



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

KWADABEKA CHC

ISOLEMPILO

NEWS

STAY INFORMED

OCTOBER 2018

KWADABEKA CHC'S FIRST OF ITS KIND FIRE EVACUATION MOCK DRILL!



**PHARMACY MONTH
COMMEMORATION**

INSIDE THIS ISSUE !!!



FIRE EVACUATION MOCK DRILL	PAGE 1
FIRE SAFETY TALK	PAGE 2
PHARMACY MONTH	PAGE 3
BREASTFEEDING WEEK	PAGE 4
DARUL IHSAN VISIT	PAGE 5
MENTAL ILLNESS	PAGE 6
COMPLIMENTS	PAGE 7
PICTURE GALLERY	PAGE 8
ACKNOWLEDGEMENT	PAGE 9



KWADABEKA CHC'S FIRST OF ITS KIND FIRE EVACUATION MOCK DRILL!



MCWH CHECKING THEIR STAFF IN THE REGISTER

Preparing for a real fire situation in any work environment is never an easy task. It demands consistent routine practice, commitment and team work through mock drills in order to ensure well preparedness by all staff. Understanding and knowing the evacuation procedures is everyone's responsibility including patients and visitors and does not only apply to certain individuals.

In order to ensure readiness and well preparedness, KwaDabeka CHC successfully conducted its very first fire evacuation drill in almost 5 years! The fire evacuation mock drill took place on the **28th September 2018** at approximately **09:00 am**. Conducting this fire evacuation drill has been deemed a big step in the process of achieving bigger things as far as fire safety compliance is concerned. The success of this facility drill was due to the support given by the Senior Management as they literally formed part of the evacuation team and contributed immensely in the preparation of the drill through planning meetings prior to the actual drill. Other role players such as section/unit Health and Safety representatives, Security Officers and Fire team members also played a major role in ensuring smooth occurrence and success of this exercise. Overall, staff involvement and active participation demonstrated keen interest and eagerness to learn more about fire safety.

However, it was noted that further improvement is envisaged moving forward. Where gaps were noted, corrective measures need to be implemented such as responding timeously to the alarm alert, doing the actual roll call at the assembly point by all managers/supervisor for accountability purposes. Apart from numerous shortfalls that could have been an obstacle to conducting this evacuation drill i.e. Lack of service or maintenance of electrical equipment including fire alarm system, lack of resources or equipment e.g. two way radios and inappropriate infrastructure thereof, the facility strived to make this initiative possible.

The institution would like to express sincere gratitude to all team players who made this exercise fruitful and successful.

Article by: N.P. Gcwabaza

SAFETY TALK #2: FIRE SAFETY



NP GCWABAZA
SAFETY OFFICER

Basic fire safety knowledge is an important skill that can save your life on or off the job.

Here we will breakdown basic characteristics of a fire, important fire safety tips, what to do if you find yourself involved with a fire.

Characteristics of Fire

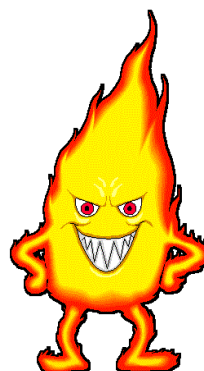
- ◆ For fire to occur, there must be presence of; HEAT, FUEL, OXYGEN, and SUSTAINED CHEMICAL REACTION
- ◆ A small fire can grow out of control in as little as 30 seconds.
- ◆ A room involved with a fire can have a temperature of 100°C at floor level and 600°C at eye level. In less than 5 minutes a room can flashover.
- ◆ Fire starts bright but will quickly turn the room pitch black from releasing smoke and toxic gases. Be familiar with your surroundings and evacuation routes!

Fire Safety Tips

- ◆ An important fire safety tip is to look for and eliminate any potential fire hazards before they become a reality! i.e. overloading of plugs, bringing domestic electrical appliances such as portable heaters, using torn electric cables etc.
- ◆ Know where fire hose reels and extinguishers are located and how to use them
- ◆ Time is the biggest enemy, get out of the building immediately!
- ◆ If a fire breaks out, pull nearest fire alarm if possible, if not, call for help from a safe location outside.
- ◆ If smoke, stay as low to the ground as possible.
- ◆ If safe, close all doors behind you as you leave the building.
- ◆ Don't use telephone lines in the event of fire, should the source of fire be unknown e.g. electrical fires.
- ◆ Never return to a burning building for personal belongings!

Be fire safety observant!

- ◆ Identify all "fire risks" in your facilities or work station e.g. unauthorized portable electrical appliances, unextinguished cigarette stumps dumped etc.
- ◆ Location of nearest fire extinguishers, hose reels, assembly points and your buildings primary and secondary evacuation routes
- ◆ Familiarise yourself with the facilities evacuation procedure



- ◆ Identify if anyone has seen any close calls or fires during their tenure. How those situations were handled, good or bad?

ARTICLE BY : MRS NP GCWABAZA

PHARMACY MONTH AWARENESS



Pharmacy Month forms part of the official Health calendar.

Pharmacy Month 2018 theme – Use Medicines Wisely is aimed at educating the public regarding the importance of using medicine correctly to achieve quality healthcare results. There are five sub-themes to compliment the main theme: **1) Know your medicine; 2) Store your medicines correctly; 3) Travel safely with your medicines; and 4) Talk to your pharmacist.**

KwaDabeka Community Health Centre embarked on activities for commemorating Pharmacy month, Pharmacy Department visited Sithokozile Secondary School during their careers expo event on the 14th of September 2018.



On the 19th of September 2018 the activity and education was presented in ICDM foyer The emphasizes or education was based on **Take medicines exactly as prescribed to minimise side-effects** You can lower your chances of side effects from medicines by following directions carefully. "Some side effects may be mild.

Make sure you complete a course of antibiotics It is essential that you take your course of antibiotic medicines exactly as prescribed.

Don't stop taking the medication before the entire course is completed and don't use old antibiotics that you have left over from a previous infection. **Don't share your prescription medication**

It seems simple enough: You're sick, a family member or friend has some left-over prescription medication that is just going to go to waste ... so why not take it yourself? The ICPA cautions that this should never be done for a number of reasons. Patients were told to talk to their pharmacist should they have any enquiry .

BREASTFEEDING WEEK



MS KHANYILE EDUCATING PATIENTS DURING THE BREASTFEEDING AWARENESS

Breastfeeding, foundation of life. Kwa Dabeka CHC maternity in conjunction with Di-etetics department hosted Breastfeeding awareness on the 08th of August 2018 .

Key messages for this year include promotion of exclusive breastfeeding, safe introduction of complementary foods from 6 months with breastfeeding in the context of HIV/AIDS and encouraging mothers to express their breastmilk.

The talks were given by the maternity operational manager Miss Khanyile who educated about breastfeeding in the context of HIV/AIDS and encouraged all HIV positive mothers to breastfeed exclusively for 6 months and to continue breastfeeding until 24 months in conjunction with complementary foods. The facility dietician Miss T Hlongwane discussed the importance of breastmilk expression and taught the correct technique, she even had one mother demonstrate how to express her breastmilk correctly.



Sr Chonco Professional Nurse from Pediatric section also educated mothers in style by a song promoting breastfeeding. Public Relations Officer Mrs Jali thanked everyone for making this awareness a success, special thanks to Darul Ihsan Islamic services Centre which provided us with the sponsorship of about 200 parcels a very rich parcel with 4 fruits , biscuits and packet of chips. Our patients and children really appreciated the love shown by this organisation.



Paeds staff, Diatetics and Maternity OMN

DARUL IHSAN VISITS KWADABEKA CHC



PHARMACY STAFF AND PRO RECEIVING GIFTS FROM DARUL IHSAN ORGANISATION.

Joy was written in our patients eyes when Islamic organisation blessed KwaDabeka CHC with a surprise visit full of goodies.

It was on the second of August 2018 when Darul Ihsan Islamic organisation visited to launch their feeding scheme at KwaDabeka CHC.

the whole year. The biscuit were tried and tested by senior management to ensure the quality and safety of this product. our patients were blissful to have such as a gift.

The Total number of about 200 patients were joyous to receive the blankets and biscuits. It's really meant a lot to this community because they come very early in the morning some of them come as early as 4.00 am. They were very appreciative and surprised. KwaDabeka CHC patients is fortunate to be chosen to receive donation which will be on going . Mr Abdul Shaikh said his organisation will be providing our patients with about 200 biscuit once a week for

MENTAL HEALTH AWARENESS



MENTAL HEALTH PATIENTS WITH KDCHC MANAGEMENT

M

ental Health is a well-being in which people realise their own abilities, cannot cope with the

normal stresses of life. Signs of mental illness include anxious, sad or scared, cognitive symptoms like difficulty in thinking clearly and memory disturbance. KwaDabeka CHC mental health unit hosted an awareness on the 20th of July 2018. This event was opened in prayer by Pastor Makhuba who said “ Managers needs to have relationship with God so that they will be able to cope with the spirit in the work place” Sr Dlamini said the purpose of this awareness is to celebrate and dance knowing the mental health is taken care of by the medication. Mrs. Shabane explained the importance of bringing someone to the clinic if they suspect

any symptoms of mental illness . She emphasized on perceptual symptoms like hearing voices that other people do not hear and seeing things that other people do not see, as well as feeling touched by things that other people do not feel. Mental illness can be treated with medication or counselling. it is important to complete the prescribed treatment or programme.



COMPLIMENTS/ IZINCOMO

Sister Mbatha she is very nice, She helps us so much, she so kind I wish all the sisters to be like her, she takes care of patients . I like her

Compliment from Dube Patient

received on 9 July 2018

I am Mr Madikizela came late to the clinic because I was coming from work, the Nurse who is printing result was already living (off work) I went to approach Sr Hlophe for help she went extra mile to help me and the others she came back with my result . Her service to the community is the best !!!

received on the 8th of October 2018

Ngithanda ukuphakamisa izincomo zami nge clinic yakwaDabeka ngen-dlela abasebenza ngayo umsebenzi wabo

uyancomeka since 2004 ngaqala ukuyobeletha khona ngiphatheke kahle, indawo yabo ihlanzekile ngin-abantwana abane engibatholele khona angikaze ngiphatheke kabi ngisho nomakhelwane wami angangivumela , naye waya ukobeletha khona wabuya engawuvali umlomo ngen-dlela apha theka kahle ngayo nenhlanzeko yakhona

from Nomusa Zibani

Received on the 17th of August 2018

Ngigqale nginibingelele Baphathi Bami nabomtholampilo wethu esiwuthandayo.

Kunohlelo olusisiza kakhulu la uma ungena emnyango kuno Nurse ohlala etafuleni lolwazi besicela ahlale ekhona ngoba sibeka izimoto zomsebenzi ngaphandle siphume la sesisizakele kakhulu, bayasisiza labo Nurse nani Baphathi bomtholampilo siyanibonga ngaloluhlelo lokusiza odriver .

Ozithobayo

N.S.Khanyile

Received 10 July 2018

I would like to compliment Sr Mbatha and Sr Hlophe for helping us get blood results after everyone has refused to help since it was already 13:00 pm. may all KwaDabeka Staff take pattern from this two sisters

Thank You

from Priscilla Ndlovu

received on the 8th of October 2018

Sidlulisa ukubonga kakhulu sibhala lencwadi ukuzwakalisa ukubonga kakhulu ngosizo esiluthole eclinic sifika sigulelwa kakhulu uSithandwe Ngcobo istaff ebesingena ebusuku bazikhathaze kakhulu ngathi u Sr Tigeri no Sr Nkabinde bayasebenza kakhulu usizo esiluthole lapha lubelukhulu kakhulu sithi siyabonga

from Ngcobo Delisile

Received 2 October 2018

Complimenting Sr Nhleko for taking care of us and she loves her Job.

from Sibisi Queen

Received on the 8th of October 2018

Sr Shabalala is the loviest human being ever. She is story empowering and full of light and laughter, she has made me believe in myself again.

Compliment from Nomusa

Received 17 August 2018

Ngifisa ukudlulisa ukuncoma o sister ababili abasebenza ngokuzikhandla basebenza amaHall amaningi , ngibafisela inqubeka phambili ngokuthanda umsebenzi wabo, nabane ababonele kubona.siyabonga

From Zamani Ndawonde

Received on the 2nd of September 2018

PICTURE GALLERY/ IXOXWA NGEZITHOMBE



HEALTHY LIFESTYLE IN THE WORK PLACE



PHARMACY STAFF SO SAFE AFTER THE FIRE DRILL

ETHEKWINI DISTRICT TRAINING CLINIC BOARD MEMBERS



**CEO DR RAMDEEN
THANKING STAFF**



MOLWENI CLINIC PUTTING BATHO PELE INTO ACTION



BREASTFEEDING WEEK

**BATHO PELE
PEOPLE'S FIRST
ABANTU PHAMBILI !!!**



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