



IMPILO ENGCONO

NEWS

Information for better health ...

JANUARY–APRIL 2022

BRAND NEW VEHICLE TO ASSIST WITH MOBILE CHEST-XRAY SERVICES IN DEEP RURAL AREAS

THINK is a partner and NGO working within uMgungundlovu District to curb the spread of TB and HIV. The NGO launched a donation of a chest X-Ray vehicle at a World TB Day Commemoration event held at Mphophomeni Hall on 23 March 2022. The event was planned in partnership with the department of health (District Office), uMngeni Municipality, NGO Think, USAID, and other NGOs and stakeholders. World TB Day is a global commemoration on the 24th of March that aims to build public awareness about Tuberculosis, an airborne disease that, despite being curable, is the number one cause of mortality and morbidity in KwaZulu-Natal and uMgungundlovu. **Continues on page 2**



The donated vehicle is fully equipped with a Chest X Ray machine and will come with a health care worker and a radiologist. People who may have problems with going to health facilities for a proper TB check-up will now be assisted at their local areas.

Ikhosomba lamajita, a campaign aimed at increasing awareness of health related issues affecting men and young boys held at Mooi Mpfana



Human Rights training took place during Human Rights month



INSIDE THIS ISSUE ...

MOBILE CHEST X-RAY SERVICES NOW AVAILABLE IN HARD-TO-REACH AREAS

From cover page

South Africa is on a mission to test as many people as possible for TB. This comes after it was determined that many people who do not have obvious TB symptoms are not diagnosed in time for TB. uMgungundlovu District plans to test more people who are at high risk of falling ill with TB. This includes people living with HIV or people who live in the same house as someone with TB, rather than only testing those who report having TB symptoms. This requires community education about TB and the importance of testing. This requires dedication from health care workers. It requires more resources to ensure that assistive

diagnostic devices are available and in working order. Most importantly resources must be within the easy reach of the community.

There is an important role for X-ray screening to help spot more TB cases quicker. This would fit with international trends.

International organisations like Think, USAID, and others have joined the fight against TB to assist with offering the use of mobile X-ray technology for TB detection.

At uMngeni municipality, uMgungundlovu launched a mobile X-Ray vehicle that is equipped with state-of-the-art equipment and technology.

It comes with health care

workers and will rotate the whole district to access hard-to-reach areas; especially areas in deep rural communities. The vehicle will be part of outreach programmes using mobile testing and portable X-ray technologies. The citizens of uMngeni and uMgungundlovu were requested to protect the workers and equipment when coming into their communities because the aim is to save as many lives as possible from dying from a curable disease.

The most advantage of the mobile X-ray unit is that more people can be screened and diagnosed because it can be moved to where the services are most needed, such as workplaces, farm dwellings, and/ or for community outreach activities or campaigns.



Pic 1: uMngeni Local Municipality Mayor, Cllr Pappas, uMgungundlovu District Municipality representative, Cllr Zungu who represented uMgungundlovu District Mayor, USAID, and other stakeholders cutting the ribbon to the new vehicle

Pic 2: Attendants of the TB Comemoration event at Mpophomeni Hall, uMngeni Municipality

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MEC'S IKHOSOMBE LAMAJITA PROGRAMME AT BRUNTVILLE TOWNSHIP WAS A GREAT SUCCESS

On 11 March 2022, the KwaZulu Natal Health MEC Ms. Nomagugu Simelane and her team visited Bruntville Township in Mooi River to conduct an awareness programme named iKhosomba Lamajita. The programme aims at educating and encouraging men, especially from township areas to take care of their health. Local men and boys also took part in several games - including football, morabaraba, and other board games on a field that had been set up alongside mobile health facilities. Through the

programme, a total of 18 males got medically circumcised, 55 people got vaccinated against COVID - 19, more than a hundred were tested for high blood pressure and diabetes, 168 were screened for Tuberculosis and 21 tested for HIV. 41 people received dental screening and tooth extraction services, while 40 received eye screening services. The MEC visited the local taxi rank, where she encouraged taxi drivers, informal traders, and patrons of a nearby tavern to get screened and tested for prostate

cancer and male breast cancer. Male and female condoms were distributed. Men were urged to find better dispute resolution methods than resort to Gender-Based Violence and Femicide. The programme was attended by, amongst others, Umgungundlovu District Mayor Cllr Muziwokuthula Zuma and Mpofana Local Municipality Mayor Cllr Maureen Magubane, as well as social influencers such as actor Malusi Yeni and vocalist Mondli Ngcobo and DJ Siyanda.

After the programme was finished, all attendants enjoyed some braai meat, a true reflection of a South African township culture.

The MEC liked the informal setting and/or approach to health awareness as it relates more to the men in townships compared to sit-down formal programmes which are characterised by long speeches. Men are encouraged to visit local health facilities to access health services when there is still time and a chance to better their health statuses.



MEC Nomagugu Simelane had a sit-down at the taxi rank and spoke to the informal traders who were present about the importance of taking care of one's health

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MEC'S IKHOSOMBE LAMAJITA PROGRAMME AT BRUNTVILLE TOWNSHIP - PICTURE GALLERY



Pic 1: MEC Nomagugu Simelane talking to one of the patrons at the local taxi rank and distributing free condoms

Pic 2: uMgungundlovu District Mayor Cllr Muziwokuthula Zuma advocating for more health programmes aimed at men

Pic 3: District Human Resources Manager and Bruntville CEO battling on Morabaraba

Pic 4: Young men being registered for freehealth services

Pic 5: Participants playing and enjoying informal soccer



STAKEHOLDER ENGAGEMENTS REGARDING COVID-19 GIVES MORE EDUCATION AT LOCAL LEVELS

From 12 April 2022 to 26 April 2022, uMgungundlovu Health District was conducting stakeholder engagements regarding Covid-19, vaccination, and other health-related matters at sub-district levels.

The district has seven local municipalities or sub-districts which were all visited to conduct consultations with local stakeholders who have leadership positions.

Unfortunately, the KwaZulu Natal province experienced devastating floods in April 2022. The floods were vicious and confirmed to have taken more than 430 human lives. Most municipalities were left with huge tasks of identifying families whose homes were damaged by the floods and needed to find shelter for those affected. Municipalities had to also prioritise putting municipal services like water and electricity supply which were in some areas disrupted for more than two weeks back on track.

Municipalities that did not have major damage due to the floods

were requested to assist those that were hard hit.

The floods, unfortunately, disrupted the scheduled engagements in Mkhambathini Municipality and Mooi Mpofana and the engagements did not take place.

Municipalities played a big part in these engagements.

Impendle Municipality had budget engagements that also required the same stakeholder groups but could not be

combined with the district's.

At these engagements, Ms. Nonhlanhla McClare from an NGO named Catholic Relief Services was the main presenter. The NGO is given a task to assist with community education and mobilisation for the Covid-19 vaccination program. Working with facilities, the team met with local people who have leadership roles in their communities and who can have influence and be listened to when talking.

Continues on the next page



uMngeni Municipality at Mpophomeni Hall was the first team to be engaged on 12 April 2022. School governing body representatives from near by schools requested for the involvement of parents in encouraging scholars to get vaccinated. They mentioned that if parents could be more educated, they could be more receptive of the vaccination programme.



STAKEHOLDER ENGAGEMENTS REGARDING COVID-19 GIVES MORE EDUCATION AT LOCAL LEVELS

The two hours, 30 minutes engagements started with Ms. Thobile Hadebe, District Senior Communications Practitioner presenting a picture of the uMgungundlovu District when it came to covid-19 infections, deaths, and vaccination figures. In the presentations, it was shown that the number of people infected with covid-19 was increasing in the district, as they were in the whole country. South Africa was inevitably about to enter the 5th wave of covid-19 infections. The attendees were cautioned that the country may

have eased some restrictions on covid-19 lockdown policies and measures but the pandemic was far from over. Caution was still encouraged. Statistics showed that young people were not vaccinated as they should but they formed the largest number of the population. This made it hard for the government to reach the herd immunity figures that are required. Everyone who is above the age of 12 was encouraged to vaccinate against the virus.

Present at the engagements were Local Ward Councilors,

Ward Committees, Clinic Committees, NGOs, Traditional Leadership, Religious Leadership, Traditional Health Practitioners, School Governing Bodies (SGBs), Community Health Workers, etc. All the stakeholders that work with the municipality and with the public.

The department of health requested all the attendees to play an active role in encouraging people to vaccinate against Covid-19. The attendants were also made aware that it is also their responsibility to assist the department and government in spreading positive information about vaccinations and ensuring adherence to covid-19 measures in their areas.

They were requested to share strategies that may work in increasing the number of vaccinated people, especially the younger generation.

The team of facilitators addressed myths and misleading information about the vaccine. The attendants had an opportunity to ask questions and get immediate answers.



Richmond Sub district's engagement was held on 25 April at Siyathuthuka Hall. The attendants also shared local myths and beliefs that they believe makes people, especially the youth to not take up vaccination. These include the belief that covid-19 is a disease for the elite and rich. People who are from poor backgrounds are believed not get covid-19 so there is no need for them to vaccinate

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DISTRICT HUMAN RIGHTS WORKSHOP TO STRENGTHEN HEALTH WORKERS KNOWLEDGE OF HUMAN RIGHTS AND THE CONSTITUTION

Human Rights Day in South Africa is historically associated with 21 March 1960, and the events of the horrific Sharpeville massacre. On that day 69 people died and 180 were wounded when police fired on a peaceful crowd that had gathered in protest against the Pass laws at the Sharpeville township. Pass laws were enforced by the Apartheid government and restricted the rights of Black people in the country.

Today the 21st of March reminds the nation of individual human rights and the sacrifices made to enjoy these. This year, Human Rights Month coincides with the 25th anniversary of the adoption of the Constitution. The Constitution enshrines the rights of all people in South Africa and affirms the democratic values of human dignity, equality, and freedom.

The National Department of Health organized a set of two training sessions regarding human rights in the health sector for staff around the district. There was a minimum of 40 attendees for each session which included various categories of

staff members from clinics and hospitals. The aim was to make staff understand what human rights are, where they come from and what they mean for them as employees and for the public that they serve.

It is hoped that all attendees now understand the importance of respecting human rights and treating people with dignity. Covered in the training were Batho Pele Principles, Roles and responsibilities of health care workers, the South African Constitution including the Bill of Rights, Code of conduct for

public servants, rights of key populations or vulnerable groups, and gender-based violence. Certificates of attendance were given to all attendees.

Special thanks to the following Public Relations Officers from the District for their participation in conducting the training Samke Mncube, Harry Gwala Hospital; Spha Buthelezi, Fort Napier Hospital; Henry Dlamini, Northdale Hospital; Hlanganani Bhengu, Richmond Hospital; Thami Mngadi, Appelsbosch Hospital; and Thobile Hadebe, District Office.



Staff members from different facilities around the district attended and participated in the Human Rights training held for uMgungundlovu district on 25 March 2022



DEPARTMENT OF HEALTH AND OTHER STAKEHOLDERS PLAYING A BIG ROLE IN THE EDUCATION SYSTEM

On 24 February 2022 at Linpark High School, the Department of Education in uMgungundlovu District called all department's stakeholders, including teachers, students, parents, other departments, traditional leaders, and community members to make a commitment to a Code for Quality Education. This Code drives the Quality Learning and Teaching Campaign (QLTC) which is geared towards mobilising stakeholders to play a role and take responsibility for the attainment of quality learning and teaching. QLTC states that the power to improve education lies with everyone. It aims at making education a societal issue where all stakeholders will recognise the role they can play in ensuring the provision and receiving of quality basic education at all school levels.

The Department of health, uMgungundlovu District was also present to emphasise the need for a healthy learner, a healthy teacher, and a healthy school and home environment.

Speaking on behalf of the Department of Health, Mrs. Sindisiwe Mbambo from uMgungundlovu District encouraged all school management teams to utilise the school health programmes and initiatives that are available. The school health teams visit all identified schools to interact with scholars and school management on a regular basis. Amongst programmes offered, are prevention of HIV transmissions, prevention of teenage and unwanted pregnancies, cleanliness, vaccinations including for Covid-19 to all who are 12 years and older, mental health, those directed against alcohol and substance abuse, and more.

At the end of the ceremony, the Department of health and other stakeholders participated in signing a pledge to commit to working with the department of education in all programmes.



Mrs Sindisiwe Mbambo, District Clinical and Programme Manager represented the Department of Health by emphasising what the DOH's school health comprises of and signing a pledge committing to working together with the department of Education and other key stakeholders



IN SHORT

Short reports on activities that happened



DISTRICT TEAM JOINED HEAD OFFICE FOR AN AEROBICS SESSION

uMgungundlovu District Team was present at Natalia Building where The Department Of Health, KZN Province had a healthy lifestyle event.

Encouraging healthy lifestyle amongst workers of the department, there were stations to screen and test most non-communicable diseases like hypertension, diabetes and Body Mass Index.

An aerobics session was held where staff members of the Provincial office including the district participated in enjoyable aerobics.

Pic 1: uMgungundlovu District Office team

Pic 2: Some of the Participants of the aerobics session



To encourage more citizens to vaccinate against covid-19, the government offered gift vouchers and lucky draws to people who got vaccinated. There was a Vooma Weekend voucher that was received by people who were 50 years and older who got vaccinated for the first time during the Vooma weekend vaccination campaign.

A single mother from Richmond was happy and surprised when she received a call telling her she had won a total of R10 000 from a lucky draw of vaccinated individuals. She said she had big plans on how she would utilise her winnings and that the money was much needed

as she was struggling financially.

A SINGLE MOTHER WON R10 000 JUST FOR GETTING A COVID-19 VACCINE



Picture from left: Mr Nhlangulela (Operational Manager, Richmond Clinic), Ms Ngethemi (Winner of R10 000), Mrs Mlotshwa (Nursing Manager Richmond Hospital) and Ms Nomawethu Binase (Chief Executive Officer, Richmond Hospital).

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LOOK OUT FOR ...

31 MAY IS WORLD NO TOBACCO DAY

Smoking cigarettes has always been proven to be dangerous to one's health. We must use the World No Tobacco Day, 31 May 2022 to educate and encourage people to stop the harmful habit of smoking tobacco products. All over the World; Governments, International Organisations, Civil Society, Non profit organisations, etc commit the help reduce the number of people who smoke. According to cansa.org.za, the following are reasons to quit smoking:

There are immediate and long-term health benefits to quitting tobacco.

- After just 20 minutes of quitting smoking, the heart rate drops.
- Within 12 hours, the carbon monoxide level in the blood drops to normal.
- Within 2–12 weeks, the circulation improves and lung function increases.
- Within 1–9 months, coughing and shortness of breath decrease.
- Within 5–15 years, the stroke risk is reduced to that of a non-smoker. Within 10 years, the lung cancer death rate is about half that of a smoker.
- Within 15 years, the risk of heart disease is that of a non-smoker.



Tobacco causes 8 million deaths every year and is also a major risk factor for non-communicable diseases like cancer, cardiovascular disease, respiratory disease and diabetes. Moreover, people living with these conditions are more vulnerable to severe COVID-19 a pandemic that has proven to be deadly.

ACKNOWLEDGEMENTS

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