BAZIGCINE BEPHILILE FUTHI BENOMFUTHO NGASO SONKE ISIKHATHI



Ukulungiselela imidlalo yesiFundazwe eyaye ibanjwe njalo ngonyaka, isiFunda Ugu sibe nemidlalo lapho abasebenzi beZibhedlela kanye neMitholampilo bezibandakanye nalemidlalo. Kulonyaka bekukhona nomdlalo wegalofu nobuqala ukudlalwa uholwa uMnu Sydney Shingange osebenza njegodokotela wamehlo oGwini, owumpetha kulomdlalo. Eminye imidlalo ebikhona ibhola lezinyawo labesilisa, ibhola lomnqakiswa labesifazane kanye nomlabalaba. Lemidlalo ihlelwa iphinde ididiyelwe uNkk Zanele Ndwandwe nosebenza ehhovisi lesiFunda Ugu. Umtholampilo iGamalakhe uhambe phambili ebholeni lezinyawo wazihlomulela indondo, kanti isibhedlela iMurchison isona esihambe phambili kwelomnqakiswa. Imidlalo yesifundazwe iyoba se Richards Bay maduze nje kanti asekhethiwe amaqembu seiFunda uGu azodlala kulemidlalo.



# UGU HEALTH DISTRICT CLINIC COMMITTEES TRAINING



Mrs S Cele during Clinic Committee training at Harding

Ugu District conducted clinic committee training from the 3rd of February to the 9th of May 2018. 46 clinic committees were trained and 204 participants trained.

The aim of the training was to empower the district clinic committees on knowledge, skills, values and attitude to fully understand and fulfil their roles and responsibilities.

The target groups were EXCO members of the clinic committee, the Operational Managers and Public Relations officers.

The training was conducted by Mrs S.S Cele and Miss NR Madlala.

The training was a success and was well received by the participants, many gaps were identified that need to be rectified by the Primary Health Care Management.

The training was an eye opener for all who attended.

## ACKNOWLEDGEMENTS



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