



Informative, educative & entertaining

# mpilo

www.kznhealth.gov.za



PUBLISHED BY: THE PUBLIC RELATIONS UNIT. – KWADABEKA CHC STAFF OFFICIAL MAGAZINE

## A distinctive connection to face the killer disease in the West

### Inside This Issue



From Left: Rev Hadebe (Chaplain); Councillor Gangile (Ward 19); Ms B. S Mdlalose (KwaDabeka CHC Manager; Mrs Novuzo Shabalala (Councillor eThekwini Municipality) and other dignitaries sharing a joke during World Aids Day

Cover Story—World Aids Day 1

Editor's Note  
Appointments  
Farewell  
Notices 2

Door to Door Campaign  
Farewell to our HRO's 3

Quality Assurance Survey  
Healthy Talk 4

Miscellaneous 5

Developments 6

Photo Album 7

**The** whistle was blown from all corners of the District to all parties concerned to form partnership with the Department of Health in the fight against HIV/AIDS.

Previously, the World Aids Day in eThekwini would be celebrated by series of marches where health workers would carry placards with various messages about HIV & AIDS. Last year it was different, when the eThekwini Health District chose three health facilities to commemorate this event.

Among other institution chosen, KwaDabeka CHC was the one that in the West Sub District.

Series of build-up events took place before the actual event, among them were Men in Partnership Against HIV & AIDS; Door to Door Campaign, where food parcels were given to selected households that have sick people and those that are child headed.

On the 15th of December 2006, health workers gathered together in this institution to commemorate this event. Not only was this a commemoration event, but health workers were recommitting themselves in partnering, joining hands with each other to assist and be involved holistically in the war to fight HIV/AIDS.

Last year's theme was "Stop Aids, keep the Promise", which mainly aims at prevention strategy.

Activities among others involved: the launch of the Multi Disciplinary Committee; Launch of Negative and Positive Support Groups; Awarding of Certificates to the recently trained Community Health Workers as Home Based Carers as well as unveiling of the Red Ribbon Statue. The Red Ribbon Statue at the main entrance is a symbol of staff commitment and dedication to HIV & AIDS programmes as mentioned before.

The speaker of the day, Mr Rodger Phiri stressed the importance of support to the people living with HIV & AIDS in our communities. Councillor Nomvuzo Shabalala (eThekwini Municipality) unveiled the Red Ribbon Statue.

This event would not be complete without entertainment, and this part was perfectly played by Ms Thanda Mpanza, a drama student at a local tertiary institution. She performed a monologue play and eventually sang majestically an opera song in foreign language, a song popularized by DJ Cleo (Goodbye).

The whole function was organized by Mrs Mandisa Dlamini (District HIV & AIDS Manager/Coordinator). According to her, last year's theme will continue until 2010.

### SNIPPETS IN PICTURES



#### New Developments

See Page 6



#### Farewell to Sma

See Page 3



#### World Aids Day Pictures

See Page 7



Greetings to all of you in 2007. In this issue, will be very brief, but first and foremost, I would like to congratulate all of us for entering in a new year and I hope that the Lord will see us through during the course of the year and our mission to Fight Diseases, Fight Poverty and Giving Hope will be prolonged and be strengthened through concrete team work. I was very touched by the way my events team supported me in all

internal events. Team work is the biggest tool that we can apply in order for us to be successful. The World Aids Day was one biggest highlights that we become very proud of. This is this event that led to the launch of our institution as "Aids Aware", when the Red Ribbon statue was launched.

The start of the new year means another start of new things. Each and every section will come up with their planned programmes and we will compile all activities in line with the Health calendar for 2007.

Once again I would like to remind all staff about another new service available to them as I highlighting in the first issue that we now have EAP (Employee Assistant Programme

which aims at addressing Employees personal problems. Therefore, All staff must take advantage of this wonderful opportunity.

This year our communication activities will be a bit broad. Currently, I am compiling a customized comprehensive communication plan which will cater for all stakeholders (including staff in line with the Human Resource Office)

Remember one thing our jobs do not end when the sun goes down, and as they say, the sea extends forever, so do our health services. God bless you.

*T. Khuzwayo*

IF YOU HAVE ANY COMMENTS OR CONTRIBUTIONS OR WOULD LIKE TO WRITE STORIES FOR THIS PUBLICATION AND YOU HAVE KNOWLEDGE OF TAKING AND EDITING PICTURES, PLEASE CONTACT US ON EXTENSION 227. OR ADDRESS IT TO P. O BOX 371, CLERNAVILLE, 2602, TEL: 031 707 1355, FAX: 707 2248 OR EMAIL IT TO tyron.khuzwayo@kznhealth.gov.za

### RECENT APPOINTMENTS

- Ntuli S. P
- Gumede T. W
- Sisiba R.
- Mncwabe N. P
- Nxumalo B.
- Ngcobo C.
- Gumede M.
- Mntambo N. B
- Msomi A. N
- Mkhize N. C
- Sithole E. Z
- Ndlovu A.
- Zuma N. B
- Ndlovu S. L
- Msomi P.
- Dr Naidoo
- Dr R. Sookay
- Dr S Medar
- Dr D. Ramasan
- Dr m Nadesam
- Dr S Buckus
- Mabaso N. C
- MAjozi A.
- Nduli H.

- Hlophe S. S
- Dlamini B. M
- Gcaba B. D
- S. Desemele
- Khumalo N. C
- Mbatha N.
- Mntwana S.
- Chili N. C
- Majola S. G
- Mthethwa T. B
- Mhlongo L. G
- Mkhize T. J E
- Mnyandu M. B
- Ntsele G. N
- Dlamini J. C
- Maphalala N. B

### FAREWELL

- Dr Khoza
- Dr Mkhize
- Dr Cassim
- Ms Phewa
- Ms Mvuyana
- Ms Ndungana
- Mrs Luthuli

We would like to wish all of you prosperity and good luck in your

endeavours. We hope you had a good stay at KwaDabeka Community Health Centre.

- A staff members are hereby

### NOTICES

- urged to display their ID cards when on duty. Those who still do not have ID cards must contact the PRO on Ext: 227, Room 32 Opposite Admitting Section.
- All contributions of R 30 for the farewell party of Ms Sma Phewa and Ms Sthe Mvuyana must be submitted to Ms Brenda Vellem at Matrons Office. The farewell party will take place on 30 January from 13:00 at the Boardroom.
- The soccer team is hereby reminded that training will begin soon. More information can be obtained from the PRO.
- Staff members who wish to write stories and taking pictures for our Newsletter, must contact Mr. Njabulo Shange on 212.

## Door to Door Campaign

**Th**e Door to Door Campaign which aimed at sensitizing the communities and the health workers about the World Aids Day ended up in success, when at least eleven households were visited and given food parcels.

The two teams departed from KwaDabeka CHC led by the two representative from the management team. Ms B. S Mdlalose (CHC Manager led the first team to the east side of Sub 5 and Matron R. F Phungula who heads the Nursing Section led the second team that headed

eastwards. The team visited child-headed households and those with sick people.

This concept belonged to the eThekweni Health District office.

It is believed that the same campaign will continue this year as is a build up for the World Aids Day, until 2010.

Health workers who were part of this campaign were seen wearing their Hats written "Stop Aids, Keep the Promise" which was this year's message

## Bidding farewell to Izimbali zaKwaDabeka



**Smangele Phewa**

**Smangele Phewa** joined the KwaDabeka CHC staff as an HR Officer in February 2006. On the 31 of January 2007, she will be finishing her one year stay at this institution, However, she has decided to pursue a career in Nursing.

Sma will on the 1st of February start training as a student Nurse, a four year course which will lead her to a Professional Nurse qualification.

We wish her all the best in all her future plans.

Marital Status: Single  
 Likes: going out with friends, music and singing  
 Church: Catholic Church  
 Food: Italian  
 Personality: Friendly but sometimes chicky when provoked  
 Future Plans: Would like to be a Hospital CEO  
 Car of Choice: Latest Model (Black BMW)

**Message to KDC Staff:**

***If you want to achieve something in life, you must follow your thoughts than your heart.***

**Ms Mvuyana** joined KDC staff in December 2000. She is a very calm and down to earth lady that always lightened up the HR department with a pretty smile. She is also very ambitious and would like in the near future to become an HR Manager. Sthe will start on the 1st of February in her new job. It has been a great pleasure working with Ms Mvuyana and personally she would like to thank all the management of KwaDabeka CHC for the opportunity and staff for being accommodative to her.

Likes: Music, fun, learning, and exploring things  
 Church: Revelation of Prophecy  
 Food: Chicken  
 Personality: Down to earth, friendly, dedicated  
 Future Plans: HR Manager  
 Car of Choice: Audi Q7

**Message to KDC Staff:**

***Thanks for the conducive environment and fun we had together, I will miss you all.***



**Sthe Mvuyana**

# Compliant or Not?...Cohsasa here we come

Every dream of every health institution involved in Quality Assurance programmes is to enter into Cohsasa programmes and be able to scoop away that popular Cohsasa Awards. Although, many would agree with me that to win this Award is not a miracle, thus it does also not come with ease. It involves a lot of work. Besides Awards and fame that comes with limelight of institutions, Quality Assurance programme is a must do project in any health institution. The environment that staff work under and our patients come to must be completely conducive bearing in mind also a number of transmittable diseases, it definitely is a must.

We pledge our full commitment to improving the standard of quality, not only of our services, but even our resources used to deliver those services due to our immediate clients. And on the 30th of January 2007 Isolempilo crew grabbed the camera accompanied the quality team from Hlengisizwe CHC when they put KwaDabeka CHC to the test.

This year the criteria used for Quality Assurance Survey had taken a slightly turn when three other categories were included on the tool. These are Patient's Rights and Batho Pele Principles. Fortunately the services of the PRO that overlooks these categories are already available, which made the institution fly high in these categories.

Before the Survey took place, there were some changes made to the team. Mrs Nyawose (Assistant Nursing Manager), who has been wearing Quality cap stepped down in January this year due to other commitments. This task is now handed over to Sr Dlamini. Even though we have been scored high, but there areas which needs much attention.

Categories for this year were as follows:

- Patients rights
- Norms and Standards
- Batho Pele Principles

**Adding certain foods to your diet can really improve your overall health. Add these foods to your diet.**

- For **healthy skin**, eat pumpkin, carrot, cranberries, raspberries, strawberries, and cherries, and drink a lot of water.
- For **healthy eyes**, eat broccoli, brussel sprouts, cabbage, cauliflower and spinach.
- For **strong bones**, eat yoghurt, soy, tofu and drink skim milk.

**Four glasses of skim milk a day gives you enough calcium to cut PMS in half.**

- For a **healthy immune system**, eat carrots and raw nuts.



**From, behind :** Right SR Ngqobayi(Infection control), Sr Mlambo(Infection control), Ms Sbo Tshabala (PRO),Sr Nyawose (Assistant Nursing Mnanger)

**Front Right:** Matron Mpanza( PHC Coordinator), Sr Mdluli (quality assurance), Sr Dlamini (Quality Assurance), Matron Ngubane (Nursing Assistant)

- Minimum Standards
- And Infection Control

Categories that we were deemed compliant were Patients Rights with a total score of 65%, Batho Pele with a grand total score of 101 and a total score of 74%, and minimum Standards with a grand score of 151 and a total of 76%.

More effort will be exerted in these following categories.

- Infection Control and
- Norms and Standards

Fortunately enough, we now have a permanent A

Infection Control Practitioner, Sr Mpanza ihas just joined the institution.

Another strategic move by the institution is the appointment of the Health & Safety Officer who is expected to assume duty in March. This will also strengthen the Quality team.

The team of KwaDabeka visited Hlengisizwe CHC on the 31st, please refer to Hlengisizwe CHC report in their latest newsletter (Hlengimpilo).

Its about time the CHC's realized that Cohsasa Awards is not only for the Hospitals, but also CHCs. Only hard work and confidence will win us a status

## Healthy Talk



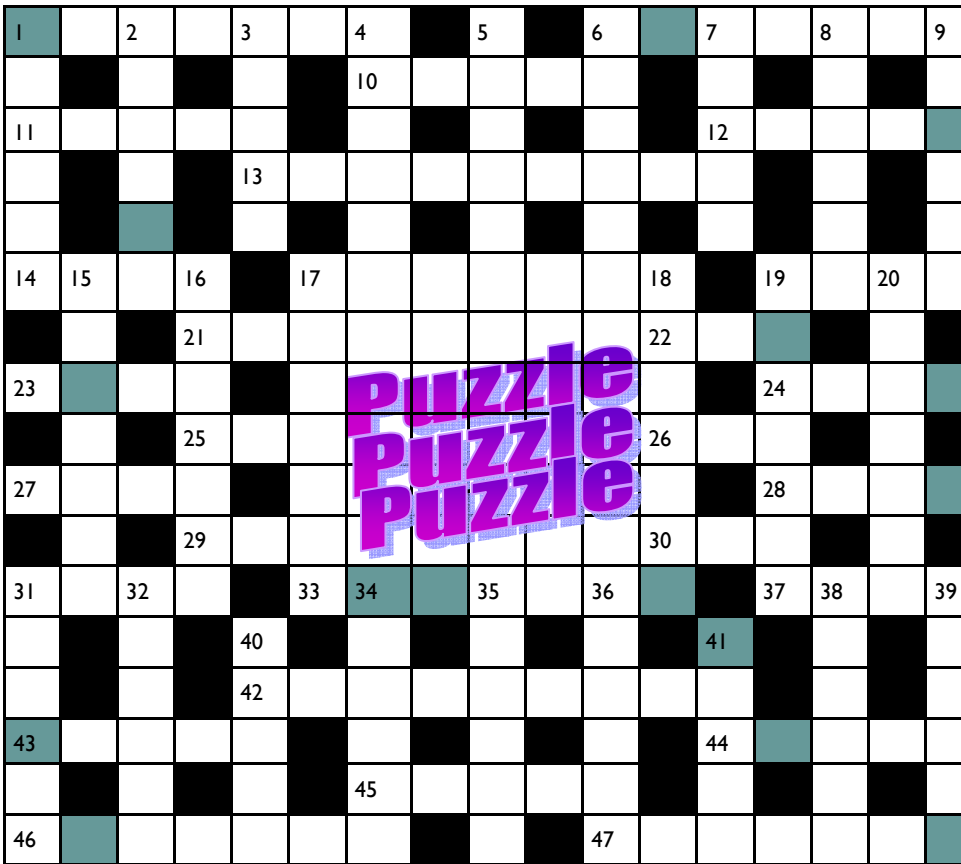
Once a year, every person should have a check-up with the GP. Regularly monitor your cholesterol and blood pressure (ask your pharmacist)

Have an annual check-up too with a dermatologist, especially if you have moles or a family history of skin cancer, or had just one or two blistering sunburns in childhood.. Also have your eyes examined.

Women should have an annual gynecological check-up, and after age 40, a mammogram (earlier if you have a family history of breast cancer). Every three years after 30, have a PAP smear for cervical cancer. (Ask your doctor or visit your local clinic about these)

## Health Fact File

Avocados are good source of Vitamin E and they contain potassium, which helps to prevent high blood pressure. However, they are high in fat—the good kind—but if you are trying to shed a few kilos, do not go overboard.



# Did you know?

A fly's wings can't work if there's a breeze above 15km/h. So if you want to "clip their wings"—especially in the kitchen where they contaminate food—just turn on a fan.

# Treat time

## PEPPERMINT FRIDGE TART

1 packet of Kvality Tea Lovers biscuits

500 ml fresh cream

1 tin (395 g) of caramel

1 banana, sliced

1 large Peppermint Crisp

Almonds and fresh cream for garnish

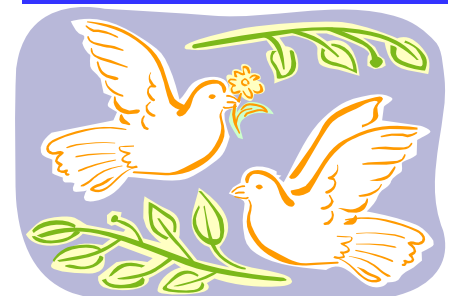
### METHOD:

Arrange half the biscuits in a greased flan dish, setting the rest aside. Whip the cream until stiff and fold in the tin of caramel. Pour half of the mixture over the biscuits, scatter over sliced banana and grate over the layer of Peppermint Crisp. Arrange another layer of biscuits on top and add the rest of the cream mixture and banana. Finish with a layer of Tea Lovers and decorate with whipped cream and almonds. Leave in the fridge overnight.

# Wise up

*“you can close your eyes to reality, but not to memories”*

## World of God



Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

-1 Corinthians 3:16

### ACROSS:

1. Insanity (7)
6. Type of cat (7)
10. Ghostly (5)
11. Broods (5)
12. Goes in front (5)
- 13.
14. Actor, ....Diggs (4)
17. Beetles and flies (7)
- 19.. Amuse oneself (4)
21. Boy's name (3)
22. Tune ((3)
23. Look after (4)
24. Advantages concealed in betting (4)
25. Flightless bird (3)
26. Great number (3)
27. Needy (4)
28. Flows back (4)
29. Open meadow (3)
- 30.
31. Extremely (4)
33. Mollifies (7)
37. Require (4)
42. Citrus fruit (9)
43. Bar of Gold (5)
44. Fruit of the oak (5)
45. Wear away (5)
46. Signals (7)
47. Hot seasons (7)

### DOWN:

1. Very short space of time (6)
2. Assistant (6)
3. Composition (5)
4. Winter or Spring (6)
5. Page through book in casual manner (6)
6. Something undisclosed (6)
7. Book of maps (6)
8. Tooth covering (6)
9. Effortlessly (6)
15. Nail varnish remover (7)
16. Aged (7)
17. Rural headmen (7)
18. Mariners (7)
19. Forms essential part of food (7)
20. That which can be heard (7)
31. Disappear (6)
32. Park official (6)
34. Gives formal speech (6)
35. Skin art (6)
36. Sounds (6)
38. Call for repetition of song (6)
39. Male bees (6)
40. To the time that (5)
41. Sacred song (5)

## Key strategic developments at our backyards



A

A. This is a parkhome where all ARV medications are dispensed for ARV patients. It is situated at the back of the main Pharmacy.



B

B. Parkhomes B is the old site and are owned by the Research Unit of UKZN. It does not involve ARV's.



C

C. Overlooking the Stores Department is another parkhomes used for.....



D

D. Power Back-up system— This is a generator that helps in times when there is electricity cut offs. The generator is set to automatic gear so that when the power trips it works in less than a second.

E. The main HIV patients's consulting rooms and operational offices for the staff and counselors.

Parkhomes except the ones for research purposes were donated as a result of space shortages. Thanks to RHS for supplying us with parkhomes. It is much easier to function, now that there is space provided.



E

### NO MORE WATER SUPPLY PROBLEMS



Previously the KwaDabeka CHC would constantly encounter difficulties in terms of water supply.

This will soon become history as the company (contracted) is currently busy installing a main water pipe.

This problem was as the result that the institution water supply line was connected the main pipe that supplies KK Hostel.

According Mr. Billy Jantjies (Maintenance Foreman) This project will be finished soon and there will be no difficulties after

### No more cold wind for our patients



BEFORE



AFTER

Winter is approaching slowly and when you think of the cold that is coming and the whirling cold wind, you get a fright. That is why the clinic has now installed new aluminum doors in the front of the patient's waiting area.

No more cold when our patients are waiting for our services.

Plans to cover all other open areas in the waiting area are also in place. Whirl birds will also be put on the room for cool air.

## February 2007

Reproductive Health Month—(Sun Smart Awareness Month CANSA)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 World Cancer Day	5	6	7	8	9	10
11	12 STI/Con dom	13 STI/Con dom	14 STI/Co ndom	15 STI/Co ndom	16 STI/Co ndom	17 STI/Co ndom
18 STI/Co ndom	19	20	21	22	23	24
25	26	27	28			

## March 2007

Health and Nutrition Campaign - CANSA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 International Women's Day	9	10
11	12	13	14	15	16	17
18	19	20 Head Injury Awareness Day	21 Human Rights Awareness	22	23	24 World TB Day
25	26	27	28			

## April 2007

Health Awareness Month - National Blood Month - Oesophagus Cancer Helath Awareness— CANSA)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 National Polio Eradication Awareness W	2 National Polio Eradication Awareness W	3
4	5 National Polio Eradication Awareness W	6 National Polio Eradication Awareness W	7 National Polio Eradication Awareness W	8	9	10
11	12	13	14	15	16	17 World Haemophilia Day
18	19	20	21	22	23	24
25 Africa Ma- laria Day	26	27	28	29	30	31

Catch our next issue at the end of April

# ISOLATION mpilo



**HEALTH**  
KwaZulu-Natal

*“The sea extends forever, so do our health services”*

For more information

Tel: 031 707 1355, Fax: 031 707 2248, Email: [tyron.khuzwayo@kznhealth.gov.za](mailto:tyron.khuzwayo@kznhealth.gov.za),