



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

uMgungundlovu Health District

IMPILO ENCONO

NEWS

STAY INFORMED

August–September 2016

HERITAGE CELEBRATION

During the month of September, specifically on the 24th of September all South Africans are encouraged to celebrate their different heritage, culture and traditions. Umgungundlovu Health District celebrated this day on the 30th of September with health facilities under the district.



DISTRICT HERITAGE CELEBRATION EVENT



EMPOWERING YOUNG GIRLS ON HEALTH MATTERS...
[READ MORE ON PAGE 3](#)



SPOUSAL ABUSE IS A SERIOUS PROBLEM ...
[READ MORE ON PAGE 5](#)



PHARMACY WEEK AT FACILITIES ...
[READ MORE ON PAGE 6](#)

HERITAGE DAY CELEBRATION—BE PROUD OF WHO YOU ARE



uMgungundlovu District came together to celebrate heritage

On the 24th of September (Saturday) South Africa celebrated Heritage Day, an official South African public holiday since the year 1996 which promotes the tolerance and celebration of different cultures and traditions living in South Africa. The day was previously known as Shaka Day in the KwaZulu-Natal province, in commemoration of the Zulu King Shaka who played an instrumental role in the formation of the Zulu Nation; a nation which proudly celebrated 200 years of existence during the month of September this year.

This year uMgungundlovu Health District Office celebrated Heritage Day on Friday the 30th of September 2016. All institutions and facilities under the district were invited to be part of the bigger celebration which sees different cultures, traditions and heritages come together to celebrate their uniqueness.

The facilities contributed lovely and delicious different traditional food items to be shared by the attendants. As this was not a formal event; everyone was free to do whatever was culturally and traditionally applicable. Attendants looked lovely in their traditional clothing, song and dance of different traditions were a huge part of the proceedings of the day.

Everyone is encouraged to be tolerant of one another and to ensure that whilst freely practicing their traditions and cultures; they do not infringe on the rights of others. Take time to learn another culture, take a tour around the Province and the Country as September is also a Tourism Month, learn and experience what other South Africans are doing that makes them unique. This way you will form part of those South Africans who celebrate South Africa. A Special thank you is dedicated to the committee members who organised the event.

HERITAGE DAY CELEBRATION—BE PROUD OF WHO YOU ARE



Above: Wawungakanani sisashaya ama get-down. Mrs Zuma-Mkhonza, The District Manager and Mrs Lotty Hutchinson the Occupational Health Manager jiving to some old school tunes

Right (far right Above): Pretty, young and talented—showing some Indian Dance moves

Right (Below): Townhill hospital staff members displaying how the marriage proposal process is in the ZULU Tradition, from when a girl is approached by a man who has a crush to the lobola negotiation processes.

Right (far right below): Mr Sandile Zuma, entertaining the crowd as the MC

Below: Mrs Khumbuzile Khumalo welcoming the guests on behalf of the District Manager



EMPOWERMENT OF YOUNG WOMEN AND GIRLS AT HIGH SCHOOLS WITH A HIGH TEENAGE PREGNANCY RATE IN THE VULINDLELA AREA



Laduma high school learners received promotional items sponsored by Siyayinqoba Beat It—CMT after answering questions which were asked during interactions. With them are the CMT team and the Team from the department of Health

Research shows that young girls and women who are sexually active normally engage in unsafe sexual practices with men who are older than them, exposing them to contracting HIV. The girls risk being infected with HIV, STIs, falling pregnant and risking their whole future because they would have to adapt to a new situation which they are not ready for like learning and accepting that you are infected with HIV and the harsh reality of having a child whilst at school and unemployed.

The department of health and partners recently visited different schools with the aim of having different engagements with scholars during morning assembly, engaging with the Representatives of Learners of each schools and with girls who are pregnant or recently had children. The later discussions were confidential and closed. During different engagements with the scholars, it was discovered that most of the students were aware of the high teenage pregnancy and the most causes of teenagers falling pregnant. They were also aware of the fact that older men only use them for sex and dump them the minute things gets tough.

The schools that were visited were Laduma, Qoqisizwe, Skhululiwe and Impande High Schools in the Vulindlela area. Teenagers or young people engaging in sex, even worse unprotected sex, is a social issue that needs all sectors to come together to fight this problematic bug. Government, communities, private sector, Non Governmental Organisations, Faith Based Organisations, Traditional leadership; everyone has a big role to play and everyone is requested to put in an extra effort in ensuring that the youth is protected against STIs, HIV and sexual abuse by older men. All the schools were linked to nearby clinics so the learners can easily access health care during a “happy hour”. A happy hour is a specific hour dedicated to provide health services for the youth, meaning they do not have to wait in queues, if they come during this hour they access service freely and instantly. Advice, HIV testing, Family Planning, Treatment of STIs and more are services that are offered for the youth. The programme will continue at the schools which have already been visited. The same programme will be rolled-out to other areas within the district.

YOUNG GIRLS AND WOMEN CAMPAIGN PICTURE GALLERY



ABOVE: Student's Representative Council in all schools met with the team to discuss challenges at the school that affects them and their peers and come up with possible solutions.

RIGHT: The scholars and community had an opportunity to access health services like eye testing, dental services, BP and diabetes testing, HIV testing, TB testing, family planning and condom distribution during the visits. Students also accessed the services.

BELOW: A member of CMT Siyayinqoba engaging with the scholars at Laduma High during the school assembly where learners were given an opportunity to share their knowledge and get more knowledge on matters affecting their health.



MEC FOR KZN HEALTH SPEAKS OUT AGAINST SPOUSAL ABUSE DURING A PRAYER FOR STAFF MEMBERS WHO WERE FATALLY ATTACKED BY THEIR SPOUSES



Relatives of staff members who tragically passed away joined the department of health staff members and management teams at health facilities around the umgungundlovu health district

Physical abuse of women is a serious problem in South Africa, if left unattended it can lead to a woman being attacked and killed by her husband or boyfriend, the person who claimed to love her. On Monday 26 October 2016 KWAZULU-Natal Health MEC Dr Sibongiseni Dhlomo urged women not to stay in abusive relationships, but to immediately seek help if they feel that their lives may be in danger. MEC Dhlomo paid tribute during a Prayer service towards three fallen Department of Health employees who worked under Umgungundlovu District and were all allegedly murdered by their partners. **The employees are:**

- Sr Thabisa Daysen Doyisa, a midwife at Edendale Hospital, who was gunned down in her home, in Namperville, in Pietermaritzburg, on 22 April 2016;
- Twenty-eight year-old Nelisiwe Shelembe, a professional nurse from Grey's Hospital, who was shot dead, in Pietermaritzburg, on 07 April 2016 while on her way to work, and
- Mrs Ntokozo Molefe, a labour relations manager who was stabbed to death on 06 March 2016.

Invited to be part of the mass prayer were relatives of the staff members who were visibly emotional. MEC Dhlomo mentioned that when a health care worker dies, they die with the skill of helping people heal physically and those patients and the department are left with a big gap. He added that the death of a health care worker is difficult even if its natural, when its unnatural it becomes more problematic and difficult to deal with. MEC Dhlomo shared his condolences with the relatives.

The district urges women staff members to utilise the platforms that are available in their facilities that empowers them and urges them to speak out. They are also encouraged to utilise Employee Wellness services at facilities when they experience problems or even seek private assistance if they are uncomfortable with the ones from work. All facilities are encouraged to have running women and men forums where all social ills and way forwards are discussed by both genders as a group or separately.

PHARMACYWEEK PROMOTION—WHAT YOU SHOULD KNOW ABOUT YOUR MEDICATION



From left: The team at Caluza Clinic Thulile Biyela, Lenika Naiken, Thobile Hadebe, Simphiwe Mncwabe, Faathima Fayzoo, Siphelile Dumba and Siphumelele Meyiwa

During the first week of September 2016 the uMgungundlovu Health District together with partners visited communities and some of its health facilities like City Central Clinic, Caluza Clinic, Mpumzuza Clinic and Howick Clinic to engage with the public and to create awareness around an initiative called Pharmacy Week and about a programme called Central Chronic Medication Distribution and Dispensing (CCMDD).

The National Department of Health had declared 05 – 11 September 2016 as a pharmacy week, using the official theme “Use Medicine Safely”. During the awareness campaigns that were held last week the contribution pharmacists make to the health system was highlighted. Also the citizens were educated about the important role that medicines play in preventing and treating illnesses, making them live a longer and more active life. Most importantly, clients were also educated about the importance of taking medication as per the instructions of a health care worker, and they were encouraged to ask about their medication if there is something they do not understand in order to avoid taking medication in an incorrect manner.

The National Department of Health is running with a programme called Central Chronic Medication Distribution and Dispensing (CCMDD). The main aim of this programme is to put systems in place and encourage stable patients who take chronic medication to register for fetching their monthly medication at areas near their homes or in private pharmacies or in any identified point. Clients with chronic conditions include clients who are taking medication for diseases like High Blood Pressure, Diabetes, HIV, Epilepsy, and Asthma (the list is not inclusive). The client has to be stable, comply with taking the medication as prescribed, must register at a local clinic or hospital where they are currently receiving medical assistance. Once the medication is finished, they can go back to the health care facility to be reviewed, if the client becomes ill or feels they have to visit the health facility for other matters affecting their health, they are allowed to do so. A number of patients in uMgungundlovu District are already enrolled on the programme and there are still more to be enrolled. **The CCMDD programme will in turn assist to Decongest health facilities, Reduce workload for dispensing repeat prescriptions, Increase healthcare provider contact time with patients improve quality of service/care, Reduce patient waiting times and more**

#DOEK FRIDAY—CLOSING WOMEN’S MONTH WITH A BANG



Female staff members at uMgungundlovu Health District wore their doeks top show support of the wom-

The Umgungundlovu Health District closed Women’s month with a bang this year. Friday, 26th of August 2016 was the last Friday of the month of August and marked the end of the “Wear a Doek on Friday” or “#DoekFriday” campaign which is conducted every Friday during the Women’s Month (August) in South Africa. The campaign was initiated by the department of Arts and Culture and has gained lots of support and popularity nationwide. Female employees of Umgungundlovu Health District were encouraged to wear a doek or a head wrap on the last Friday as part of the celebration. To add a twist to this, male colleagues were also asked join in the campaign and wear doeks just for that special picture moment knowing they wouldn’t wear it for the whole day, but they got scared to get in touch with their feminine side.



ACKNOWLEDGEMENTS



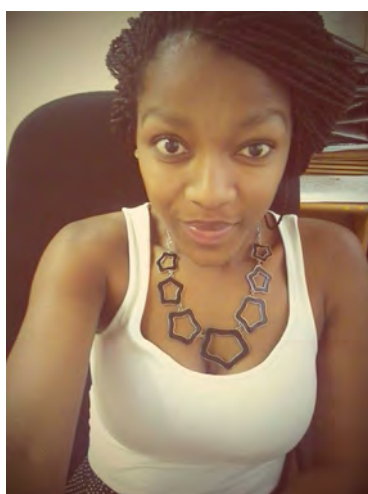
MISS. THOBILE HADEBE

**SENIOR COMMUNICATIONS PRACTITIONER
UMGUNGUNDLOVU HEALTH DISTRICT**



MR. HENRY DLAMINI

**COMMUNICATIONS INTERN
UMGUNGUNDLOVU HEALTH DISTRICT**



MISS LIHLE MCHUNU

**COMMUNICATIONS INSERVICE TRAINEE
UMGUNGUNDLOVU HEALTH DISTRICT**



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

**Physical Address: 171 Hoosen
Haffajee (former Berg) Street,
Pietermaritzburg**

**Postal Address: Private bag
X9124, Pietermaritzburg, 3200**

**Web Address:
<http://www.kznhealth.gov.za/>**

**SWITCHBOARD:
(033) 897 1000**

**SWITCHBOARD FAX NUMBER:
(033) 897 1078**

EMAIL ADDRESS:

Thobile.hadebe@kznhealth.gov.za