



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

uMgungundlovu Health District

Impilo Encono

NEWS

STAY INFORMED

Quarterly Published News about
uMgungundlovu Health District Office

JUNE–SEPTEMBER 2017

MATERNAL HEALTH PRIORITISED

The community of Hopewell in Richmond Municipality was visited by the District office to raise awareness on Maternal Health. This is an initiative to visit areas where there has been a mother who dies during or soon after child delivery.

It has been identified that some do not attend their Ante Natal Care sessions as they are supposed to and they miss out on all the information and important health care and tests that is received during the time when it is discovered that a woman is pregnant till the time she gives birth.



Early Ante Natal Care visits for pregnant women is vital to ensure health of the pregnant woman and her unborn baby. These were the words which were shared at an awareness event at the Hopewell area in Richmond



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Women's month celebration for District female staff members
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Mental Health Awareness Sports ...
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WORLD HEART DAY AND A PILOT PROJECT UTILISED BY CCGs



Representatives of the Department of Health, IBM, Novartis, Vodacom and Chronic Disease Foundation

On 28 September 2017, Northdale Clinic celebrated World Heart Day. A lot of people are dying from heart attacks and heart related conditions; mainly due to the unhealthy lifestyles that are being lived by today's society. At the commemoration, the attendants which included people from the local community were informed of the dangers of heart illnesses and that regular exercise and healthy eating habits are the top recommendations to combating the disease.

At the event, Community Care Givers (CCGs), department of health representatives and a team of representatives from IBM, Novartis, Vodacom and Chronic Disease Foundation were present to share how a project which was used by CCGs assisted in making working in the community smarter.

Community Care Givers (CCGs) conduct door to door household visits on a daily basis, especially in rural areas rendering healthcare service and liaising with the department of health in ensuring that the households who have been identified to need health assistance acquire the required health services. Their existence has been very helpful in addressing issues surrounding chronic illnesses, people who default on treatment and the like.

With a collaboration of the above mentioned organisations (department of health, IBM, Novartis, Vodacom and Chronic Disease Foundation) the CCGs were given cellphones to utilise when visiting and doing health education at households to gather information.

The Cellphone project which was in operation for 18 months was piloted at three clinics in uMgungundlovu namely Northdale Clinic, East boom Clinic and Khan Road Clinic.

CCGs who were present at the event were thankful for the project which assisted them in making their jobs easier, instead of carrying exercise books, they then utilized cellphones and it was easier to find records related to one's health. The cellphones even tracked which household a CCG was visiting at a specific time and had health related educational information. There is hope that the project will continue after discussions with the sponsors.

THE COMMUNITY OF HOPEWELL WERE INFORMED ABOUT THE IMPORTANCE OF THE HEALTH OF A PREGNANT WOMAN AND HER UNBORN CHILD



Mrs Thuli Tembe addressing members of the community during a dialogue with women on Social Ills and the role of the community in curbing the deaths of pregnant women

Recently uMgungundlovu Health District collaborated with teams like Siyanqoba (Beat it) and visited Richmond Local Municipality's Hopewell area to conduct a Youth and Women's Health awareness which was combined with a community dialogue. The aim and focus was on daily social ills faced by the community like teenage pregnancy, late bookings for Ante Natal Care, sexual health programmes and high rates of HIV and TB.

It was discovered that the Hopewell area have had 3 pregnant women die in the past year. When a woman dies during her pregnancy, thorough research is required to be done by health facilities and the district affected because one death is one too many. During the research, it was discovered that the main contribution to these deaths was because the women ingested unapproved traditional herbs and attended Ante Natal Classes very late or did not attend the at all. This prevented health care workers to provide the necessary care to the woman and her unborn child. The campaign took place at the community hall. The main aim for conducting a dialogue was to give the Department an opportunity to share key health messages with the community and allow them to share their own views regarding their own health and life styles. There was a commission breakaway which split into four groups (elderly women/grandmothers, men, youth and young wives) for discussion on issues surrounding their community. The youth mentioned that one of the problems why teenagers of their community fall pregnant so much is because they don't have recreational facilities. As a result, whenever they get bored, sexual intercourse and substance abuse becomes their hobby. The ward councilor Mr Maphumulo also listened to the needs of the community he leads. Moreover challenges and opinions were addressed in groups and presented to everyone. The Department and Government wants to ensure that community and youth are at the best of health because they are the future leaders of this nation. Therefore it is their concern that issues are prevented and dealt with accordingly before destroying the future of the community members.

HIGH TEA TO CELEBRATE WOMEN'S MONTH



Lovely and beautiful women of uMgungundlovu Health District gathered to celebrate Women's Month

It was high fashion and high tea on the 31st of August 2017 at uMgungundlovu Health District as the district commemorated Women's Month. Dressed in beautiful fashion and big statement hats, the ladies were treated to an event organized to mark the end of Women's Month (August) which is celebrated annually in South Africa. Women's Day is celebrated on 9 August every year, is a historically victorious day for South African women. On 9 August 1956 a number of women delegates of about 20000 marched to the Union Buildings to fight against the then "Pass Law". The law required black South Africans to carry a Pass which served as an identification and means of segregating the community. The march marked a significant day for the women of South Africa as nowadays women's day is celebrated to draw attention to societal issues faced by the women of today amongst them violence, physical abuse, crime, rape, sexual harassment in the workplace, unequal wages and salaries when compared to male counterparts, education and more. The well attended event at the District Office celebrated the above and the strong women of the district office. Liberty Life Insurers were present to challenge the women to plan for their current and future finances. Issues like having a life cover to take care of your family when you demise or suffer from dread disease and preparedness for retirement were highlighted. Mrs. Sindi Mbambo who gave words of encouragement mentioned that a wise woman is one who puts God first in everything she does. She mentioned that the struggles faced by women today are there for a reason and most of the time cannot be avoided; women must be strong at the workplace, they need to support and lift each other up. In church, in the community, within your immediate and extended families; women must be strong and support one another. "A woman who walks with God will always reach her destination no matter how difficult it is because it is in him that she finds strength" said Mrs Mbambo. Special thanks to all the ladies who contributed financially, with their time and efforts to the success of this event. Thanks to Rev. Phungula, the District Chaplain who offered The Word of God which encouraged the attendants to have faith.

SPRING HAS SPRUNG—WELCOMING SPRING IN STYLE



Dazzling and bright, staff members of uMgungundlovu Health District uniting to celebrate the beginning of Spring.

First of September marks the first day of **spring**, the end of cold winter days and beginning of warmer seasons; conventionally the whole of South Africa celebrates this day every year. In many areas Spring Day is celebrated by splashing and spraying each other with water, dressing in bright coloured clothing, planting a tree and more. The District Office had a special commemoration of Spring Day on the **1st of September 2017**, managers and colleagues who participated were wearing their floral and bright colours.



The lucky Winner, Nobuhle Mnikathi (Inserve-Reception) receiving her prize from Miss T Hadebe, Communications Manager .

There was a display table at the main entrance (reception area) with a display of different kinds of fruits, encouraging staff members to eat more fruits as they are healthy and nutritious and many will be on season. A lucky prize was prepared (a platter full of all mouth-watering goodies) and it was up-for-grabs for all who participated. The lucky draw winner was Nobuhle Mnikathi from the Reception department.

Thanks to the organizing team for bringing fun to the workplace. Enjoy Spring and all the goodness that comes with it.

UMGUNGUNDLOVU TRADITIONAL HEALTH PRACTITIONERS COMMITTEE



Seated from left: Mrs S.Msomi (Chairperson); Mr S.Mkhize (Deputy Chairperson), Mr A.B.Madlala (Secretary), Mr N. Buthelezi(Deputy Secretary), Mr B. Dlamuka (Treasurer)

Standing from left: Mrs N.Ntsele(HIV/AIDS),Mr S. Ndlovu(Wildlife), Mrs P.Mabhida (Child Health), Mr.N. Vadim (Male Medical Circumcision), Mrs Mkhabela (Research), Mrs H Myeza (Education), Mrs T. Zondi(Arts and Cul-

On the 15th of August 2016 uMgungundlovu Health District held elections for the District Traditional Health Practitioners (THPs) Committee. This is after sub-district committee elections for THPs were held in 7 different municipalities and the committees were established.

It's a fact that most citizens still visit Traditional Health Practitioners (THPs) whenever they are ill or need to consult about issues in their lives. Some have more trust on traditional medicine compared to clinics and hospitals which is how most black South Africans were raised. Some citizens still believe a health facility where Western medicine is provided is for really sick people and they have traditional medicine as their first option. It is for this reason that a need to collaborate Traditional Medicine and Western Medicine ways of helping people from illnesses was realised in South Africa. It was discovered that in order to improve the lives and health of South Africans the two disciplines must work together. This has been proven to work as THPs now have an Act that guides them; they have been collaborated into organisations and public platforms that deal with citizens' health like the various levels of Aids Councils. It is no longer surprising to visit a THP for an illness and have that THP refer you to a local clinic for tests and further treatment; especially in the fights against that incurable HIV/AIDS. It is for the above reasons that the department of Health and the District Office sees a big need to work together with THPs in the fight against pandemics that people are suffering from.

The newly formed District THP Committee will draw up a constitution and report to the Provincial THP Committee. They will assist in issues like Education, Male Medical Circumcision, HIV/AIDS, Research, Mother and child health, Wild Life, Arts and Culture in communities where they are based.

BUILD-IT PARTNERED WITH DEPARTMENT OF HEALTH TO EN-COURAGE KIDS' PARTICIPATION IN SPORTS



Above: Scholars from Muzi Thusi School took home the main prize beating Mfundwenhle School in penalties. They were happy to receive their prizes

Below Right: Slenge Spruit won the netball tournament beating Mt Plessant in a tough final match

Below, Far Right: Umntwana Nhlanganiso Zulu who comes from the Royal House and is a TB ambassador was also part of the event, he was pictured at a media conference before the event.

The Build-It Company in South Africa which is a company specializing in supplying building materials regularly holds Sports Tournaments throughout the country focusing on young people.

Recently the Sports Tournament was held in eMbalu Township at the Wembly Stadium. The Tournament focused on children under the age of 13. Surrounding schools and community soccer and netball teams were allowed to participate in the tournament which was entirely sponsored by Build-It. The company partnered with other organisations including department of health to encourage the youngsters to participate in sports and healthy lifestyles which are free of drugs, pregnancy and unsafe sex. Department of Health provided health services to the crowd like HCT, TB testing, diabetes testing etc.

Muzi Thusi School won the soccer tournament with their player Thabiso Mkhwanazi receiving player of the tournament by scoring 6 goals throughout the tournament. Slenge Spruit school won in Netball. Winners received a variety of great prizes.

Encourage children to stay active and engage in sports activities instead of sitting in front of mixing with the wrong crowds who could lead their lives towards dangerous paths.



BREASTMILK IS BEST—SHOW IT ON YOUR SOCIAL MEDIA



Above: uMngungundlovu Health District Nutrition Team accompanied by other staff members who are passionate about breastfeeding. They were demonstrating breastfeeding with the supplied baby dummies which are available for anyone who wants to take a picture.

Below: Administration staff members demonstrating breastfeeding

Breast milk has been proven to be the best form of food for newborn children. Research findings states that children must be exclusively breastfed for the first 6 months of their lives, this means the child must get only breastmilk that is not combined with any other food like powder/ formula milk and infant food. Breastfeeding is cost-effective and children who are breastfed are less likely to suffer malnutrition, don't get sick often and have been stated to be smarter than the formula fed babies.

During the month of August 2017 up until the year 2018, the public is encouraged to take pictures of themselves holding baby dummies demonstrating Breastfeeding and place them

on their social media accounts. The pictures can be made Profile Pictures on Whatsapp, Facebook, Twitter, Instagram or post them on social media to start conversations around breastfeeding and why and how communities and families should and can support breastfeeding mothers.

Community members can support by forming breastfeeding support groups or use existing groups to support mothers with any problems. They can also Create an environment that is comfortable, non-discriminatory and accepting for mothers to breastfeed in the community.



SHE CONQUERS PROGRAMME RE-LAUNCHED AT PHAYIPHINI HIGH SCHOOL



Students at Phayiphini High School listening to speeches from various speakers on the She-Conquers campaign and importance of focused, educated, safe young girls in the society

On Friday 28 July 2017, Phayiphini school in Umsunduzi Local Municipality Ward 1 was visited by uMgungundlovu District Mayor and all partners to re-launch a campaign called She-Conquers. The She-Conquers campaign was launched in uMgungundlovu by Deputy President of South Africa Mr Cyril Ramaphosa on 24th July 2016. She-Conquers focuses on the empowerment of young girls and women. Young girls and women have been found to be vulnerable in South Africa. Some are being used by older men better known as Sugar Daddies and recently as Blessers (a man usually older who gives expensive gifts to a woman in exchange for sexual favours) and they are at greater risk of being infected with HIV virus from these older men.

The Ward Councillor was thankful that the high school has been progressing over the years and is now lead by a female Principal who has shown great leadership capabilities and brought pride to the community. She mentioned that she would love the community of the area to contribute to the reduction of high HIV statistics in the district and province. Although the programme's main focus is in females/girls; boys are also included. They were made aware of social ills to avoid and they are part of the campaign to fight HIV infections and teenage pregnancy as both genders are believed to be able to do a positive difference. Matriculants of Phayiphini were encouraged to aim for higher pass rates at the end of the year and create a better path for their future as next generation leaders.

MEN MARCHED FOR BETTER HEALTH AND INVOLVEMENT IN THE COMMUNITY AND HOUSEHOLD ISSUES



Men marched in commemoration of men's month and to share advice about societal issues affecting them as men

Males from all walks of life participated in an awareness march at the Edandale area which focused on men and issues affecting them as individuals and as groups; more particularly those that are related to relationships. On the 28th of July 2017 different males marched from Plessisslaer Police Station to Edandale Lay Centre Hall where they were encouraged to be actively involved in community and family lives; talk openly about issues which they feel they need assistance in; especially issues related to ones sexual life.

Different organisations like Match, eCho and Curb came together to organise the event which was another way of closing the Men's month which is July. A representative from Curb mentioned that the organisation has been in existence for 19 years, amongst their aims and priorities is to conduct research for different subjects. The organisation is currently conducting a research study which studies the possibility of prevention of new HIV infections when a woman uses a ring which is inserted inside her vagina. Females are at greater risks of contracting HIV due to the make and shape of their reproductive organs. The study is called "the ring study" ; 1950 women participated in the study and the feedback has been positive. The ring doesn't disturb a sexual intercourse or make it uncomfortable. Its hard for the sexual partner to feel the ring as it is inserted at the back of the vagina. The study is still continuing, if successful it will be a major breakthrough in reducing new HIV infections, which continues to be a problem in uMgungundlovu District. At the event, it was mentioned that men must familiarise themselves with pregnancy and HIV prevention methods that they can use as men and which their partners can utilise.

MEN MARCHED FOR BETTER HEALTH AND INVOLVEMENT IN THE COMMUNITY AND HOUSEHOLD ISSUES



After the event, Zulu traditional meals cooked and served by men were offered to all audiences who were present. The meals were served the traditional way in trays made of wood also known as isithebe in isiZu-

They also need to learn how these prevention methods work and know their side-effects; women cannot win the fight alone. Lack of male knowledge may even lead to physical abuse or the man accusing the partner of being unfaithful; even when this is not the case.

It has been discovered that there is a growing trend amongst men where they perform dangerous experiments by inserting beads on their penis, this they say makes sex pleasurable for their partners; the beads acts as a stimulant. Men at the event were discouraged from practising this dangerous experiment which could lead to infections, damage to the penis and increased chances of HIV infections as the males engage in unsafe sex afterwards. The attendants were also asked to share these warnings to their counterparts in the community.

Men who experience abuse of any sort from anybody or from their female partners were encouraged to come forward as the law is also on their side. Recently a group of women in KZN were jailed for raping a male, this proves the law does not favour any gender. At the end of the programme males were encouraged to do Medical Male Circumcision as it reduces chances of contracting HIV virus. Abstinence from sex and faithfulness was also mentioned; as a male it must not be shameful to abstain from sex or have just one sexual partner. Men were also encouraged to do Prostate Cancer screening for early detection of the cancer virus.

ECHO Organisation encourages men to be involved in female contraceptive decisions. Both partners must talk about the options available and disease which options are best suited for them. Family Planning must be an easy subject to discuss, this will reduce the number of illegitimate children and children who suffer from not having present fathers.

FUN-FILLED SPORTS DAY FOR MENTAL HEALTH CARE USERS AND SENIOR CITIZENS



Participants competing in a 100 metres race during the Mental Health Awareness which encouraged participation of Mental Health Care Users in every aspects of community activities

Every individual is encouraged to participate in sports and physical activities regularly in order to keep fit and healthy. Mental health care users and senior citizens are also not exempted from participating in sporting activities. During the month of Mental Health Awareness, On 19 July a Sports Day was held at Northdale Sports grounds where different facilities who specialise in Psychiatry participated in different sports activities namely tug-of-war, 100m race, 100m relay, potato-on-spoon race, treasure race. Staff members also participated in a 100m race.

During the mental health awareness month which is July, we are encouraged to bring awareness of what Mental Illnesses is. Mental Health problems can come in many ways, including panic attacks, bipolar disorder, depression, paranoia and more. It does not necessarily mean a person is always shouting, violent and doing very odd things. The escalating usage of drugs in the community has also contributed to an increased number of people, especially youth suffering from mental illnesses. During the Sports day, attendants were encouraged to treat people suffering from mental health illnesses as normal members of society who must be loved, supported and encouraged to do things that will capacitate them and make them independent.

On the same day, a Senior Citizens sports day was held at Oval Sports Grounds where senior citizens from different locations gathered to compete in sporting activities. Since they are more prone to chronic illnesses and abuse; it is recommended that they also participate in sports activities in their local communities. Senior Citizens can even form soccer clubs where different government would give a helping hand. They were informed to be independent and take charge of their lives

FUN-FILLED SPORTS DAY FOR MENTAL HEALTH CARE USERS AND SENIOR CITIZENS (Continued from page 5)



Picture 1: Townhill Psychiatric Hospital won the male potato-on-spoon race for males.

Picture 2: A female participant winning potato-on-spoon race.

Picture 3: The top three females finishers for the 100m race, Madadeni Hospital won the race.

Picture 4: Male participants in groups of three top finishers for the relay race which was won by Ekuhlengeni Psychiatric Hospital.

Picture 5: Staff members also participated in a 100m race.

Picture 6: Visitors watching and enjoying the games

Picture 7: senior citizens had their own fun sports day where they participated in different physical activities.



VACCINATE YOUR CHILDREN AGAINST MEASLES



Posters, fliers and loud hailing were some of the tools utilised to inform the public about a measles campaign which was held in June 2017

The National Department of Health recently held a Campaign to immunise children against Measles. The campaign started from the 12th until it officially finished on 30th June 2017 but the department added one week to wrap up the campaign. All Children of the age of 6-59 Months were illegible for the immunisation. Measles is a viral infection, spread from person to person through saliva by coughing, sneezing or being in close contact with an infected person. Symptoms include fever, a rash and flu-like symptoms.

uMgungundlovu Health embarked on a wide and vigorous community mobilisation, doing door to door visits, distributing printed material and loud hailing in community areas where the community members were notified when to bring their children for immunisation. There was a pre-launch campaign held on 9th June 2017 at Shiyabazali informal residents in uMngeni Local Municipality Ward1. Parents were informed to bring their children for free vaccination to identified areas. Through the combined efforts of the district and all facilities involved, the target for immunisation which was 90% was reached. Routine vaccinations are available at local health facilities for free. Unfortunately, recently there was a diagnosis of a few isolated cases of measles in different Districts including, Umgungundlovu. The majority of these cases were mostly diagnosed amongst a particular community who have been identified to not take one of the main ingredients of the vaccine due to Religious beliefs and are being traced with the aim to offer the measles vaccination irrespective of age. Liaisons with the affected communities are continuing to communicate all measles response activities which need to be implemented.

KZN LEGISLATURE VISITED NORTHDALE AND GREYS HOSPITALS



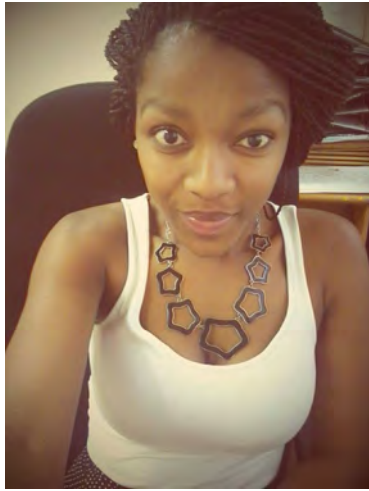
The KZN Health Portfolio committee led by Yusuf Bhamjee visited Greys Oncology Unit interviewing staff members and patients regarding the state of the department and treatment offered.

On the 23rd of June 2017, the KwaZulu Natal health portfolio committee conducted an oversight visit to Northdale District Hospital and Grey's Tertiary Hospital. The visit was a decision made in parliament about the status of the health department in KwaZulu Natal. This also followed by the numerous media attention which was given to the department over allegations of Cancer Patients not being provided the health care they need due to broken oncology equipment and shortage of oncologists in the Province.

At Northdale Hospital, the CEO Mrs Buhle Maphanga mentioned the hospital's challenges and achievements. Being the only hospital offering district levels of care in town and one of the only two in the District, it was mentioned Northdale Hospital has a high number of patients coming from all over the district, making it difficult to deal precisely with patient care; old infrastructure, vacant posts are also some of the challenges. Its achievements include the National Core Standards and Ideal Clinic realisation for some of the clinics affiliated to the hospital. Despite the high work overload, staff members are still optimistic and dedicated to their duties.

Greys Hospital CEO, Dr Ben Bilenge gave a presentation which included shortage of nurses to work at ICU and Neonatal units. A visit to the hospital's Oncology department which is the department that attends to patients affected with cancer was conducted where the committee members had an overlook at all the machinery which was in working order. The head of the department did mention that they had a high number of oncology patients, spanning from other nearby districts including the Eastern Cape Province. The oncology department also did have Oncologists who provided the service to patients.

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