



CHRIST THE KING HOSPITAL

Ubuhlebezwe Health NEWS

Bringing Ubuhlebezwe Sub-District Health News To You

June 2023

Ixopo Clinic Adolescent Youth Friendly Services Celebrates Youth Day in Style



Ixopo Clinic staff and partnering organisations at the Youth Day march.

Ixopo Clinic Adolescent Youth Friendly Services hosted a Youth Day march on the 15th of June 2023 from the clinic premises to Ixopo Taxi Rank as part of the Youth Day celebration.

2023 marks the 47th anniversary of the June 16 Soweto and other related uprisings. The Soweto uprising ended tragically with hundreds of young people brutally killed. This tragedy became a rallying point that inspired a nation and a people to rise up against the brutal apartheid system.

Following the advent of democracy in 1994, the new democratic government declared 16 June as National Youth Day

and June as Youth Month. This year National Youth Day and Youth Month was be celebrated under the theme:

"Accelerating youth economic emancipation for a sustainable future".

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- Photo Gallery Ndwebu Clinic Outreach Team
- Commemorates Sanitation Week and World Hand Hygiene Month
- Ixopo Clinic AYFS Team Visited Sinevuso High School For A Teenage Pregnancy Awareness
- Happy Retirement Mr Jili and Mr Phuthini & Farewell To Dr Jacobs and Mrs Heslop
 - Staff Appointments





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Foreword From The CEO



Mrs S. W. Maseko Chief Executive Officer

Warm Greetings Readers,

We would like to take this opportunity to welcome all newly appointed employees in the sub district, we are looking forward to your positive contribution in changing the lives of our community. We all have a responsibility to uphold the vision of the institution in order to improve the quality of patient care thus improving the patient experience of care. Our vision, mission core values and objectives are as follows:

Vision

To endorse a compassionate and holistic patient-centered health service in partnership with the community of Ubuhlebezwe Municipality.

Mission Statement

To render appropriate district hospital services in an effective, efficient, safe and professional manner within the available resources.

Objectives

To provide a high-quality care For HPV Campaign, the tar-

and to maintain the dignity for both our patients and clients who are the focus of our selectivity

- To perform according to acceptable norms, resources and standards.
- To create a safe and friendly environment for both patients and healthcare providers.

Core Values and Norms

- Commitment
- Openness and transparency
 - Confidentiality
 - Continuous Improvements
- Teamwork
- Accountability and Responsibility

We would like to applause the school health and ward based out reach teams. PHC. OPD and pediatric teams for a successful measles campaign. The outstanding performance is noted. On measles vaccine age 6-11, the target was 1 445, achievement was 2 698, therefore the target was exceeded by 1253.

Measles: 12-59, the target was 11408 and we achieved 12 409, therefore the target was exceeded by 1001.

Although we excelled in the above mentioned age groups, we had a challenge in achieving the target for the ages of 5 -15 years, the target was 30 095:, we achieved 23 293 and the shortfall was 6 856.

get was 11180, we had an achievement of 11290. therefore the target was exceeded by 110.

It was for the first time in history to combine the measles and HPV Campaigns, due to the dedication and hard work displayed by the teams we achieved outstanding results. Well done teams, you have made us proud.

We have started this financial year with severe budget cuts, so it is imperative that we implement containment cost measures, e.g. projecting the agenda and minutes instead of making copies during the meetings. switching off the lights when exiting our offices, repairing leaking taps or pipes immediately to prevent water wastage which turns to increase the water bill

As we are in the winter season, Ixopo is freezing, however, it is essential that we switch off all the heaters when exiting the offices and during load sheddina because our generator becomes overloaded if the heaters are on during load shedding, it is essential that we comply.

Let us continue to align our activities with the operational plan in order to achieve all our targets.

All the best in the upcoming quarter.



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Foreword From The PHC Manager

Greetings Dearest Reader,

It has been long, thanks to the newly recruited energetic Public Relations Officer that we will be able to communicate and share our stories with you, again.

From the Primary Health Care office, I would like to welcome everyone that has joined uBuhlebezwe team, you have not made a wrong decision, you will certainly enjoy this warm family and make a remarkable contribution to take us further up.

Ubuhlebezwe has 10 clinics, 3 mobile clinics, 2 HTA's and 1 health post that we are too excited to announce that it has been approved to be a clinic, totaling to 11 clinics. We understand that ward 5 is the most impoverished ward of uBuhlebezwe and it is vital that we provide services nearest to the community as they do not have means to travel. We have achieved a huge milestone by attaining a clinic status that will ensure that all PHC service packages are provided at the community level.

Again in ward 12, we have managed to establish the new Health Post at Emadungeni area after The Honorable Chief Chiliza donated a parkhome that the DOH staff can utilize to provide services on a



Ms P. N. S. Shezi PHC Manager

daily basis, to start operating soon. We understand that PHC services are the backbone for health care, so having strong PHC interventions will lead to a healthier, knowledgeable and responsible community (closing the tap rather than wiping the floor!).

Thank you to all the PHC teams at the ground as foot soldiers, your work does

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not go unnoticed, we are looking forward to sharing more good things that you are doing with the rest of the world. Thanks to the CTK management that supports and understand the importance of PHC services!!!

My motto:

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"The best preparations for tomorrow is doing your best today" -Jackson Brown, Jr



WAZULU-NATAL PROVINCE



Special Welcome From The PRO



Dear Valued Reader,

It is an absolute pleasure to welcome you to Ubuhlebezwe Health News as we start our first quarter of the 2023/2024 financial year.

Ubuhlebezwe Health News sub-district is publication run to provide health stories. We are inspired by health news stories, more specifically, of the multitude of voices that are contained within our sub-district. The origin and intentionality behind our name, Ubuhlebezwe Health News, is simple: "Ubuhlebezwe" is the municipality that Christ The King Hospital and its clinics serve. We are grounded in sharing the views, perspectives, and health stories within the sub-district.

Our mission is to bring the Ubuhlebezwe Municipality people thoughtful and engaging commentary on health and social issues, while displaying also the subdistrict's creative side through events.

As a publication, we are committed to being objective when bringing you fresh and authentic health stories. We see our platform as a sacred space for clients to obtain health stories.

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Event At Ixopo Clin Nurses' Day

Ixopo Clinic hosted a Nurses' Day Event on the 12th of May 2023 at the clinic waiting area. The purpose of this event was to recognise the contributions of nurses to society. International Nurses Dav is also celebrated to honour the birth anniversary of Florence Nightingale who is regarded as the founder of modern nursing.

Sr Gwala was tasked to explain the purpose of the event. Sr Madiba was given an opportunity to explain the history of the day where she stated that the day was chosen to commemorate the birth of Florence Nightingale who played a key role in improving care of wounded soldiers during Crimean war, and was also credited with founding the first school of nursing in the world and it was established in 1974.

The nursing staff led by Mr Morajane (Operational Manager Nursing) recited the nurses' pledge and sang the song titled 'Take Mv Life'. Refreshments were served after the pledge.

Clinic Nursing Staff reciting their pledges during the event.

Picture 2 - Ixopo Clinic Operational Manager Nursing Mr S. S. Morajane with the nursing staff.













Ixopo Clinic AYFS Celebrates Youth Day in Style



Ixopo Clinic staff and AYFS team giving health talk at the march.

Ixopo Clinic Adolescent Youth Friendly Services hosted a Youth Day march on the 15th of June 2023 from the clinic premises to Ixopo Taxi Rank as part of the Youth Day celebration.

2023 the 47th marks anniversary of the June 16 Soweto and other related The Soweto uprisings. uprising ended tragically with hundreds of young people brutally killed. This tragedy became a rallying point that inspired a nation and a people to rise up against the brutal apartheid system.

Following the advent of democracy in 1994, the new democratic government declared 16 June as National Youth Day and June as Youth Month. This year, National Youth Day and Youth Month was to be celebrated under the theme:

"Accelerating youth economic emancipation for a sustainable future". It was discovered that in Ubuhlebezwe Municipality, the youth is facing social ills in the likes of continuous substance abuse, increased teenage pregnancy rates and gender based violence which is not being reported and attended to timeously. In response to this the AYFS team saw it fit to reach out to the youth and community at large and give awareness on these socials ills.

On the 15th of June 2023. a ,march was conducted from the clinic to Ixopo Taxi Rank and back. The march was supported clinic by staff. management and LifeLine, LoveLife, Match. PSI, Uthingolwami Youth Foundation. Ixopo Traffic Department as well as Ixopo community. A 20 minutes talk was giving and it highlighted the mentioned social ills and Medical Voluntary Male Circumcision (VMMC) was touched. The community was responsive very and



Ixopo Clinic staff with Ixopo Traffic Department.

appreciated the health information given. One of the community members responded and encouraged the community to make use of the various health services provided at Ixopo Clinic.

On the 19th of June 2023, the Clinic AYFS team Ixopo visited Nonkwenkwane High School in Ufafa. The principal had approached the team and reported that they had noticed an increase in substance abuse in school, especially in girl scholars. The team was supported by School Health Teams, LoveLife, LifeLine, Uthingolwami Youth Foundation and Match.

The teams had a talk with learners from Grade 8 to 12. The topics discussed were teenage pregnancy, contraceptives, substance gender-based abuse and The learners violence/rape. were very active and responsive to the health discussions. After the discussions, the team was able to test 25 leaners for HIV and 2 for TB via sputum collection. There were no positive cases from these tests.















Representative from Uthingolwami Youth Foundation giving her talk.



Ixopo Clinic staff starting the marching.



Sr Mlangeni giving health talk at Nonkwenkwane High School.



Sr Mlangeni doing HIV testing at Nonkwenkwane High School.



Nonkwenkwane High School pupils queuing for HIV and TB testing.



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KZN Department of Health

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CTK Hosts A Revival Prayer For Staff and Ubuhlebezwe Sub-District At Large





Congregants during the prayer session.

Matron Ngubo welcoming the congregation and Sr Kwinana with the vote of thanks.

Christ The King Hospital hosted a revival prayer for staff and Ubuhlebezwe Sub-District at large on the 22nd of June 2023 at the hospital chapel. The purpose of this prayer was for fighting a lot of social issues such as crime. abuse substance and unemployment affecting Ubuhlebezwe Municipality.

Mr T. Tenza who was the master of ceremonies started the session with a moving worship before Pastor P. Dlamini opened with prayer. Mrs Ngubo (Assistant Manager Nursing) was tasked to welcome the congregation on behalf of The Hospital Christ King Management. Different pastors and reverends from the municipality were invited to prayer for different items; Pastor Zondo from Presbyterian Church gave prayer to eradicate substance abuse and Pastor Ngcatu to eradicate crime and unemployment. There was a praise and worship session

led by Mrs N. Nero before the word of God.

Cllr V. Msomi from Ward 14 thanked the organising committee for this prayer when he stated that it should be at least a weekly prayer considering how challenging the circumstances nurses, doctors and hospital staff work under. Pastor G. Heslop was tasked to give the word of God he opened the book of Luke 17:26 - 37.

26 "Just as it was in the days of Noah, so also will it be in the days of the Son of Man. 27 People were eating, drinking, marrying and being given in marriage up to the day Noah entered the ark. Then the flood came and destroyed them all.

28 "It was the same in the days of Lot. People were eating and drinking, buying and selling, planting and building. 29 But the day Lot left Sodom, fire and sulfur rained down from heaven and destroyed them all.29 But the day Lot left Sodom, fire and sulfur rained down from heaven and destroyed them all.

30 "It will be just like this on the day the Son of Man is revealed. 31 On that day no one who is on the housetop, with possessions inside, should go down to get them.



Mrs N. Nero during the praise and worship session.

Likewise, no one in the field should go back for anything. 32 Remember Lot's wife! 33 Whoever tries to keep their life will lose it, and whoever loses their life will preserve it. 34 I tell you, on that night two people will be in one bed; one will be taken and the other left. 35 Two women will be grinding grain together; one will be taken and the other left." [36] [e]

37 "Where, Lord?" they asked.

He replied, "Where there is a dead body, there the vultures will gather."

Sr Kwinana gave a vote of thanks speech where she on behalf of hospital managed thanked all the attendees especially the pastors for taking their time to honour the invite.









Outreach Teams at eMazabekweni Location, Ward 12



The Red Cross team together with Sr Gwala and Sr Davids' team visiting the kids' home to donate school uniform and groceries.

On 26 April 2023, Sr Gwala from the outreach department and her team reported young kids whom they met them walking alone on the road on a school day. They stopped the vehicle and spoke to these kids and they responded that they are coming from one of the farms where they steal oranges as they have nothing to eat at home, they live alone. The accompanied team them to Isulethu Primary School where it was confirmed by the teacher that they only eat at school and there is no one taking care of them.

The response from the team was to attend to the case immediately, the social worker was informed and was requested to attend to the case with the team. Sr, Gwala shared the report with IHC staff, some of the staff was deeply touched by this case and ended up donating money so that Sr Gwala and her team can buy bread and milk for the kids to eat because that day they only had lemons and stolen oranges from the farm.

Home visit was done by the team, social worker and Mrs Nxasane from Harry Gwala Health District Groceries and sponges donated by the outreach teams and the Red Cross.



Office. Sr Gwala came with groceries from that donated money and Mrs Nxasane accompanied the team. This case was not too new to the social worker. The mother and aunt to these kids left them for Durban where she is on a training to become a sangoma. Three of kids are receiving foster care grant and five are receiving child support grant. Two of them are leaners at Mazabeko High School and six at Isulethu Primary School.

According to the social worker, these kids need placement. The aunt phoned the kids before the team left and the social worker explained to her the way forward and she appeared to be emotional. The case was then taken over by the social worker and Sr Gwala's sister who works at the Red Cross was also willing to help

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On the 9th of May 2023, Sr Gwala and Sr Davids' teams had an appointment to visit with Red Cross and area social worker. The teams started at school to ask for permission to release the kids. The kids were released with the school educator Mr Mchunu. When the team got home, three of them were there; one of the youngest and two from high school.

The Red Cross team all the way from Johannesburg was present. They brought in thick sponges as the kids were used to sleeping on an old sofa and on the floor. They also brought groceries, blankets. full school uniforms and shoes for them. The school representative confirmed the continuous bad situation of these learners with no one taking care of them at home. He appreciated all the hard work done by department of health together with the Red Cross. He took it as history making for his school.



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World Hand Hygiene March By Gateway Clinic

Gateway Clinic hosted a World Hand Hygiene march on the 5th of May 2023 inside the hospital premises as part of creating an awareness of hand washing. The march started from Gateway Clinic all the way up to the admin building. Sr Gaga (Operational Manager Nursing) led the march together with Mrs Zondeka (Clinical Programme Manager - Infection, Prevention and Control).

The clinic staff and community health workers had posters creating an awareness during the march. There were different songs relating to hand washing that were sang by the staff. Mrs Maseko (Chief Executive Officer) and Ms Shezi (PHC Manager) and other managers joined the march in celebrating this important day.

Patients and staff were encouraged to ensure regular hand washing to accelerate action to prevent infections and antimicrobial resistance in health care and build a culture of safety and quality in which hand hygiene improvement is given high priority.

World Hand Hygiene Day is marked every year on 5 May, to raise awareness of the importance of hand washing to the spread prevent of infections. This protects healthcare workers and patients from healthcareassociated infections caused by various pathogens.

Healthcare-associated infections, including those resistant to antibiotics, are a growing public health problem in Ubuhlebezwe Municipality. However, a large percentage of these infections are preventable by improving hand hygiene practices.

Christ The King Hospital supports this campaign and highlights the importance of infection. prevention and control measures, especially hand hygiene, as kev strategies to tackle the growing threat posed by antibiotic resistance.

Campaign Theme -Together, we can accelerate action to prevent infections and antimicrobial resistance in health care and build a culture of safety and quality in which hand hygiene improvement is given high priority.

Slogan - 'Accelerate Action Together. SAVE LIVES – Clean Your Hands'

Campaign Objectives -

- Strengthen and empower communities of actors in health care to accelerate action to improve hand hygiene and infection prevention and control at point of care.
- Foster collaboration and working together of people and organizations towards the common goal of minimizing the risk of infections and the development of

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antimicrobial resistance in health care.

This is an annual global advocacy day dedicated to awareness increasing and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases. It is an opportunity to design, test, and replicate creative ways to encourage people to wash their hands with soap at critical times.

Since the first Global Hand washing Day in 2008, when over 120 million children around the world washed their hands with soap in more than 70 countries, community and national leaders have used Global Hand washing Day to spread the word about hand washing, built sinks and tippy taps, and have demonstrated the simplicity and value of clean hands.

Global Hand Washing Day is Designed to:

- Foster and support a global and local culture of hand washing with soap
- Shine a spotlight on the state of hand washing around the world
- Raise awareness about the benefits of hand washing with soap

Marking this important day also serves as a call for all Ubuhlebezwe Sub-District people to wash hands regularly especially after using the toilet, changing baby nappies, handling waste and before preparing food.



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Photo Gallery



Sr Gaqa (Operational Manager Nursing) leading the team to start the march.



Gateway Clinic staff together with the community health workers.



Mrs Maseko (CEO) and Mrs Zondeka (CPC - IPC) joining the march.



Gateway Clinic staff going to the main hospital entrance.



Ms Shezi (PHC Manager) joining the march.



Ms Letsoalo (PHC Supervisor) coordinating the dancing.



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KZN Department of Health

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Ndwebu Clinic Outreach Team Commemorates Sanitation Week and World Hand Hygiene Month





Mrs Zondeka (CPC - IPC) doing health education.

Ndwebu Clinic Outreach Team doing health education.

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Ndwebu Clinic Outreach Team led by Sr Qwabe visited Nobengela Primary School in Ndwebu Location on the 17th of Mav 2023 as part of commemorating Sanitation Week and World Hygiene Month. Different departments from uBuhlebezwe Municipality disaster management, like department water and Municipality eThekwini were part of this talk

The Sanitation Week and World Hygiene campaigns are aimed at educating the public about their responsibility in water conservation initiatives, raising awareness around the need to protect and conserve the country's water resources.

The team celebrated this campaign by urging Nobengela Primary School pupils and staff to use water sparingly to

ensure *Water For All*. The theme for 2023 is *Accelerating Change*.

There were different topics covered during the talk including importance of sanitation. saving water. cleanliness, how to save the environment from fire, hand hygiene to mention a few. There were different hand washing demonstrations for learners to learn a proper way of washing hands.

One of the most important steps to keep staff and children in schools and early care and education (ECE) programs healthy is cleaning hands at key times with soap and water for at least 20 seconds or using an alcoholbased hand sanitizer with at least 60% alcohol if soap and water are not readily available.



Demonstrations.

It is important to wash hands often because people may have germs on their hands then touch their eyes, nose, without and mouth even Teachers were realising it. encouraged to give learners time needed to wash hands frequently. Hand sanitizers are not a substitute for proper hand Hand washing. Sanitizers are not effective when hands are dirty or greasy. Proper hand washing with soap and water removes germs and dirt. Scrubbing and rinsing are necessary to wash off the dirt and germs.





Ixopo Clinic AYFS Team Visited Sinevuso High School For A Teenage Pregnancy Awareness Campaign



Sr Mlangeni from Ixopo Clinic Adolescent Youth Friendly Services giving heath talk.

Ixopo Clinic AYFS Team visited Sinevuso High School in Echibini Location on 17 May 2023 to educate scholars about teenage pregnancy. This comes after a request from the School Health team to accompany them to tackle such issues.

The talk targeted all learners from Grade 8 to 12. LoveLife was part of this initiative. The topics covered were, teenage pregnancy, contraceptives and substance abuse. Some leaners requested one on one sessions with the team to discuss personal issues and three of those were referred to the clinic for further assessments.

After horror statistics were released on the number of children teenagers and falling pregnant, teenage pregnancies are again in the spotlight. One of the youngest children to fall pregnant is only ten years old. Health MEC Nomagugu Simelane has revealed the alarming teenage pregnancy statistics in KwaZulu-Natal.

The KwaZulu-Natal Department of Health recorded 26 515 teenage pregnancies within the past eight months, 1254 of the pregnancies were girls aged 10 to 14.

According to the law, if you are under the age of 12, under no circumstance can you give your consent, therefore making any sexual interaction rape and sexual assault.

It is crucial that the South African Police Services investigate the cases of pregnancy for girls under the age of 18. Given the scourge of gender-based violence in the country, teenagers need to be protected from all forms of sexual abuse and perpetrators must be brought to justice.









Happy Retirement Mr Jili and Mr Phuthini & Farewell To Dr Jacobs and Mrs Heslop



Picture 5 - Dr E.F. Sacos receiving a gin from their the male wata staff representative.
Picture 5 - Mr Q. C. Phuthini and Dr E. P. Jacobs at their retirement and farewell party.
Picture 5 - From Left, Mrs Zondeka (CPC - IPC), Ms Mthembu (DMN), Mr Phuthini, Mrs Getyengana (CPC - QA) and Mr Gubhela (AMN).

Christ The Hospital would like to extended a heartfelt gratitude to these retiring and departing staff members.

Mr S. L. Jili started working at Christ The King Hospital in 1990, he was then giving an opportunity to join the nursing department as an Enrolled Nursing Assistant in 2005 through the hospital staff development initiative. He was then given another opportunity to further his studies and he was promoted to be an Enrolled Nurse in 2014, he has been working at the staff clinic since then.

Mr Q. C. Phuthini joined the hospital in 2015 as an Administrative Clerk at Male Ward and has been working there for the past eight years.

Dr E. P. Jacobs joined Christ The King Hospital in 2022 as an Operational Manager Nursing at Male Ward. She resigned from the institution when she got an offer as a lecturer at the University of KwaZulu-Natal.

Mrs T. K. Heslop joined the institution as a Finance Clerk in 2006, she has served for over a decade, she recently got a new posted at Harry Gwala Regional Hospital. Mr B. W. was appointed as a Professional Nurse at the Pediatric Ward in 2007 where served for over a decade. As Christ The King Hospital, we would like to say this:

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The knowledge that you shared with us and the learning you bought cannot be compared with anything. ${oldsymbol {\mathcal V}}$ ou have been a true and amazing colleague to us. Thank you so much for everything. $\mathcal Y$ our new coworkers are going to gain a truly wonderful person. You know you will succeed in all that you set your heart to. Our best wishes are always with you! May all the success bestow upon you!





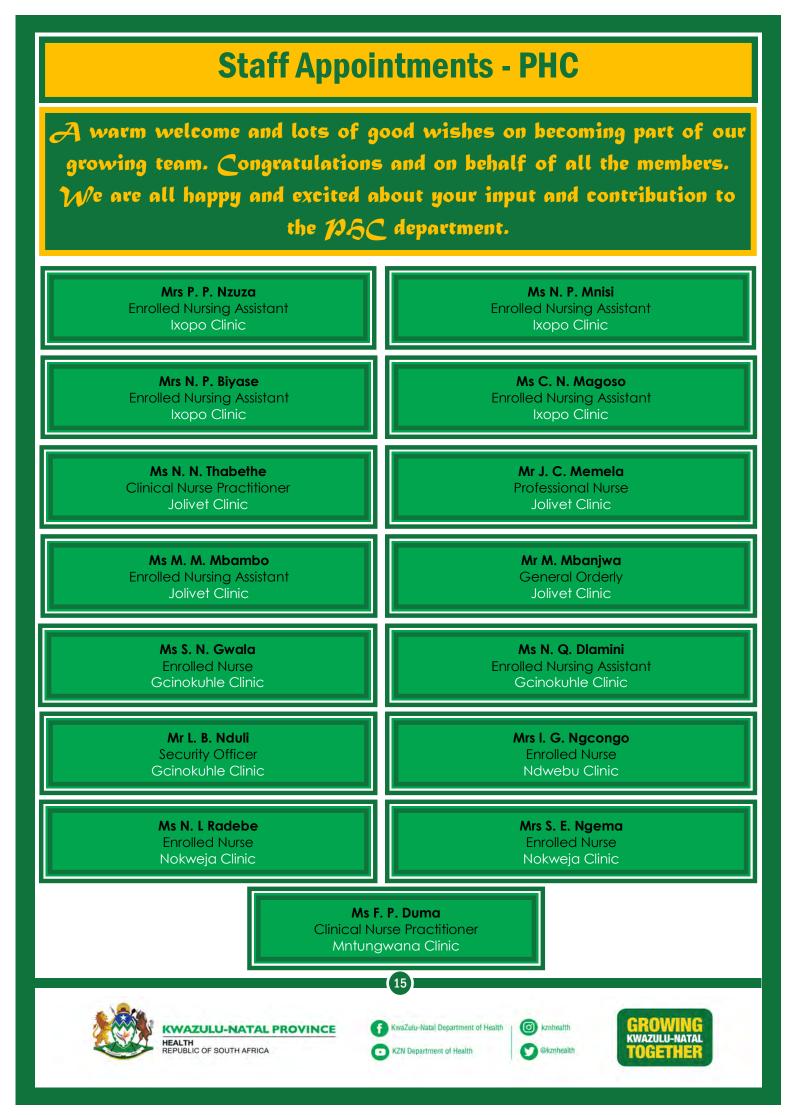




Staff Appointments - Hospital

With Christ 7he King Hospital growing rapidly, your addition to the team will greatly assist us in achieving our goals. We look forward to providing you with the best professional and personal opportunities. We hope that your new journey with us will be exciting and fruitful. Welcome aboard!





EDITORIAL TEAM



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