



Impilo Encono

NEWS

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Quarterly Published News about
uMgungundlovu Health District Office

JANUARY–APRIL 2018

OUTDOOR GYM, THE FIRST FOR RURAL COMMUNITY OF APPELSBOSCH

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The MEC for KZN Health, Dr S Dhlomo officially launched an outdoor gym at Appelsbosch, Mjele area. The gym was built for the community members of the area and is freely accessible. Community members were encouraged to make working out and exercising part of their daily lives



TB Awareness Campaigns for different stakeholders
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MEC Dhlomo hears about the success of youth friendly services at Taylors
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Women's health during pregnancy is vital
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THE FIGHT AGAINST TB WAS STRENGTHENED DURING THE MONTH OF MARCH



Prince Nhlenganiso Zulu, the Provincial TB Ambassador was addressing attendants at a TB Awareness event at Mooi River

The month of March is recognised as a Tuberculosis (TB) awareness month in South Africa. This is when all sectors, private, public and the community in general must come together to strengthen the fight against the Pandemic which continues to claim the lives of ordinary South Africans.

TB is curable when detected early, treatment is initiated and must be taken accordingly. Citizens must be informed and get all information about TB, especially the TB of the chest as it is the most common in the country and in the KwaZulu-Natal Province.

There are also other types of TB namely Multi-drug-resistant tuberculosis (MDR-TB) and Extensively drug-resistant tuberculosis (XDR-TB) which are difficult to treat and normally develop if a person failed to complete treatment for Sensitive TB. Both these are not treated with normal TB drugs and for both, a patient needs admission in a hospital for initiation. XDRTB is the most dangerous. It takes very long to be cured if you are lucky, most of the time patients with XDRTB die before they are cured. Umgungundlovu Health District together with partners, Non Governmental Organisations (NGOs) and the Provincial department of health embarked on numerous campaigns to promote good health when it comes to all issues concerning TB. The District's campaigns were targeting multiple stakeholders ranging from internal (staff members) and external (community) utilising various platforms like radio interviews on uMgungundlovu FM, community events, door-to-door campaigns and workshops for health care workers.

There were events targeting patients who have been diagnosed with TB and those who have successfully completed their TB treatment. At another event which targeted Farm Workers and those living in rural communities; MEC for KZN Health Dr S Dhlomo encouraged citizens to always test early for TB. Another awareness took form of a workshop targeting Health Care Workers, emphasising that TB prevention must begin with them at their workplace.

TB IN THE WORKPLACE IS STILL A CONCERN, STAFF MEMBERS TOLD AT A WORKSHOP



Mrs Jacqueline Ngozo addressing Health Care Workers who attended the TB in the workplace workshop where strategies to avoid having Health Care Workers being infected with TB were discussed

Health Care Workers from various facilities were made aware that TB is still amongst the number one killer disease and health care workers are at a high risk of getting infected due to the fact that they see patients who are at various stages of TB everyday; they must protect themselves first .

On the 21st of February 2018 all Health Care Workers whose working conditions somehow put them at risk of contacting TB, those who work with Infection Prevention and those who may have a role in ensuring TB is prevented were part of a workshop targeting Health Care Workers which was held at Grange Hall, PMB. Part of the attendants were Provincial Head Office delegates, District delegates and facility based delegates like Employee Wellness Practitioners, TB Coordinators and managers, safety officers, infection prevention and control (IPC) coordinators, facility Chief Executive Officers, and more. Delegates from NGOs, Private organisations and higher educational facilities were also present.

“Health care workers are more vulnerable to catch TB, they are in the front-line of health care provision and they meet patients at all kinds of stages of TB infection so they must also be on the front line of change and TB prevention”, said Mrs. Jacqui Ngozo; Provincial Director for TB. Disclosure of TB diagnosis is still a problem with HCWs as they most of the time seek treatment at private facilities or secretly; fearing public disclosure, negative reaction from colleagues (who themselves are afraid of contracting TB) and stigma.

Ms. Reshma Misra from Provincial Office’s IPC component emphasised that TB has no boundaries: patient to worker, visitor to worker or worker to worker, every person is at risk; even a person’s socio-economic status does not count, it can affect the poor, middle-class and upper class.

TB IN THE WORKPLACE IS STILL A CONCERN, STAFF MEMBERS TOLD AT A WORKSHOP



Demonstration of the proper way to fit, wear and dispose of the N95 mask. Workers were urged to dispose of it after a single usage

Poor ventilation and Facility Infrastructure conditions was also discussed as part of the contributing factors to Health Care Workers being infected. Strategies to prevent infection at workplace such as tracing and identifying risky patients, effectively screening patients, continuous supply of fresh air or proper ventilation, opening of windows and doors at all times, ensuring that space between beds is not limited, and supporting all Infection Prevention and Control (IPC) measures taken to limit infections at facility levels were discussed. Facility management teams were advised that they need to ensure that IPC multidisciplinary committees are in place and chaired by the facility Chief Executive Officers.

Mr Tichaona Kumira from the Infrastructure Unit Systems Support (IUSS) mentioned that there are guiding documents now available for the construction of health facilities which ensures that TB prevention measures are taken into consideration like ensuring the height of the ceiling levels are not low, all windows are big and have the ability to be opened. These are available online. Miss. B Cele a Health Care Worker and Professional Nurse testified that she had MDR TB while she was a staff nurse. She got sick for days, her condition was very bad she even thought she was going to die. She emphasised that taking her treatment accordingly brought her back to being healthy, now she is a qualified professional nurse and better relates to patients who are on treatment. Part of the workshop were demonstrations of how to properly use the N95 mask, a mask used by HCWs to prevent contracting TB at workplaces.

Partnership, teamwork, commitment, vigilance and effectiveness all contribute towards tackling the TB Pandemic at workplace.

MOOI RIVER FARM DWELLERS PRIORITISED DURING TB AWARENESS



MEC for Health in KZN, Dr S Dhlomo addressed the audience informing them that TB is a curable disease

On the 12th of March 2018, the uMgungundlovu Health District together with MEC for KZN Health, Dr S Dhlomo visited farm dwellers in Nyamvubu rural area, Ward 4 at the Senzokuhle School Fields under the Mpfana Municipality to re-inforce messages surrounding the Tuberculosis (TB) Pandemic. The area has lots of farming land with a number of farmworkers. Farmworkers have been identified as a stakeholder group that needs to be prioritised as their access to health care is sometimes limited due to tight and strict working conditions. Inkosi Mchunu of ward 4 in Mpfana thanked the Department of Health for intervening and mentioned that although a mobile clinic visits them, there is a need for a fixed clinic in the area. People who are seriously ill are forced to attend Bruntville CHC or Greytown Hospital which are both far and Greytown is in another District. Prince Nhlanganiso Zulu, son of King Goodwill Zwelithini Zulu who is a TB ambassador in KwaZulu-Natal, shared his experiences with TB as he once spent three months at a hospital in Durban after being diagnosed with the disease in the year 2010. His weight went down from 86kg to 27kg, his breathing was very poor and one of his lungs had collapsed. He said his family was so stressed by his sickness that his mother prayed every day for his survival. "I don't know how I survived, I am appealing to you to take care of people with TB; It's not an easy thing to take tablets for TB", said Prince Nhlanganiso. He warned people to take TB seriously as it did not care whether you come from a Royal Family or your background. He said the disease had wiped out breadwinners in many families. He also touched on the importance of Medical Male Circumcision for males and discouraged dating of young girls by older men. MEC Dhlomo emphasized that everyone should live a healthy lifestyle; exercise, avoid drinking alcohol, avoid drugs and practice safe sex (use dual protection). With the outbreak of the Listeriosis disease; MEC Dhlomo highlighted the disease and urged that the community must thoroughly wash plant based products before eating them, avoid eating ready-to-eat meats and seek medical help as soon as they suspect they are infected. Keep food storage areas like fridges, microwaves clean and disinfected by regularly cleaning with bleach.

ADHERENCE TO TB TREATMENT IS VITAL IN THE FIGHT AGAINST THE PANDEMIC



Ex patients of Doris Goodwin Hospital received VIP Treatment at a recent event to encourage TB Treatment adherence

Doris Goodwin Hospital, a hospital specialising in services related to TB Treatment especially treatment of MDR TB had their TB Awareness Day on the 23rd of March 2018 which mostly promoted adherence to treatment. The sooner a person is diagnosed and treated, the better the chances of survival; everyone was told at the event.

Testimonials from different people who have survived from TB were shared throughout the day. They were thankful for the awareness that the department has at community levels because without the awareness they would not have gotten tested in the first place. They complimented Doris Goodwin Health Care Workers, general staff and management for the good care they received. During the testimonials, community members and those patients who were still on treatment were also encouraged to complete their medication because TB kills if it is left untreated.

Mr M Zungu, KZN Health DDG for National Health Insurance mentioned that the fight against TB will not be won by the department alone, community and patients must also take responsibility towards getting tested early, taking their treatments and families must support those who are infected. Mr. Zungu mentioned that the community must utilise the services provided at facilities and test for illnesses like HIV, Diabetes, High blood Pressure and do Pap Smears and a lot more



Community members who were once diagnosed with MDR TB, completed their treatment and are currently TB Free received certificates of recognition. One of the patients (middle) was excited to be part of the event

COMMUNITY OF APPELSBOCH NOW HAS AN OUTDOOR GYM



Representatives of the Department of Health, IBM, Novartis, Vodacom and Chronic Disease Foundation

On the 06th of February 2018 the MEC for KZN Health, Dr S. Dhlomo launched an outdoor gym at Applesbosch area in Ward 4 at the Mjele Sports Field. The gym was installed by the South African Sugar Association (SASA) with an aim to encourage citizens to live a healthy and active life-style, especially in communities where people are generally unable to afford commercial gyms or personal trainers. The company said its part of their Corporate Social Investment strategies to play a role towards contributing to healthy communities as they form part of the sugar industry.

MEC Dhlomo concurred that the gym will tackle chronic diseases which the elderly and unhealthy people are prone to like High-Blood Pressure, Diabetes, High cholesterol levels. The gym equipment is easy to use, is free of charge and it uses no electricity. The Mayor of uMshwathi Local Municipality, Cllr S.S Mbhele expressed gratitude for the work of SASA, IBM and other organisations who worked together with department of health and brought such wonderful creations to the community.

“Growing up we would come from school, fetch water, do our homework and that was it; Nobody taught us how to eat healthily or the importance of exercise; I am happy things have changed nowadays children are well-informed about their health”, said Mayor Mbhele to her audience which included the young and old. The community later engaged in a fun-filled aerobics session led by Miss Dale, a fitness instructor from the department of health. UMGungundlovu Health District Director, Mrs. Zuma-Mkhonza encouraged the community to use the gym, look after it and not vandalize the equipment.

YOUTH ACCESS TO HEALTH CARE REMAINS A PRIORITY...



Scholars from different schools were able to share that they have been able to benefit from Youth Friendly Services at clinics and at their schools

On 26 February 2018, the Honourable Dr S Dhlomo, MEC for Health in KZN visited Vulindlela area to focus on youth services under the umbrella of She Conquers. This is a national campaign which aims to empower adolescent girls and young women in South Africa, and improve their lives. The Vulindlela and Greater Edendale have been researched by Partners in terms of HIV/AIDS and a report indicated that there is a high HIV/AIDS prevalence amongst young girls who are alleged to have sexual relationships with older men.

This is a major concern because these are future leaders and they still need guidance and protection from social-ills. NGOs, Municipalities, Department of Health, Education and Social Development all have programs to support youth and they all work together in the Dreams/She conquers program.

Chief Zondi from Mpumzuza area discouraged the bad tendencies of Sugar Mama's and Sugar Daddies who take advantage of young people by having sex with them and luring them with gifts and money. He enlightened the learners to focus and stay in school until they finish matric and attend Higher Education facilities.



Young girls doing Zulu Dance as a means of expressing their pride in being young and abstaining from sexual activities

YOUTH ACCESS TO HEALTH CARE REMAINS A PRIORITY...



Ward 5 Cllr Maxwell Mbanjwa; Msunduzi Local Municipality Mayor Cllr Themba Njilo; Chief Zondi of the Mpumuza Clan and MEC for Health in KZN, Dr S Dhlomo surrounded by a group of young and proud girls

The learners need to learn new skills and grow talents. “if you have skills or talents such as sewing, writing or even singing, you can use them to make money” said the chief.

NGOs like Siyanqoba/We Beat it - educate pupils about their bodies and changes they should expect when they’re growing up during the period of puberty. They teach them to abstain from sex and those who are already sexually active are encouraged to use dual protection (a combination of contraceptives and a condom during sex).

Menzi Gwala, a scholar at one of the schools mentioned the availability of The Men to Men Programme which focuses on grooming young boys. It teaches them how they should behave themselves, to stay away from sexual and gender-based violence and not to engage themselves in drug/substance abuse and how to deal with stress and depression. This program is actively working in the area.

Young men were encouraged to do Male Medical Circumcision (MMC). MMC is available and is free of charge at their local health facilities and reduces risks of some sexually transmitted diseases and protect female partners. Msunduzi Local Mayor, Cllr Themba Njilo made a point of healthy living and said people must consistently choose healthy foods, engage in physical activities and practice good hygiene.

It was announced that pupils should utilise the “Happy hour” programme at clinics, a programme that was initiated by Love Life and the Department of Health after noticing an alarming rise in teenage pregnancy. During a certain hour, youth and scholars don’t wait in line to get services and the nurses providing services are trained to service young people.

School teachers and a school principal gave testimony of the Programme, they testified that they see a positive change in schools and these programs must continue.

MATERNAL HEALTH COMMUNITY DIALOGUE IN COPESVILLE AREA



Members of the community during a dialogue with women on Social Ills and the role of the community in curbing the deaths of pregnant women

With an aim of combating the escalating rate of health problems faced by the community like teenage pregnancy, late bookings for Ante Natal Care, high rates of HIV and TB uMgungundlovu Health District collaborated with teams like Siyanqoba (Beat it) and visited Copesville area to conduct a Youth and Women's Health awareness which was combined with a community dialogue. This is a 3rd dialogue of its kind, as the first one was held in Empendle area and then the Hopewell area in Richmond Municipality. It was discovered that in these areas there were pregnant women who died in the previous financial year. When a woman dies during her pregnancy, thorough research is required to be done by health facilities and the district affected because one death is one too many. During the research, it was discovered that the main contribution to these deaths was because the women ingested unapproved traditional herbs and attended Ante Natal Classes very late or did not attend them at all. This prevented health care workers from providing the necessary care to the woman and her unborn child.

The main aim for conducting a dialogue was to give the Department an opportunity to share key health messages with the community and allow the community members and leaders to share their own views regarding their own health and lifestyles. There was a commission breakaway which split into four groups (elderly women/grandmothers, men, youth and young wives) for discussion on issues surrounding their community. Moreover challenges and opinions were addressed in groups and presented to everyone. The Department and Government wants to ensure that community and youth are at the best of health because they are the future leaders of this nation. Therefore it is their concern that issues are prevented and dealt with accordingly before destroying the future of the community members.

AFTER 38 YEARS, MR THAMSANQA NTSHINGILA RETIRES FROM THE DEPARTMENT



Mr Thamsanqa Ntshingila receiving his gift from Mrs. Lotty Hutchinson on behalf of the District and facilities; he was accompanied by his lovely wife Mrs Ntshingila

uMgungundlovu Health District Office together with facilities bided farewell to Mr Thamsanqa Ntshingila, Human Resources Manager at the District Office on 26 January 2018. This lavish and well-attended ceremony was held at The Breeze In. Accompanied to the event by his wife and two daughters, everyone said goodbye to Mr Ntshingila after 38 years of service within the department of health.

In attendance was the District Manager, District Management team and staff members and managers of other facilities within the district. Mr Ntshingila had a rich employment history with the department as his employment dates back to 23 June 1980 at the previous KwaZulu-Natal Department of Health as a Personal Officer whilst the Head Office was still in uLundi. In 1984 he was promoted to a Senior Personal Officer position at Prince Mshiyeni Hospital, then at King George Hospital he was a Human Resources Manager in the year 2002. He finally joined uMgungundlovu Health District in the year 2005 as a Deputy Director for Human Resources.

Matha, as Mr Ntshingila is affectionately known, is a soft-spoken person who never shouts and never makes you feel inferior but he was always advocating for work to be done accordingly and timeously; said most of the attendants. His friend and colleague Mr Sibeko who worked with him at uLundi spoke fondly of him and joked that they used to be super-stars in the department's soccer team back in the days and scoring goals was their thing. The District wishes Mr Ntshingila well on his retirement and his new and planned adventures.

SANDILE IS READY FOR HIS FIRST COMRADES MARATHON



Sandile Zuma at the start of the Deloitte Marathon on 18 March 2018 which he ran to qualify for the Comrades Marathon

This year marks a milestone for one of the employees at the District Office. Mr Sandile Zuma, who is employed as a driver at the uMgungundlovu Health District will be participating in his first Comrades Marathon this year.

This year, the well known marathon will be starting in Pietermaritzburg and will finish in Durban, this route is known as the down run as it mostly involves down-hills.

According to the organisers' website, this year's route is also slightly longer than the previous ones as it measures a staggering 90,184km.

Sandile who started running in January 2016 as a form of losing weight has enjoyed running and participating in different

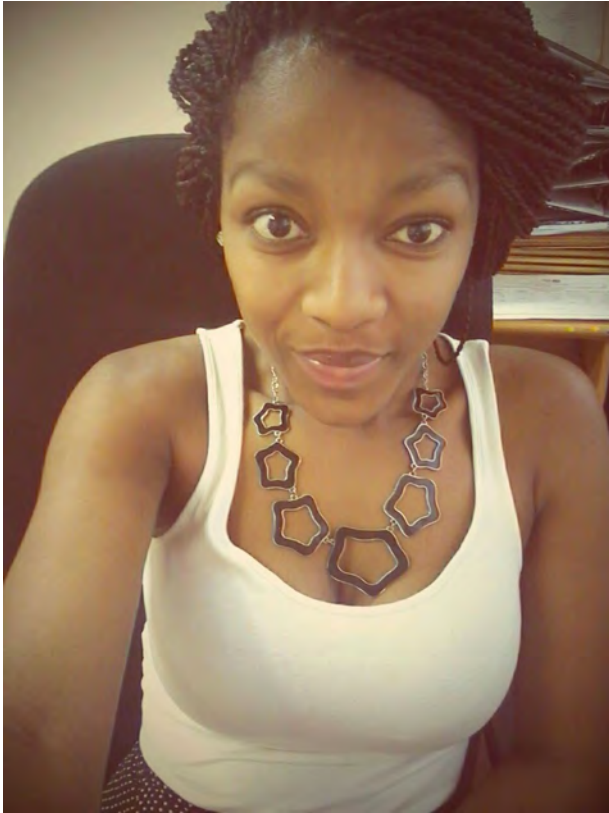
races and marathons ever since. He says he was inspired by the call from KZN MEC of Health Dr S Dhlomo where he urged all healthcare workers to live healthy lifestyles and be involved in exercise. The fact that the MEC even participated in the Comrades Marathon inspired Sandile further.

The Comrades Marathon which takes place on 10 June 2018 will be Sandile's longest run so far as his longest before the Comrades was a 52km Arthur Cresswell ultra-marathon from Bergville to Ladysmith which he did on 7 April 2018. Mr Zuma says it has not been an easy journey as he trains five days a week. His training involves 10km runs during the week and he does 30km long runs over weekends. "I'm excited and nervous at the same time about the Comrades Marathon but I am mentally ready as this is something I have always wanted to do from a young age; my body will achieve what my mind tells it to do" said Sandile Zuma.

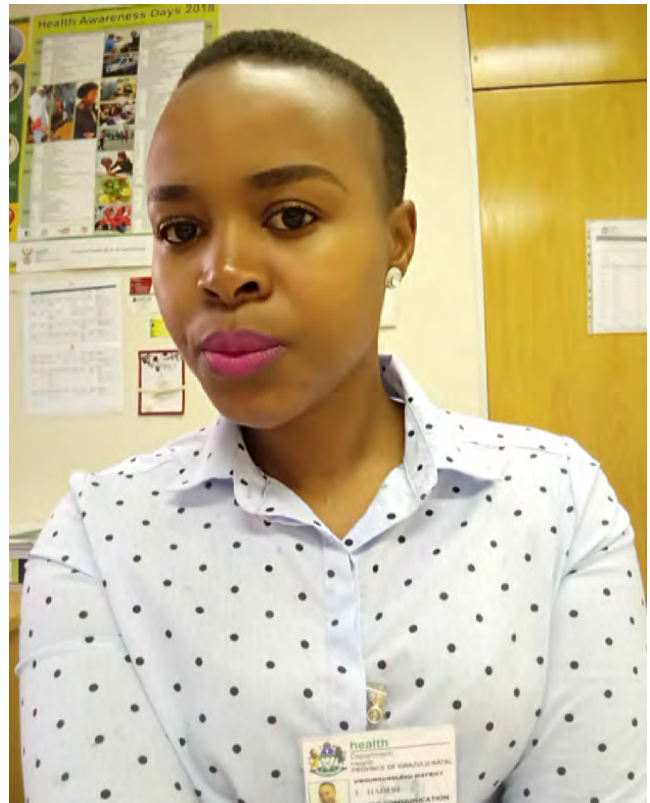
After the marathon Sandile is aware that his body will require rest and recovery which he is well-prepared for. Mr Zuma says his wife has supported him and played a big part in his success; she accompanies him to all the races, they have even run together in some. His friend Mondli Mtshali has also inspired him as he has already done five Comrades Marathons.

This year, Sandile is also looking forward to running the Soweto Marathon in Gauteng and the Two Oceans Marathon in the Western Cape earlier next year. In the famous Nelson Mandela words "It always seems impossible until it's done", he concludes by saying his hard work and effort will always pay off.

ACKNOWLEDGEMENTS



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