

IMPILO ENGCONO

STAY INFORMED

APRIL-JUNE 2019

FAREWELL TO MRS ZUMA-MKHONZA, DISTRICT DIRECTOR

SPECIAL POINTS OF INTEREST:

- The District Director's retirement
- Drugs, alcohol and unprotected sex will only lead to dangerous consequences for the youth

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Different stakeholders, staff members and managers got a chance to say goodbye to the former District Director, Mrs. Zuma-Mkhonza at her farewell function.



Scholars reminded that a brighter future is all in their hands

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Former MEC for KZN Department of Health Dr S Dhlomo at the official opening of eMambedwini Clinic

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Mental Health awareness month

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THE DISTRICT DIRECTOR RECEIVED A RETIREMENT FAREWELL PARTY FIT FOR A QUEEN



Mrs Zuma-Mkhonza with her family at her farewell function

After 38 years in the Public Health Sector, Mrs. N.M Zuma- Mkhonza, the District Director (DD) for uMgungundlovu bowed out, retiring from the Public Service.

Mrs. Zuma-Mkhonza fondly known as May short for Mavis decided it was time that she left the service to focus on her personal life and enjoy her golden years.

The District Team organised a farewell function for her which was indeed fit for a queen after she had been in the District Office for more than 13 years. At her farewell function on Friday 21 June 2019, the chosen venue was full with guests of different cadres and levels, proving she was a people's person. Present at the event included the DGG for National Health Insur-

ance, Mr. M Zungu who gave a speech on behalf of KZN Health; Ms. M Themba, close friend and District Director of uMkhanyakude spoke fondly of the sacrifices the outgoing DD went through for the

department, other District Directors were also present; directing the programme of the event was Rev S Mthethwa, an ex colleague of the DD who also went to high school with her.

The outgoing District Director was accompanied by her husband Mr. Mkhonza well known as Mashumi, her family and her pastor and bishop, whom she is very close to and is thankful for guiding her life spiritually.

Some guests said the event was a replica of a wedding as gifts and two big cakes were part of the occasion. All the guests wore their best outfits. Music and cheerful cultural

songs were the order of the day. Different colleagues and friends gave their heartfelt goodbye speeches directed towards the DD.

In her thank you reply, Mrs. Zuma-Mkhonza emphasised that it has been a pleasant journey growing in the department, learning from different people and seeing people whom she had mentored grow into successful managers.

She thanked her team for organising the spectacular event, thanked her family for understanding that in her job, she did not observe the watch and had to sacrifice her time with them. She thanked everyone and every stakeholder who had worked with her.



Approximately 200 guests filled the immaculately-decorated Green Leaf venue to bid their goodbyes and farewell to Mrs Zuma-Mkhonza.

THE DISTRICT OFFICE HAD ITS OWN WARM GOODBYE FOR THE OUTGOING DISTRICT DIRECTOR



Staff members at the District Office gathered to say their last goodbyes

On Monday 24 June 2019, the farewell function continued during a short meeting at the office to cater for those who did not get a chance to attend the event at the external venue.

This atmosphere was more relaxed. Different staff took turns in sharing jokes and memories of their interactions with Mrs. Mkhonza. In the end, one could gather that when it came to work, she took no excuses but board-room fights always ended in the board-

room.

The DD also got a chance to bid farewell to staff as individuals and as departments. She finally wished every member of staff safety and prosperity, thanking them for their support and dedication. She concluded by saying when a new DD is appointed, people should never compare managers as everyone's management style is different. She also advised members to be respectful and always keep their work a priority.

MRS ZUMA-MKHONZA'S HISTORY IN THE HEALTH SECTOR



Mrs Zuma-Mkhonza has a rich history and experience in the department of health

Mrs. Zuma-Mkhonza was born in the Impendle area and matriculated at Vukuzakhe High School in Umlazi. She has a very long, rich history in the health sector, spanning for decades.

Mrs Mkhonza started showing interest in the nursing career in the late 1970s when she trained for General Nursing and Midwifery at Edendale Hospital in Pietermaritzburg and completed in the year 1980.

She later enrolled for a qualification in Psychiatry at Fort Napier Hospital and completed in the year 1981. She then joined Murchison Hospital as a Professional Nurse for a short period. Her career has taken her all around the KwaZulu-Natal Province as she has also been a Professional Nurse at Greytown Primary Health Care where she grew and formed most of her fond relationships with her colleagues who are also now at different managerial positions around the Health sector.

In the early 1990s, Mrs. Mkhonza came back to Pietermaritzburg and grew in the Primary Health Care sector. She was later promoted to Deputy Director Clinical and Programmes Manager in uMgungundlovu Health

District where she was responsible for all Primary Health Care facilities in uMgungundlovu, serving under the leadership of Dr. Mhlongo and later Ms. S.R.G Shezi.

In July 2006, when the then District Manager left for another position she got promoted and assumed her responsibilities of being a District Director after acting in the position for a few months. This currently translates her position as a DD to almost 13 years.

Mrs. Zuma-Mkhonza's previous positions have assisted her to be able to fully understand different programmes within the district and how Primary Health Care should be run and supported. In her years in the office, she has seen different programmes go from bad performing to programmes recognised amongst the best in the province.

uMgungundlovu District is the second-largest district in the province of KwaZulu-Natal after eThekweni. High population means more demands for service and more challenges.

One of the programmes the DD was very proud of is the Tuberculosis (TB) programme which was once amongst

the worst performing in the Province but has since achieved the highest success rate in the country according to Barometer 15/16 earning it the 1st prize at the MASEA awards in the year 2018.

uMgungundlovu is one of the three National Health Insurance (NHI) piloting districts in the province. Mrs Zuma-Mkhonza has worked tirelessly in ensuring the NHI pilot district committed and achieved NHI activities including the availability of doctors in clinics, appointment of different teams to improve services at health facilities. Procurement of basic equipment for clinics in all consulting rooms, facilitation of the procurement of facility directional signage was also part of the achievements.

uMgungundlovu District has always been among the top 10 best performing Districts in the country in the achievement of Ideal Clinic Realization and Maintenance.

Besides her busy schedule in the health sector. Mrs Zuma-Mkhonza has shown commitment in the Operation Sukuma Sakhe programme (OSS), she has been the OSS District Task Team Chairperson from the inception of the programme. The Programme as Flagship was launched in uMgungundlovu under her Leadership and when it was re-launched as Operation Sukuma Sakhe, she still played a huge part working with different stakeholders and different government departments. Mrs Zuma-Mkhonza's last day at work was on 28 June 2019.

YOUTH MONTH: YOUNG PEOPLE YOUR FUTURE IS IN YOUR HANDS



Scholars of the Ndaleneni area gathered to be part of a launch of the She Conquers programme aimed at empowerment

“Young people must focus on building their foundations with the help of their parents because any decision that you make as a teenager, will definitely affect you as an adult”

On the 20th of June 2019, the uMgungundlovu Health District in partnership with different partners and Non Profit Organisations held a launch for activation of the “She Conquers” programme.

The Ndaleneni area is one of the local areas under Richmond Municipality with high rates of teenage pregnancy. School going children who get pregnant become parents at a very young age. This affects their potentially bright future as parenthood comes with loads of responsibilities. The She Conquers pro-

gramme is aimed at school going young girls and boys. Its main purpose is to encourage young girls and boys to take full responsibility and full charge of their lives, especially when it comes to health and social matters. Different sectors like health, education, social development, charity organisations, NGOs take responsibility for the programme, working together to empower and mentor the scholars.

The programme which runs at schools focuses on teaching young people about abstinence from sex, using condoms every time they have sex, dangers of multiple partners and teenage pregnancy. It also discourages the trend of blessers/ sugar daddies or sugar mommas. This is a trend where young people date adult, often married people in order to get money from them and live lavishly.

Usage of drugs and alcohol is discouraged. Many young people often find themselves using drugs and drinking alcohol at a very young age. Most of them end up ruining their lives and future due to the fact that they get addicted and end up committing crimes like burglary and robberies to feed their addictions, eventually having criminal records or even being killed. A lot of young people now have left their homes and are living on the streets due to drugs, some end up doing prostitution. Mr Z Si-langwe from Ndaleneni Clinic mentioned that the clinic has a programme for youth health services called the AYFS. There is also a “Happy hour” happening every Thursday from 14:30—15:30, during this hour any young person can come to the clinic for anything, even if they are not sick just to get knowledge.



The Whizzkids NGO had a group of teenagers who did a role play on how using drugs whilst still at school can negatively affect your future



After discussions in groups on how to fight social ills and stay away from things that could destroy their lives, the scholars took turns presenting

ISIBAYA SAMADODA: MEN TOLD TO PRIORITISE THEIR HEALTH BY BEING RESPONSIBLE IN EVERY ASPECT OF LIFE



Men from iMpindle listened and interacted with different speakers who spoke about different topics affecting men and society

On the 7th of June 2019, men of ages from 15 upwards gathered inside a marquee erected at the iMpindle traditional court ground to be part of an event that was organised specifically for them. About 200 men from the community were called to be part of the event called “Isibaya samadoda” loosely translated as “gathering of men”

The event, which is happening in different areas of Kwa-Zulu Natal focuses on arming different men on various subjects around being a man. There are subjects on health-related matters, and there are talks around religious and cultural beliefs.

“Every man should worry about his health and the health of those surrounding him; test for diabetes, hypertension, TB, cancer and

most importantly test for HIV,” said Mr S Gasa, Deputy Director for the Circumcision programme in the KZN Department of Health.

During the event it was mentioned that the area of iMpindle had high rates of fathers who were not in their children’s lives (mothers rais-

ing their children alone), high unemployment rates, abuse of drugs and alcohol. Although these are problems for the rest of the province and the country, every man was encouraged to play a part in responsibly raising their children, wearing a condom during sexual intercourse, being faithful to their partners, staying away from drugs and alcohol.

The guests were informed that only weak men would hit and abuse a woman. Men who were abused by their partners were also encouraged to speak out as gender-based violence should never be tolerated.

There were Male Medical Circumcision services which were happening on the 7th and 8th at the venue; Nxamalala Clinic, the nearest clin-

“visiting health facilities for regular check-ups should be a norm for all men; even when they are not sick”



Guests and speakers at the event from left: Prince Nhlnganiso Zulu; Local Chief, Inkosi Zuma of the Nxamalala Clan,; Dr H Mngadi and local Induna who accompanied the local chief.

MALE MEDICAL CIRCUMCISION HAS MANY PROVEN BENEFITS FOR BOTH MEN AND WOMEN



Dr H Mngadi encouraging men (young and old) to get circumcised while emphasising that getting circumcised does not mean you are immune from contracting HIV

The department of health has made a big stride towards Male Medical Circumcision (MMC) but there are still challenges to get older men to come for circumcision.

Older men have a myth that circumcision is for children and youth not for men above the age of 40. All men of all ages are urged to get circumcised which is a process of removing the foreskin of the males' private part. Circumcision reduces the risks of getting infected

with HIV by 60% for males, it also reduces the risk of the male's female partner from getting cervical cancer, it also keeps the male private parts clean and improves hygiene.

At the Isibaya Samadoda event held on the 7th of June 2019, Prince Nhlanganiso Zulu, son of King Zwelithini Zulu who is also an ambassador for the department's MMC and TB Programmes mentioned that every man must know his role in fighting the spread of HIV/AIDS. They must play an active role in the fight as the battle will not be won by government or females alone.

He also encouraged all males between the ages of 15 upwards to get circumcised, mentioning that even circumcising at birth is good.

Dr. H Mngadi, who owns a successful surgery in the Pietermaritzburg city was firm on the fact that men should be faithful, respect themselves, know that respect from family and community is earned. Dr. Mngadi mentioned that men must be more responsible. "No man should abandon their families, live their parents or children starving while driving expensive cars, drinking expensive alcohol and spoiling different women; harity begins at home" concluded Dr. Mngadi".

Dr. Mngadi is also actively involved in the circumcision campaign in PMB/ Umgungundlovu District where they run circumcision camps for young boys and visit different schools to give talks on the importance of circumcision. "It's the responsibility of every parent to play an active role in their children's lives" concluded Dr. Mngadi.

OFFICE OF THE OMBUDSPERSON RE-EMPHASISE THE IMPORTANCE OF PATIENT’S RIGHTS DURING VISIT



Mr Mboneni Bhekiswayo, KZN Health Ombudsman addressing an audience from Primary Health Care facilities during a recent workshop on Complaints Compliments and Suggestions.

cellence and put customers at the center of everything they do. The ombudsman mentioned that the same knowledge should be filtered down to employees at facilities, ensuring that they are aware of what is legally required from them by the government and citizens of the country. Employees must also fully understand their rights and know how to exercise them.

The uMgungundlovu District had the privilege of being visited by Mr. Mboneni Bhekiswayo, the KZN Health Ombudsman on the 18th of June 2019. The aim of the visit was to interact with Operational Managers of Primary Health Care facilities (clinics) reminding them of the rights of patients and the importance of good customer care.

The office of the ombudsman is responsible for enshrining, the constitution of South Africa when it comes to human rights and rights of patients.

Mr. Bhekiswayo emphasized that it is a responsibility of every manager to arm themselves with knowledge and always update their knowledge in this ever-evolving society. During the workshop, it was clear that all Public Servants should always strive for ex-

Patients must know that they have rights to complain and make suggestions whenever the promised standards of service delivery are not met. Complaints must be used to improve service delivery, compliments by clients must be communicated to employees so they can be encouraged to do more good and be aware that their good work is appreciated.

UMPHAKATHI OYOBE UVAKASHELE IZIKHUNGO ZEZEMPILO NGENYANGA

KA NCWABA UYACELWA UKUBA UZIBANDAKANYE NOCWANINGO

“There will be Patient Experience of Care surveys at health facilities during the month of August, all clients are requested to voluntarily participate”.

Ngenyanga ka Ncwaba (August) zonke izikhungo zezempilo kubalwa imitholampilo kanye nezibhedlela ezingaphansi kwisifunda sase Mgungundlovu zalo lonke uhlobo ziyobe zenza ucwaningo oluphathelele nokuphatheka kweziguli.

Lolucwaningo luzobe lwenziwa amalungo azinikelayo eqoqa izimpendlulo ngokubuza iziguli nezivakashi ngempatho eziyitholayo noma eziyitholile ngenkathi zivakashele lesosikhungo bezofuna usizo

lwezempilo.

Inhloso yalolucwaningo ukuba umnyango kanye nesikhungo bazi ukuthi umphakathi obasebenzisayo ubabona kanjani, baqinise lapho benza kahle khona baphinde banyuse amasokisi lapho bengenzi khona kahle

Kunesibalo okumele ekuqiniseni kocwaningo sitholakale, isibonelo ezinye izikhungo zizobuza imibuzo abantu abangu 80 ezinye zibuze abantu ababalelwa ku 1900. Konke lokhu kuya ngokuthi lesosikhungo sibona inani

elingakanani leziguli.

Abantu bazobuzwa imibuzo uma sebeqedile ukuthola usizo sebeyophuma ngesango, ukuze kuqinisekise ukuthi umuntu obuzwayo usekuqedile abekuzele. Obuzwayo angeke alisho noma alibhale igama lakhe ngoba alidingeki, okufunekayo nje umbono wakhe. Mayelana nolwazi oluningi sebenzisa imininingwane esekugcineni kulelibhuku noma xhumana nesikhungo sakho sezempilo.

NDALENI CLINIC CELEBRATED NURSES DAY



The Nurses Pledge was read at the event to remind the nurses that in the work that they do, the health of their patients should be their first consideration. Also nurses who had passed away in the line of duty were remembered .

Nurses are the backbone of the Health Department in the whole world hence there is a day dedicated to all the hard work, care, enthusiasm and dedication that nurses display every day in their work.

The international nurses day is celebrated every year throughout the world on the 12th of May. May 12th is an important date for all nurses, as it is the anniversary of the birth of Florence Nightingale, who is widely considered the founder of modern nursing. In January 1974, this day was finally officially made International Nurses Day.

On Friday, 10 May 2019; ndaleni clinic in the Richmond Sub-district had an event where they celebrated nurses of the clinic.

Nurses from Ndaleni Clinic and nearby clinics were part of the event where their work was celebrated. Retired nurses who played a big role in shaping the clinic were also invited.

Ndaleni is a rural area clinic with challenges that are experienced by most clinics like short staffing, long working hours, demanding

community members and more. This was the first Nurses day celebration for the clinic and it was indeed successful.

Over the years, the burden of disease has increased in South Africa and the whole world; meaning the jobs for nurses and the health industry has become more complicated. The increase in non-communicable disease also known as lifestyle diseases like hypertension and diabetes has also taken its toll.

Increased number of people who must be put on antiretroviral medication who are HIV positive; increase in trauma injuries and mental health illnesses like the increasing suicide rates, depression are part of the challenges of modern nursing. Community members who were present were requested to respect staff members and nurses on duty and always speak up whenever they are not happy with the service.



Guest Speaker Mrs Otty Mhlongo gave a moving motivation to all the nurses and other staff members to always do right and put God first in all that they do and whenever they meet challenges.

EXCITEMENT FOR THE COMMUNITY OF UMSHWATI DURING THE OFFICIAL OPENING OF EMAMBEDWINI CLINIC



Former KZN Health MEC, Dr S Dhlomo accompanied by community leaders at the official opening of eMambedwini Clinic.

On 30th April 2019, the former KZN MEC for Health Dr. S Dhlomo officially opened eMambedwini Clinic in uMshwati Municipality ward 12. The former MEC was accompanied by Acting Mayor for uMshwati Cllr M.P Dlamini and other local counsellors, iNkosi N Gcumisa of the Gcumisa Clan, izinduna, and representatives of the Mayor of uMgungundlovu District Municipality Cllr T.E Maphumulo.

In the morning at the clinic, Dr. Dhlomo interacted with community members who came to the clinic for access to healthcare, taking their concerns and compliments for the clinic. Dr. Dhlomo stated that he was happy

and proud of the clinic and the services that the clinic has brought to the local community. Members of the community no longer had to travel long distances to get health services. The clinic offers comprehensive Primary Health Care services including weekly doctor visits.

eMambedwini Clinic has improved its performance over the years and is one of the clinics who have been identified as compliant to the Ideal Clinic set standards. This means the clinic meets a certain percentage of requirements and standards set for all facilities to be compliant with the National Health Insurance requirements.

After the official opening, Dr. S Dhlomo proceeded to eNdlabezembuzi Sports Ground where a big crowd was awaiting his address.

He informed the public about the struggles it took to bring health care to the community and how it's more of a struggle to ensure that health care provi-

sion is up to standard and satisfactory for the community.

Mrs. Blose, who was a member of the KZN Parliament was present at the event. She was very instrumental in the establishment of the clinic. She mentioned how she negotiated with the late local chief Gcumisa and the former MEC Dr Dhlomo for this clinic to be built. When it was approved and finally built she was very happy and excited to be part of the official opening.

Inkosi Gcumisa was very happy to see that the clinic was of great help to the community and that the community has taken good care of it.



uMgungundlovu Health District

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

Postal Address: Private bag X9124,
Pietermaritzburg, 3200

SWITCHBOARD:
(033) 897 1000

SWITCHBOARD FAX NUMBER:
(033) 897 1078



**Compiled by
Miss Thobile Hadebe
Senior Communications Practitioner
uMgungundlovu Health District**



UPCOMING: JULY IS MENTAL HEALTH AWARENESS MONTH—WHAT SHOULD YOU KNOW?

The month of July is declared Mental Health Awareness month according to our National Health Calendar. During this month, South Africans should be reminded about mental health. Citizens must know the causes of mental health problems and how to combat them.

Mental illnesses may be minor or severe. Whenever they are detected they should be treated as they could have dire consequences. Treatment varies according to the severity of the illness.

When thinking of a mental health care user, most community members often think of a person who is unable to function normally, who is violent and dangerous, this normally is not the case. Many people with mental health problems can still function normally and their illness may not be easily detected

without proper counselling.

Some of the common but overlooked types of mental illnesses include but are not limited to:

- Depression
- Bipolar
- Suicide
- Stress and Anxiety
- Eating Disorders
- Addiction /Substance abuse

Children, students, and young adults are often the most vulnerable because they are at an age when they can easily be affected by bullies, the environment and the feeling of hopelessness.

In a world of increased social media usage, it is very easy to be bullied and to have a person affected while trying to fit in.

Parents should encourage their children to speak out whenever

they feel low and be supportive of them. Observe your relatives' change in behaviors, engage with them, do not judge and seek help.

If as a parent you see your child being a bully, encourage them to be nice and observe what they are saying to others.

The South African Depression and Anxiety Group (SADAG) is a registered Non-Profit Organisation. They specialize in mental health support and advocacy. Their website has vast knowledge and information on mental health. There are helpful questionnaires that people can take to determine their state of minds. They also are available to answer queries and online help. For more information and assistance, access them on their website <http://www.sadag.org/>

Research!! Research!! Research!!