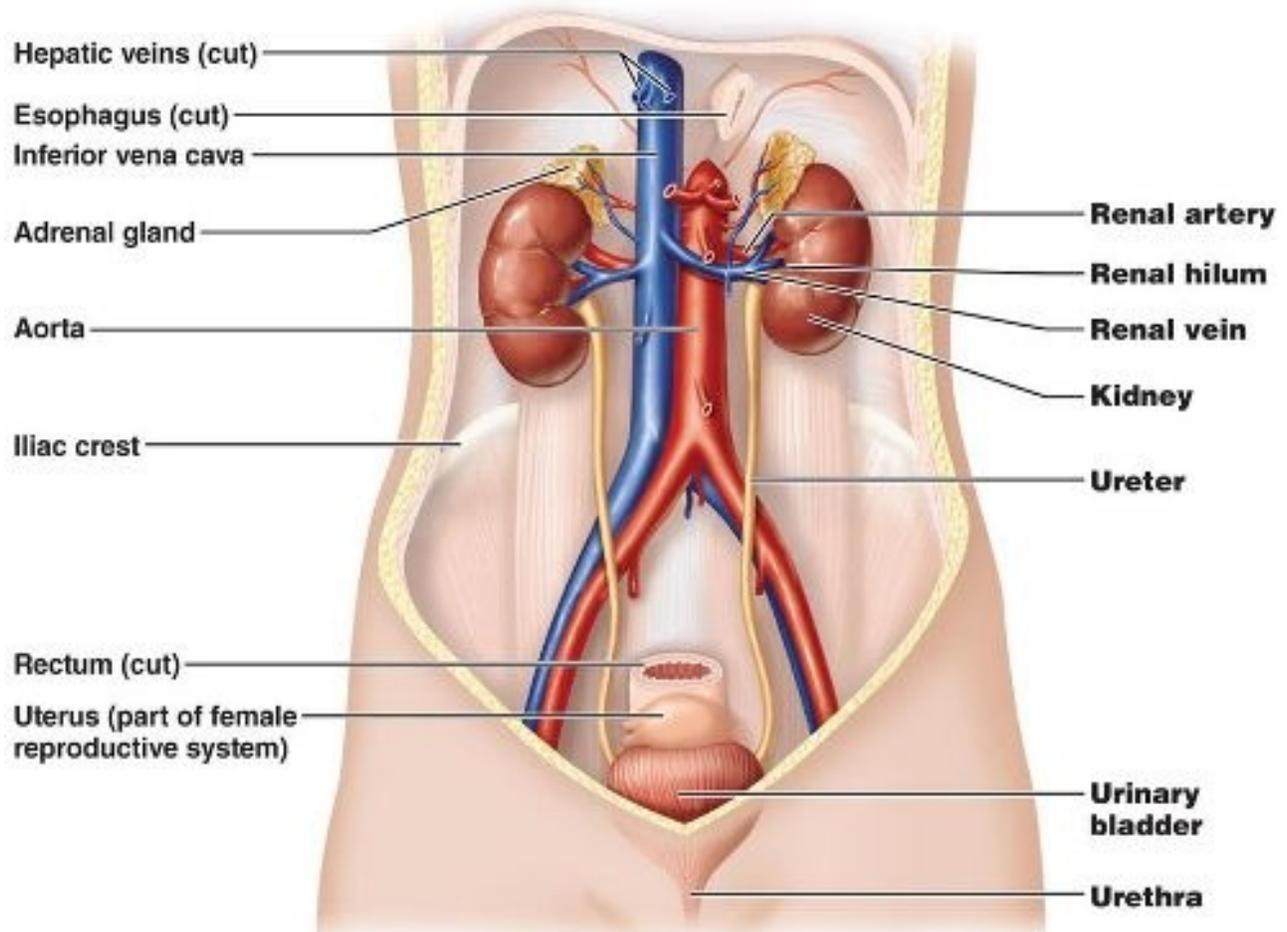


CHITUNGWIZA CENTRAL HOSPITAL WEEKLY NEWSLETTER

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CCH weekly is a publication of the Chitungwiza Central Hospital Chief Executive Office and Public Relations Office designed to highlight hospital news and upcoming events.



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CCH TO PARTICIPATE AT THE HARARE AGRICULTURAL SHOW



File photo: Renal nurse A Ndhela (left) & RGN K Mutsinzwe (right) at the CCH stand Harare Show in 2015.

Cover photo: Illustration showing the position of kidneys in the abdomen.

By Audrey Tasaranarwo
CCH Outlook Editor

All is set for Chitungwiza Central Hospital (CCH) to participate at this year's annual Harare Agricultural Show, a premier event organized by the Zimbabwe Agricultural Society (ZAS) for the national facilitation and promotion of agricultural development in Zimbabwe running under the theme "Field to industry. Produce, Connect, and Develop."

The event attracts more than 500 exhibitors and over 180 000 people annually, the show presents a unique business opportunities for national and regional organizations and is the highlight of many Harare residents' annual entertainment calendar.

CCH will be showcasing the kidney transplant project, where scores of people are expected to attend the Harare Agricultural Show to witness one of the most exciting annual events of the year, where exhibitors from both public and private sector will show case their services and products.

Chitungwiza Central Hospital scooped the chance to take part in the inaugural exhibition at the Harare Agricultural Show since 2012, under the auspices of the Ministry of Health and Child Care (MOHCC).

It is therefore by no fluke of luck that CCH will participate for the fifth time at the 107th edition of the Harare Agricultural Show.

This year's Ministry Of Health and Child Care (MOHCC) theme is "Universal Health Coverage. Leaving no one behind." Various players in the

various sectors of agriculture, business, health, arts among others, will take part, and Chitungwiza Central Hospital teamed up with other health institutions like Harare hospital in taking part at the fair.

Chitungwiza Central Hospital will showcase the renal unit which is a unit which caters for patients with chronic kidney disease (CDK).

Mrs Audrey Tasaranarwo, who is the Public Relations Officer of CCH, will man the stand while RGN Comfort Dodzo and RGN Admire Ndhlela who are renal nurses, will be in attendance.

Information that will be disseminated to the public include signs and symptoms of chronic kidney disease, risks, prevention and treatment options. The public will also be informed about treatment options such as peritoneal dialysis, haemodialysis and kidney transplant. The CCH stand will have a haemodialysis machine on display and an anatomical doll showing the position of kidneys.

Videos and pictures of the kidney transplant showing the infrastructure will be shown to the public.

CCH will soon be conducting kidney transplant operations. Doctors and renal nurses went to India for training in performing kidney transplant operations.

Officials from the Ministry of Health and Child Care will highlighting to members of the public the roles and functions of the departments of the health which include areas of dental, rehabilitation, non-communicable diseases, mental health, pharmacy, nursing and human resources.

Other health Government department's that were represented included Analyst Laboratory, National Institute of Health and National Blood Services.

People will be receiving promotional material on health issues and other health services such as free dental examination, blood pressure checks, blood sugar testing and body mass index (BMI) measurements.

Women will be screened for cervical cancer by the First Lady's Angel of Hope Foundation. Many women are anticipated to be screened.

Chitungwiza Central Hospital is expecting to excel better than in previous years at the 2018 Harare Agricultural Show following the previous

CHRONIC KIDNEY DISEASE (CKD)

Chronic Kidney Disease

What is Chronic Kidney Disease?

This is a condition where the kidneys are damaged and lose the ability to keep a person healthy. As kidney disease gets worse, body waste can build up in the blood and make a person feel sick by creating a host of health problems. Problems caused by chronic kidney disease typically happen slowly over a long period of time

What Causes Chronic Kidney Disease?

The two main causes of CKD are diabetes and high blood pressure

What are the Symptoms of Chronic Kidney Disease?

Most people do not have symptoms until their kidney disease is fairly advanced. Lack of energy, poor appetite and nausea are some of the common symptoms

Five things you can do to keep your kidneys healthy

Exercise regularly and eat healthy

Have an annual physical exam especially after age 40

If you have diabetes or high blood pressure, make sure you follow your doctors instructions

Avoid regular use of medications that may harm your kidneys

Ask your primary care physician if it is necessary to see a kidney doctor

SIGNS AND SYMPTOMS OF KIDNEY INJURY

Reduced urine output although it may occasionally remain normal

Fluid retention causing swelling in the legs, ankles or feet

Drowsiness

Poor appetite

Shortness of breath

Fatigue

Confusion

Nausea

Seizures or coma in severe cases

RISK FACTORS FOR KIDNEY INJURY

Diabetes and hypertension are the two leading causes of kidney injury

Cardiovascular (heart) disease

Family history

PREVENTION OF KIDNEY INJURY

Routine blood and urine checks for kidney disease

Managing diabetes or high blood pressure by:

Eating healthy foods, fresh fruits, vegetables, whole grains and low fat dairy foods

Cutting back on salts

Limiting alcohol intake

Being more physically active

Losing weight if you are overweight

Taking medication the way your provider tells you

Keeping your cholesterol levels in the target range

Taking steps to quit, if you smoke

Seeing your doctor regularly

ORBITUARY SIC RUGARE BHUNU



Chitungwiza Central Hospital (CCH) is saddened by the death of Sister Rugare Bhunu who was currently working as Sister-In-Charge for Observation Ward.

Sister Bhunu passed away on 17 August 2018 in the ICU at Chitungwiza Central Hospital at the age of 47. She was born on 2 January 1971 in Mt Darwin and was appointed in the Ministry of Health since 1992.

She has displayed wonderful qualities in the field of nursing as she has been through different departments such as Maternity, Casualty and Female ward and was currently studying Bsc Honors in Nursing with Zimbabwe Open University.

She has also acted as SNO III in the absence of SNO, designed and planned activities for the floor, conducted supervisory rounds in wards and chaired the Sister-In-Charge meetings.

Resoundingly, she has been awarded **The Best Ward Manager Of The Year 2014 (Chitungwiza Central Hospital) & Most Devoted Nurse Award 1997 (Mutambara Hospital).**

Sister Bhunu is survived by husband and four Children.



