



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

uMgungundlovu Health District

IMPILO ENCONO

NEWS

STAY INFORMED

OCTOBER 2016—MARCH 2017

NHI WORKSHOPS FOR LOCAL LEADERSHIP

National Health Insurance workshops for municipalities were recently held. At the workshops information on how each municipality was doing on vital health measures or indicators was shared, in turn the attendants which included the top political leadership of each municipality came up with strategies on how health indicators of their communities can be improved and sustained.



Above: Attendants at the National Health Insurance workshop listening to presentations from uMgungundlovu Health District. Impendle Local Municipality was one of the six municipalities under uMgungundlovu District who received workshops on the National Health Insurance. The workshops which began in December 2016 and finished in March 2017 were targeted to the leadership of municipalities and various stakeholders. **Page 2 & 3**



YEAR CLOSED AND OPENED WITH A GROUP PRAYER
READ MORE ON PAGE 08



STI/CONDOM/PREGNANCY AWARENESS
READ MORE ON PAGE 07



TB AWARENESS CAMPAIGNS
...READ MORE ON PAGE 05 & 06

LOCAL LEADERSHIP GETS INVOLVED IN NATIONAL HEALTH INSURANCE PRIORITIES



ABOVE—Pic 1: Miss Mpume Mayoni, Programme director with Cllr S Sokhela, Mayor for uMngeni Local Municipality who welcomed the guests. **Pic 2 and 3:** Participants of group discussions for uMngeni Municipality giving feedback on the discussions and conclusions of their groups.

An engagement with community leaders, political leaders, different stakeholders, non-governmental organisations, other government institutions, and community members of different Local Municipalities in uMgungundlovu District was recently held on different dates.

The uMgungundlovu Health District is one of the three districts which pilots the National Health Insurance (NHI) in the KwaZulu-Natal Province. NHI is a programme which promotes universal access to health services for all South African citizens. The de-partment of health is working through different phases of the implementation of NHI to ensure that amongst other things infra-structure, skilled personnel, improved technology and equipment, improved systems etc meets the standards before the full im-plementation of NHI which is envisaged to be finished over a period of 14 years.

On 12 December 2016 the district office went to Umngeni Local Municipality (the first municipality to be engaged) with an aim of sharing what has been done for NHI and how different stakeholders like the local political leadership, NGOs, religious leaders, other government departments, traditional health practitioners (THPs), traditional leaders, clinic and hospital committees and the department of health as a whole can work together in ensuring that the principles of NHI are successfully implemented in the Umngeni Subdistrict. Umngeni is one of six Local Municipalities in uMgungundlovu which were visited by the District Office. Other municipalities namely Umkhambathini, Impendle, Richmond, Umsunduzi and Umshwathi Local Municipalities have also been visited during the months of February and March using the same strategy.

During the visits to all municipalities, the Health Overview and performance of the district in that specific municipality was presented.

LOCAL LEADERSHIP GETS INVOLVED IN NATIONAL HEALTH INSURANCE PRIORITIES (From previous page)



ABOVE: Mrs N Hlongwane from the office of KZN Health NHI giving an overview of the NHI programme. **RIGHT:** Cllr T Njilo, Hon. Mayor for uMsunduzi Local Municipality and Cllr S.J Mchunu, Hon. Mayor for Richmond Local Municipality giving their addresses during visits to their municipalities.

A Health Overview presentation was done for the attendees and included recent statistics on how the department was doing in indicators like HIV prevalence, medications defaulter rates for chronic diseases like HIV and TB, Clinic utilisation rates, condom distribution, Couple year protection rates, utilisation of clinics by children under 5, the numbers of children under 5 suffering from malnutrition, numbers of people suffering from chronic diseases like Diabetes, Hypertension, Teenage pregnancy rates, number of males who are circumcised and a lot more.

The attendees were informed about the Central Chronic Medicine Dispensing and Dispatch (CCMDD) programme which encourages stable chronic patients to fetch their medications at areas outside clinics and hospitals (public halls, private pharmacies, churches etc) with an aim that this will reduce the high number of clients coming to health facilities and reduce long queues. After presentations, the attendants were divided into five groups (Males, Females, Youth, Women- general issues and Women - under 5 issues). They discussed issues related to the above subjects and came up with workable, measurable strategies with timeframes.

During group discussions, they discussed subjects like availability and usage of phila mntwana centres, healthy lifestyle activities to assist with prevention and management of Non Communicable Diseases, how to deal with high teenage pregnancy rates, how to increase the number of condom usage, family planning and medical male circumcision, availability of youth friendly services in health facilities.

We thank all the municipalities, especially the leadership for engaging with the department and promising to work together with the district in improving the lives of the communities we serve.

MARCHING TOWARDS A TUBERCULOSIS FREE KWA-ZULU NATAL



Stakeholders engaged in a March which was aimed at increasing awareness on Tuberculosis , a disease that is curable but yet still continues to kill citizens of the KwaZulu-Natal Province in numbers

World TB day is observed every year on 24 March to create awareness and continued support towards the fight against Tuberculosis (TB) world-wide. On Monday 20 March 2017, the office of Dr Sfiso Mtshali, Head for KZN Department of Health in conjunction with uMgungundlovu Health District and all the hospitals, PHC facilities and stakeholders from uMgungundlovu commemorated TB Awareness Day at Pietermaritzburg CBD. The focus was on TB in the workplace which is a major concern for the department . TB infections are very high in KZN and the pandemic kills hundreds of people in the province, deaths which can be avoided with proper treatment and adherence to provided treatment.

The event started with warm ups (outdoors aerobics) and a walk/march from Natalia building in PMB to Trison Towers, all this was to encourage healthy and active employees. During the walk the seriousness of the TB burden around South Africa as a whole was emphasised, also reminding the community with placards and songs that TB is curable. Free TB screening and other vital health screenings especially for Non-Communicable disease like Diabetes, High Blood Pressure and HIV were conducted by GEMS and other Partners.

To end the day an indoors event /programme was held by Dr Mtshali where he encouraged that a person should get tested for TB at least once a year. While this event was focused on TB for employees, there was also an emphasis towards the community. The department's employees were encouraged to advise community members at health facilities and even in residential areas to test for TB and have continued awareness programmes and mass TB testing campaigns. Managers at the Provincial office, district office, health facilities and vital stakeholders signed a pledge to stop the spread of TB . #UNMASKTHESTIGMA !!!



TB AWARENESS AT THE DUSI PARKRUN



Hundreds of enthusiastic beginner, intermediate and advanced runners wait at the start of a 5km race where the department was also promoting TB prevention and healthy lifestyles.

Parkrun in KwaZulu-Natal welcomed a call from the department of health to promote TB Awareness at their ParkRun Activities. Parkruns are 5km running activities which takes place on weekly basis. They are run throughout the World. Anyone can participate, no matter your fitness level you can even walk instead of running and the best part is you don't pay a cent for participation. In Pietermaritzburg the uMgungundlovu Health District Office took part at the Dusi Parkrun with an intention of promotion a TB Free community and most of all encouraging employees of the department of health to take part in physical activities that will improve their health status, every employee was invited to take part. Free health screenings for TB, Diabetes, High Blood Pressure, HIV were conducted for everyone who was present. Join your nearby Parkrun in order to stay active and keep fit, especially if you are an employee of the department of health #leadbyexample.



Top: Mrs Zuma-Mkhonza, District Manager for uMgungundlovu Health District and her team at the Dusi Parkrun after the 5km race.

Right: The District Team and Partners led by Mr Nkosi Hlela were ready to start health screenings



CERTIFICATE CEREMONY ON LEADERSHIP AND MANAGEMENT



Recipients of certificates at a Certificate Ceremony for Leadership and Management Development were excited at their achievements

Khanyanjalo Consulting in collaboration with the KZN Department of Health through uMgungundlovu Health District provided a Leadership and Management Development programme to a group of Operational Managers and Primary Health Care (PHC) Supervisors working in different PHC facilities under UMgungundlovu Health District.

The programme was designed and offered to the National Health Insurance (NHI) Pilot Districts, which uMgungundlovu is one of. The students have gained more managerial and leadership capabilities through the programme.

On the 22nd of February 2017, a Certificate Ceremony took place at the Edendale Nursing Campus where everyone who completed the programme were awarded with certificates.

In attendance at the ceremony was Mr M.M Zungu, Deputy Director General at the KZN Department of Health National Health Insurance office who was also a guest speaker; he was accompanied by other dignitaries, including Dr W.L. Ndlovu– MD & Programme Leader for Khanyanjalo Consulting who was very proud of the achievements of the group.



FAR LEFT: Mr MM Zungu, DGG for NHI was a guest speaker who motivated the graduates to continue seeking for advancements of their careers. **Above-middle:** Dr W.L Ndlovu handing over a certificate to Sister Naidoo from Grange Clinic. **Right:** Mrs N.C Majola , Principal at Edendale Nursing Campus; Mrs. N.M Zuma-Mkhonza; uMgungundlovu Health District Manager and Mr. M.M Zungu

STI/CONDOM AND PREGNANCY AWARENESS



Students at the Durban University of Technology and other colleges surrounding the Petermaritzburg area were part of the stakeholders visited by the uMgungundlovu Health District Office during an STI/Pregnancy awareness

Every year during the month of February the department of health embarks on a strong awareness campaign to educate the public especially the youth about Sexually Transmitted Illnesses (STIs), Condoms and Pregnancy. The youth has been identified as the most vulnerable groups when it comes to STIs and unplanned pregnancies as they are at great risk of engaging in unsafe sex, having multiple sexual partners, and getting unwanted pregnancies. The District Team together with facilities and partners went to different Tertiary or Higher Education Institutions on different dates with an aim of increasing awareness of the dangers of engaging in unsafe sex amongst scholars. Shifting focus to women who were already pregnant, the District team also visited Caluza Clinic to engage with pregnant females who were at the clinic. During the campaign, women who are already pregnant were taught how to care for themselves during pregnancy.

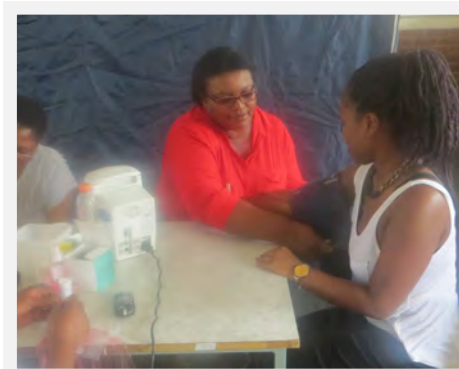
They were taught the do's and don'ts of pregnancy like eating healthy, attending your Ante Natal Care classes, moderate exercise, avoidance of drinking alcohol and smoking. All the above contributes to a healthy pregnancy with non or few complications during child birth.

Mrs Tembe from the MCWH programme at the district office encouraged the audience to utilise a programme which was launched by National Minister of Health, Dr Aaron Motsoaledi which is called "MomConnect". The pregnant mother register for the programme and get instant cellphone messages (sms) with information and advice aligned to the stage of the pregnancy. It also reminds them when to start Ante Natal Care classes and visit clinics for check-ups.

How does Mom-Connect work ?

- It informs you when your child is due
- It informs you of the growth of your child
- It Advises you how to communicate with your unborn child
- It informs you on what you can expect during labour
- It can be utilised as a complaints/compliments system where the user to place complaints or compliments when it comes to the services rendered

Safe physical exercises that can be done during pregnancy were demonstrated for all who were present .



THE DISTRICT CLOSED AND OPENED THE YEAR WITH A PRAYER — THANKING THE LORD FOR SAFETY AND GUIDANCE



Gathered at the year-end Prayer were staff members from the uMgungundlovu Health District office, District Chaplains and CEOs from hospitals in the district

The uMgungundlovu Health District came together to thank the Lord for keeping everyone together throughout the year and the festive season. In December 2016 and January 2017 the district office held two different prayer sessions where management and employees also thanked each other for the support and guidance they always offer.

The Prayer on the 9th of December 2016 was organised by the District Manager's office, Mrs N.M Zuma-Mkhonza at her own expense as an initiative to thank all staff members for their continued support and dedication. It was her vision and dream to have such a day for the whole district which she would spend with all her dedicated staff members. Mrs Zuma-Mkhonza who was also celebrating her birthday on the same day (9 December 2016) had planned for this day to be a celebratory kind of event where she acknowledged her birthday and the wonderful work that the Lord has done for her and for everyone. "This day was to close the year by thanking God for all that he has done for us looking at the path he has taken with us and thanking him for our lives, family and colleagues; without dedicated staff members, the achievements of the District would not have been possible this year" said Mrs Zuma-Mkhonza at the year-end session.

Invited were all health facility Chief Executive Officers around uMgungundlovu District, The three District Chaplains and all district staff members. The District Manager was especially thankful for everyone who worked tirelessly in ensuring that the goals and priorities of the district are met. Hospital CEOs went an extra mile in doing their jobs; sometimes hospitals who are specialising like TB, Psychiatric, Regional and Tertiary would do the work of a district hospital or another level of care due to the fact that the only two district hospitals in the district namely Appelsbosch and Northdale Hospitals are overwhelmed with high numbers of clients. Sometimes even the work of PHC facilities like recruitment for Male Medical Circumcision, HIV Testing and offering staff and resources when there are major campaigns like National Child Immunisations are done by these facilities. All these are done with prioritising the clients at the centre of it all.

Thank you cards were awarded to teams and individuals who have contributed to the achievements of the district and made a difference. Rev. N.B Bhengu, District Chaplain closed with the word of the Lord, quoting Abraham 12:2. This was indeed a special and blessed closing of the year 2016. Mrs Mkhonza hoped that the same teamwork and dedication will be displayed in the year 2017 which she expressed during the year-opening prayer on 30 January 2017.

GOVERNMENT DEPARTMENTS COLLABORATED TO COMMEMORATE WORLD AIDS DAY AT CALUZA AREA



Above clockwise; Picture 1: Cllr Maphumulo, Mayor of uMgungundlovu District Municipality interacting with a community member at the World AIDS day build-up event. **Picture 2:** At the main event on 1 December, Mrs Zuma-Mkhonza Chairperson of the Umgungundlovu Operation Sukuma Sakhe District Task Team and Manager of uMgungundlovu Health District informing the audience about the purpose of the event. **Picture 3:** Community members were divided into groups where they discussed critical matters about the pandemic.

On Monday 28 November 2016, a team led by The Honourable uMgungundlovu District Mayor, Cllr Maphumulo visited the Retief Taxi Rank which is located in the Pietermaritzburg City distributing printed educational material and the new Maxx scented condoms to workers of the taxi industry, commuters and clients of the taxi rank. This was a build-up event towards the World AIDS which was to be held on the 1st of December. World AIDS Day began to be celebrated on 1 December every year since 1988 world-wide. It is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection, and mourning those who have died of the disease. Along with these, ways of preventing contracting the virus and what is being done by the government to reduce new infections and take care of those who are already infected by the virus are being shared.

The prevalence of the AIDS pandemic in South Africa is very high and KZN is amongst the highest provinces in the country. uMgungundlovu District has the highest number of people living with HIV in the province. According to the Statssa website mid-year population estimates report dated 25 August 2016; The estimated overall HIV prevalence rate is approximately 12,7% of the total South African population. The total number of people living with HIV was estimated at approximately 7,03 million in 2016. For adults aged 15–49 years, an estimated 18,9% of the population is HIV positive. These are big numbers meaning more is still to be done to reduce the prevalence of the virus by the department of Health, NGOs, COMMUNITY Leaders and the community in the general.

On the 1st of December at CALUZA Hall, attendants were given information on subjects related to HIV/AIDS and were asked to play their part in assisting with reduction of new infections and ensuring the uptake of medication for those who are already infected. Group discussions involved categories of Youth, Men, Women and Community leadership.

uMgungundlovu District Mayor, the honourable Cllr Maphumulo, her team and the team from umgungundlovu Health District visited eMatsheni Taxi Rank on 28 November 2016 To start building up to the AIDS day event which was to be held on 01 December 2016.

Left: Young men were excited to be visited by the mayor and proudly displayed the scented condoms which were distributed to them, they promised they will use them and encourage their friends to use them as well.

Below left: Miss Xoli Gasela from UMgungundlovu Health assisting in handing over condoms to women at the rank

Below right: Mayor Maphumulo talking to one of the taxi rank commuters about the upcoming event and handing over some fliers



The district office also commemorated world AIDS day in the office by having a stall which provided free information and fliers on the pandemic because the more informed you are, the more aware you will be. Condoms were also distributed to staff members and visitors who came to the office. Staff members received and wore Red ribbons as a sign of showing support for those affected.

AET STUDENTS PROVED YOU ARE NEVER TOO OLD FOR FORMAL EDUCATION



Excited and proud of their accomplishments, AET Students proudly display their certificates.

Excitement was in the air when Adult Education and Training (AET) Learners from Umgungundlovu Health District were awarded their qualifications and certificates which they acquired via the AET programme. AET caters for formal education for adults who did not complete mainstream education.

Illiteracy is still a problem in South Africa since many people, especially adults are illiterate. This is not because they like to, but because the past and history of South Africa prohibited most adults to get educated. The AET programme makes you realise that inability to complete mainstream schooling does not mean you can never start attending formal learning and training.

Adult Education and Training (AET) Scholars in Umgungundlovu Health District have decided to not let this negative influence rule their lives and determine their future. They registered with the AET programme in their various health facilities.

Thousands of adults are successfully trained and empowered annually in South Africa via the Adult Education and Training programme.

The AET programme is an outcomes-based programme that has a purpose to equip learners with basic knowledge.

In Umgungundlovu District the students confirmed its never too late to fulfil your dream of getting an education when they received their qualifications. In isiZulu they say “Imfundo kayikhulelwa” loosely meaning you are never too old to get educated. AET programme is an outcomes-based programme with a purpose of equipping all registered learners with knowledge and skills and give learners nationally-acclaimed educational qualifications.

The event was filled with fun, songs, poems, drama and live entertainment by Umngeni hospital band who kept the crowd entertained with their drums, pianos and other musical instruments.



The inspirational and hilarious Guest Speaker Mr Khanyile motivated the students to never give up hope and encourage their community members and neighbours to associate themselves with education as well.

MOTHER AND CHILD SAFETY DURING PREGNANCY AND CHILD BIRTH ARE PRIORITISED FOR IMPENDLE SUBDISTRICT



A group of Traditional Health Practitioners from the Impendle Sub-district formed part of 4 discussion groups which tackled the subject of healthy pregnancies

On the 18th of November 2016 Dr S.M Dhlomo KZN Health MEC together with the Umgungundlovu Health District visited the area of Impendle Local Municipality due to the MECs concerns about woman safety during pregnancy and child birth. The MEC was concerned and wished to make the community aware of practices that are conducted in communities and are considered as normal but may lead to the demise of the mother during pregnancy or whilst giving birth.

During the MEC's visit, a community dialogue was held with an aim to fill in the information gap within the community and let participants be alert about the dangers of using untested and unapproved traditional herbs or medication that is not supposed to be taken whilst pregnant. MEC Dhlomo also mentioned that he will fix the problem of unavailability of an ambulance at Gomane Clinic which attendees of the event/dialogue complained about. It was reported that the ambulance which was stationed there was taken away; very ill people who attends the clinic ended up getting delayed attendance while waiting for the ambulance from Edendale hospital to reach the clinic which is very far.

A research showed that the ingestion of traditional herbs known as isihlambezo during pregnancy is detrimental. Isihlambezo speeds up the process of contractions and child birth and can be dangerous or even fatal. It has been used for many generations amongst the Zulu Nation and many people still believe in its effectiveness.

The MEC said he hopes that by doing this the number of lives lost which are pregnancy related will decrease. MEC Dhlomo strongly wishes for the number of these incidents to be zero as no child has to lose a mother and miss the opportunity to be raised by his/her own mother. All community stakeholders were encouraged to be actively involved in the lives of pregnant women, from the stages of Ante Natal Care to Post Natal Care; men, grandparents, traditional health practitioners, traditional leadership all have a role to play.

ROTARY FAMILY HEALTH DAYS— PARTNERING TO TAKE SERVICE TO THE COMMUNITY



At the Copesville site on the first date, they managed to provide services to a staggering 261 clients.

Above: A client getting her vital signs checked **Right:** Staff members from Daymed Private Hospital were there to assist throughout the campaign

The National Rotary Club also known as Rotarians had done it again!! Over a period of three days, The NGO in partnership with the National Department of Health took the much needed health services to the people in different areas/sites around South Africa. Community Halls were transformed into mini-clinics where all PHC services were provided for the much needing communities.

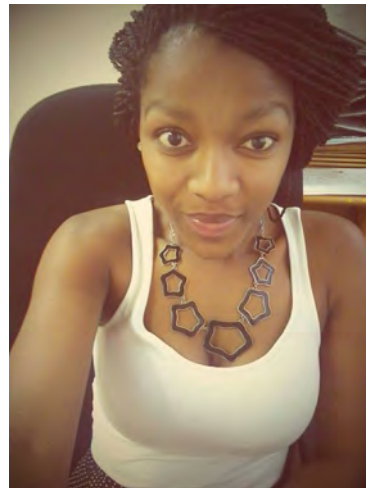
Now in its fourth year, Rotary Family Health Days is a major public-private partnership that offers access to free health screenings and immunisations to vulnerable communities across the country. The event was planned from start to finish in partnership with the Rotary volunteers and the uMgungundlovu Health District. It was held over three days from 12 to 14 October 2016 in 3 different sites namely Dambuza, Copesville and Howick.

Communities from these areas received free services which included TB screening, HIV screening and counselling, high blood pressure and diabetes screening, eye testing, dental services, family planning, social services, rehab services, immunisations and more. Educational material and health advice were also available for the communities.

ACKNOWLEDGEMENTS



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