



IMPILO ENGCONO

NEWS

Information for better health ...

OCTOBER 2024–DECEMBER 2024

WORLD AIDS DAY COMMEMORATIONS HELD BY DIFFERENT HEALTH FACILITIES IN THE DISTRICT



On 5 December 2024 Embo Clinic combined their World AIDS day commemoration with awareness for 16 Days of Activism for No Violence against Women and Children

World AIDS Day commemoration was celebrated by many facilities under the uMgungundlovu Health District. Facilities, especially Primary Health Care (PHC), planned the events with their local stakeholders. The facility's Operational Manager was responsible for overseeing the event successfully. All the events aimed to promote more awareness around AIDS as it continues to be a troublesome disease in the District. More collaboration, more education and more promotion of healthy lifestyles and activities in the community are required and encouraged.

Full story on page 8

INSIDE THIS ISSUE ...

THE DISTRICT OFFICE BID FAREWELL TO DIRECTOR AS SHE OFFICIALLY RETIRES FROM THE PUBLIC SERVICE



Dr MT Zulu
Retired District Director

Dr M.T. Zulu officially retired on 30 September 2024. She joined the District Office on 18 January 2021 during the peak of the Covid-19 pandemic. Dr Zulu has a lot of experience in a number of fields, especially the public service. Her dedication to self-improvement and education is

incredible. Farewell Mageba kaMathonsi, we wish you the best.

Full story on page 9

ANNOUNCEMENTS ...

NEW ACTING DISTRICT DIRECTOR FOR UMGUNGUNDLOVU

Mr Mark Green is now the appointed Acting District Director for uMgungundlovu. Mr Green knows the district in and out as he has been the Monitoring & Evaluation (M&E) Manager for more than 15 years. He will provide services as a District Director in an acting capacity whilst also conducting his duties as the M&E Manager. We wish Mr Green all the best. May he get all the support he needs to execute his duties. He is contactable at mark.green@kznhealth.gov.za



Mr M.R Green
Acting District Director

STAFF RE-ORIENTATION REVIVES CUSTOMER CARE AT APPELSBOSCH HOSPITAL

South Africa has one of the most progressive and inclusive constitutions in the world, but some staff members do not know or understand its basic contents.

It is good for staff members to know the policies, laws and regulations that South Africa affiliates with. So they are not caught off-guard concerning how they should and should not treat patients and the community.

With the above in mind, Ms Thobile Hadebe, Assistant Director in Communications from uMgungundlovu District recently visited Appelsbosch Hospital for a refresher orientation. The orientation was over 2 days. It targeted Senior Management

members, including Operational Managers from PHC facilities in one day. The following day, all other staff categories were involved.

In the orientation which was conducted in partnership with Mr Thami Mngadi, the Public Relations Officer for the hospital; the importance of first knowing your rights as a citizen and the rights of the people you serve was highlighted.

Other subjects that were discussed were the high number of Medico-legal claims for the Department of Health and how the behaviour of individuals can contribute to this. Focus was also on The KZN Department of Health's brand and image, The

Constitution of South Africa, Human Rights, KZN DOH Media Policy, the Code of conduct for public servants, Image & Reputation including Social Media behaviour, POPI Act and Photography law (Protection of privacy), Patient Rights Charter, Batho Pele Principles, and the basics of professionalism. The sessions also involved educational topics and examples of news and trending topics.

The district office plans to have these sessions throughout the District during March 2025 at different facilities. On 21 March, South Africa celebrates Human Rights Day. A day where the rights of individuals are commemorated in the country due to the Sharpeville Massacre of 1960 where 69 people were shot and died due to the apartheid government's violation of human rights.



Photo 1: Ms Hadebe addressing the hospital's management team on the Popi Act

Photo 2: Day two of the orientation, Ms Hadebe addressing the general staff members



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ISIBAYA SAMADODA EVENT HELD IN NCWADI AREA PROMOTED AWARENESS ON MATTERS RELATED TO MEN'S HEALTH



Men attending the Isibaya Samadoda event in iNcwadi area

uMgungundlovu District continues to ensure that men's health programmes are prioritised for the community, especially in rural areas. On 4 December 2024, Isibaya Samadoda event was held in the Caluza area. This is an event targeting males only. The event aimed to promote the well-being of men and lessen the health burdens they face daily. These burdens often contribute to detrimental social ills such as

gender-based violence (GBV), teenage pregnancy, substance abuse, high school dropout rates, suicide, late presentation at health facilities when ill, non-compliance to chronic medications, and the preventable spread of HIV and other sexually transmitted infections amongst others. In these events, only men from selected areas congregate in a community hall to talk about issues that apply only to them.

The ambassador for Isibaya Samadoda, Prince Nhlanganiso Zulu is often present at these events to engage with other men. He was also present at Caluza Community Hall. During the sessions, men talk freely, using languages they understand; women are asked to excuse themselves from the meetings so men can be free to talk about matters affecting them, utilising straight, bold language. Mr Nhlanhla Zuma champions all isibaya samadoda events in the Umgungundlovu District. He is a Co-ordinator for Men's Friendly Health Services, from Health Systems Trust (HST). He and his team have been very instrumental in the provision of men's health services.



Songonzima Clinic's Operational Manager was amongst the male guests who educated the attendees about health. Local SAPS representative educated the public about matters related to community safety and Gender Based Violence

THIS NEW YEAR, DON'T WASTE YOUR TIME, UTILISE LOCAL PICK-UP-POINTS FOR YOUR CHRONIC MEDICATION

Since its introduction and launch in the Province of KwaZulu-Natal in the year 2016, citizens have been utilising the Central Chronic Medicines Dispensing and Distribution (CCMDD) and enjoying its benefits. This is a free program from the National Department of Health that helps patients with chronic conditions access their medication easily and conveniently. Patients who take their chronic medications correctly and are in stable condition are registered within a health facility, a Primary Health Care facility or a hospital for collection at an external pick-up point.

An external pick-up point can be a community hall, a tuck shop, a local church, a local private pharmacy like Clicks or any other identified place.

Three people were interviewed for this article. They are Mr Msipheli Andreas Mbele, aged 77 years from Mahlabathini, Ward 1 utilising Mabheleni Store (a local tuck shop). The second interviewee was Thabisile Ndlovu, aged 35 years from the Copesville area, utilising the Copesville Mosque, Copesville. The third person to be interviewed was Mr Hoosen Masoon, also from the Copesville area, aged 63 years. All the interviewees have one thing in common, they utilise the

pickup points for their monthly chronic medication. Their conditions are stable and they sometimes get 2 month's supply. Both Mr Mbhele and Mr Masoon have been collecting from their pick-up points since these points were established. They can also collect for other family members. Ms Ndlovu said she is sometimes self-employed as an informal trader and collecting from this PUP saves her time and money. The time saved also ensures she can go back home to her motherly duties quickly. Mr Mbhele was one of the people who actively participated when the PUP was established in the Maguzu area. They looked for the area, negotiated with the owner of the tuck shop and were

glad to see it thrive. He says more people should be utilising it, they work well together with the Maguzu clinic to ensure that it runs smoothly and if challenges are experienced, they are resolved quickly.



Photo 1: Mr Masoon happy with his parcel after collecting it from Copesville Mosque, a Pick-Up-Point under Northdale Hospital

Photo 2: Mabheleni Pick-Up-Point, in Mkhambathini Local Municipality; the community members helped with its establishment



WORLD AIDS DAY ACTIVITIES, MANY FACILITIES PARTICIPATED IN THE PROMOTION OF HIV/AIDS AWARENESS

The prevalence of HIV is still a problem for South Africa as a whole. uMgungundlovu District has the second highest number of people infected with HIV in the Province.

In December 2024, different health facilities in uMgungundlovu held several World AIDS Day commemoration events. This is because the whole world commemorates AIDS Day on the 1st of December. Health facilities held their events on other dates so they don't clash with the Provincial AIDS Day event on the 1st of December. PHC facilities that participated included Embo Clinic, Mpilwenhle Clinic, Willowfontein Clinic, and Mpopophomeni Clinic to name just a few.

The theme for World AIDS Day

2024 in South Africa was "Equal Rights, Equal Care". This calls for equitable, dignified, and equal access to healthcare for all South Africans, irrespective of their economic status, gender, ethnicity, or sexual orientation. Every person who is HIV positive or seeks HIV preventative measures must not be ashamed, stigmatised and embarrassed. Their human right to dignity and access to health care must be protected.

Although South Africa is still fighting the AIDS pandemic, a lot of positive improvements have been made. Young people are still encouraged to abstain from sex. Those who cannot abstain or are already sexually active must be faithful to their partners

and refrain from promiscuity. They must practice safer sex. Young girls must know their rights and how to refuse being taken advantage of by older men. This also applies to young boys and older women. Parents and guardians must report such cases to law enforcement.



Photo 1: Impilwenhle Clinic staff and guests during their event; **Photo 2:** Willowfontein Clinic's community came in numbers to attend the event; **Photo 3:** Attendees from Embo Clinic, a clinic in a deep rural area came from local communities and Farms

KZN HEALTH PORTFOLIO COMMITTEE VISITED FACILITIES TO CHECK FOR FESTIVE SEASON READINESS

On 10 December 2024, The Members of the KwaZulu-Natal Legislature's Health Portfolio Committee conducted Festive Season Oversight Visits to uMgungundlovu District in order to ascertain the state of readiness by the hospitals during the festive season. The committee wanted to understand and discuss the Disaster Management Plans and interventions for hospitals and the district. They also needed the Fire Department from the District Municipality and the District Emergency Medical Services(EMS) to attend and make presentations highlighting the planned interventions, challenges anticipated and achievements from previous plans and interventions. All facilities were expected to be ready for the high volume of activities expected during the December/January holidays. The festive season is unfortunately known for high volumes of emergencies requiring health facilities to be ready with resources including staff members, and pre-ordering of vital stock, including medication and functional

machinery. During the season there is usually a demand increase for services involving trauma such as motor vehicle injuries, gun-shot injuries and stab wounds.

Facilities involved in the visit were those nearer the N3, a busy national road; these included Grey's Tertiary Hospital and Northdale District Hospital.

Emergency Medical Services were also not left out because they also experienced an increased demand for ambulances in accident scenes and scenes involving violence. The public is requested to avoid activities which will lead to unnecessary injuries and avoidable accidents.

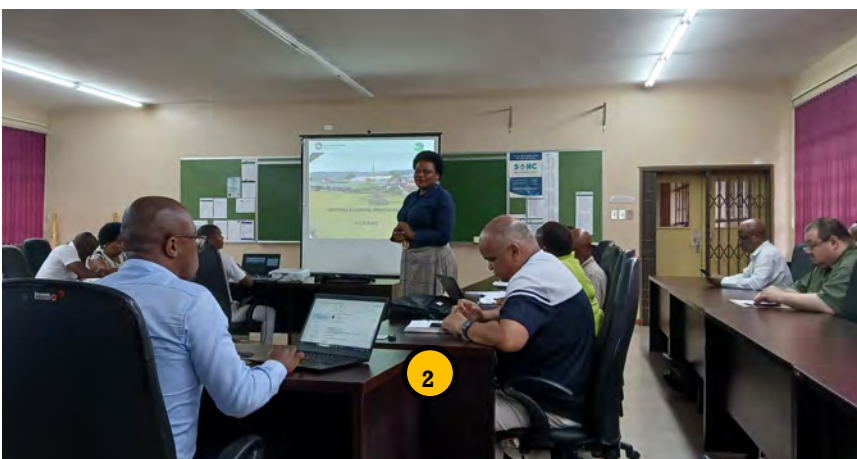


Photo 1: Acting CEO, Dr Nhlakanipho Gumede presenting on behalf of Greys Hospital

Photo 2: Ms Nobukhosi Xulu, CEO for Northdale Hospital taking the members through her hospital's plan

NEW PLEDGE PROMISES RE-COMMITMENT TOWARDS COLLABORATIVE EFFORTS FOR FIGHTING AGAINST SOCIAL ILLS

On 14 and 15 November 2024, uMgungundlovu District Municipality led an interactive planning session to plan and pledge commitment towards the reduction of the high teenage pregnancy rates that are present in the District's society. The two-day session had various stakeholders; including the Department of Health. There was also a pledge to commit more to fighting against new HIV and STI infections and the prioritization of child health programmes.

The stakeholders included uMgungundlovu Health District, the Department of Social Development, the Department of Basic Education, Municipalities, Civil Society, Traditional Health Practitioners, parents, Non-Governmental Organisations (Health Systems Trust, TB HIV Care and Bathobile etc), and more.

It was agreed that the fight against all these social ills requires collaboration with all stakeholders because the challenges are intertwined. The programmes require funding and provision of resources which

all stakeholders have committed to provide.

At the end of day two, a pledge to commit to all that was discussed was signed by all who were present.

It was agreed that this will take time and everyone must participate. Every member of society is responsible for educating and positively influencing the lifestyle choices of children, teenagers and young adults. Bad habits and activities like smoking cigarettes, taking drugs, drinking alcohol, clubbing, unplanned pregnancies, teenage pregnancies, school drop-outs, dating adults, engaging in sexual activities and those that are unsafe, should be condemned

by every member of society. These behaviours were frowned upon in earlier years but are slowly becoming normal in today's societies. Everyone in the meeting agreed that these are killing the future of South African children.



Chairperson for the Civil society Group in uMgungundlovu Mr. John Mofokeng

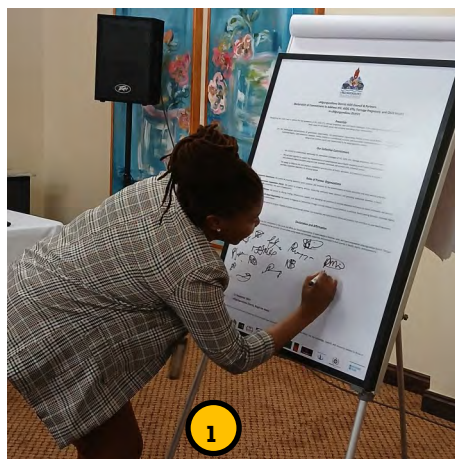


Photo 1: Signing the pledge on behalf of uMgungundlovu Health District was Ms Nokulunga Mtolo, Programme Manager for Child & Women's Health



Photo 2: Also from uMgungundlovu Health District was Mrs Slindile Mbongwa, Programme Manager for Community Outreach Services

SIMPHIWE SHEMEBE DOESN'T JOKE WHEN IT COMES TO CIRCUMCISSION

Simphiwe Lizwi Shembe, a stand-up comedian, and an author from Empangeni in the KwaZulu Natal Province has now embarked on a journey to advocate the benefits of medical circumcision.

In June 2024, the 38-year-old began his journey to advocate that all young men and adult men should get medically circumcised. This is for their benefit and the services are free from all government health facilities. Medical Circumcision is also supported by an organization working with the Department of Health like Right to Care and others. At present, he is working intensely on a partnership with Right to Care and the ukuSoka campaign. Simphiwe became the ambassador after it was noticed that his sense of humour resonates with all ages. Although the topic is serious, and feared by most due to superstitions and a few



Simphiwe Shembe with uMgungundlovu District Executive Mayor, Cllr Mzi Zuma

stories they've heard, he will bring humanity and laughter. On the 18th of October, Right to Care held an engagement with DUT Plessislaer campus male students. The Honourable Mayor of uMgungundlov District Cllr Zuma and Simphiwe Shembe were present for interactions. The event was free and the target audience was able to

engage with the delegates about anything. No subject was embarrassing. They were made even more comfortable by having no females inside the hall, even staff members; it was an all-male environment. Simphiwe Shembe says his story is relatable to ordinary men because he was also circumcised at a late stage after he was laughed at by his then-girlfriend when he was 29 years old. He also saw that the health benefits far outweighed any other benefits and fears he had.

As part of his advocacy duties, he visits areas where he will be able to get most young men; like schools, and institutions of higher education.



Young men from DUT Indumiso Campus, in imbali township Pietermaritzburg were part of the event's active discussions

WELL-DESERVED RETIREMENT FOR FORMER UMGUNGUNDLOVU DIRECTOR, DR M.T ZULU



Ms Lotty Hutchinson handing over one of the gifts on behalf of the District staff members and management team

Dr Zulu, A previous nurse and an inspirational woman leader who has a love for education and self-improvement had multiple educational qualifications dating back to a

Vryheid Hospitals; and being a district director in Thukela District and uMngungundlovu. She also assisted in government programmes like OSS and was an Acting Regional Manager for Region 3 (Amajuba, Umzinyathi and Uthukela Districts) from July 2012 to 31 October 2015, amongst many other notable positions. She is a mentor, a leader, a heroin, a community worker, a hard worker and a motivational woman who has strong Christian beliefs and roots. Her contributions, hard work, and dedication were felt by everyone who worked with her. We wish her well on her new journey as she now focuses on her other goals and aspirations.

On 17 October 2024, uMngungundlovu District Office staff and hospital CEOs said their last goodbyes to Dr MT Zulu as she started her retirement. The former District Director joined uMngungundlovu District on 18 January 2021 during the peak of the covid 19 pandemic. This was a hard, challenging time for the Department of Health, the staff members and the community. Under her guidance, the health facilities had to ensure the safety of patients and staff was not compromised. She was also instrumental during the introduction and carrying out of the Covid-19 vaccine campaign. Dr Zulu's last day at work was on 30 September 2024.

Diploma in General Nursing obtained in the year 1988. until a PhD in Public Management at the Durban University of Technology (DUT) in 2016. She also held multiple management positions at different health facilities including being a CEO at Ceza and



The facility CEOs came to say farewell to their supervisor

09



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ACKNOWLEDGEMENTS

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