



KWAZULU-NATAL PROVINCE

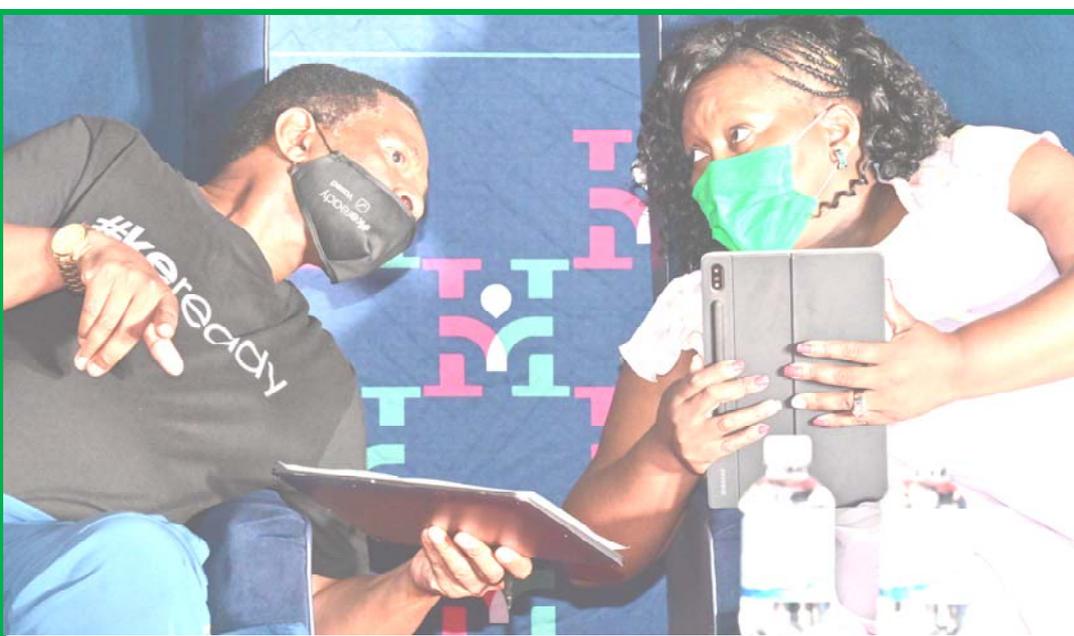
HEALTH
REPUBLIC OF SOUTH AFRICA

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KING CETSHWAYO DISTRICT NEWS



GROWING KWAZULU-NATAL TOGETHER



UNIZULU Sexual Reproductive Health awareness and dialogue proved to be a great success

The Deputy Minister of Health; Dr Sibongiseni Dhlomo, and MEC for Health in KwaZulu-Natal, Ms Nomagugu Simelane on (Tuesday, 22 February), visited University of Zululand as part of countrywide Sexual Reproductive Health awareness month activities. The crucial purpose for this visit and awareness campaign is to align and prepare first year students for the realities of higher learning institutions and ensure that all students receives and access health care services due to them. Due to campaigns like these young people are urged not to succumb to peer pressure and associated shortcomings that come with being at higher learning institutions. Students were encouraged and guided to ensure “First things First “ which is getting what a student came to higher learning institution for, which is education through academic performance followed by completion of ones academic requirements and graduate alive.

There is a high rate of unplanned pregnancies and high rate of HIV infections amongst students general at institutions of higher learning nationally. This campaign was part of a pro-active approach to in-service and educate young people to take of themselves and it also afforded students an opportunity to consult with leadership on the day. This was done through a dialogue which took place a day before the campaign, which was part of consultation where students were able to voice their issues and challenges affecting them. The increased risk of HIV infection young people in higher learning institutions compared to other age group poses challenges with regards to access to health services. The Department of Health developed the National Adolescent and Health policy in 2017 which recommended the establishment of youth zone as a low hanging fruit to fast track the implementation of the Adolescent and Youth Friendly services (AYFS).

The Deputy Minister of Health; Dr Sibongiseni Dhlomo in his keynote address, stated the following: “– South African adolescent and youth are facing various health challenges and social ills, and as government leaders in collaboration with youth organizations, we have committed ourselves to work closely with young people

in order to better understand their need to do something to work closely with you students, it is important to involve you in our campaigns in order to better serve our society.

Dr Dhlomo also alluded to the fact that: “Gender-Based violence remains a serious issue of concern, and we need to support the victims who are women in majority to break the silence so the perpetrators can face the law. Most of these GBV cases are linked to substance abuse, alcohol and drugs in particular, contribute to poor academic outcomes.”

Health MEC Ms Nomagugu Simelane pleaded with students to adopt the mantra of “One condom, one round!” and never ever compromise. She also urged parents to find ways to talk openly to their children about the dangers of unprotected sex – or face dire consequences. “Yes, it’s not an easy conversation at all, but it’s a necessary conversation that we must have. Young women have a responsibility to take their lives into their own hands. Young men, too, have a responsibility to make sure that their own lives are protected. And when you’re protected, you then protect the next person.”

“I always say to young men, do not look at your potential partner and decide based on their appearance whether they are HIV positive or not. Don’t look at me, or at the guy who is propositioning you and assume that just because they appear in a particular way then you won’t need to protect yourself from STIs. Condoms are meant to protect you from all sides. The discussion about reproductive health is for us all. We should continue to have these engagement.” MEC Simelane said the Department will continue to make its healthcare facilities more welcoming and friendly to young people; and will partner with various institutions of higher learning to promote responsible sexual behavior.

PHOTO GALLERY FOR REPROCTIVE HEALTH CAMPAIGN IN UNUZULU



Left: Deputy Minister for Health Dr SM Dhlomo and MEC for Health in KZN: Ms Nomagugu Simelane visited health stations that were providing a variety of Reproductive health and general health services on the day.

Below: Participants panel during the engagement session where robust ideas were shared





Men's health is key, so as behavioral change and moral



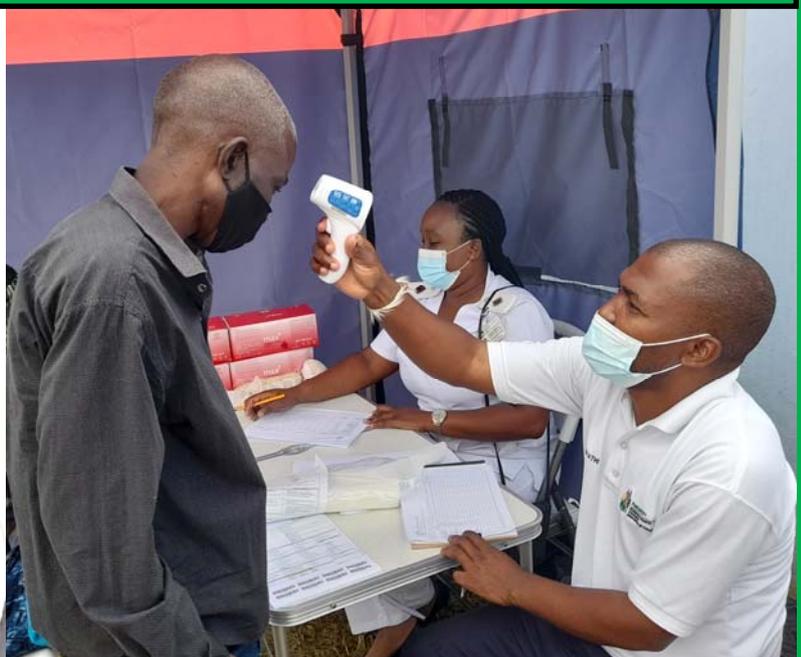
Men's Health is our priority, males are known to be not too keen for accessing health services early, so that early detection of any health related issues can be dealt with and be managed accordingly. Generally men present very late at health facilities, which makes health interventions very difficult.

In partnering with Prince Nhlenganiso Zulu, Nkandla Hospital, King Cetshwayo District Office and district partners on the 24th of February 2022 took health services under the umbrella of Isibaya Samadoda to ward 14 under Nkandla Local Municipality in Nxamalala Tribal Authority. This campaign began a day before with a door to door Health Blitz which was meant to identify any social ills in the area and to be able to refer accordingly to relevant departments and the blitz was used as form of mobilization to the main event the following day. Isibaya Samadoda is a platform that conversation within a community about the concerns of male community. These concerns might be about any kind of problem that the community faces. Isibaya Samadoda is a dialogue which stimulates an interactive engagement with participants to solicit an outcome. Primary Health Care services were offered on the day and not only to males but general community.

There was also an on sight Male Medical Circumcision service. The audience received messages of support from other stakeholders like crime prevention from SAPS and drug awareness from SANCA. Isibaya Samadoda is led by Prince Nhlenganiso Zulu to communicate with men on issues below, and more specifically on men's reproductive issues with MMC as the gateway to men's health. Furthermore, the dialogues aimed at addressing the scourge of gender based violence against women and children as has lately risen in our society. This platform enables and encourage men to be agents for change in their communities, projecting the following outcome, men to address and prevent gender based violence in their communities. Men can stop or prevent rape, reflection about masculinity and positive values, men identified with problems of self control need psychological help, sexual and reproductive health including HIV prevention, treatment, care and support.



PHOTO GALLERY FOR ISIBAYA SAMADODA CAMPAIGN



Above : Mr Nkosinathi Roji (Manager) from Male Medical Circumcision addressing the community during Isibaya SaMadoda event at Nxamalala area





King Cetshwayo Health ensures a cervical cancer free generation through Human Papilloma Virus campaign vaccination launch.



Human Papilloma Virus campaign (HPV) is held Nationally twice annually catering for young girls . The first round of the campaign took place on the 14 February to 31 March 2022 and second round of the campaign is in September to October 2022. The campaign is coupled with Tetanus dose and Deworming dose which is given to both genders. The Human Papilloma Virus campaign is administered to young girls to protect them later against cervical cancer , this then indicates how critical it is for parents to fast track returning of necessary documents for children's eligibility to be vaccinated. This means living a cervical cancer free life.

Human Papilloma Virus Vaccine can prevent most cases of cervical cancer if the vaccine is given before girls or women are exposed to the virus or sexual activities.

HPV Vaccine can also prevent vaginal and vulvar cancer. In addition, HPV Vaccine can prevent genital warts, anal cancers, and mouth, throat, head and neck cancers in women who is

vaccinated as early as before exposure to the virus. Health Promotion activities and mobilizations were done for community awareness on what to be expected during HPV Campaign. This also assist health workers that are involved with the campaign not to be delayed by minor logistics. The six months in between doses is to allow the first dose to work then the second one act as booster dose. HPV and COVID-19 vaccines can given same time and this is based on the latest guidelines allow both vaccinations to be given same time and it has been confirmed that it is safe to do so. King Cetshwayo during this current COHORT it has 19 teams that are working tirelessly through out the district to cover all targeted age groups not to miss any. Most children that are within this Cohort are in Primary Schools, vaccinating teams are visiting schools .



TB is a disease that mainly affects the lungs, but can be found in any other body organ. It is caused by a germ called *Mycobacterium tuberculosis*. The germs are present in the sputum coughed up by those that have TB of the lungs. The germs usually destroy the soft tissue of the lungs, and this causes cavities (holes) in the lungs, resulting in difficulty with breathing, and blood can be coughed up. If untreated, TB can cause death. The disease is passed on from person to person. When a person who has TB coughs, sneezes or spits, germs are spread into the air from where they can be breathed in. Fortunately not all those infected contract TB, in most cases the germs are sealed off in the body and they do not multiply. However, if the body's defences can no longer control the germs, they become active and the person gets TB.

As part of TB month, TB teams embarked on different activities to raise awareness in different parts of the district. These campaigns were not focusing on TB program but comprehensive health screening and house hold profiling in terms of all other social ills that can be found in a household. On the 2nd of March 2022, the district office team and Nseleni Community Health Centre partnered with TB-HIV Care organization did a road show campaign at Nseleni Taxi rank as part of raising awareness. During this activity health promotion and responding to community enquiries and questions is key. At Nseleni rank 71 people tested for TB and two tested positive for HIV and initiated on treatment on site. Activities continued the

following day on the 3rd of March 2022, it was in the form of a community dialogue at Nseleni Community Health Centre, engaging community members whilst waiting to be serviced. These exercises do assist teams for planning to respond to community needs specifics when going out to communities. Since health services disruptions due to Covid 19 pandemic, health outreach teams need to regroup and be on the ground for service integration on the ground.

Week of the 22nd to the 25th of March 2022, King Cetshwayo multi disciplinary teams embarked on a comprehensive services blitz led by TB teams, household visits are done during this exercise where everything is being looked at in a household. During this TB blitz 148 households were visited in a very rural setting under Nkandla areas, 59 community members took HIV Testing Services, of which 3 tested positive and were initiated on treatment. To all our teams. On the 24th of March 2022 TB day was celebrated in Masundwini area under Mbongolwane Hospital which is Ward 4 of uMlalazi Municipality. TB day event was coordinated by Mbongolwane Hospital outreach team in partnership with MSF and TB-HIV Care. Masundwini community leaders appreciated this visit and engagements. Community was entertained by educational drama related to TB. The day was about community empowerment through basic factual health information. A word of gratitude will go to the dedicated outreach teams, MSF and TB-HIV Care for the support in reaching out to our communities.

PHOTO GALLERY FOR TB MONTH ACTIVITIES



February is Sexual Reproductive Health Month

Here are the smart choices:

- Abstain from sex.
- Insist on condoms at all times to protect yourself and your partner from STI's and unplanned pregnancy.
- Use contraceptives to ensure that you fall pregnant only when you are ready to become a mother.
- Encourage your partner to get Medical Male Circumcision and use condoms at all times.
- When you do fall pregnant, visit a healthcare facility as soon as possible to adhere to

MY HEALTH AND WELL-BEING IS
IMPORTANT

I HAVE THE POWER TO PREVENT UNPLANNED
PREGNANCY, STIs AND HIV INFECTION



MAKE
THE RIGHT
CHOICE

March is TB Month

**TB CAN BE
CURED**

GET TESTED | COMPLETE TREATMENT | LIVE A HEALTHY LIFESTYLE

Physical Address: Corner
Chrome and Crescent Road ,
Empangeni Rail.

SWITCHBOARD:

035-7876231

FAX-NUMBER:035-7876249

Postal Address:

Private Bag X 200034 , Empangeni
Rail , 3910

Web Address:

sibongiseni.manqele.kznhealth.gov.za