



ITSHELEJUBA NEWS

STAY INFORMED

APRIL—JUNE 2022

TB MONTH—”MASIDONSE SONKE KANYE KANYE UKUZE SIJABULE SONKE”



Left to Right: SN Ntshangase (Data Capturer), SD Msibi (PN) was doing health education to our beneficiaries On the risk of getting TB, LH Sibiya (Porter), and SN Ntshangase (Data Capturer)

IN THIS MONTH LET US PULL TOGETHER TO BEAT TB INFECTION AND DISEASE. THE THEME IS "MASIDONSE SONKE KANYE KANYE UKUZE SIJABULE SONKE".

AS TB IS THE ONE OF THE KILLER DISEASES IN SOUTH AFRICA OUR AIM IS TO STRENGTHEN HEALTH TALKS TO OUR COMMUNITY WITH INFORMATION ABOUT TB, FOR EARLY IDENTIFICATION AND TREATMENT TO REDUCE DEATHS. TB IS PREVENTABLE AND CURABLE BUT ALL START BY KNOWING THE FOLLOWING:

TB SIGNS AND SYMPTOMS, MODE OF SPREAD, HEALTHY LIFE STYLE, KNOWING HEALTH STATUS (HIV, DIABETIC), DIFFERENCES BETWEEN TB AND COVID-19, RISK GROUPS, IMPORTANCE OF SCREENING AND TESTING.

I TB SINGAYINQOBA!!!!!!

WORLD HAND HYGIENE DAY

THEME: United for safety, clean your hands

IPC MANAGER: MP MATHONSI WAS AT GATEWAY CLINIC CONDUCTING HEALTH EDUCATION ON IMPORTANCE OF WASHING HANDS AFTER USING A PIT TOILET USING 2 LITRE BOTTLE WATER AND SOAP SINCE IT IS A WORLD HAND HYGIENE DAY (13/05/2022).

SHE FURTHER DEMONSTRATED THE EASY AND THE CHEAPEST WAY OF KEEPING YOUR HANDS CLEAN BY SHOWING HOW TO MAKE A 2LITRE WATER BOTTLE WITH SOAP.

BENEFICIARIES ALSO DEMONSTRATED ON HOW ARE THEY GOING TO USE THE 2 LITRE WATER BOTTLE WITH SOAP AT HOME.

LET'S JUST KEEP OUR HANDS CLEAN AT ALL TIMES.



LEFT: MP MATHONSI (IPC MANAGER), DEMONSTRATING ON HOW TO MAKE A HAND WASH BOTTLE FOR USE AFTER USING A PIT TOILET.



PATIENTS DEMONSTRATING HOW TO WASH THEIR HANDS USING A 2 LITRE WATER BOTTLE AT HOME.

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KWAZULU-NATAL PROVINCE
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REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



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TOGETHER**

DO MORE FOUNDATION

INTRODUCTION

DO-More Foundation was introduced to the institution on April 2021 by the district, as a Non-profit organisation interested to work with the institution in child and maternal health. On the 5th of May the first teleconference was held between the hospital and DO-More foundation, where the organisation explained their strategies and Projects that they are involved in at Pongola and other provinces. The organisation also wanted to know what projects the institution need help in.

The foundation is currently operating under the umbrella of Operational Sukuma Sakhe and Pongola child care and protection forum was launched.

PROJECTS DONE SO FAR WITH DO-MORE FOUNDATION

LAUNCH OF PONGOLA CHILDCARE AND PROTECTION FORUM

The forum meets monthly and each department is required to report about any child care projects they are doing or planning to do in order to have collaboration and / support of all departments

ECD TRAINING

Training of ECD centre's on Menu planning and preparation (including nutrition guidelines for ECD programs) and early identification of malnutrition in ECD centres.

PROVISION OF FOOD PARCELS

In March 2022 DO-More Foundation and Lulamaphiko communicated with the institution that they have a funder interested to provide food parcels for 75 children who were malnourished admitted from April 2021 to February 2022. On the 21 and 22 of April 2022 DO-More Foundation delivered 75 food parcels to 75 families. 6 clinics were identified for collection of food parcels based on the patient's addresses and which places were convenient for them. The clinics Nutritional Advisors, Out Reach Team Leaders and Community Health Care workers were responsible for tracing families and also helped in the distribution of the food parcels. The clinics identified and distribution amounts were as follows: Ncotshane Clinic 11 food parcels, Pongola Fixed Clinic 20 food parcels, eMkhwakheni Clinic 10 food parcels, Gateway Clinic 16 food parcels, Altona Clinic 9 food parcel, and Kwa-Nkundla Clinic 9 food parcels. The food parcels included Do-More instant porridge, cooking oil, dried beans, soya mince, Maize meal, flour, samp, soup, etc.



IXOXWA NGEZITHOMBE



LEFT—BLUE SHIRT: P. NXUMALO (DIETICIAN) , MRS TM VILAKAZI (CEO) WITH DO MORE FOUNDATION TEAM



THE STARTING POINT OF DELIVERING FOOD PARCELS WAS AT NCOTSHANE CLINIC WHERE MRS TM VILAKAZI (CEO) AND NC MWELASE (PHC MANAGER) WERE PART OF THIS ASSISTING THE TEAM IN DELIVERING THESE PARCELS TO RIGHFUL PEOPLE. HEALTH EDUCATION WAS GIVEN TO BENEFICIARIES.



CONTINUES



P. NXUMALO (DIETICIAN) AT PONGOLA CLINIC



TL ZUMA (HR MANAGER) AND TM VILAKAZI (CEO) WITH THE CLIENT



M THABEDE (OM)—MKHWAKHWENI CLINIC



TM VILAKAZI (CEO) AT ALTONA CLINIC



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BREASTFEEDING MONTH

BENEFITS OF BREASTFEEDING TO THE:

MOTHER

- Reduces direct and indirect cost.
- Does not require any equipment and is free.
- Reduces incident of: Breast cancer , Ovarian cancer, Osteoporosis.
- Breastmilk stimulate oxytocin which contracts the uterus to stem post-partum haemorrhage.
- Delays onset of menstruation so can assist with birth spacing.

BABY

- It contains all vitamins that is needed by the baby for healthy growth and neurological development.
- Colostrum prevents infections such as: Otitis media, Urinary tract infections.
- Reduces incidence of many life threatening childhood illnesses and conditions such as Diarrhoea, Asthma, Diabetes, Sudden infant death syndrome, Child Leukaemia.
- Bonding between mother and baby is promoted.
- Breastmilk is easier to digest.
- Breastmilk provides immune protective factors which helps reduce infections in children up to 2 years.

FAMILY AND SOCIETY

- Reduces financial burden to our family due to low costs associated with breastfeeding.
- Happy and healthier mother and infant.
- Less stress on father and extended family.
- Reduces economic cost associated with infant formula related illnesses.
- Reduction in infant mortality rate.
- Role modelling for a healthy future generation.



GALLERY



MATRON FP SIMELANE (ANM) DEMONSTRATING ON HOW TO BREASTFEED AN INFANT



TN MNGOMEZULU (PN) AND TN THUSINI (PN) WERE ALSO EMPHASIZING THAT BRAESTFEEDING IS THE BEST DECISION YOU CAN MAKE FOR YOUR CHILD TO BECOME HEALTHY AND STRONG.



MATERNITY STAFF WITH MOTHERS.



UMNYANGO WEZEMPILO ULETHE ISIBHEDLELA KUBANTU ENDAWENI YASO PHONDWANE

ISIBHEDLELA KUBANTU KUSUKE KUYILAPHO UMNYANGO WEZEMPILO ULETHA KHONA USIZO LWEZEMPILO KUBANTU, LAPHO KUSUKE KUKHONA LONKE USIZO LWEZEMPILO NOKUBALWA KHONA, UKUHLOLWA UMFUTHO WEGAZI, UMDLAVUZA KWABESILISA NABESIFAZANE, UKUHQLOLELWA AMEHLO, UKUGOMELA UMKUHLANE NESIFO SECOVID-19, UDOKOTELA OBONA BONKE ABAGULAYO KWIZIFO EZAHLUKENE USUKE EKHONA..

LAPHA ISIBHEDLELA ITSHELEJUBA SIPHUME SAVAKASHELA INDAWO YASENTUMBANE, ESIVULE ,ENQABENI OPHONDWANE NASEMKHWAKHWENI SAPHINDE SAVAKASHELA INDAWO YASE MBOLOBA LAPHO ABANTU BEBEPHUME KHONA NGOBUNINGI BABO UKUZOTHOLA USIZO LWEZEMPILO. UMPHAKATHI WALEZINDAWO UKHOMBISE UKULUJABULELA USIZO LWEZEMPILO NJENGOBA ABANYE BENGAKHONI UKUFINYELELA ESBHEDLELA NGENXA YOBUDE BENDLELA NEZINDLEKO ZOKUFINYELELA ESBHEDLELA.



TM VILAKAZI (CEO) ASSISTING DOING VITAL SIGNS TO A CLIENT



HJ MTHEMBU—SERVICE OFFICE MANAGER FROM DSD WAS THERE TO GIVE SUPPORT.



DR G. SUAREZ EXAMINING THE PATIENT.



UMNYANGO WEZEMPILO ULETHE ISIBHEDLELA KUBANTU ENDAWENI YASO PHONDWANE



TG MSIBI(ANM) INTERPRETING BETWEEN DOCTOR AND A PATIENT.



BP HLONGWANE(OM) INTEPRETING BETWEEN DOCTOR AND A PATIENT.



VACCINATION TEAM



NF DLAMINI (OM) ASSISTING A PATIENT



UNYANGO WEZEMPILO ULETHE ISIBHEDLELA KUBANTU ENDAWENI YASO PHONDWANE



ABEZIMO EZIPHUTHUMAYO NABO BEBEKHONA
LEFT: MR BA NKOSI BENO MR WT KHUMALO



USIZO KWABANENKINGA YAMEHLO NALO
BELUKHONA
MR V. KHUMALO BENO MR BS NHLABATHI



SIKUTHOKOZELE UKUBONA INDUNA
YENDAWO IFIKA IZOTHOLA USIZO
LWEZEMPILO.

UMNYANGO WEZEMPILO ULETHE ISIBHEDLELA KUBANTU ENDAWENI YASE MBOLOBA LAPHO ABANTU BEPHUME NGOBUNINGI BABO UKUZOTHOLA USIZO.



IZITHUTHI ZOMNYANGO ZAZIPHUMILE UKU-HAMBISA USIZO LWEZEMPILO EMPHAKATHINI WASE MBOLOBA

ABASEBENZI BOMNYANGO BEHLOLA UMFUTHO WEGAZI



MRS TM VILAKAZI (CEO) UBEKHONA ELEKELELA UKUNIKEZA UMPHAKATHI USIZO.



CHILD PROTECTION WEEK 25 MAY—05 JUNE 2022

Itshelejuba Hospital child health forum team organised the child protection week activities in order to increase awareness, education and prevention of child abuse.

The following units were visited for this activity: Paediatric ward, Maternity ward, High Risk Clinic, POPD, and Gateway Clinic. Health talks and tokens were given to put a smile on the patient's faces. The team further expanded the awareness to the neighbouring schools that are Siyazenzela and Itshelejuba primary School based in Ward 12. Children were educated on forms of abuse, child trafficking, reporting whenever they suspect any form of abuse, as well as management of child abuse within the department of health.



TOKENS THAT WERE GIVEN TO THE CHILDREN IN PAEDS WARD



SG MAGAGULA (SOCIAL WORKER) GIVING INFORMATION TO THE MOTHERS ABOUT THE SIGNS OF AN ABUSED CHILD IN PAEDS WARD



CHILD PROTECTION WEEK CONTINUES



FP SIMELANE (ANM)
NM MSEZANE (PAEDS OM)



P. NXUMALO (DIETICIAN) GIVING EDUCATION ON WHICH FOOD TO BE GIVEN TO CHILDREN SO THAT THEY WILL GROW HEALTHY.



LEFT: M NTSHANGASE (SOCIAL WORKER)
C PHAKATHI (SOCIAL WORKER)
MN THABEDE (PHC SUPERVISOR)
DISTRIBUTING TOKENS TO CHILDREN

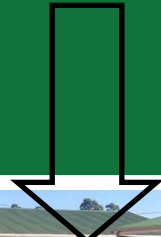


CHILD PROTECTION WEEK CONTINUES



MATERNITY WARD TEAM WITH THE GOODIE PACKS FOR THE BABIES.

SG MAGAGULA—
SOCIAL WORKER
WITH TEAM
VISITING PRIMARY
SCHOOLS AND GIVING
HEALTH TALK.



PATIENTS AT HIGH RISK CLINIC RECEIVING TOKENS FROM MR NTSHANGASE (SOCIAL WORKER).



SP NDLANGAMANDLA NUTRITION ADVISOR IN GATEWAY CLINIC GIVING HEALTH EDUCATION

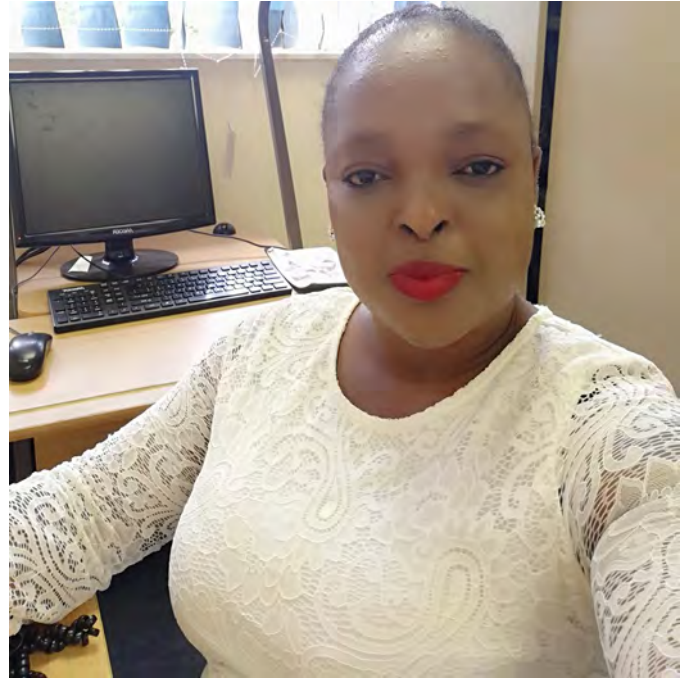


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EDITORIAL TEAM / DETAILS



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CHIEF EXECUTIVE OFFICER
CHIEF EDITOR



MS NO MLONDO
ACTING PRO
WRITER & PHOTOGRAPHER

