



IMPILO ENGCONO

NEWS

OCTOBER–DECEMBER 2020

Information for better health ...

SPACE RELIEF AS THREE CLINICS OPEN THEIR NEW BUILDINGS



Recently constructed buildings brought more space for local clinics. More information on Page 02



World AIDS day celebration held in Richmond Sub-district
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Women were reminded to take better care of their health at a recent community based campaign
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Play your part, download the COVID-19 Alert APP
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NEW FACILITY BUILDINGS BRING MORE SPACE

Right on time when small and cramped spaces are not recommended due to the Covid-19 virus

Three Primary Health Care facilities or better known as clinics in uMgungundlovu recently received a face-lift. Taylors clinic in Vulindlela Sub-district, Sinathing, and Impilwenhle Clinics in uMsunduzi/Imbalenhle Sub-districts all received new beautiful separate buildings to add to the existing ones.

This means staff members and clients will no longer be cramped in tight spaces during consultations.

Services that were conducted in one building or one consulting room will now be separated, ensuring privacy, safety, and comfortability during working hours. The three buildings were built in a short space of time through a National Project.

All buildings have multi-purpose rooms which can be used for staff meetings, fully equipped consulting rooms, filing rooms, separate pharmacy, reception areas, storerooms, toilets including for the disabled, spacious waiting areas inside and outside with airport chairs.



Above Pic 1 and 2: All that the consulting rooms need now is a client and a health care provider as they are all fully equipped even with medical devices like the stethoscope, BP machine and more.

Above Pic 3: Modern indoor waiting areas with plenty of space and airport chairs.

Above Pic 4: District Office and Edendale Regional Hospital's management teams receiving keys to officially start using the buildings for work purposes.

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WORLD AIDS DAY COMMEMORATION

World AIDS day was celebrated for Richmond Sub-District



Mr Thulani Chappen, District Health Promoter reminded guests to utilise the resources and assistance that the Government and other key stakeholders is bringing to them

Richmond Sub-District held a World AIDS Day commemoration on 1 December 2021 at Shlala community hall.

World AIDS Day has been celebrated worldwide on 1 December every year since the 1980s. The day is dedicated to raising awareness of the AIDS pandemic whilst mourning those who have died of the disease.

A lot of positive strides in the fight against HIV have been made by the government and other sectors but a lot still needs to be done by all sectors of the community.

Currently, the whole world is facing a new pandemic named the Covid-19. Different sectors are geared towards the fight against this fast-spreading virus. The community members at

Shlala Hall were reminded that although the focus is currently more on Covid-19, they should not lose focus on their health and wellbeing. People are still urged to abstain from sex, be faithful and condomise. People who have compromised immune systems and who have chronic illnesses have been identified by scientists to be at high risk of getting ill and dying from Covid-19. Community members were told to keep healthy and take their medications, including ARVs as prescribed.

IMPORTANT NOTES

Guests were reminded of the following:

- HIV does not spread through mosquitos

- If you are HIV positive, your life is not over. You can still live a normal, long, healthy, and progressive life. Just take care of your health and take your medication accordingly

- If both partners are HIV positive, they still need to practice safe sex. There are different strains of HIV, you don't want to be infected with another strain. Practice safe sex by wearing condoms or using dental dams.

- You cannot tell if a person is HIV positive just by looking at them. The only way for you or your partner to know if you're HIV-positive is to get tested.

- Male circumcision DOES NOT prevent HIV. It only decreases the likelihood of infection.

- Always seek health advice when you are unsure.

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ONE-STOP SHOP FOR WOMEN'S HEALTH

Free health services were recently provided at an outreach campaign in Vulindlela Sub-district focusing on women's health

An outreach campaign focusing mainly on women's health was held on 27 November 2020, at Caluza Community Hall. The health awareness campaign targeted women of all ages. According to Mrs. Nomusa Mtshali, Primary Health Care Coordinator for Vulindlela Sub-district, the aim of the campaign was to improve performance and the uptake of all women's health-related services in the Sub-district. These included cervical cancer screening, long-acting pregnancy prevention methods like the insertion of the intrauterine contraceptive device (IUCD), and the Implanon and other contraceptives. Other services that were the focus included screening and testing for Covid-19, screening for TB, BP, and diabetes, screening for mental illnesses, HIV testing and initiation, condom distribution, and general management of conditions as they were presented.

Males were not left behind as they also received services specific to them like voluntary medical male circumcision (VMMC).

Youth health services also formed part of the outreach campaign.

The platform also assisted in mentoring Clinicians that were trained on long-term pregnancy prevention methods but did not practice the skill so that they are

able to properly provide the service frequently in their clinics.

Women's health is a priority, the following are some of the health problems faced by women daily.

- **Cancer:** Two of the most common cancers affecting women are breast and cervical cancers. Early detection of both these cancers is key to keeping women alive and healthy.

- **Reproductive health:** Sexual and reproductive health problems contribute significantly to health issues of young women.

- **Maternal health:** Many women suffer from complications in pregnancy and childbirth. Access to family

planning, Ante Natal Care and other basic services is necessary.

- **HIV and other sexually transmitted infections:** Young women are most vulnerable to new HIV infections and STIs. They need to do all they can to avoid infections.

- **Violence against women:** Women can be subject to a range of different forms of violence. Physical and sexual violence, either by a partner or someone else is faced by women daily. Men and other stakeholders are encouraged to protect women. Women are encouraged to report the abuse as soon as possible and to leave abusive relationships.



Youth health services was another priority at the event. Scholars, especially young and teenage females from nearby schools were allowed to access health services which were related to youth health.

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DISTRICT STRATEGIC PLANNING

Discussing the future of the District and re-prioritising service delivery strategies



Above: Mr MM Zungu, then acting District Director addressing the attendees. At the table is Head Of Health Dr S.C Tshabalala before his speech on the role of the district in achieving the National Service Delivery priorities.



Above: Mr M Green, DD Monitoring & Evaluation for the district addressing the attendants.

U Mgungundlovu Health District held a District Health Strategic Planning session for three days, starting on 17 November 2020 up to the 19th of November 2020. The planning session's priority was to re-focus and re-prioritise the goals of the district. The main aim was to gather information, strategically discuss and plan the future of the whole district when it comes to health-related matters.

In attendance were all district executive managers, all district programme managers, all facility (hospitals and Community Health Centres) executive management teams, Primary Health Care Coordinators, managers from Emergency Medical Rescue and Forensic Pathology. Also in attendance and to guide the district were managers from the KZN Health's Monitoring and Evaluation component.

The district was honoured by the attendance of the KZN Head of Health (HOH) Dr. S.C Tshabalala on day 1 of the session.

The then Acting District Director who is also the Deputy Director-General: NHI, Facility Accreditation & Compliance Mr M.M Zungu provided the attendees with strategic direction on day one.

The HOH set the wider provincial context with respect to service delivery priorities and encouraged the managers and attendees to always align strategic and operational plans to these priorities.

The meeting involved strategic planning and envisioning the future of the district, translating that vision into measurable and achievable goals, and then putting together plans on how to accomplish those goals. All who attended played a part in the planning session and participated in decision making

and discussions at group sessions.

Insights on how to restructure the district so that it can reach its full potential were discussed during group sessions.

A new Vision and Mission statement was also formulated. From the meeting, the Monitoring and Evaluation Component of the district was tasked with combining all discussions and coming up with a detailed District Health Plan document that would be shared with all stakeholders. From this DHP, facilities must do their own planning sessions and develop Strategic and Operational Plans.

The DHP is valid for five (5) years and will be reviewed annually during this period. The DHP needed to incorporate the changing landscape, new government regulations, changing disease burden, and touch on technological advancements amongst other things.

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FAREWELL TO THREE DISTRICT STAFF MEMBERS WHO RECENTLY RETIRED

Three staff members from uMgungundlovu District Office recently took another chapter of life and retired from their positions on 31 December 2020.

The three staff members had been part of the District Team for many years. Ms. Nomthi Masondo, Ms. Makhosazane Mvelase, and Mrs. Kogie Naick.

Ms. Nomthi Masondo was employed as an Operational Manager in PHC Development and Training. Ms. Makhosazane Mvelase or Sis' Maureen as she was well known, worked in the Human Resources Component as an HR Supervisor in the Labour Relations Department. Mrs. Kogie Naick worked as a Personal Assistant for the Clinical and Programmes Component Manager.

Masondo had been with the Department of Health since July 1986, she joined the District Office in the year 2006. Both Mrs. Naick and Ms. Mvelase previously worked for health facilities under uMsunduzi Local Municipality and joined the Department of Health in the year 2012 when all health facilities managed and owned by municipalities were officially handed over to the Department of Health.

In her heartfelt goodbye message to all in the District Mrs. Naick who has been with

the health industry for 30 years said "During my years working here, I have learned a lot from you all. I appreciate all the support, insights, and help you have provided me thank you for it".

The District Office team wished to hold a farewell party for all the ladies as it happens for all retirees but this could not happen due to the resurgence in Covid-19 infections that attacked our District. Covid-19 restrictions limit gatherings and if you do hold a gathering the venue must be big enough to ensure 1.5 metre social distancing in between the attendants. Another obstacle to holding the function was the unavailability of a venue inside the district office since the boardroom was earlier damaged by fire. Nevertheless, the components held their own small gatherings which went with Covid-19 regulations for each of the retirees, this ensured fewer attendants.

Presents were bought and handed over to all retiring staff members. All staff members are thanked for all their contributions.

Congratulations to all the lovely ladies. May they enjoy their retirement and golden years.



Ms Maureen Mvelase at a farewell party organized by her Component. In her goodbye message to all she said "I am so excited what the future holds for me but I am also sad to leave you all. I have enjoyed working with you".



Ms Nomthi Masondo receiving a gift on her last day

DOWNLOAD THE COVID-19 ALERT APP

Know your surroundings and exposure to the virus. The more people who download the APP, the more people will be alert and safe.



Knowing people who have been exposed to the Covid-19 pandemic, alerting them of their exposure so they can quarantine, isolate or monitor symptoms closely is currently another measure of fighting covid-19. In his speech, President Cyril Ramaphosa mentioned that Covid-19 moves with an individual, wherever you go you take the virus with you if you are already infected. This is why people are told to stay at home as much as they can. The time to stop the virus is **now**.

South Africa introduced a Covid-19 contact tracing app called – COVID Alert SA which works via smartphone's Bluetooth. This App has received some backlash from some citizens who claim it exposes your information and tracks your whereabouts. Some say it depletes your data and is costly. All these are myths and misconceptions which are distorting the truth. The App helps to track and trace those who have been in close contact with a person who tested positive and advise them of appropriate management – whether it is immediate testing, isolation, or quarantine. Below are more reasons why everyone should download the App and join the collective fight against COVID-19.

Here's what you can do to help SA to overcome COVID-19 with the Alert App

- Anyone in South Africa who has a Bluetooth-enabled smartphone can access this app. You can download the app from the Apple App Store or Google Play store.
- Downloading the app is quick and easy – it's under 3 MB in size.
- The app is free and does not feature in-app purchases.
- You will not have to pay for mobile data when you use the app – the data to use the app has been zero-rated by all of South Africa's mobile network providers.
- The App uses Bluetooth contact-tracing technology to let people know if they have been in contact with someone who has COVID-19. It gives everyone the chance to understand their exposure to the virus

Source - <https://sacoronavirus.co.za>

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COVID-19 SECOND WAVE HAS ARRIVED

Many sectors and spheres of community and government must play a big role in fighting the virus

There were mixed feelings from everyone when an announcement was made that a second wave of Covid-19 was coming to South Africa and people needed to prepare for it. Different sectors had to prepare differently in dealing with the expected hike in numbers. To make matters worse, the country was approaching the festive season in the month of December where an exodus of people was expected. People who work in other provinces or other areas had to visit their families and loved ones to spend December holidays with them. Visitors and tourists were expected to visit the popular tourism destinations of our lovely country. On 9 December Health Minister Dr. Zweli Mkhize announced that South Africa has, according to its statistic models, entered the second wave of COVID-19 infections.

KwaZulu-Natal was amongst the four provinces that were experiencing high numbers of infections, other Provinces included the Western Cape, Eastern Cape, and Gauteng.

The government had to strengthen its readiness and approach for this second wave which had already started in other countries.

Part of the preparations was alerting citizens that Covid-19 was still very much a reality and citizens had to protect themselves. Different



Miss Thobile Hadebe, Senior Communications Practitioner engaging with Traditional Leaders of uMgungundlovu District explaining Covid-19 status in uMgungundlovu and seeking their support at their local areas.

consultations took place, although some were difficult to happen due to limited technological access of some stakeholders and the unavailability of some sectors.

All Primary Health care facilities working together with other sectors at the community level had community awareness plans where they went around reminding community members and key leaders of what Covid-19 is and what they can do to protect one another. Awareness campaigns happened where health care workers and other sectors handed out fliers, did public announcements, visited churches, taverns, sports areas, taxi ranks and more.

Covid-19 has caused a lot of pain and a severely negative impact on our health or the health of loved ones. It has damaged our economy and caused job losses and business closures. Health care facilities and healthcare workers have been pushed to capacity and beyond. Worst of all thousands of people in South Africa have died due to the virus and millions have died throughout the world. We must all pull together to fight the disease.

Everyone is still urged to stay at home, the more areas you go to; the more you spread the virus and expose yourself to infection. If it is not a critical emergency to visit your relatives, do not visit them; keep in touch using the current technology.

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ACKNOWLEDGEMENTS

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SWITCHBOARD: (033) 897 1000

SWITCHBOARD FAX NUMBER: (033) 897 1078

EMAIL ADDRESS:
Thobile.hadebe@kznhealth.gov.za

Physical Address: 171 Hoosen Haffajee
(former Berg) Street, Pietermaritzburg

Postal Address: Private bag X9124,
Pietermaritzburg, 3200

Web Address:
<http://www.kznhealth.gov.za/>


uMgungundlovu District



Compiled by
Miss Thobile Hadebe
Senior Communications Practitioner

REMEMBER THESE FIVE (5) COVID-19 GOLDEN RULES

- 1 Wash hands** 
- 2 Don't touch face** 
- 3 Keep 1,5m apart** 
- 4 Cover your cough** 
- 5 Sick? Stay home** 

WHATSAPP SUPPORT: 0600 123 456 | EMERGENCY NUMBER: 0800 029 999
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SOURCE: <http://www.kznhealth.gov.za/publicity/covid-5-rules-E.pdf>

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