



# health

Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**

## ISIBUKO SEMBONGOLWANE NEWS LETTER

### CLINICS OPENDAYS



MMC team with Mr Mthethonzima Mchunu (65yrs) who was circumcised during the event at Samungu Clinic

According to the Provincial Department of health statistics, clinics utilization rate has decreased as a result hospitals are congested and that increase waiting times when visiting the hospitals. Mbongolwane hospital is currently facing the same challenge . The decision of making clinics open day events emanated from the above mentioned problem. With the good relationship created between Mbongolwane hospital and Medicines San Francisco (MSF), clinics open days events were held in all clinics serviced by Mbongolwane Hospital.

The main aim of the project was to engage more broadly with the community , market services that are rendered at the clinics, promote healthy living, give awareness on the outbreaks of diseases e.g. HIV/AIDS and mostly to hear concerns & complains about the service rendered to the community by our staff.

The hospital management would like to forward their gratitude to all community leaderships (Traditional & Political ) for the support they have shown when we visited their areas.

There were activities that were done during the events such as Medical Male Circumcision (MMC) where a 65 year old was circumcised at Samungu clinic.

Health screenings and HIV/AIDS testing was done and the community was encouraged to live a healthy lifestyle. We are hoping that the clinic utilization rate will increase and the communities will honor referral systems that are put in place.



Ntumeni Clinic O/M addressing the community



Hospital Management representatives receiving donated park home by MSF to be used as counselling rooms at Ngudwini clinic

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# NELSON MANDELA DAY COMMEMORATION



LEFT: Acting C.E.O Ms. S.P Makhoba with Mbongolwane youth & staff

RIGHT: Mbongolwane staff, old mutual representative & Hans Schreuder hospice staff & residence

Every year on Mandela day people around the world are asked by Nelson Mandela Foundation to their 67 minutes of their time helping others.

By devoting 67 minutes of their time - one minutes for every year of Mr Mandela's Public Service- people can make a small gesture of solidarity with humanity and step towards a global movement for good.

Mandela Day initiative has received overwhelming support around the global. People have adopted the culture of humanity by giving back to their community using 67 minutes of their time.

This year Nelson Mandela Day theme is *working together for a cleaner south Africa*. As Mbongolwane District Hospital we pledge our 67 minutes cleaning & making gardening of our institution with the help

from Mbongolwane youth club.

Furthermore we also went to Hans Schreuder hospice at Ntumeni under ward 6 managed by Mr Majosi , where we did cleaning, monitoring of vital signs (BP (blood pressure) & ,HGT), physiotherapy sessions and gave out 10 walking sticks .

As our sponsor of the event, Old mutual donated hot water bags to all residence of the hospice to keep them warm during this winter.

The least we can do is to contribute to this day by giving back to the community and continuing with the spirit of Ubuntu.

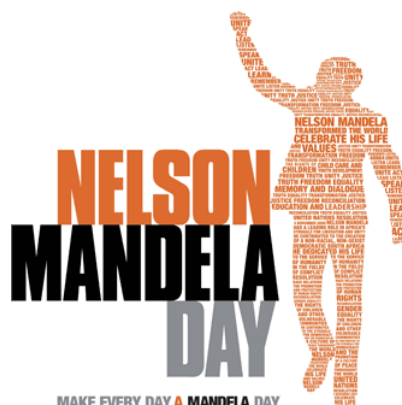
*"we can change the world to be a better place"* wise words from Mr. Nelson Mandela .



Sfiso Dlamini (physiotherapist )& Zipho Magudulela (Old Mutual Manager) giving out donations to Gogo Mpanza (Hans Schreuder hospice residence)



Ms Nontobeko Mbele (Mbongolwane school health Nurse) checking vital signs on Hans Schreuder hospice residence



## FAMILY PLANNING USING CONTRACEPTION IMPLANTS

Since the launch of the new implant contraceptive by Health Minister Aaron Motsoaledi in February 2014, Mbongolwane District hospital has inserted the implant contraception in over 300 Clients. This device which is a small match stick sized plastic rod that is inserted via a needle under the skin on the inside of the upper arm & it is effective in preventing the pregnancy for up to three years.

The Minister has announced this as the biggest family planning programme South Africa has ever seen. As part of the roll out of this device to our community, reproductive health team led by Sir B.I Ntuli has visited local high schools, traditional counsels and all clinics under Mbongolwane hospital giving



Sir Khoza inserting the implant to a patient during the inservice training at Ntumeni Clinic conducted by B.I Ntuli (Mbongolwane Reproductive health)

urging females to take advantage of this contraception provided for free by Department of Health. According to Health matters - Ezemplilo June 2014 edition KwaZulu Natal Department of Health fully supports the principle that all women, irrespective of their

HIV status have a right to choose their contraception or family planning method. This also means that no women should be forced to using any particular contraceptive method. As Mbongolwane Hospital we fully supports the above statement.

## INITIATION OF EMPLOYEE OF THE MONTH PROGRAMME

Reward programme is given out often to encourage the staff to work harder and more productively. It involves recognizing employees for achieving excellence in their fields, and being the best worker across all fields. Traditionally, the award is given out every month to the chosen employee.

Mbongolwane Food service department was the first department to introduce this reward programme in order to encourage and improve morale within their staff. The Employee of the month is based on the perfor-



mance and quality of work as well as attendance. The "Best" worker is then rewarded with the title of "Employee of the Month".

This month (JULY), the winner is Mr. K. G. Khuzwayo.

He was rewarded with a commendation certificate and a gift which all the Kitchen staff and Management contributed towards.

The kitchen staff and Management congratulated Mr. K.G Khuzwayo for working with pride and dedication, Integrity, Innovation, Reliability and encourage him to keep up the good work.

## ZAZI FEMALE YOUTH SUMMIT

The sexual reproductive health care unit together with HIV/AIDS unit of Mbongolwane Hospital had identify the unmet gap of teenage pregnancy, illegitimate and unwanted pregnancies which results in women dying.

Again to improve women's health as a requirement of the 5th millennium goal as well as to comply with the campaign in accelerating reduction of maternal mortality rate in S.A. The programme aims to increase family planning services and reduce pregnancy related complications (CARMMA).

As a preventive intervention Mbongolwane implemented the following measures:

A– Abstain, B– Be careful, C– Condomise, D– decide, E– be educated, F– Family planning. Working together with Community Adult Youth Advisors, the group agreed to make relevant actions which are:

- Request department of Arts & culture to develop our Youth on different skills.
- To help the youth that is already pregnant to get relevant family planning methods, to develop their careers and to protect their babies from hunger and extreme poverty. Empow-



Presentation of dignity pack to a peer youth leader who started to comply from 2007 presented by Ms B Makhanya (MCWH) & Z.M Vilakazi (HAST Co-ordinator)

er women on all reproductive issues including contraceptive methods.

- Empower female youth to develop strategic plan of reporting sexual offences (under which sexual crimes and related offences are prosecutable) i.e Act no 32 of 2007 as amended.
- Lobbying other non profit governmental organization to train female youth.
- To request funding from department of COGTA, Municipality & District for female youth programmes at grassroots level.

To prepare youth females for Enyokeni yearly reeds celebrations. Under the theme: *"You provide a female youth with optimal health you contribute to creating HIV/AIDS free generation"*

Mbongolwane district hospital hosted a successful 2014 female youth summit which was held at Vulin-

gqondo Primary school on the 8th & 09th of August 2014. This was a two days workshop which covered knowledge on female reproductive health rights and issues on menarche & sexual assaults.

Amongst the guest speakers were Uthungulu District Sexual Reproductive Health (SRH) & Maternal Child & Women Health (MCWH) managers.

### UPDATE ON MALE MEDICAL CIRCUSESION

Mbongolwane District Hospital was recently mentioned as a performing institution in the recent report on revival of MMC sites. The hospital will continue to perform MMC programme with even more dedication.

## OUTING OF CHILDREN LIVING WITH HIV

**M**bongolwane District Hospital and Medicine Sans Frontiers (MSF) have successfully implemented the initiation of children's support groups activities in our institution as well as all our feeder clinics. The aim of support groups is to help children living with HIV to adjust to their status at their own pace, to discuss issues and learn coping skills through peer support.

On the 5th of June 2014 MSF in collaboration with Mbongolwane Hospital had an outing

programme for children living with HIV. Children went to Eshowe Environmental Centre at Dlinza forest for some fun and interesting activities. During this amazing event, happiness was written all over the children faces as most of them were not familiar with this kind of outing due to their disadvantaged background.

The activities that were done during the day were; group interacting & dynamics, trust games, pyramid tires and picture building game. During the afternoon they took an

aerial boardwalk at Dlinza forest. where they studied the forest nature. Parents and guardians were very happy about the whole Initiation of the outing and applaud the good relationship between Department of Health and MSF in improving their health and fighting the stigma against HIV/AIDS in their community.



## OYAYA HIGH SCHOOLS CAREER GUIDANCE EXPO

Mbongolwane District Hospital yet again hosted a successful annual career guidance expo that focuses on health related fields which was held on the 6th of August 2014 organized by Humana Resource Development led by Mr. J.S Shabangu.

During this prestigious expo, high schools surrounding Oyaya came in numbers and experienced first hand information and knowledge from our speakers who presented their fields of expertise and encouraged the learners to focus on their school work in order to be successful in life and get enrolled at tertiary levels.

During this career guidance



Physiotherapist Mr. S. Dlamini

exhibition, students were exposed to different services that are rendered by the institution: Ms S.P Makhoba (Deputy Manager Nursing) presented Nursing ethics and services done by nursing component.

Dr. B.P Buthelezi (Clinical Manager) presented service rendered by his components (Phar-

macy, X-ray, Physiotherapy, Medicine and Dietetics).

Students were also informed about different kinds of bursaries offered by Department of Health.

Ms. Mbali Shange from Umthombo Youth Development Foundation (UYDF) presented categories of careers that are funded by their organization.

She further encouraged learners to dedicate their time mostly on books so that they can pass matric with flying colours and have more opportunities of getting bursaries to further their studies at tertiary levels.

## WOMEN'S DAY COMMEMORATION

Each year on the 9th of August, South Africans of all backgrounds, races and cultural groups join together in celebrating National Women's Day.

This annual public holiday commemorates an eventful day in South African history. Mbongolwane District Hospital commemorated this day on the 20th of August 2014 with the theme "aspiring change".

The event started with a prayer. Dynamic speakers shared the stage, amongst them Mrs S.I Mkhwanazi who talked on the theme 'Aspiring change'. The speaker made a call to all women to be change agents and to accept change. She said that women need to be of integrity, role models, good listeners and good leaders. .

Participants were fascinated by the speeches made and by the music played as well as dance moves like phatha-phatha, in which everyone participated, including the Deputy Manager Nursing, Ms. Makhoba.

Mrs Nomvelo Kolman presented healthy eating as well as importance of keeping fit with exercising our bodies as women. She showed us all the body fitness exercising. This left everyone so much willing to start minding their diet and joining aerobics.

Mrs A. S. Maphumulo did women empowerment, advising women



From left : Acting C.E.O : Ms. S.P Makhoba, Bishop Lungi Magwaza, Nursing College Principal : Mrs. S.I Mkhwanazi and Mrs. S.R Ngcobo : Hospital Board Chairperson.

on the importance of health screening, booking holidays away, pampering themselves in beauty spas to keep beautiful and as means of managing stress. She further advised women on financial wellness, with the need to be involved in stokvels and having women's forums.

The day was filled with fun, joy and laughter. There was a group of guys who entertained us with traditional dance, dressed in women's attire. And there were lot of poems sung , in honour of women.

The day would not be complete without spiritual motivation as women strongly believe in prayer and in the word of God. Lady Bishop Lungi Magwaza delivered the word, she focused more on teaching women, encouraging and motivating them. As this year's women's day theme was *aspiring change*, Bishop stated

types of changes that affect and change our lives for ever, those changes that happen to us, happens around us and happens within us. She said women should be like eagles and penetrate through the storm, when such change comes our way.

Mbongolwane Women's forum would like to forward their gratitude to guests speakers who motivated them and encouraged them to be independent.



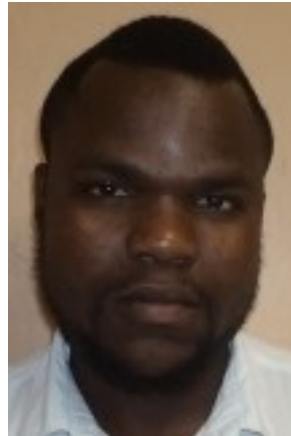
**HUMAN RESOURCE MATTERS : HOSPITAL NEW APPOINTMENTS**



Mkhize Z.I: SCM Officer



Nkosi N.P: Staff Nurse



Skhakhane B.Z.N: Chief Artisan



Sibisi N: Finance Officer



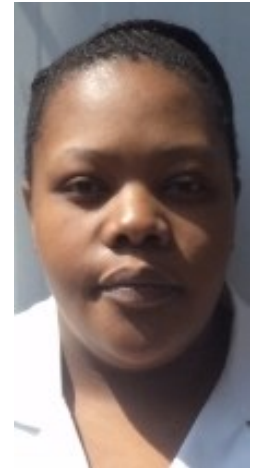
Mdluli SS: Pharmacy assistant



Mnguni S.C : S.C.M Supervisor (asset)



Mdlalose N.N: Doctor - Community service



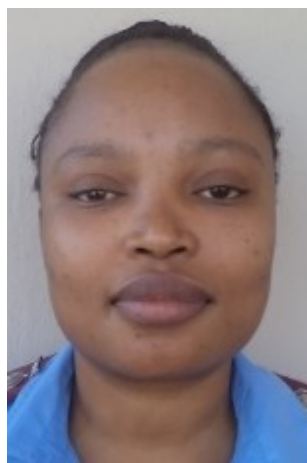
Mzimela M: Pharmacy Manager



Zulu N.M : Doctor-Community Service



Xulu S: Community Service Prof Nurse



Shezi D.H : Male Ward O/M



Xulu N.A: Professional Nurse : Mobile