

IMPILO ENGCONO

STAY INFORMED

JULY-SEPTEMBER 2019

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DISTRICT SPORTS TOURNAMENTS, THE TEAMS BROUGHT OUT THEIR COMPETITIVE SIDE.



Staff members from different health facilities within uMgungundlovu participated in sports games on 13 September 2019. Competition was high between different teams, Edendale Hospital and Northdale Hospital competed in soccer finals. More on page 8



October is Breast Cancer Awareness Month
Early detection is the key

DEPARTMENT OF HOME AFFAIRS DEPUTY MINISTER'S OUTREACH PROGRAMME ENCOURAGING EARLY ACCESS TO BIRTH CERTIFICATES.



Deputy Minister for Home Affairs presented new mothers with gifts during his visit to Edendale Hospital and confirmed if they all had birth certificates for their infants.

On the 24th of July 2019, Deputy Minister for Home Affairs; Mr. Njabulo Nzuza visited uMgungundlovu District as part of his office's Nelson Mandela Month commemoration.

In his visit, he was tracking the functioning of the Department of Home Affairs and wanted to hear challenges faced by the community at ground level.

He chose to visit Edendale Hospital's Maternity Ward, where mothers who recently gave birth were admitted with their new-borns. Edendale Hospital has a Home Affairs office inside the hospital. The office assists the mothers to apply for birth certifi-

cates whilst they are still admitted in the hospital instead of going to Home Affairs branches experiencing long queues, leaving their new-borns for hours at home.

According to the Deputy Minister, Home Affairs has a policy that states

parents must register their new-borns within 30 days of giving birth. When this does not happen, most mothers say they did not get a chance to visit Home Affairs for the registration due to caring for their infants.

On arrival at Edendale Hospital, the Deputy Minister interacted with the mothers and

gave them Gift packs with essential new-born items.

After his visit to Edendale Hospital, Mr. Nzuza went to Tiny Tots Day Care Centre, in KwaMachibisa Ward 22, uMsunduzi Local Municipality. He mentioned that he wanted to interact with the children. "South Africa's first democratically elected President, Dr Nelson Mandela loved everything involving children," said Mr. Nzuza. At the daycare center, he also confirmed if all the children did have valid birth certificates as he mentioned "The worst thing you can do to a child is to render them stateless, a birth certificate or ID is not just a document but an enabler to access service" concluded the Deputy Minister.



Happy to receive treats and toys, children from the Tiny Tots Day Care Centre during the Deputy Minister of Home Affairs visit

THE DISTRICT HOSTED THE KZN HEALTH MEC'S LAUNCH FOR HIGHER EDUCATION HEALTH PROGRAMME



KZN MEC Nomagugu Simelane-Zulu being attended to by a nurse at one of the service stations.

KwaZulu-Natal Health Department is concerned about the high number of unplanned pregnancies which may lead to illegal termination of pregnancies that are faced by youngsters who are at Facilities of Higher Learning. Access to health care may be a problem for students who may not have time to visit local health facilities. A launch of a health program recently took place at the University of Kwa-Zulu Natal, Pietermaritzburg campus.

At the launch which was held on 17 August and was led by MEC Nomagugu Simelane-Zulu students at UKZN and surrounding tertiary education, facilities received numerous services like short term and long term family planning, pregnancy testing, HIV testing, STI screening, TB Testing, cervical cancer screening, screening for BP, Diabetes and more.

This is because the MEC wants no student to drop out of tertiary due to unplanned pregnancy, sexually-transmitted infection, or complications related to botched termination of pregnancy or cancer. The theme of the launch was #Seize The Moment.

It was noted that some of the myths surrounding the usage of family planning devices in students are the main issues crippling the uptake of this service. The department together with the health provision services at tertiary levels must work together to fight these myths.

In the end, the MEC wishes for this program to be rolled out to other universities, universities of technology and Technical and Vocational Education and Training (TVET) colleges around the Province.



Students registering before receiving a variety of health services that were offered on the day.



On arrival, the KZN MEC Nomagugu Simelane-Zulu engaged with the Student Leadership members at campus

MEDICAL MALE CIRCUMCISION CAMP AT KWANGUBENI PRIMARY SCHOOL



Young men proudly displayed their culture and tradition whilst waiting for their turn to be circumcised at KwaNgubeni Primary School

“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”

Young men aged between 15 years and above are encouraged by the Department of Health to do Medical Male Circumcision (MMC). Circumcision is a process of removing the foreskin of the males' private part.

Circumcision has been scientifically proven that it 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, a deadly preventable disease attacking an increasing number of females.

Circumcision also keeps the male private parts clean and improves hygiene, without the presence of foreskin it is easier to clean

A team led by NGO Jhpiego, whose focus is mainly providing Medical Male Circumcisions visited the KwaNgubeni Primary school in the Vulindlela area.

The campaign targeted male scholars from Kwa Ngubeni school and nearby schools as well.

Pre recruitments were conducted in the area to assess those who qualified for the procedure, parents consents were also sought and received for every person who was to undergo the procedure.

Besides undergoing the simple, effective and quick circumcision procedures, the scholars participated in male grooming activities.

Scholars had fun and did Zulu traditional dances and humming, led by the matured men who lead young boys cultural groups in communities.

Educational talks involved information on the importance of sex abstinence, focus on schoolwork, respect for oneself, respect for the elders and their peers.

At the end of the program, Zulu traditional meals were served and enjoyed by the participants.

UMGUNGUNDLOVU DISTRICT HOSTED CELEBRATION FOR 100 000 MEDICAL MALE CIRCUMCISIONS BY JHPIEGO



Acting District Director, Mrs Sindisiwe Mbambo thanking Jhpiego for their continuous support and availability.

Jhpiego an organisation that is known as SOKA in the community had an event on Friday 26 July 2019 where they were celebrating a 100 000 milestone of circumcised males. Part of their mandate is the provision of regular Medical Male Circumcision (MCC) services for everyone eligible in communities. Umgungundlovu District hosted the event at the Maqongqo area.

Jhpiego is an international organisation that has been operational in many countries on the African continent. Their goal is to create and deliver transformative health care solutions that save lives, partnering with governments, health experts and local communities.

The department of health has made a big stride towards Medical Male Circumcision.

conducting the services whenever they are required. 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 event, different speakers took a turn to engage with students and community leaders regarding the importance of circumcision. Students

This achievement was done in partnership with NGOs like Jhpiego who go out in the communities recruiting males and

who were in attendance were advised to put their future first and forget about peer pressures and bad habits that could be dangerous.

The event was full of fun as students participated in dancing and singing, celebrating who they are; culturally.

Students were encouraged to be respectful, responsible and put their future first. At the end of the event, there was a friendly soccer match between the department of health and Jhpiego. All ages and fitness levels participated, this was indeed an entertaining game to watch. Needless to say, the department of Health won the match.



A friendly soccer match between Jhpiego and department of Health was fun to watch as all fitness levels and ages participated. Above is the department of health.

KWAZULU NATAL'S GOLDEN GAMES AIMED AT KEEPING SENIOR CITIZENS ACTIVE AND HEALTHY



uMgungundlovu District Seniors very much enjoyed being part of the fun games

Being a senior citizen doesn't mean you must stay at home, look after grandchildren and wait to die. It's a time when you need to take better care of your health. Disease that are related to muscular fitness, bone and functional health, Non Communicable Diseases, depression and cognitive decline are associated with inactive, physically able adults or seniors.

Senior citizens benefit healthwise when they engage themselves in easy physical activity like walking, dancing, gardening, hiking, swimming, household chores, and planned sports or planned exercise like soccer, netball, jogging.

In September 2019, hundreds of the Kwazulu Natal's Provinces seniors braved long distances and the bad weather to display their sporting talents during KZN Indigenous Games held at Ugu District, Port Shepstone

uMgungundlovu District's team was part of the teams involving groups from different districts. The games are used to select a team to represent KwaZulu-Natal in upcoming national games.

The annual Provincial Games consist of activities that start at ward and

local level in all the corners of the Province. The games played are mostly fun and less demanding, including duck-walk, ball throw, ring in the stick and passing the ball. But there are also competitive ones such as track and field athletics and soccer.

The event's main host is the KZN Department of Sport and Recreation (DSR) in partnership with other government departments like the Office of the Premier, Provincial Department of Social Development, Department of Health and District Municipalities.

Getting any amount of physical activity offers some health benefits to those who are healthy or even with some kind of illness. Helping inactive people become more active is an important step towards better health, it is hoped that the games will inspire other senior citizens to be active.

PHARMACY AWARENESS—WHAT YOU SHOULD KNOW ABOUT YOUR MEDICINES



Ask your health care provider about your medication.

The month of September was Pharmacy awareness month in South Africa. Every person must know the medicines they are taking. Increasingly, more people now depend on medicine to treat or manage chronic illnesses. Medicines are usually taken for specific effects to cure, relieve or prevent a medical condition.

Being aware of the medicines you are taking will help you make better decisions affecting your health.

Medicines include prescriptions, over-the-counter medicines from the pharmacy or supermarket, herbal remedies from pharmacies, supermarkets, home or traditional healers, vitamins and other supplements. According to <https://www.sahealth.sa.gov.au> below are things you should know

Know the active ingredient

The active ingredient name identifies the chemical in the medicine that produces the effect when taken. Many medicines with the same active ingredient are available from different manufacturers and sold under different brand names.

Take medicines as instructed

You should always make sure that you follow the instructions about how to take your medicine given to you by your health care provider.

What will/does your medicine do?

All medicines have an effect when taken into the body. It is important to discuss any new medicines you are recommended so that you understand why you have been recommended the medicine.

Side-effects

All medicines affect your body. Your health care provider should discuss possible side effects with you before you start taking a new medicine. Side-effects can range from mild to serious.

Interactions

Some medicines may interact with other medicines or certain foods or drinks if they are taken in combination, or even if they are taken hours apart. Interactions can alter the effects of the medicine and sometimes change how strongly the medicine works or change its side effects.

Medicines in pregnancy

Most medicines are safe to take while you are pregnant or breastfeeding, but there are some medicines that you should avoid. If you are pregnant you should discuss your current and new medications with your health care provider.

Never share medicines

You should never take medicines prescribed for someone else as they may have unwanted side-effects.

Storing your medicines

Medicines should be stored according to the manufacturer's instructions, which are generally printed on the packaging. Usually medicines should be stored in a cool, dry place, out of direct sunlight, however, storage conditions vary and some medicines need to be refrigerated.

What to do with unwanted or expired medicines

You should make sure to check the expiry date on your medicines before you take them. If your medicines have expired or have not been stored according to the manufacturer's instructions printed on the packet you should not take them. Return your medicine to your local pharmacy or health facility for safe disposal. You should not dispose of unwanted medicines in the bin or down the drain as this may have harmful consequences on the environment.

What to do if you have any concerns about your medicines

If you have any concerns about any of the medicines you or someone you care for is taking you should discuss these concerns with your pharmacist, nurse or doctor.

UMGUNGUNDLOVU DISTRICT SPORTS TOURNAMENTS, A DAY TO CELEBRATE PHYSICALLY ACTIVE STAFF MEMBERS



Edendale Hospital won against Northdale Hospital's soccer team in a tight contest via penalty shoot-outs. Above, Team Edendale stand proudly displaying their trophies and medals.

healthy employees through physical activity by having a program that encouraged employees to take a maximum of 2 hours from work to participate in sporting activities.

Some ways of doing this is eating healthy, participating in physical activities and maintaining a healthy weight.

Any person of any age can start with physical activity and healthy living, you just need to start small and gradually increase as you get fitter.

Final results were as follows

- **Netball:** Umngeni Hospital (first position) and Greys Hospital (second position)
- **Soccer:** Edendale Hospital (first position) and Northdale Hospital (second position)

A Sports Tournament was recently held on 13 September for the department of health in uMgungundlovu District. Staff members who are sports enthusiasts were at the uMngeni Sport and Recreation Centre to take part in different sports codes.

Different hospitals and Community Health Care Centres, including the district office, formed teams of different sports codes to compete with one another.

Sports codes involved popular netball and soccer; unfortunately, there were no participants for other sports codes like athletics, chess, and mulabalala.

The former MEC for KZN Health had championed

He had mentioned at the time that he rather have healthy, physically fit employees than employees who are often absent from work due to illnesses.

Department of Health employees are encouraged to be champions and advocates of healthy living.



Trophies and medals for Netball teams. Congratulations to uMngeni Hospital for winning position one

ISIBHEDLELA KUBANTU—TAKING HEALTH SERVICES TO THE PEOPLE



A group of senior citizens waiting their turns to receive health services, they also enjoyed speaking to the MEC. Eye screening was popular amongst seniors at the event

On 13 September at Imbali township, Ward 18; The KZN MEC of Health Ms. Nomagugu Simelane-Zulu and her team launched a concept called "Isibhedlela kubantu".

This concept aims to bring health care services closer to where

people stay, especially in areas where clinics and hospitals are far away.

The services package included all primary health care services namely screening for Diabetes, High Blood Pressure, Tuberculosis, HIV, Sexually Transmitted Diseases, Cervical cancer, obesity, eye tests and immunization for children.

The MEC emphasized that no person should not receive health services because health facilities are far.

The services complement programs that are aimed at decongesting health facilities and bringing services closer to the people like the Central Chronic Medication Dispensing and Distribution CCMDD (a program where people on chronic medication and whose health is stable get their medications closer to home). It also complements mobile clinic services which regularly visits community points or areas to offer health services.

On top of this, the citizens got a chance to interact with the MEC and tell her where they are happy and where they need improvements with services. The MEC has visited other districts to deliver the same concept and will visit others.

DISTRICT ENGINEER RETIRED AFTER MORE THAN 30 YEARS IN THE PUBLIC SERVICE.



Mr Alcino Cardoso, retired District Engineer thanking the district team for working with him and for their presents

Don't we all wish that someday at a certain stage we would retire from work, go and enjoy our Golden years? Wouldn't you want to wake up when you want, do what you want, start new ventures?.

Some of us do not reach that stage of enjoying our golden years due to loss of employment, sickness, and death amongst other reasons. Some of us are lucky enough to retire and enjoy the later stages of life. One of those who are lucky is Mr. A Cardoso, the former District Engineer who at the end of August, decided to retire 22 August 2019, the district team said goodbye to Mr. Alcino Cardoso in an intimate farewell gathering where he shared that he has enjoyed working

for the district and different people who have touched his life in many different ways.

Most team members who gave their last goodbyes shared that Mr. Cardoso always stuck to the rules and policies of the department. He did not want short-cuts and always told it like it is, this made him unpopular with some staff members. Bon voyage Mr. Cardoso ...



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UPCOMING: OCTOBER IS BREAST CANCER AWARENESS MONTH —HOW TO DO BREAST SELF-EXAMINATION?

The month of October is breast cancer awareness month. More information needs to be shed regarding this terrible disease which is affecting an increasing number of women in South Africa. Breast cancer is one of the most common cancers among women in South Africa.

Women are encouraged to do home breast self-examinations to detect early if there are any cancerous lumps or noticeable changes in their breasts. Early detection of the condition can lead to effective treatment and a positive prognosis, the survival rate is much higher if cancer is detected at the early stages.

Regular self-breast examination and regular mammograms are key to early detection.

Follow the steps from the Cancer Association of South Africa (CANSA) on how to do the examinations.

A Breast Self-Examination is as easy as 1-2-3

Breast self-examination (BSE) should be done once a month during ovulation (preferably at the same time of day).

1. In the mirror

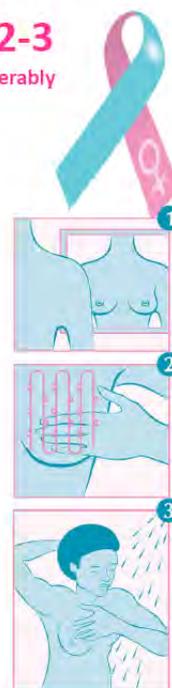
- In front of a mirror, check for any changes in the normal look and feel of your breasts, such as dimpling, size difference or nipple discharge
- Inspect four ways: arms at sides; arms overhead; firmly pressing hands on hips and bending forward

2. Lying down

- Lie on your back with a pillow under your right shoulder and your right hand under your head
- With the four fingers of your left hand make small circular motions, follow an up and down pattern over the entire breast area, under the arms and up to the shoulder bone, pressing firmly
- Repeat using right hand on left breast

3. While bathing

- With your right arm raised, check your right breast with a soapy left hand and fingers flat using the method described under step 2 ('Lying down'). Repeat on the other side



Discuss any changes with your medical practitioner.

Invest in your health...

CANSA has the above illustrations to help everyone with doing breast self-examinations. For more information visit their website on <https://www.cansa.org.za/steps-how-to-do-a-breast-self-examination-bse/>