



IMPILO ENGCONO

NEWS

JULY - SEPTEMBER 2020

Information for better health ...

PINK DRIVE CAMPAIGN FOR CANCER AWARENESS



Department's Mobile clinics were utilised as consulting rooms at Slahla Hall where cancer screening and other services were provided.

On the 18th of September 2020 The Department of Social Development working with the department of Health, UMGungundlovu Health District hosted a Pink Drive Campaign.

The purpose of the campaign was to create awareness and provide free screening services

for Breast Cancer and Cervical Cancer.

A need to promote early cancer detection and prevention measures drives the campaign. Other services like HIV screening, TB screening, Child Immunizations, COVID-19

screening and family planning were also added.

In uMgungundlovu District the campaign was held in 2 different venues namely the Richmond Slahla Hall on 18 September 2020 and at Grey's Tertiary Hospital on Saturday the 19th of September 2020.

01



NEW ACTING DISTRICT DIRECTOR

Umgungundlovu Health District welcomed Mr. M.M Zungu as a new acting District Director

On the 1st of September 2020, the uMgungundlovu Health District welcomed new Acting District Director Mr. Mfowethu Zungu.

The KwaZulu-Natal Department of Health Head of Department, following the visit to Umgungundlovu District by the National Minister of Health on the 08 August 2020, has decided to provide a direct leadership and managerial intervention to the Umgungundlovu Health District for a period of six (6) months.

The Department of Health has decided to include the Umgungundlovu Health District leadership and management as an add-on responsibility of the Deputy Director-General: National Health Insurance (NHI) on top of his normal duties as a DDG: NHI for a period of six (6) months.

Mr. Zungu will oversee the administration and strategic management of the District Office for the next 6 months. uMgungundlovu District has not had a permanent District Director since the departure of Mrs. May Zuma-Mkhonza who went on retirement in July 2019.

Mr. Zungu, or Gwabini as he is well-known by his Clan name comes with extensive senior and executive management background and experience. He is the current Deputy



Pictured addressing attendants at an event for Department of Health (National); Mr. Mfowethu Zungu is the new Acting District Director for uMgungundlovu District since the 1st of September 2020.

Director-General: Macro Policy and Planning - National Health Insurance at the KZN Health Department.

With over 20 years of experience in health services, Mr. Zungu holds two previous District Manager positions in the department of Health. He was a District Manager for UThungulu Health District now called King Cetshwayo District in eMphangeni Kwa-Zulu Natal Province and a District Manager at Gert Sibande District in the Mpumalanga Province.

Prior to becoming a Health District Manager at Gert Sibande, he was an Executive

Director for Corporate Services in Gert Sibande District Municipality.

Mr. Mfowethu Zungu holds numerous Academic qualifications in different fields, including Master of Science – (LCM) (Leeds Metropolitan University – UK); Master of Commerce in Leadership (SA);

Bachelor of Honours – Public Administration (Stellenbosch University); Bachelor of Honours – Health Service Management; Bachelor of Art – Community Health Nursing Sciences (North West University); and Advanced Diploma – Mental Health to name a few.

Continues on page 3

02



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NEW ACTING DISTRICT DIRECTOR

Umgungundlovu Health District welcomed Mr. M.M Zungu as a new acting District Director

Continued from page 2

Mr. Mfowethu Zungu is now the new Acting District Director for uMgungundlovu Health District. His wish is to work with all managers in the District, including all facilities in ensuring that the common vision of the department is strategically realized.

Mr. Zungu mentioned that his vision for the district includes the following:

- Provide leadership stability and a shared strategic vision
- Create self-sustaining governance institutional arrangements
- Re-engineering of PHC Services
- Ensure the implementation of KZN DoH Health strategy and realization of the Departmental Vision

The new acting District Director emphasized that, as a District, we need to urgently focus on the following priority projects:

- Getting the District Management and entire DHMT to play its role of providing strategic leadership as a collective with a common vision and a shared strategic approach.
- Decentralize PHC Services Management whilst striving to ensure improved livelihoods of the communities; through community active participation,

practicing healthy lifestyles; and accessible health interventions by health professionals.

- Implementation of service transformation plan, especially concerning Richmond Sub-District Health Services and Richmond District Hospital establishment.
- Operationalize Appelsbosch Hospital
- Getting the quality of health service delivery at Northdale Hospital and all other health facilities in the District.
- Revive the culture of accountability by all Managers in the District.

A great and dedicated leader by profession, Mr. Zungu enjoys spending his spare time on public policy analysis and development of strategies to operational policy directives.

He is also an enthusiast of healthy living and makes exercise and wellness part of his life.

Mr. Zungu is an avid Marathoner who has ran and completed most of the top marathons in South Africa namely the Comrades Marathon, Soweto Marathon, Cape Town Marathon and Two-Oceans Marathon to name a few.



Pictured at the Soweto Marathon held last year. Mr Zungu is an avid Marathoner, a hobby he enjoys a lot

This year, he could not participate in his favourite sport the normal way but opted to join the Virtual Marathons.

To limit the spread of Covid-19, Virtual Marathons take place in different areas instead of having thousands of people in one location. He completed the Comrades "Race the Legends" Marathon on 14 June 2020 and the Cape Town Virtual Marathon on 17 October 2020.

It is still puzzling where he gets time to do all that he does, but as the saying goes; "Where there is a will, there is a way".

03



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BREASTMILK IS BEST, EVEN DURING A PANDEMIC ...

The month of August is recognized as a World Breastfeeding month. During this month, mothers are encouraged to breastfeed their newborn children exclusively for 6 months. This means every mother is encouraged to feed her child breastmilk only, for the first 6 months of the child's life. Thereafter, they can provide them with appropriate complementary foods, with continued breastfeeding for up to 2 years.

Breastfeeding should not only be the duty of the mother. Fathers are also encouraged to play an active role and support their partners during breastfeeding.

The District Nutritionist, Buhle Mkhize notes that during the COVID-19 Pandemic, most mothers are skeptical of breastfeeding their babies. Most are concerned about the safety of their children, afraid that they may infect their children with Covid-19 if they breastfeed them.

Mrs. Mkhize emphasises the following points which are also backed up by the World Health Organisation.

Why is breastfeeding important, even during the COVID-19 pandemic?

Breastfeeding is the best way to provide your baby with optimal nutrition, and to protect your

baby from illnesses. During breastfeeding, the baby's immune system is strengthened because they receive the mother's antibodies. These antibodies cannot be sourced from anywhere else except breastmilk.

Is it advisable for a mother with confirmed/suspected COVID-19 who is breastfeeding, to give a 'topup' with infant formula milk?

No. If a mother is breastfeeding, there is no need to provide a 'top-up' with an infant formula milk. Giving a 'top-up' will reduce the amount of breastmilk produced by a mother.

If a mother thinks they do not have enough breast milk, what should they do? The mother should make sure that their baby is positioned and attached effectively on the breast. Seek additional practical help from a health worker or a lactation consultant to ensure that their baby is attached efficiently.

Should a mother breastfeed if she is confirmed or suspected to have COVID-19?

Yes, the immune protection for the baby is important and this means if the mother is well, she should be encouraged and



Buhle Mkhize, District Nutritionist at uM-gungundlovu FM 107 during an interview on COVID-19 and breastfeeding

supported to breastfeed while practicing appropriate infection prevention measures. There is no evidence that COVID-19 is transmitted through breastfeeding, or in breastmilk expressed by the baby's own mother and given to her baby.

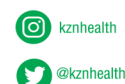
What if the mother is unwell and unable to breastfeed?

The mother should be encouraged to express breastmilk and ask a caregiver who is well to feed her expressed milk to the baby. The expressed breastmilk should be fed to the baby preferably using a clean cup by a caregiver who is healthy and practicing appropriate hygiene measures.

04



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BREASTMILK IS BEST, EVEN DURING A PANDEMIC ...

Continued from page 5

Parents are encouraged to breastfeed their children from birth. Breastfeeding is easy and breastmilk is nutritious and comes in enough supply.

If as a mother you feel like you are struggling with lactation or producing breastmilk, Mrs. Buhle Mkhize, District Nutritionist encourages you to seek help and advice from Health Care Providers.



Picture sourced from www.sidebyside.co.za

From the previous page, we were discussing the importance of breastfeeding even during a pandemic period as the current COVID-19 pandemic. Mothers can safely breastfeed their children whilst still protecting themselves and their children from COVID-19.

What are the hygiene recommendations for a breastfeeding mother confirmed or suspected of having COVID-19 or any other infectious respiratory diseases that may be transmitted through coughing or sneezing? A mother should:

- Regularly clean and disinfect surfaces.
- Wash hands frequently with soap and running water for 20 seconds or use alcohol-based hand sanitizer, especially before touching the baby.

- Always wash hands before and after breastfeeding your baby.
- Wear a cloth mask or scarf that covers your mouth and nose while feeding.

It is important to:

- Avoid touching the mask while the baby is breastfeeding or when spending time with your baby
- Ensure that you do not touch the inner side of the mask.
- After each use, cloth masks should be washed with soap and water and ironed when dry
- Replace masks as soon as they become damp from breathing.
- Do not touch the front of the mask but untie it from behind.
- Follow good respiratory hygiene: cough or sneeze into your bent elbow covering your mouth and

nose, or into a tissue which you must then straight away, throw into a closed container and wash your hands again with soap for 20 seconds or use alcohol-based hand rub.

- Regularly clean and disinfect surfaces within your home.
- For women expressing breastmilk, wash hands before expressing.
- Breast pumps or cups if used should not be shared between mothers.

There you have it new mothers, breast milk is the best. Practice the recommended safety measures and do not be afraid to breastfeed your child! Mother nature created the best nutrients for your child, do not deny them.

05



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THE IMPORTANCE OF MULTI-STAKEHOLDER CAMPAIGNS IN A PANDEMIC

Many sectors and spheres of community and government play a big role

A pandemic hits different parts of human lives on various levels. It is evident that during times of a pandemic like the COVID-19, community awareness and behavior change is crucial. This calls for all spheres of community to play a role. Programmes like the Operation Sukuma Sakhe (OSS), a KZN Provincial programme which was established with an aim of taking well-coordinated government services to the communities play a vital role.

The OSS programme comprises of various sectors namely Government, Traditional leadership, Faith Based organisations, NGOs, private sector, and community organisations; all at local community level. The programme in uMgungunglovu under the leadership of the OSS Champion for district, MEC for Treasury, Ravi Pillay assisted a lot in helping government departments and other sectors speak with one voice which minimized the spread of conflicting messages to the community.

It goes without saying that some organisations and departments are better resourced than others and some are experts in certain fields. So sharing these resources and expertise, helping one another to achieve a common goal really had positive outcomes.

Leaders of various sectors needed to know what was happening within the district in order to create plans to raise awareness in COVID-19 non-hotspot areas and



Municipal Manager for uMsunduzi Local Municipality leading a motorcade for COVID-19 public announcement during tight level 5 Lockdown



KZN Legislature members paid a visit to multiple facilities in uMgungundlovu during the beginning of COVID-19 Lockdown to assess the status and readiness of facilities

vigorously target COVID-19 hotspot areas.

Since public gatherings were not allowed during the tighter COVID-19 Lockdown regulations, municipalities assisted in developing different strategies to create awareness. These supported the activities

that were already happening from department of health and other departments. Activities that were embarked one included utilization of public address systems, motorcades to spread the messages at community level, media messages, including social media and more to name a few.

06



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DISTRICT OFFICE JOINS THE JERUSALEMA DANCE CHALLENGE

Recently, the whole world was singing, rejoicing and jamming to local artists and sound. In all corners of the world people posted themselves on Social Media doing the Jerusalema Dance Challenge. The department of health in Kwa-Zulu Natal also joined the challenge. The admiration of the Jerusalema hit, made popular by Master KG and Nomcebo Zikode came at a right place when all nations were facing COVID-19. The song with gospel lyrics and modern sounds lifted the participants' spirits and was overall fun and a well-deserved break especially for those in the health care sector who were at the frontline of the fight against the pandemic.

uMgungundlovu District decided to join the call from the KZN MEC for Health Ms. Nomagugu Simelane Zulu. A dance challenge for all facilities was established where participants posted their videos for the public to vote for the best video.

On 1 September, the District Team decided to Spring to action and welcome Spring Season with a Jerusalema dance challenge. Unfortunately the weather did not permit for the spring theme to be successful due to drizzle and cold. But this did not damage the spirits that the team from the District had.

At the end, a minor pitfall led to the District's video not to be posted on Facebook for votes.



The District team members participated in the Jerusalema Dance Challenge



Social distancing and hand sanitizing was still part of activities of the challenge

uMngeni Specialised Psychiatric Hospital however won the challenge for uMgungundlovu District and went onto finals to compete with other facilities in other Districts.

Congratulations to Ethekwini Districts and Zululand Districts who both got a tie and became overall winners.

PHELOPHEPHA TRAIN ARRIVES IN UM-GUNGUNDOLOVU

The community of uMgungundlovu was lucky to receive easy access to health care services. This happened from the 29th of June 2020 for 10 days when the Phelophepha train choo chooed... in Pietermaritzburg.

The Phelophepha health train is an initiative of Transnet, which started in 1994 to give free primary health care to the needy in various communities throughout the country. The train was in Pietermaritzburg, uMgungundlovu District to offer the much needed range of services during the week of 29 June – 10 July 2020, excluding weekends.

The Phelophepha train provided a one-stop service station to citizens where different health services were provided throughout the train.

During the two weeks when the train was in the District, citizens received services such as TB screening, HIV testing, family planning, eye screening, cervical cancer screening, child immunisation, child growth monitoring, child deworming, eye care and screening, dental care, and COVID-19 screening and testing.



Some of the clients outside the Phelophepha in the waiting area waiting for free service

These services were very much required at the time since citizens' normal access to health care was limited as the District was facing escalating numbers of COVID-19 and there were tighter COVID-19 Lockdown rules. Many people were also afraid to visit health facilities and testing for COVID-19 was in great demand.

Psychological support was also provided by a trained Psychologist who worked with School Health Nurses to provide support in a group setting at schools affected by COVID 19.

Prior to the arrival of the train, services were promoted and the community was alerted about the services that were going to be rendered to them.

“easily accessible health services were provided for free during the Phelophepha train visit.”

Nearby facilities and NGOs provided staff members who assisted with service provision throughout the ten days of the visit.

ACKNOWLEDGEMENTS



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KEEP IN TOUCH ...



uMgungundlovu District

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09



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