



TRANSCAPE Health project Report July-Dec 2019

Transcape NPO

Compiled by
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Introduction

Health Projects

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During the past 6 months, Zintathu the HIV and AIDS counselor has been busy implementing the following projects. Clinic visits, Home visits, giving Sanitary towels, School visits, Cataract project, workshop with the home-based Care members, Support groups and also Community awareness. She is active in and around the referral area of Canzibe hospital, Nyandeni municipality, Eastern Cape.

Clinic visit:

In the last 6-month, Zintathu alternated between 2 clinics. She taught everyone who is waiting in clinics, about how HIV is spread. She focused particularly on how to take treatment properly. It is very important for people to understand how the treatment works and why it is important to continually take it and stay on it. She feels that a lot of people know their status and are more comfortable to talk about it. Now it is essential to stress the importance of staying on the medication and taking it exactly as the doctor prescribed it.

Zintathu has seen a huge change in the behavior of the people. For example, people ask more questions about the treatment and the questions get more detailed as well, displaying a deeper understanding. Often asked questions are “Is there a problem with sharing medication with your family, if you run out?” or “What if I skip a month without taking medication?” and “Will there be a cure for HIV in the future?”

Zintathu takes note of the questions asked and uses them for True/False questioners in other clinics and places. It displaces how much people have learned or heard previously. It also encourages people to ask questions even if they are shy.

Total number educated	1756
Total one on one	149

School Visits

Zintathu has been visiting 4 different schools in the last 6 months. Health education in schools is very important and she loves it! The pupils have a lot of questions and Zinathu lets them lead the way for the educational classes and subjects, as the kids will stay interested and will pay attention.

The topics are mainly about what is the difference between HIV and AIDS and how is it spread and what can we do when we have HIV or AIDS.



Zintathu is a young educator and fun do be around with. The pupils feel comfortable working with her and tell her on a regular basis that they really enjoy having someone young to educate them about these sensitive issues. They feel they can talk to her openly. It is an overwhelming experience for her to make it clear to the children that they will be the ones who will bring change to the HIV epidemic and that they will be and must be the HIV free generation. She makes very clear that the responsibility lays with the people who are infected and that there don' t need to be new infections if everyone acts responsibly.



The younger children still need a lot of education as they still believe hear-say how HIV is spread. The talking and sniggering have to stop in order for the stigma to break down and to keep everyone safe. Zintathu makes sure that the

pupils get the correct information and stresses the point not to spread nonsense. The peer pressure is high and teenagers have a great influence on each other.

Total number of students for education	315
Total number received counseling	26

Home Visits:

In the last 6 months, Zintathu visited many homes to intensify her impact on individuals and deal with difficult cases. It has become easier and we were



impressed by the increasing amount of people inviting her to their homes. Zintathu makes it a point to announce at every awareness day that she is available for house visits and more and more people make use of this opportunity. Furthermore, the headmen of the villages made it clear that she is always welcome in the communities and spread her message.

At the home visits, people have the opportunity to test for HIV in the

comfort and privacy of their homes. Counseling can take place right there in a safe environment. Zintathu finds it challenging to keep track of all the people who have been tested negative as it will be required to test again in 3 months' time to cover up the window period when the virus can't be detected. We are working on an easier way to keep records and time schedules on all community members to ensure that they will stay safe. Zintathu has visited and re-visited a couple with a young child in the last 6 months. It took quite some time for the husband and wife to talk about their status even with each other. Finally, they opened up to her and shared their worries about their sickness and the future prospects of their child. Zintathu spent a lot of time explaining everything about how to lead a healthy long life even with the virus. She stressed the point that



taking the treatment on a regular basis is essential and that default can cause the partner to get sicker. Because of financial constraints, they find it hard to come up with the transport money to go to the clinic but they promised to try their best. The husband was very kind and supportive which is a good sign.

While Zinathu spent one month in Mankosi community she met with an inspiring mother who would like to get involved in health education. She said she is glad that people like Zintathu exist to bring information and help to the area. She herself has to bring up her brothers' 2 children as he and his wife past away because of the virus. She is especially interested in going from door to door to educate her community. Zinathu was very excited about that and will follow up on the proposal as there is no home-based care group nor support group in the area anymore.

No. of home visited	182
No. of people educated	653

Sanitary towels

Zintathu is happy to report that she has found a place that sells the adequate materials for reusable menstruation pads. She ordered a lot of the material and our sewing ladies are busy making them now. Zintathu will be handing them out to everyone in January 2020. There was a desperate need for menstruation pads in Sikoma school and Zinathu bought disposal pads to give to the girls. They were very happy as the year-end exams were about to start.

Cataract project

In the past 6 months, Zinathu organized 6 cataract surgery trips to Zithulele hospital. We had 34 patients who needed the operation. 4 of them had an acute chest infection, 1 had an acute Eye infection and 11 had high blood pressure and needed to be rescheduled. 18 were successfully operated.

Home-based and support groups

Zintathu is conducting monthly meetings with the home-based care and support



groups for educational purposes but also to develop a strategy to make the whole village work together and fight the virus. They developed an educational magazine to give to people in the community. The distribution was a challenge and they work hard on making sure the magazines get into the right hands. The plan is multifaceted as they need to reach the right people to pass on the important messages of how to prevent the virus from spreading, how to live a healthy life, acceptance and a stigma-free community.

The groups are a great platform to work together with the community members. Sometimes Zintathu uses the day to hold awareness days and combine forces with the leaders and charismatic speakers. We have seen good improvements in all the villages they have touched, and people really appreciate their time and want to take action to better their lives. We have a total number of 32 members but only 16 are really active. This is a challenge as the active members are all a step ahead and the lesser active members hold back the group. They are all volunteers which is one of the reasons people might fade away.

Community awareness

Zintathu held 5 community awareness days in different areas. The support group members help her to organize the day. They educated the villages about living with HIV and how the whole community is affected. It is a great way to get the message out there, as all ages and all kinds of people attend the events. We invite other stakeholders like the department of social development to attend the event and give information to the community. Lately, the government has been assisting affected people with food parcels, seedlings for vegetable gardens



and gas stoves for cooking. Combining all stakeholders gives great hope to the people at the events and we see an increase in numbers attending.

We will continue the awareness event in 2020 as it gives Zinathu a good platform to talk about teenage pregnancies and alcohol and drug abuse with the youth and their parents. Zinathu' s drama group is attending the events and make s a visual impact on the problems of the youths.

Emergency Patient Transport

The patient transport project was one of the first projects of TransCape. It happened that we had a very bad cholera outbreak in Mankosi community in 2004 as the water holes very contaminated with the virus.

Many people very sick and died. Mdumbi backpackers volunteered their vehicle to drive patients to Canzibe hospital. Soon the load became too much and TransCape fundraised a pick-up truck to drive the patients to the hospital.

Since a couple of years, we have hired Sibongile Masiso who is our designated driver to transport patients with his own vehicle.

Sibongile transported 39 emergency patients to Canzibe Hospital in the last 6 months.



Conclusion

Once again, this year has been absolutely great. I am looking forward to improving and make my projects even better next year. I am humbled and honored to have been the chosen one, to serve my people. I am grateful and proud to say that I still pay attention to every individual that crosses my path. I struggle to find good enough words, to thank you, for your contributions to the project. None of this would have been possible.

I want to say thank you and God bless!

Yours,

Zintathu Luvalo