



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Ugu Health District Official Newsletter

UGU NEWS

NO 41 BISSET STREET PORT SHEPSTONE

VOLUME NO 1

ISSUE NO 9

STAY INFORMED

March 2018

MEC VISIT AT KWAMBOTHO CLINIC YOUTH FRIENDLY SERVICES



**MEC FOR HEALTH S. M. DHLOMO ADDRESSING KWAMBOTHO YOUTH AT KWAMBOTHO CLINIC
IN UMUZIWABANTU MUNICIPALITY**

**MEC VISIT AT KWAM-
BOTHO CLINIC—YOUTH
FRIENDLY SERVICES**

**ISIBAYA SAMADODA
BEHAVIOURAL DIA-
LOGUE**

**NGOKUBAMBISANA
SINGAYINQOBA I TB**

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

EXCITEMENT AT KWAMBOTHO CLINIC DURING THE MEC VISIT FOR YOUTH FRIENDLY SERVICES



KwaMbotho youth during the MEC visit on Adolescence and Youth Friendly Services

MEC for Health, Dr S. M. Dhlomo visited Kwambotho Clinic under Umuziwabantu Municipality to ensure youth that Adolescence and Youth Friendly Services are offered in this clinic. Youth friendly concept which was launched by the MEC in 2014 aims to ensure that young people between 10 and 24 years receive health care services in a manner that is user friendly and which ensures that their needs are addressed efficiently and timeously.

Services which includes comprehensive and integrated sexual and reproductive health, promotion of HIV/AIDS testing, TB, Non Communicable Diseases, education on drug abuse and violence are offered in this concept.

During the dialogue with the MEC, youth showed appreciation to the department for having AYFS at the clinic. They expressed their happiness on the happy hour which has impacted positively in their lives. Some of them were giving testimonies. One of the girls said she was assisted by the service and she is on the group of girls who are attending virginity testing .

One of the boys expressed his appreciation to the clinic for implementing the “Boys to Men” programme. He said the workshop has enabled him to gain a lot of information that will assist him in decision making in the future.

Life Orientation Educator from Mlotshwa High School – Mrs Mbele told the MEC and the team about a programme that they have initiated as an integrated team to combat teenage pregnancy and other social ills.

MEC advised youth on the importance of preventing pregnancy and dangers of illegal abortions. He told learners to prioritize school and forget about other things. He encouraged them to go to health facilities where they will have time to interact with health care workers, ask questions freely and be able to receive services without being judged or seen by elderly from their communities.

KwaMbotho Clinic has a trained practitioner who deals with youth and there is a dedicated time for youth which is Monday to Friday from 3pm to 4pm

MEC'S 10 YEARS OF LEADERSHIP CAMPAIGNS



Learners receiving health services

Ms S Zama giving health services to a learner



Learners during TVET activation

Ms P Zama addressing learners

From February 2018 to March 2019, the Department will have a focused campaign targeting key programmes. The campaigns will be a celebration of the successes of the Department in the past 10 years, celebration of the commitment and dedication of the staff and management of the Department and advocacy on key health messages. Selected as key focus areas in line with key priorities of Government and the Department to mitigate the quadruple burden of diseases.

Ugu Health district has started with the activations as part of the celebration.

On 9th of February 2018 the district organized a taxi rank activation at Hibberdene Rank. About 500 people attended the activation. HTS Promotion, Health Talks Promotions, Condom Distribution was done. All taxi drivers and taxi commuters received health services.

On 16th of February 2018 the district had an activation at Enyenyenzi TVET College.

About 2000 learners were involved. TVET Management and Supporting Partners supported the initiative and had a great input in the services provided to students.

Response from students was impressive. They went for HIV testing in numbers, those who are already taking treatment are promising to continue and encouraging others to do the tests.

On the 02 of March 2018 the district had Isibaya Samadoda at Umzumbe Municipality which was also a success.

These campaigns will continue in the district until March 2019.



ISIBAYA SAMADODA BEHAVIOUR CHANGE DIALOGUE



MEC for Health Dr S. M. Dhlomo addressing men

telling men who attended the dialogue that he once had TB and was hospitalized for three months. He had his lung removed because of TB.

Giving his keynote address, the MEC for Health Dr S. M. Dhlomo said VMMC is important for men as part of personal hygiene. He said if men are not circumcised, having foreskin, they are exposing themselves to sicknesses which includes STI's and HIV/AIDS. MEC said the Zulu Monarch, King Goodwill Zwelithini expressed the importance of all men of the province to be circumcised as it will help them realise the importance of self-worth, personal health and safety, thereby seeing a reduction in STI's.

MEC said, the King mentioned that he wishes that all men can come to the King's residences in order to receive what he calls "Spiritual, Emotional and Moral Circumcision" regarding crime, rape and misconduct of men in the community.

Ugu District Municipality Mayor, Cllr M. A. Chiliza, also touched on the importance of child and women protection by men, especially a female child. He said it is ok to compliment a woman if they have an appealing look, but that doesn't mean that due to the way they look, dressed, that they are calling for sex, that's a cheap conduct by men who force themselves on vulnerable individuals.

Mr Melusi Yeni an actor who is also an ambassador for "Brothers for Life" also attended the dialogue. He emphasized on an importance of mentorship.



Prince Nhlanganiso Zulu

Ugu Health District hosted Isibaya Samadoda Behaviour Change dialogue on the 2nd of March 2018 at Isibanini Hall, Umzumbe Ward 10. About 200 men from Ugu district attended the dialogue.

Giving the purpose of Isibaya Samadoda, Prince Nhlanganiso Zulu defined the word "Isibaya Samadoda" and the way it was formed. Isibaya Samadoda existed years back. This is a forum where men meet and talk about their issues, they also get educated on how to behave. In his speech, he spoke about the benefits and the importance of voluntary male circumcision. Men must go for VMMC. A circumcised male partner is not at risk of getting cervical cancer, said Prince Nhlanganiso. He also emphasized the importance of HIV and TB testing,

LISTORIOSIS

WHAT IS *LISTERIOSIS*?

- *Listeriosis* is a serious infection caused by eating foods contaminated with the bacterium *Listeria Monocytogenes*.
- This disease affects primarily pregnant women, newborn, and adults with weakened immune systems.
- This bacterium is too small to be seen without a microscope.

What foods are risky?

When it comes to *Listeria*, some foods are more risky than others. Meet some of the other foods where *Listeria* is known to hide.



Sprouts



Raw Milk
(unpasteurized)



Soft Cheeses



Deli Meats and Hot Dogs
(cold, not heated)



Smoked Seafood

3

Listeriosis

- ❑ Severe infection
- ❑ Consumption of foods contaminated by *L. monocytogenes*
- ❑ Symptoms
 - ❑ Chills
 - ❑ Fever
 - ❑ Muscle aches
 - ❑ Diarrhea
 - ❑ Other GI symptoms

CHOLERA

INTRODUCTION TO CHOLERA

- Cholera is one of the most feared clinical entities on earth. It is a preventable, acute diarrheal disease that leads to severe dehydration due to a massive loss of bodily fluids
- It can lead to sunken eyes, blue-grey skin and eventually death.
- 80% of cholera cases today can be prevented by the ingestion of rehydration salts.

CAUSES OF CHOLERA

- The prime cause of the cholera infection is coming in contact with, bacterium *Vibrio cholera*. This cholera bacterium enters the body through mouth, often in contaminated water and food.
- Cholera affects the inner lining of your stomach and attaches bacteria to the small intestine walls resulting in secretion of large amount of fluids and salts from the body, causing diarrhoea.
- Eating unwashed and uncooked fruits, vegetables and seafood can also cause cholera.

Prevention

- Water treatment and sanitation with chlorination of municipal water supplies.
- Boiling or filtration of water locally
- Health education
- Attention to careful handwashing with soap and water
- Disinfection of the dead and their belongings with simple burial procedures



NGOKUBAMBISANA SINGASINQOBA ISIFO SOFUBA



Uhlelo lokuhlolwa ezikoleni

Ukufundisa ngesifo sofuba ezikoleni



Ukufundisa ngesifo sofuba emiphakathini

Ukufundisa ngesifo sofuba emafemini

Njengoba bekuyinyanga yokugcizelela ukulwa nesifo sofuba nokukhumbula labo abathintekayo ngenxa yaso, Umnyango weZempilo kwisiFunda Ugu sizibandakanye emikhankasweni eminingi ukuzama ukuvikela ukubhebhethekisa lesisifo.

Kulenyanga kaNdasa izisebenzi zeZempilo zivakashela emafemini akhele isiFunda Ugu kanjalo nezikole ukuhlolola isifo sofuba emiphakathini kanjalo nasezinganeni zesikole. Phakathi kwezikole ezivakashelwe bangamashumi amathathu abafundi abatholakale ukuthi kungenzeka babe nesifo sofuba. Lababafundi bathunyelwe emitholampilo eyahluka hlukene ezindaweni abaqhamuka kuzo. Lokhu kuzosiza ekutheni abeZempilo benze ukuhlola okunzulu ukuqinisekisa ukuthi siyatholakala yini isifo. Kulaba abebesolwa bahlanu okuqinisekisiwe ukuthi banaso lesisifo, babe sebenikwa imishanguzo yaso ngokufanelekile bathola nokufundiseka ukuthi iyiphi indlela okumele baziphathe ngayo kusukela beyiqala baze baqede ukudla imishanguzo.

Izihloko okugxilwe kuzo kulomkhankaso:

- Siyini isifo sofuba?

- Sitholakala kanjani?
- Iziphi izimpawu zesifo sofuba?
- Uyidla kanjani imishanguzo uma kwenzekile watholakala naso?
- Yikuphi ongakulindela uma usudla imishanguzo?
- Sihlobene yini isifo sofuba kanye nesandulela ngculazi?
- Singagwema kanjani ukudlulisela isifo sofuba?

Umphakathi uphinde wafundiswa ngokubaluleka kokugwema uphuzo oludakayo uma umuntu edla imishanguzo yesifo sofuba. Kuphinde kwagcizelelwa mayelana nokungahlanganisi amakhambi esintu kanye nemishanguzo ukuze lowo odla imishanguzo alulame ngokushesha.



UGU HEALTH DISTRICT CATARACT CAMP



Ugu Health District hosted high volume cataract camp which started on the 12th to the 16th March 2018 at GJ Crookes Hospital. This was the 4th high volume cataract camp in the district which is done through the support of International Islamic Relief Of South Africa (IIROSA) and all hospitals in Ugu district took the initiative and own it.

Each day brought in good results in terms of numbers. About 376 client benefited through out the district in a camp. Clients were much happy about the result after they have gone through the operation. One of the clients had a bilateral dense cataract. She is from Umthwalume area and she came to the hospital with her husband as he is the one who is taking care of her since she was having a cataract problem. Even when she was going for an operation she was wanted her husband to be by her side since she was not comfortable with other people around her. The operation was done successfully and she went home very happy. Ugu Health District staff members which included doctors, nurses, GJ Crookes Management and other category staff

dedicated themselves to join the camp. Their commitment was amazing, they worked tirelessly with less breaks, time to go off was just forgotten as they were striving to put the patient first.

IIROSA and other supporting organization Sisters 4 Humanity provided more than 500 meals to clients. The camp ended with a lot of compliments from clients, of which most of them were praising staff and the service that they received during their stay at GJ Crookes Hospital

“A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil. Cataracts are the most common cause of vision loss in people over age 40 and is the principal cause of blindness in the world.”



UNGGONGQOSHE UVAKASHELE UMPHAKATHI WAKWANZIMAKWE UKUYOXOXISANA NOMPHAKATHI NGEZINDABA EZTHINTA EZEMPILO



Ungqongqoshe weZempilo KwaZulu Natal U Dkt SM Dhlomo uvakashele umphakathi wakwaNzimakwe ngenhloso yokuyophendula izikhalazo ezabe zithulwe ilomphakathi mayelana nokusebenza koMnyango kulendawo. Phakathi kwezikhalazo ezabe zihamba phambili, esihambisana nokudluliselwa ezibhedlela ezakhele I Port Shepstone kanye nomtholampilo iGamalakhe uma lowo ogulayo kumele athole usizo olungaphezulu komtholampilo. Kulomhlangano womphakathi owabe uhanjelwe Inkosi yendawo kanye nezikhulu zikamasipala, uNqongqoshe umemezele ukuthi umphakathi osuka kweminye yemitholampilo yakwaNzimakwe ngeke usadluliselwa eGamalakhe kodwa usuzodluliselwa esibhedlela i Port Shepstone. Lesi sikhalo besihambisana nokuthi iningi kakhulu imali ekhokhwa ilowo ogulayo uma ezodluliselwa eGamalakhe njengoba egibela amatekisi angaphezu kwamabili. Umphakathi usijabulele kakhulu lesisi simemezelo njengoba sekuzoba lula futhi kuzokongeka nemali uma udinga usizo lwesibhedlela.

DEPUTY DISTRICT DIRECTOR: INTEGRATED DISTRICT HEALTH SYSTEM DEVELOPMENT SERVICES



Mrs P. P. Fica who joined Ugu Health District in November 2017

Mrs. P. P. Fica joined Ugu Health District Senior Management team in November 2017 as a Deputy District Director, Integrated District Health System Development Services.

She was working as a PHC Assistant Nursing Manager at Eziqoleni Sub-district under Murchison Hospital.

Before that she was working at Turton CHC as an Assistant Nursing Manager under Planning Monitoring and Evaluation. She was part of the team who opened Turton CHC in 2012 and established services in Peads unit as an Operational Nursing Manager.

Mrs. Fica migrated to United Kingdom in January 2002 and returned back in South Africa in December 2011. While she was gaining her nursing experience in the UK she furthered her studies and graduated a Bsc Honours' in Health and Professional Practice.

She has a vast experience in nursing field as she worked in both 1st and 3rd World Countries, and that has helped her to be able to set ways on how to improve health service delivery in her own country. Her management skills are always striving at achieving quality service delivery and better outcomes for our community.

"I would like to thank the management and the rest of the team at Ugu Health District Office for the warm welcome that I received" said Mrs Fica

ACKNOWLEDGEMENTS



MRS NC MKHIZE
DISTRICT DIRECTOR
CHIEF EDITOR



THABISILE MATHENJWA
AD: COMMUNICATIONS
WRITER, PUBLISHER



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address: No 41 Bisset Street Port Shepstone 4240

Postal Address: Private Bag X 735 Port Shepstone 4240

Tel: 039 688 3020 Fax: 086 402 2295 Email:

thabsile.ngcobo@kznhealth.gov.za

www.kznhealth.gov.za

Switchboard: 039 688 3000, Fax: 039 682 6296