



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

KWADABEKA CHC

ISOLEMPILO

NEWS

STAY INFORMED

OCTOBER 2019

KWADABEKA CHC HERITAGE DAY



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KDCHC CELEBRATING HERITAGE

Heritage day is one newly created South African Public Holiday. It is a day in which all are encouraged to celebrate their cultural tradition in the wider context of the great diversity of cultures, beliefs and traditions that make up the nation of South Africa. KwaDabeka CHC hosted heritage day on the 25th of September 2019 employees gathered together to commemorate heritage.

Mr JM Khumalo (HR Manager) welcomed everyone and unpacked the heritage day as the legacy that is celebrated by all cultures. He added that it is the tradition and culture that is practiced by South Africans to celebrate cultural diversity in harmony. He said “freedom of expression is the power or right to express one’s ideas and opinions freely through speech, writing, and freedom to speak the language of your choice.”



The ladies group led by Mrs. Nonhlanhla Phungula entertained the audience by traditional dance. Nhlakanipho Ngcobo represented the male group and entertained the audience trying to compete with the ladies.

Part of the activities of the day was to model and showcase the traditional attires from different cultures of which later on the judges presented the best dressed. Number one was awarded to staff Nurse Ms T Mbambo, second best dressed was awarded to Ms T Miya and the third winner was Sr G Mbatha. Best dressed was awarded to Nhlakanipho Ngcobo among Men.



This day was filled with joy and laughter with good refreshments that catered for everyone. It has really worked some miracle in terms of bonding and loving one another as the word of God says so in Ephesians 4:2 “Be completely humble and gentle, be patient, bearing with one another in love.”

Heritage day in pictures



KDCHC Events Committee Members



Second winner



KDCHC Staff entertain audience with traditional song and dancing



Third winner



Judges of the day



Audience attending heritage celebration

PHARMACY MONTH AT KDCHC

Kwadabeka CHC Pharmacy Staff undertook various activities during the month of September in Celebration of Pharmacy Month. The theme provided by The South African Pharmacy Council for 2019 was 'Mental Health Awareness'.

The month kick-started with an event on the 3rd of September held in the ICDM patient waiting area where an informative talk was held introducing patients to Pharmacy and Mental Health Awareness. Patients were afforded the opportunity to ask questions to the Pharmacy Staff on the topics presented and treated with biscuits and bottled, water donated by Darul Ihsan Humanitarian Centre.

On the 5th September, Pharmacy Staff once again treated patients to informative presentations, equipping patients with basic knowledge on various Mental Health conditions. Posters were made with contact details and helpline numbers, which have been posted outside the Pharmacy for patients to peruse at leisure.

On the 10th September, a wellness day was held for the Pharmacy Staff. Motivational talk was given by Pharmacist Thandeka Chili, a comrades runner. Pharmacist, Silindile Ojo educated the Pharmacy staff on sleep hygiene and Pharmacist Intern, Tasneem Khan facilitated activities teaching staff relaxation techniques.

On the 12th September, the Pharmacy Staff and Medical Officers attended an in-service presentation by Alcon representative, Melvin Duba which covered relevant Alcon products and associated medical conditions.

On the 17th September, Pharmacist Khadija Seedat facilitated a cupcake decorating workshop for the Pharmacy staff. This activity was greatly enjoyed by the staff who had the opportunity to display their creative flair and further enjoyed the treats they had created.

On the 19th September, Nursing and Pharmacy Staff were invited to a fun pharmacy-related Quiz and Games sessions hosted by Pharmacist Intern, Tasneem Khan. Activities included a pop-quiz, charades, team effort crossword and all-sorts challenge. Staff thoroughly enjoyed this activity, the winners being treated to lovely prizes.

On the 26th September, Psychiatrist Dr S Kamroodien hosted an enlightening and well-presented CPD for Pharmacy Staff and Medical Officers on mental health conditions and treatment.

Pharmacy Month activities culminated in a light-hearted but educational sketch on the 30th September coordinated by Pharmacist Interns, Nkululeko Ndawonde and Nomfundo Biyela as well as a catchy song composed by Pharmacist Assistant, Nonkululeko Mzobe and Learner, Hlakanipho Ngcobo. Other Pharmacy staff that tendered their acting skills, making the sketch a success were Pharmacist Assistant, Nomthandazo Khoza, Stores Assistant, Mongezi Gwabalanda, and our Learners, Zethembiso Dlamini and Sibongile Mpungose.

The Pharmacy Management would like to extend heartfelt appreciation to all those whose hard work behind the scenes made the Pharmacy Month events a success, in particular, our Pharmacy Month coordinators, Pharmacists Ebrahim Dhoothat and Silindile Ojo, as well as the Pharmacist Interns. The staff member's and patient's participation is also greatly appreciated.

PHARMACY MONTH IN PICTURES

ADDRESSING PATIENTS



Pharmacy staff listening attentively to the instructions



EDUCATIONAL PLAY



Quiz time



Team with Pharmacy Manager



Team building—game manikin



KWANGCOLOSI CLINIC ALHZEIMERS AWARENESS DAY



KwaNgcolosi Clinic hosted Alzheimer's awareness on the 30th of October 2019. Mrs. P Kwitshana from Philakahle NPO stated the purpose of the day as mainly to give awareness to the community about Alzheimer's she said " neighbors have been fighting against each other suspecting that elderly people are practicing witchcraft in someone else's yard when the person is just sleepwalking being affected by dementia."

Mrs. Kwitshana said that they have clubs that deals with such issues and assist each other . She emphasized on the importance of healthy life styles.

Mrs. Ngcobo guest speaker firstly explained that the name Alzheimer's was named after a Doctor who conducted research. She explained that this decease can start as early as 35 years. It affect the mind it will then at a later stage become alzeheimers . She explained that it has 4 stages ,In Stage one they first forget and remember shortly, Second stage they really forget and remember very late. stage 3 they forget and don't remember anything at all . In this stage real problems start to manifest all the signs of this decease is noticed.

This stage is where they will even sleepwalk , go to neighbours they wont even remember their name . Fourth stage is more dangerous to themselves they can go away for good and not return home. She emphasized that we have to love them and protect them . Family members need to refer them to the clinic ,there is no cure but medication to manage it is available. Sir Makhanya educated audience about importance of screening for mental disorders . Sr Kunene thanked everyone for making this day a success . Mrs B Gwala a vibrant Programme Director closed the event in a high note.

NATIONAL HEALTH INSURANCE

CLERMONT CLINIC ADDRESS ON NHI BY JM KHUMALO



What is NHI? Uyini u NHI?

NHI is about Ubuntu - we all take care of each other as a nation in times of need. NHI is the South African way of providing access to high quality health care for everyone.

How does it work?

The NHI will buy quality care services on behalf of the people of South Africa. These services will be provided by health care professionals and providers in the public and private health care facilities and will integrate them into one health care system that serves the needs of all South Africans.

NHI will combine the many public and private funds into one fund that will pay for everyone when they need to access health care using the advantage of the size of the fund to reduce health care costs.

Who will NHI cover?

Every South African permanent resident, refugee and prisoner will be able to register for NHI. All children born and living in South Africa will qualify for NHI. Everyone else will qualify for treatment for emergencies and diseases that can cause outbreaks. (note: those working for SANDF will still have a separate fund).

Will I get free health care now?

When you see a nurse or a GP they will attend to you and decide if you need a specialist. You will get the care you need at the level you need it. You will be able to make decisions on your health together with your health care workers and professionals who will guide you to follow the care workers and professionals who will guide you to follow the referral pathways.

What about medical aids?

Medical aids will still exist, but will not be able to offer cover for the same services as NHI.

I have medical aid because I don't want to wait in queues or be seen in a dirty public hospital. Can NHI guarantee the same standard of care if I stop my medical aid?

Government will upgrade all facilities to ensure that there is no difference between a public and private facility, all NHI facilities have to be the same standard because they will have to follow the rules of the Office of Health Standard Compliance to be part of NHI. The objective is to ensure that the queues are reduced and facilities will be clean, providing safe health care services.

What if I don't want to follow the referral pathways or my preferred clinic or

hospital is not registered with NHI?

Under NHI you will still have access to your preferred clinic or hospital. If you seek treatment in a facility that is not registered with the NHI or if you do not wish to adhere to the referral pathways, your expenditure will not be reimbursed. This may necessitate that you pay cash or out-of-pocket for the service rendered by that particular facility.

Will I have to pay more tax for NHI?

Initially, there will be no tax for the NHI. The government will pool the funds that already exist in the public sector to start the NHI. When the NHI is up running, then treasury may introduce a small tax to augment the money allocated through the public budget.

SAFETY TALK

For some of us, the most dangerous thing we do every day is drive to and from work. For others, driving is simply part of the job. In order to complete these tasks safely on a daily basis we must practice defensive driving. As the festive season is approaching with its impulsiveness, many accidents happen during this time.

**ALL LIVES MATTER,
STAY SAFE ALWAYS**

Remain alert! A defensive driver is a safe driver.

Prepared by: N.P. Gcwabaza

Date: 17/10/2019



Defensive driving is the ability to reduce the risk of accident or collision by anticipating dangerous situations, despite adverse conditions and the actions or mistakes of others.

This can be achieved through adherence to a variety of general rules and incorporating a set of specific driving techniques.

Defensive Driving Tips:

1. Do a quick walk around your vehicle to evaluate the condition of your vehicle prior to getting on the road.
 2. Secure all loose items in your vehicle. Do not attempt to catch items sliding around in your vehicle.
 3. Always keep your eyes moving, constantly looking at your side and rear view mirrors, up, behind and to both sides of the vehicle. Maintain a visual of two to three car lengths in front of you.
 4. When changing lanes, physically turn your head to check your blind spot, followed by checking your side and rear view mirrors.
 5. Look out for motorcycles, bicycles, pedestrians and smaller vehicles.
 6. Leave at least two car lengths between you and the car in front of you. During inclement weather, increase this to five car lengths.
 7. Always give yourself an out. Avoid remaining next to other vehicles, move ahead or drop behind them to allow yourself room for maneuvering in case something happens.
 8. Stop prior to stop signs and then roll forward slightly to get a better look in each direction.
 9. Always use signal lights and be sure to signal ahead of time to communicate your intentions to other drivers.
 10. Avoid using a cell phone, after all it is illegal to use a handheld mobile device while operating a vehicle.
- Follow the speed limit and pay attention at all times.

NB: Help reduce the likelihood of vehicle accidents by always practicing the tips mentioned above.

COMPLIMENTS

I would like to compliment Sr Ngubo, Sr Dlamini, Sr Ndlovu and DCI Mbatha I here by so grateful that the service given to me was so amazing they are ther best and friendly I appreciate them.

Received on 05 July 2019

From Skhumbuzo Wiseman Mchunu

Complimenting Sr B.B Dlamini for nicely attended me if all the nurses can be like her I /we will be very happy in the clinic.

Received on 30 August 2019

Ngiyabingelela egameni lenkosi, ngicela ukuncoma abasebenzi bala ekhaya u nesi Ntshangase , nesi T.B Mnguni baze banothando labo nesi bayakwazi ukukhuluma nabantu futhi bayakwazi ukubekezela phambili bo nesi niyawaz umsebenzi enawuzela emtholampilo.

Received on 30 August 2019

From Alice Ngubane

Ngiyabingelela kwaDabeka ngiyisiguli esilashwa Kwa Dabeka eminyakeni engaphezu kweyesihlanu , ngicela ukudlulisa isincomo ngalabo nesi owokuqala nesi Mbambo unqwazi lentokazi Kanye no nesi Adonis ngincoma indela abasebenza ngayo futhi basiphatha kahle noma umncane noma umdala kubona zonke iziguli ziyalingane.

Received on 30 August 2019

From Patience Xulu

I'm not such a narrator however I want to compliment Sr Mokoena and Sr Ngcobo for your motherly love, care and above all, your remarkable attitude towards as patient is very good before we wereseen by Doctors you make us well already just by enjoying us may the almighty Jehovah bless you.

Received on 13 September 2019

From Mumbai J

I would like to compliment the IMCI consulting room for a very good service that was given to us when we brought our daughter Anathi Nyawose I want to say thank you keep it up the good work.

Received on 04 October 2019

From Sbongiseni Nyawose

I recommend Doctor Backus, she is very nice and also take care of us.

Received on 18 October 2019

From Thabani Mbuyisa

I would like to compliment Sr Shozi and Sr Joji for taking care of me in a nicely way when I was injured they know how to do their job and also know to take care of the patients.

Received on 04 October 2019

From Nobuhle Zondi

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