



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**VRYHEID DISTRICT HOSPITAL**

**INQOLOBANE**

**NEWS**

**STAY INFORMED**

**MAY 2018**

**VRYHEID DISTRICT HOSPITAL**



***NKONGOLWANE HPS LAUNCH***



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**FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE**

## VRYHEID HOSPITAL REUNITES AN ESTRANGED PATIENT WITH HIS FAMILY



*Social Worker Zandile Msweli taken with the Dube family. Reunited at last.*

**T**he three and a half hours long trip feels like eternity. The anticipation fills everyone in the car. Few jokes and stories are shared by the people in the car but what everybody is interested in finding out is the feeling of the person being driven. The road leads to Durban, Lindelani Location. In the car is the Social Worker Zandile Msweli and Nqobile Mbatha the PRO who are taking a patient Xolile Dube back home to his long awaiting family in Lindelani. Not a word is said by him. It is not even easy to detect his real emotions because after finishing the fatcake he was munching passionately when he got to the car, he grows silent.

Occasionally fellow passengers ask if he is still okay, to which he responds by a simple nod. They try to solicit the truth from him if he understands where he is going but he does not budge. Only once he requests for the restroom when the car gets to the garage. For the rest of the trip he remains silent. It feels like one of those Khumbulekhaya (popular SABC 1 television series) moments.

Once the car gets to Lindelani clinic where the Vryheid Hospital staff is meant to meet the family, the smile breaks on Xolile's face. He

starts responding to what the security at the gate is saying as he directs the vehicle to the parking lot. On obtaining directions the team heads for Mr Dube's home. He cannot even wait for the car to stop before he rushes out to the shocked mother sweeping the yard. He passes the lady selling by the road who greets him by saying "welcome home prodigal son". All his mother can utter is a heartfelt "mntanami (my child)". The team is assured they are at the right house.

It all started when the patient (unknown at the time) was brought into the hospital in April 2018 by the local (Vryheid) SAPS having been found wandering in the streets. After a month of prompting, he eventually disclosed that his name was Xolile Dube and that he was from Lindelani Township in Durban. The Hospital then embarked on a mission to locate his relatives. After posters with his face were pasted on the notice boards, Ntokozo Mbatha one of the employees shared the picture with his cousin in Lindelani, who then went on a search for the estranged patient's family. All it took to locate the family after this intervention was two (2) days. After that the exciting process of reuniting the Xolile Dube with his family was commenced.

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The ward prepared a warm send off as Xolile had been in the ward for over two months. He had made friends in both the staff and the patients in the ward. It is a bittersweet moment on the 24<sup>th</sup> of May 2018 when staff in Male Medical Ward have to bid farewell to this young man. He looks good and clean shaven. One would not believe he had been at the Hospital.

In Lindelani, they learn from the family that Xolile left home sometime in December 2017. Ms Dube narrates a story of how she had just finished preparing fat cakes for him (clearly he is fond of fatcakes); Xolile just disappeared after finishing eating. She explains the agony they had to go through looking for him and not knowing where exactly to start.

For her as a mother the last six (6) months had been excruciating months of awaiting any news, good or bad. Together with Xolile's brother they explain that although Xolile had disappeared before, six (6) months would be the longest and Vryheid the furthest.

It remains a mystery as to how he even got to Vryheid and where he remained for the four (4) months before being brought to the Hospital as Xolile would not give those details. After the Social Worker established that Xolile was well in the good hands and his interests would be taken care of, the team bid their farewell.

The journey back is still long and tiring however it warms the hearts to know that Xolile has been reunited with his family and that Ms Dube's fears have been alleviated. For the first time in a long time, she will sleep soundly knowing both her sons are under the same roof as her.

Gratitude goes out to Ntokozo Page Mbatha and his cousin Siphwe Malinga for being so instrumental in this reunion.



**Staff from Male Medical Ward bidding their farewell to Xolile Dube.**



**Friends who were also soccer rivalries**



**The long awaited family reunion.**

## HAND HYGIENE DAY



*Sr S. Smith IPC Coordinator and Ms Zulu Waste Management Officer (IPC Team) taken in Paediatric Ward*

**H**and hygiene is one of the first defenses against sepsis in the health care.

This year, the hand hygiene team visited each unit at Vryheid hospital on the 4<sup>th</sup> of May 2018 teaching staff the importance of hand hygiene.

The team demonstrated hand rub technique and all staff present participated in rubbing their hands.

Clinical and non-clinical staff participated.

Well done to all staff that participated. The health of our communities is in our hands.



*The Infection Prevention and Control Team taken with the Systems and Registry and Informatics staff.*



*HR and Admin Officers*



*General Ward staff*

## NKONGOLWANE HEALTH PROMOTING SCHOOL LAUNCH



*Above: Presentation of gifts for guests.*

*Above Right: Indlamu entertainment*

*Right: Audience consisting parents and community*



**M**ore and more communities are being enlightened about their roles in promoting the healthy lifestyle in their households thus promoting the healthy lifestyle for the whole community.

In Zulu we say 'inyoni ishayelwa abakhulu'. That is the confidence we get that with every Health Promoting School accredited, school children gain knowledge that they pass on to their parents. As a result the whole community is left empowered to live a Healthy and rewarding lifestyle.

Adding to the victories of the Vryheid School Health Teams, Nkongolwane Primary School was launched as a Health Pro-

moting School on the 19<sup>th</sup> of April 2018. In an event that was well attended by different stakeholders that collaborated in ensuring that the school gets accredited as HPS, Department of Health was highly praised for supporting each and every step of the journey.

Speakers from various Departments i.e. Education and Health spoke about Government Policies and programmes aimed at improving the lives of the people.

It was a platform for consultation as parents were engaged on the programmes and campaigns run by Departments i.e. HIV testing that will soon be started at schools. Prior to presenting the school with the certificate, Ms Mbaraga HPS Coordinator

from Zululand Health District also took a chance to explain in-depth about the HPV Campaign to that was taking place at the time, with an aim to eliminate ignorance and misconceptions.

The teachers and pupils displayed extensive knowledge of Health Promotion through songs, poems, plays, zulu and gumboot dance. The biggest cheerleaders were the proud parents.

The neighbouring schools were also present to support and benchmark. It was such a joyous occasion. Mr Sbusiso Ntombela and his team as well as other Department of Health officials came back with a handful of gifts from the grateful Nkongolwane Primary School.

## HOME VISIT FOR THE QUADRUPLETS



**Above: Ms Anna Thusini giving gifts of clothing to the family members**

**Right: Mr Dumisani Tshidzumba immunizing one of the quadruplets.**



Several months ago a miracle happened for the family of Sangweni when they were blessed with unexpected quadruplets. The Vryheid Hospital staff considered themselves part of the miracle as well for the safe delivery and to this day letting go of babies has not been an easy task.

Occasionally Vryheid Hospital and PHC staff pay visits to check the wellbeing of the family since the living conditions were explained to Hospital.

Although Ms Jabulile Sangweni and her babies are from a neighbouring Sub-District within Zululand District, Vryheid Hospital is not limited by the demarcating boundaries.

The first to visit the babies at home after being discharged from the ward was the Deputy Nursing Manager Ms Jane Khumalo accompanied by Ms Nqobile Mbatha PRO. The visit was to send clothes and money that was collected by the staff for the babies and the family.

The staff found that the birth of quadruplet was putting a strain on the family as there were already 12 children in the household and no one in the family is working.

Mr Dumisani Tshidzumba (CDC Coordinator) together with Ms Anna Thusini (CCGs Coordinator) took it upon themselves to go assess if the babies and the family had access to the health services.

After having screened and assessed living conditions, they went back to offer the required services. Roping in the assistance of the Social Workers from Child Welfare who upon getting a report collected all that they could offer to the Sangweni family. With them they brought 8 blankets, clothes for the whole family young and old, formula for the quadruplets and food.

Mr Tshidzumba and Ms Thusini immunized all 4 babies. A total number of 12 children in the yard was dewormed and given vitamin A. Ms Thusini also found an opportunity to give a health talk to the members of the Sangweni family.

Since the visits, several managers have committed to buying the milk formula monthly to support the mother who cannot manage on breastfeeding alone. Staff will also continue doing all they can for their miracle babies until they find the necessary assistance.

## MONDLO YOUTH CENTRE



*Izimpintshi taken with the CEO, Ms N. F. Ngema and CNP Thembile Gamede*

**T**he Youth of Emondlo from the Wards 12, 16, 17, 18, 19 and 20 have been blessed with a youth centre that caters only just for their needs. On daily basis you are met with a pretty sight of young ladies or young men in a school uniforms concerned for their lives. Most of the time you might even mistake the waiting area as a friends hangout area. The waiting area will be abuzz with stories and laughter and no urgency at all to leave without having received the assistance they have come for.

On interview they indicated that they do not have to hide from older people and they totally click with the staff at the clinic hence they feel free to talk about the issues affecting them.

Sr Thembile Gamede CNP who acts as the Operational Manager for the Youth Centre has extended her services to the local churches where she gets to address the youth on issues affecting them and programmes offered by the clinic.

It is also worth mentioning that the centre works as a high volume Male Medical Circumcision site. Every month mostly young men are gathered by the Community Care Givers and the MMC Coordinator Mr J. Ntshingila from the communities and schools of Abaqulusi to come and get circumcised at the clinic. The clinic is really appreciated by the youth and the community. The impact is so visible.



*Left to right: MMC Clients taken with the CEO Ms N. F. Ngema and the MMC Coordinator Mr J. Ntshingila, MMC Doctors Nkosi and Ntunja together with Ms N. F. Ngema and Sir Ndlovu, MMC Staff screening clients.*

## SALUTE TO THE COMMUNITY BASED NURSES



FAMILY HEALTH TEAMS FROM ONE OF THE UNREACHABLE COMMUNITIES THEY SERVE.

**F**or as long as we can remember nursing has always been one of the most desirable jobs. Not only because of the crisp white uniform that make nurses look like angels, it must also be from the knowledge that without the nurses our communities are doomed. From the moment an infant is brought into the world, most are brought into and by the hands of the nurses and most likely their lives end in the hands of the nurses.

I have vivid memories even growing up that my eyes communicated a different message to my brains. Nurses were from out of this world. It didn't help that I was raised by a nurse myself, I still believed they were from a different planet. Having been exposed to the days in the lives of nurses, I realise that what we saw was just a screensaver, a tip of an iceberg. We were only sold dreams. We were not told half the not so glamorous things that nurses have to go through to ensure that we have healthy communities.

I have seen how nurses have had to put their lives on the line to ensure that lives of their clients are improved. Some of these unsung heroes are the community nurses who range from school health nurses, mobile teams, injection teams, tracing teams and family health teams that are linked to the clinics to ensure that the hard to reach communities received health coverage.

What we do not see is that daily they brave the very trying to worst conditions to get to their clients. They leave the comfort of their workplace to nowhere. Some work standing and when they are tired, sit on the grass. If they are lucky, they find tree trunks which become the much luxurious option to sit in.

I have witnessed situations where the car would not be able to get to the destined areas because of poor road conditions. Staff will be required to leave the car behind and take long

## SALUTE TO THE COMMUNITY BASED NURSES

dreaded walks. Often they cross rivers on their foot in the absence of bridges.

One time I remember going with the team to one of the households where only a community care giver and the family health team were allowed to enter. The occupants of that house were blind old lady that stayed with her adult son who also lived with a disability.

When I asked how come they were allowed in whereas others were not. I was informed that the team had to work hard to earn the trust of the occupants. It was a horrendous sight to forget but I was grateful for people like family health teams who pushed beyond those boundaries for the lives of their patients. On more than two (2) occasions, we had to change tyres as women on deserted roads to ensure that the services get to the people.

In all of this, I see the same enthusiasm daily from these community nurses. As early as 07:45 daily they'll be in their cars headed for yet another day with its challenges. Never once have I heard them complain. Instead they go out and know that they are loved and owned by the community they serve. Sometimes they dig deep in their pockets to ensure that mini campaign that they conduct are catered for.

Appreciation goes out to these nurses for such dedication. They could be anywhere, serving in better conditions but daily they wake up, think, care and choose to go to the communities that wait in anticipation. Where they will only hear the sound of the birds and the laughter from the community that appreciates. We salute their dedication and commitment.



Left to right: Family Health teams hard at work against all odds. Sitting on the grass. Crossing dangerous bridges. Crossing rivers just to ensure that health services reach the unreachable communities.



## RABIES AWARENESS



One human case of rabies was confirmed at Abaqulusi area. A probable case of rabies was reported early March, involving a patient that presented with symptoms of human rabies who later demised.

This patient had been bitten by his dog before falling ill. Confirmation of the diagnosis was only done after appropriate specimens were submitted to the laboratory for testing.

The case was the 3rd case to be confirmed in KwaZulu Natal. The Vryheid IPC, CDC Coordinators together with the Environmental Health Practitioner were informed to manage the incident. Mr Dumsani Tshidzumba CDC Coordinator from Vryheid Hospital and Ntobeko Mahlobo Environmental Health Practitioner met with the Hellberg/Ngodini Communi-

ty (where the patient was from) on the 06<sup>th</sup> of March 2018 to conduct an awareness on rabies.

The Department of Agriculture also conducted a campaign in the area and surrounding areas and farms. All dogs from those areas were vaccinated against rabies. Updated information is being shared with all stakeholders in Operation Sukuma Sakhe and various community meetings. To date the number of deaths due to rabies stands at four (4) and all the cases have been from KwaZulu Natal. Communities are hereby requested to present to a health care facility for rabies risk assessment immediately they become exposed to dog bites.

### Rabies

Rabies, a virus that attacks the nervous system and is fatal once symptoms develop, is passed to humans through bites and scratches from infected animals.

#### How rabies virus travels

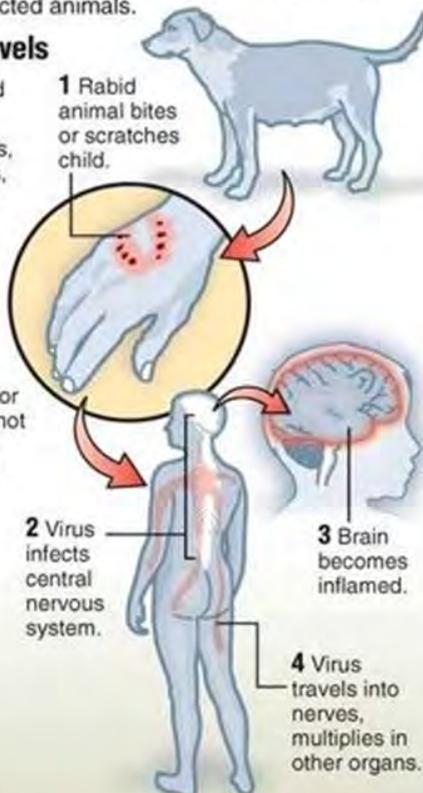
- Spread through infected animal's saliva.
- Occurs mainly in skunks, raccoons, foxes and bats, who can infect domestic cats, dogs, livestock.
- Incubation period in humans is about two months.

#### Treatment

- If animal tests positive for the virus or if animal cannot be tested, person will be given vaccine to prevent rabies from developing.
- If needed, vaccine should be given soon after exposure.

#### Prevention

- Make sure pets have current rabies shots.
- Keep pets in fenced yard or on a leash outside the home.



### Rabies

What you should know



## OPERATION MBOO AT NGOME



**Pharmacy Manager Nondumiso Sibisi and Pharmacy Assistants rendering services.**



**Nurses giving health education to women awaiting sexual and reproductive health services.**



**H**ard to reach areas of Abaqulusi need not fret over the feeling of being left out. Operation Sukuma Sakhe is set on ensuring that all the people from Abaqulusi are not alienated anyhow in getting service delivery.

As part of the planned year programmes, Ngome Area in Ward 2 was visited on Saturday the 21<sup>st</sup> of April 2018. As usual leading Departments i.e. Health, Home Affair, SASSA, Social Development and Agriculture were present and rendering services. Amongst the successes of the day, DOH had a large number of women requesting cervical cancer screening and information, giving hope that with that attitude we will beat cancer.

Riding along as an essential addition to the team was Independent Electoral Commission which was there to ensure that all people eligible to vote, were registered.



**1. Mondli from HST demonstrating use of female condoms**

**2. Different Departments offering services.**

**3. MMC Team also onsite ready to offer services**

**4. OSS LTT Executive Members Mr Dumsani Ngcobo, Ms Daisy Ndebele and Phumlani Mchunu.**



# COMMUNITY OUTREACH SERVICES BY CLINICS

## HLOBANE CLINIC COMMUNITY OUTREACH SERVICES



Above and below: 26 April 2018, Hlobane Clinic Staff offering health services to the Hlobane Hostel dwellers.



## FUDUKA CLINIC COMMUNITY OUTREACH SERVICES



Above: 30 May 2018 Fuduka Clinic staff accompanied by PHC staff took Health services to Thalu and Ntebe areas which are hard to reach catchment areas of Fuduka Clinic.

## PREGNANCY AWARENESS WEEK



*Sr D. N. Mhlongo (above) and Sr F. T. Mdletshe addressing the students from KwaNotshelwa High School.*

For Pregnancy Awareness week on the 16<sup>th</sup> of February 2018, a team from Hlobane Clinic consisting of F. T. Mdletshe, D. N. Mhlongo, Z. P. Skhosana and Z. Mncwango visited KwaNotshelwa School. The aim of the visit was to conduct awareness on Sexual and Reproductive Health. Other areas of interest were disclosure, Adolescent and Youth Friendly Services, teenage pregnancy and nutrition. Subsequent to the awareness at KwaNotshelwa, F. T. Mdletshe addressed the parents on the importance of disclosure, at the parents meeting that was held by the school.

## MEC'S 10 YEARS OF LEADERSHIP CAMPAIGN



*Enrolled Nurse Nathi Ndima and Thandeka Mthabela rendering services to the students at Mthashana TVET College* *Mthashana TVET College queueing for services.*

From February 2018 ending in March 2019, the Department is embarking on campaigns to celebrate the MEC's 10 Years in leadership. As part of those campaigns that target key programmes, Vryheid Hospital took part in the Mthashana TVET Youth Dialogue. On the 14<sup>th</sup> of February 2018, sexual and reproductive health services, screening services and HIV testing were rendered to the student at the college. Activities included Youth Dialogue which focused on HIV Prevention/ Dual protection/ HIV testing.

## VALENTINE'S DAY CELEBRATION AT BHEKUZULU CLINIC

**B**hekuzulu Clinic Adolescent and Youth Friendly Services seeing that the highly commercialized Valentine's Day is one of the contributing factors in the high numbers of teenage pregnancies took it upon themselves to involve the youth in the community to curb the rise of the unwanted and unplanned pregnancies.

On exactly the 14<sup>th</sup> of February 2018, which fell on the Pregnancy and STI awareness week, a dual awareness was held at the clinic with the main focus being Pregnancy awareness as well as Dual Protection which prevents both pregnancies and the spread of sexually transmitted infections by the use of contraceptives as well and condoms.

The youth from the community dazzling in red colours of Valentine's Day were visible at the clinics. The speakers did not left any stone unturned on STI prevention and condom use. The youth in return committed to doing everything possible to protect their lives from unwanted pregnancies, diseases and infections as a sign of self-love.



*Above: Sr Lihle Madi, Mr Maduna demonstrating the use of female condoms.*

*Below: Sr Madi taken with the youth holding messages of commitments drawn on the day.*



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