

UMKHANYAKUDEHEALTH DISTRICT OFFICE

SIKHANYAKUDE

NEWS

APRIL JUNE 2023

STAY INFORMED

UNGQONGQOSHE WEZEMPILO KWAZULU NATAL U NOMAGUGU SIMELANE WALETHELA UMPHAKATHI WASE NTSHONGWE UHLELO LWE SIBHEDLELA KUBANTU



MEC for Health in KZN Nomagugu Simelane, Mayor of Umkhanyakude District Municipality Cllr Siphile Mdaka & District Director Ms MP Themba during Isibhedlela kubantu.

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Isibhedlela kubantu endaweni yaseNtshongwe



Ngqongqoshe umhlonishwa Nomagugu Simelane ephelezelwa umhlonishwa uMeva weSifunda saseMkhanyakude uSiphile Mdaka baletha uhlelo oluyinggayizivele "Isibhedlela Kubantu" olwaluzobaphakela uchungechunge lwezinsiza zezempilo eMkhanyakude endaweni yaseNtshongwe mhla zingama 22 ku Ephrei 2023.

"MENTER METERS"

UNgqongqoshe uSimelane waphinde wadonsa ngendlebe izihambeli zalomcimbi ukuba zizihluphe ngokwazi izimpawu zomdlavuza webele, owesibeletho, kanye nowethumbu eliphakathi esithweni sangasese somuntu wesilisa (prostate cancer).

Wabuye waveza ukuthi kujwayelekile ukuthi uma kukhona umuntu oke wanalolu hlobo lwemidlavuza iphinde itholakale nakwabanye. Unxuse abesimame ukuba bazijwayeze ukuzihlola amabele, base bevakashela emtholampilo ngokushesha uma kukhona ighubu noma uketshezi olungajwayelekile abalugaphelayo kusukela eminyakeni ewu-50. ebeleni.

Uthe kubalulekile ukuthi abantu besimame abaneminyaka engaphezu kuka-30 baxoxisane nabezempilo ngokwenza i-Pap Smear ukuze

basheshe bathole uma becathanyelwa yilolu hlobo

lomdlavuza, ngoba uyabulala uma utholakale sekudlule isikhathi. Uthe abesilisa abaneminyaka ewu-45 abanomlando we-prostate cancer emndenini kufanele bahlolwe kanye ngonyaka, kuthi abangenawo bagale ukuhlolwa











Isibhedlela kubantu eNtshongwe kwaMhlabuyalingana













Uchonywe Uphaphe Lwegwalagwala uMqondisi



hlonishwe ngomklomelo obizwa ngokuthi "Uphaphe Lwegwalagwala" umqondisi woMnyango WeZempilo eSifundeni saseMkhanyakude Nksz Makhosazana Themba emcimbini owawubanjwe inhlangano i-Africa Health Research Institute wokubungaza usuku lwabahlengikazi phecelezi International Nurses Day endaweni yakwaSomkhele eMtubatuba ngomhla ziyi 12 ku Meyi 2023.











Portfolio Committee on Health Oversight



As part of its oversight work, The Portfolio Committee on Health for KwaZulu Natal Legislature led by Hon. NR Majola visited Othobothini CHC in Jozini and Mduku Clinic in Big 5 Hlabisa to monitor provision of health services.

Honourable members had a solid engagement with management teams of facilities; interacted with staff and patients; and conducted walkabouts to see for themselves experiences of patients when accessing healthcare services.

The committee at the end provided recommendations on how services could be improved and commended best practices.































Ukhetho lwabelaphi bendabuko lwaba yimpumelelo



Umnyango WeZempilo eSifundeni saseMkhanyakude unobudlelwano obuhle kanye nabelaphi bendabuko. Lobudlelwano akuve bubalulekile ngoba phela amalungu omphakathi asebenzisa izikhungo zezempilo kodwa uyaye uphinde usebenzise izikhungo zabelaphi

bendabuko. Yileso sizathu-ke esenza umnyango ube yingxenye enkulu yokweseka umhlangano owabanjelwa eHluhluwe ngaphansi koMasipala I Big 5 Hlabisa lapho khona izithunywa ezazimele abelaphi bendabuko kubo bonke omasipala

baseMkhanyakude zazikhethela ikomidi Elisha eliholwa umelaphi wendabuko uMnuz Phakamani Msezane. Ubudlelwano obuhle buzoqhubeka ekuqinisekiseni ukuthi usizo lwezempilo lufinyelela ngendlela eyiyona emphakathini.























World Malaria Day Commemorated in Umkhanyakude

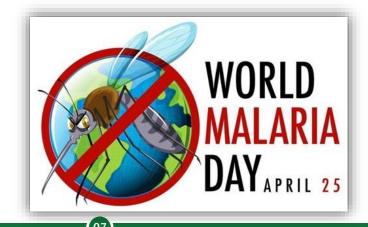


n 25th April 2023 Umkhanyakude Malaria Control team commemorated World Malaria Day through conducting awareness as part of increasing information in communities about malaria especially in areas that are more prone to prevalence of mosquitoes.

The awareness was taken to Umhlabuyalingana, Mboza area where screening for malaria was done to community members; health education conducted in local schools, clinic and in communities; this was done in efforts to eliminate malaria in the district.

According to NICD website, World Malaria Day takes place on 25 April each year. It is an internationally recognised day, highlighting the global efforts to control malaria and celebrate the gains that have been made. Since 2000, the world has made historic progress against

malaria, saving millions of lives. However, half of the world still lives at risk from this preventable and treatable disease, which accounts for a child's life every two minutes.







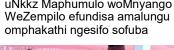




TB Day was commemorated in Mtubatuba



Umntwana uNhlanganiso Zulu eqwashisa amalungu omphakathi ngesifo sofuba





n 26 March 2023 Umkhanyakude Health District hosted the Word TB Day commemoration in Mtubatuba as part of raising continuous awareness on tuberculosis under the theme "Yes! You and I Can End TB".

The gathering did not only focus on providing health education, but also on providing TB related services such as screening and testing community members. The day was supported by district partners such as THINK, AHRI who worked immensely to provide health services to attendants.

Prince Nhlanganiso Zulu is his capacity as TB Ambassador emphasised and stressed importance of screening and testing for tuberculosis when experiencing symptoms such as: cough with sputum and blood at times, chest pains, weakness, weight loss, fever and night sweats. He even shared his own experience that he was diagnosed with TB in 2010, after which he spent

3 months in a Durban hospital before having one of his lungs removed.

"I want people to realize that I no longer have all my body parts, thanks to TB - I believe

many people can relate to the pain of this." As a TB survivor, the Prince devotes much of his time to social and health advocacy.











Hand Hygiene Day 2023 at Mseleni Hospital



n 5th May 2023
Mseleni
Hospital Team
conducted Hand
Hygiene Day. World Hand
Hygiene Day is marked every
year on 5th May, to raise
awareness of the importance of
handwashing to prevent the
spread of infections.

The team conducted its awareness at a local primary school; visited street vendors and educated staff about the importance of hand washing.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread

from person to person or from surfaces to people when you: Touch your eyes, nose, and mouth with unwashed hands, Prepare or eat food and drinks with unwashed hands, Touch surfaces or objects that have germs on them, Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects











Healthy Lifestyle Programme held in Jozini



lifestyle activities can increase worker productivity, satisfaction and retention.

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