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KwaDabeka CHC Staff Newsletter

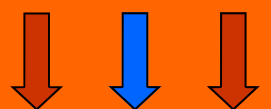
Local School supports health workers during TB Road Show at eMbo

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SNIPPET IN PICTURES



Local School Joins TB Team during TB Road Show



The main picture: Shows the TB team with some school children from Khabazela High School approaching a targeted household for Health Education at Hlanzeni area in eMbo (next to Hillcrest)

Insert: shows Tb crew mounting a banner on a minibus before the campaign

Halley Stott Clinic and Khabazela High School in conjunction with the eThekweni Health District declared war against TB by jointly conducting a TB Road Show at Embo on Friday, March 28.

According to the statistics, there are many defaulters in this area who are taking TB treatment. This behaviour leads to unnecessary complications to patients, and in turn, those close to them might easily get affected by the virus.

It is also this reason why eThekweni District office and Halley Stott Clinic continue to educate communities and those affected by this disease. The strategy this year took a turn when the organizers of this campaign invoked the services of the local school (Khabazela High School). More than thirty children were part of the Road Show when they marched in the streets and climbed the rolling hills of remote Embo, Hlanzeni area to educate communities about TB. Health Slogans were chanted by scholars and TB team from the District Office serving KwaDabeka CHC satellite Clinics. The message is still clear that TB is a curable disease and people must make use of their local clinics for regular check-ups. The maximum and continuous commitment by the KwaZulu Natal Department of Health to fight various diseases has been applauded by various communities we serve. This in particular has been noted by the deployment of new

team dealing with TB patients in their homes, called TB Community Officers (initially known as TB Tracers). They trace those defaulting patients and educate even those who are still not affected with TB, going house to house. This is yet another milestone achieved by the department in its stride to fight TB. Whilst doing house visits during the campaign, two women were fetching wood in the nearest forest, and they were called for TB education. It was encouraging to find out that they knew a lot about TB. They were then given promotional material by the TB team. This means that there is a lot of work being done by Halley Stott Clinic to fight diseases by educating communities in this area.

Before the TB crew hit the streets, a small briefing was held when Khabazela High School teachers were briefed about the concept as well as the programme of the day. Ms Gugu Mchunu from eThekweni District firstly introduced all the participants in this campaign including the community health workers, TB tracers, TB workers, teachers from Khabazela High School, children and World Vision Organisation.

Among the speakers, was Sr Spongile of Wyebank Clinic explained to the general public broadly about the symptoms and the treatment of TB available at the clinic. Pamphlets were then issued to the public for more information.





Editorial

Our communication efforts have been recently applauded by our web visitors, and this to us is encouraging. I am saying this simply because, the Communication office has received positive responses from the communities and other organizations, ranging from information requests and accolades earned since the launch of this publication as well as the institutional webpage. Whilst on publications, this year, we have introduced a new tool of communication, a patient newsletter which is rich with all relevant information for patients of KwaDabeka Community Health Centre. The newsletter (Inhlasi—meaning “a spark”) has already hit the web when it was published on the intranet for the first time last month. This publication is presented in Zulu language as hundred percent of our clients speak Zulu language.

We hope that this newsletter will

make a difference to our clients.

We must congratulate the institution for becoming more popular with the provision of quality service. After we have mounted more than 10 suggestion boxes on corridors and at key services points, we are constantly receiving a number of positive responses from our clients, and this, again is encouraging. And some of the letters from the community are also published in the patients newsletter.

The introduction of Health Committee Board has boosted a healthy working relationship with the public. We are now meeting regularly with this committee to make sure that the community is fully represented in the decision making of the institution. This committee is chaired by Mrs. Dysi and it consists of all representatives from 6 wards of Clermont/KwaDabeka area.

Lastly, I had a chance to be part of the workshop organized by the eThekweni District office on Maternal and Child Care Programme. I have also included in the patients newsletter the information I acquired from the workshop. Our MEC was part of this event and she touched on a very important issue of caring for the women and the babies. Community representatives were also part of the workshop, and the MEC urged them to work closely with health institutions.

T. Khuzwayo

Another young blood in the PR Office



Miss T. Khomo (Public Relations Student)

Accepting her as a student was a strategic decision by the PR Unit. The introduction of the patient newsletter and the production of all in-house journals including brochures, requires interviewing, writing and lay-out skills.

This young lady might look shy, but when talking about her carrier, she is passionate and eager to succeed in her chosen carrier. Thabisile Khomo of Umlazi is a third year journalism student in one of the local tertiary institutions. She joined KwaDabeka Community Health Centre on April 1, 2008, and is studying in the Public Relations Department. Ms Khomo grew up in Port Shepstone and fell in love with journalism. She completed her matric with exemption in 2005 at Sibongujeke Senior Secondary School. In 2006 she migrated to the city of Durban for tertiary education, and it is when she decided to study Journalism. Thabisile is a very kind hearted person with good skills in communication. She is one of the thousands of students needing in-service training in order to graduate in their chosen disciplines, and KwaDabeka CHC has opened its doors for this young aspiring journalist.

The first student to be offered this opportunity was Palesa Hadebe. Since her arrival, she has embarked on her first assignment when she grabbed her camera and went to a Health Awareness event at Ntumeni and wrote a story, which is also featured in this newsletter. We welcome her and also wish her a good stay at KDC.

New Appointments

Mhlongo CB	General Orderly
Nzuza ST	General Orderly
Malwane M	General Orderly
Maphumulo DG	General Orderly
Mbele NJ	Student Nurse
Dlamini TE	Student Nurse
Cele CZ	Student Nurse
Mkhize MF	Pharmacy Intern
Maniram J cist	Community Service Pharmacist
Paruk L	Community service Pharmacist
Trikamjee SP cist	Community Service Pharmacist
Zungu P Clinic)	Enrolled Nurse (KwaNdengezi
Zondi J Clinic)	Enrolled Nurse (KwaNgcolosi
Sigagayi P Clinic)	Enrolled Nurse (KwaNgcolosi
Manyathi DN	Professional Nurse
Zuma N	Professional Nurse

TRANSFERS

Mkhize SRA (From Inkosi Albert Luthuli Hospital)

Relationship with local schools continues

Not like before, when we were also scholars, the school syllabus has completely changed. Scholars are now required to acquire working experience in order for them to be fit for the working world after they complete matric. This programme is part of their Learning Outcome (LO) subject. During the time when they start their LO practice, KwaDabeka CHC receives a lot of requests from the local schools. Although we have a shortage of space and equipments in certain areas of service, but the institution has managed to accommodate more than 30



Three scholars from Sithokozile High School in (KwaDabeka) are preparing to plough the field next to Stores Dept

scholars. They were allocated to various service points with close supervision. Before they start work they are given consent forms which they give to their parents to sign. This year they all worked for 10 hours.

Waiting Time Survey Results in brief

The waiting time Survey measures how long people wait for a service and the amount of service time they receive at the health facility. A survey recently conducted at KwaDabeka CHC was aiming at identifying problematic areas, particularly at Admitting Section.

A granny to 150 kids welcomes Vitamin A Campaign



Sr Gordon (School Health Nurse) of Clermont Clinic gives a Vitamin A dose to a child. Granny Ngwenya who owns Kideo Pre-School in Clermont is assisting Sr Gordon, whilst Nurse Khuzwayo counts the doses. At the back, is Mr Sazi Zuma who was part of the campaign

Although the reaching of the target was a little bit less than expected. All 150 little cuties were reached. They were all given doses during the Vitamin A Campaign which was held from the 10th to 14th of March.

Vitamin A Campaign is the KwaZulu Natal's Intergrated Nutrition Programme Campaign developed with the aim of administering vitamin A drop to all children under five years of age.

Vitamin A is important as it helps with normal growth and development, protects children from sickness and it also reduce the affect of infections like measles and diarrhea.

Clermont Clinic School Health Nurse, visited the local

Preschool that has 150 children.

Because the response was not satisfactory, it is believed that another round of this campaign will be done in October this year.

Here are the statistics

SOCIAL MOBILISATON.:

This was done by the Community Health Facilitators, Mobile Staffa and School Health Nurses using loud hailers and posters were put up at Creches, Preschools and at Mobile points. Depot for KWaDabeka and Clermont was KwaDabeka CHC Pharmacy.

COVERAGE:

The coverage was very low due to short notice

TARGET POPULATION

Target Group 12 Months –59 months

-given Vitamin A 200 000iu

-Consent Forms and RTHC

Parents can asks the doctors and Nurses when they visit the Health Centre for more information.

(Road to Health Cards requested from parents.

Institution	Targeted	Immunized
KwaDabeka CHC	7239	1955
KwaDabeka Mobile Clinic	2199	922
Clermont Clinic	2800	1494

Information supplied by: Mr Sifiso Shabalala

Facility Information Officer (KwaDabeka CHC)

“We are Sun Smart”

March marked a Sun Smart Month. School Health Nurses as usual visited Kranskloof Primary School to educate children about the dangers of exposure to the sun. They were given floppy hats to wear during their breaks and were advised to sit under the shades to prevent sun burns.

This was done during the normal health inspection which was conducted by the School Health nurses, and the 4th year students from Addington, Prince Mshiyeni, and Durban University of Technology. Children were also told to tell their parents to buy them sun protection lotions. Exposure to the sun might cause skin cancer.



This is a group of young girls from Kranskloof Primary School showing their floppy hats during Sun Smart Month

Community Health Workers go an extra mile



Dignitaries adhering to protocols during the Awareness Day at Ntumeni Hall (KwaNyuswa)



Community Health Workers singing songs during Health Awareness Day at Ntumeni Hall

KwaNyuswa Community Health workers in association with Halley Scott clinic and local NGO (known as friends of the community in KwaNyuswa) have successfully hosted a Health Awareness Day. The awareness was held at Ntumeni Hall on Friday, 11th of April. The awareness was based on a number of diseases including among them; HIV/AIDS, TB, Cancer e.t.c. Again statistics reveal an alarming number of HIV/Aids orphans, elders and youth who continuously get infected by diseases such as Diabetes, Tuberculosis, Cancer and STIs in the community of KwaNyuswa. And that was a reason why the Community Health Workers then decided to teach the public about the importance of living a healthy life, and ways of preventing these diseases as well as means of getting assistance for those people who are already infected. The community was well mobilized as they came in their numbers to listen to the Health Workers giving them information on how to live healthy.

The message for the day was, “Impilo ingumgogodla Womuntu”, meaning “Healthy life is a backbone of a human being”. Mr. Bhoi Mlaba, who spoke on behalf of the Health Workers, pointed out during his speech that the main aim of the campaign was to sensitize KwaNyuswa Community about healthy living.

A number of people expected was 200, but due to extensive community mobilization, the attendants were more than 200. Sister Mpume Zulu, Jamina Shange, Sister Mtshali, and Sma Hadebe were constructively teaching the community about different types of diseases.

“It is now time for the community to make a difference in their lives” These were the words from Sr Mpume Zulu, Jamina Shange, Sr Mtshali and Sma Shange

Among the guests who were invited, was Sphiwe

Mchunu of Izwi Lomzansi Fm and his team, Mr Ndlovu (Local Induna), Mr Mkhize (On behalf of the local Councilor), Ms Nonhlanhla Mchunu (Health Facilitator—Halley Stott), Smangele Shabalala (DBN High Court Secretary), Mr. Sokhulu (Halley Scott Clinic Board Member), Pastor Nene and Sister Mpume Zulu from Halley Scott Clinic.

KwaDabeka CHC Health Board Members

An introduction of Health Board Committee members to the patients of KwaDabeka CHC has authenticated our communication and governance strategies. The Health Board Committee represents the communities of all six wards of Clermont/KwaDabeka area.

This committee chaired by Mrs Dyasi previously known as Majola meets monthly to discuss issues of health development with the management of the institution. They go back and give feedback to their respective communities about decisions taken pertaining to patients and the general community. It is now easier to communicate with the public since the establishment of this committee. On the 14th of April, patients had a chance to meet their representatives for the first time.

Two of the members are involved in the addressing of the complaints received from the community. Members from KwaDabeka CHC include: Ms B. S Mdlalose (CHC Manager), Mr B. Gumede (Finance &



From Left Back: Ms Dudu Mkhize Ward 20; Ms Thembeni Mtshali Ward 92; Ms Bongekile Ndlovu Ward 21; Ms Makhosi Mngwengwe Ward 20;

Ms Thandeka France Ward 22; Mrs Lydia Sibiya Ward 19

From Left seated: Mrs Baqondile Madlala Ward 19; Mr Nkosingiphile Thwala Ward 21; Mrs Ethel Dyasi Ward 92 (Chairperson)

Systems Manager), Mrs R. F Phungula (Nursing Services Manager), Mr T. Khuzwayo (Public Relations and Coordinator), Dr M Hoque (Medical Manager).

Zwelibomvu Fights TB



TB Community Officers educating community about TB at Zwelibomvu Clinic

Community of Zwelibomvu were lucky to have the presence of their Chief (Chief Mkhize) during a TB Awareness Day on the 4th March 2008 at this institution. Even though the sun was blazing, it did not prevent people to come and listen to good news presented by health workers. Chief Mkhize welcomed all participants and guests in his area and expressed joy over the Department of Health visiting his area.

Mr. Qeda Mdladla, (TB Community Officer) was a Programme Director of the day and firstly introduced Mrs Nene who led with the prayer in opening this event. This was not only about TB, but working

relationship we have with other departments led to community of Zwelibomvu being exposed also to SASSA's vital information.

Mr. Msweli from Sassa gave broad explanation about all different kinds of services they provide relating to sick people. All the requirements that people must have in order for them to get pensions and grants were mentioned, particularly those who are sick.

Symptoms and the treatment of TB were then mentioned to the community by the guest speaker, Mrs Mazibuko. She also urged the community to go and make TB check-ups at their nearest clinics. Questions were also asked to tests their understanding and the caps and bags with relevant messages were given to those who answered correctly. The pamphlets with TB related messages were also distributed.

Testimonies came from John, Bathembile and Mofat who took their TB treatment according to the Clinic instructions and followed all procedures.

Active participants were awarded with caps, buckets and hamper dishes. The community were given an ambulance number to call in cases of emergency. Ms Ntombenhle Makhanya, in charge of the Community health Workers, urged the community to support them and work closely with them.

Pastor Dlamini a spiritual man, suggested that the Department of Health must also visit churches as TB is everywhere and anywhere.

Photo album of Events



Vitamin A Campaign (Kideo Pre-School)

1. Nurse Khuzwayo giving Vitamin A dose to a child
2. A group of little girls waiting for their turn
3. A group of little boys also waiting for their turn
4. A child is given a dose
5. Sr Gordon assisted by Granny and her daughter when giving a dose to a child



Zwelibomvu TB Day

1. Mr Qeda Mdladla giving a talk
2. Health workers singing
3. TB crew educating public about TB
4. Prize giving time
5. TB crew posing for a picture after work
6. Question time after education



Halley Stott TB Road Show

1. Tb crew chanting TB slogans at eMbo
2. Community members listening to TB talks
3. Mr Mdladla educating a community member about TB
4. A Tb crew with shorlars from Khabazela High school entering a household for TB education
5. A group of scholars marching displaying TB posters
6. A community member answering questions after education



Vitamin A Campaign

A group of children from Kranskloof Primary school, KwaDabeka) displaying their floppy hats during a Sun Smart Week.

Did you know that?

STRESS: This is caused due to heavy working hours, fatigue and strain. Stress leads to headache and restlessness.

Healthy food for Stress Free Life

Stress cannot be done away unless the cause itself is removed. Good health and stress free is all that one craves for.

Wise up

“Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will.” MARTIN LUTHER KING

Healthy talk

Healthy eating habits for healthy lifestyle.

Enjoy a variety of foods

Our bodies need a variety of different nutrients, such as protein, carbohydrates, fat, vitamins and minerals, water and dietary fibre to grow, develop and function properly.

Be Active

Being physically active means regularly doing active work or sport (at least five times a week). This increases your heart-beat rate above normal.

Make Starchy Foods the basis of most meals

Starch food (rice, maize, bread, pasta) should always be the main component of your meal since this is the main source of your energy and it contains little or no fat.

Eat plenty of vegetables and fruit every day

Eating many vegetables and fruits is an important part of having a healthy diet. A high fruit intake will protect against hypertension, obesity, constipation, and even certain types of cancer

World of God

Luke 11:10

For every one that asks receives; and he that seeks finds; and to him that knocks it shall be opened.

Treat time



PREP TIME	25 Min
COOK TIME	20 Min
READY IN	45 Min

Pineapple-Onion Pork Chops

INGREDIENTS

- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 (3/4 inch thick) boneless pork loin chops
- 3 tablespoons butter or margarine
- 1/2 cup water
- 1 medium onion, sliced
- 1 1/2 cups pineapple juice
- 2 tablespoons brown sugar
- 2 tablespoons honey mustard*

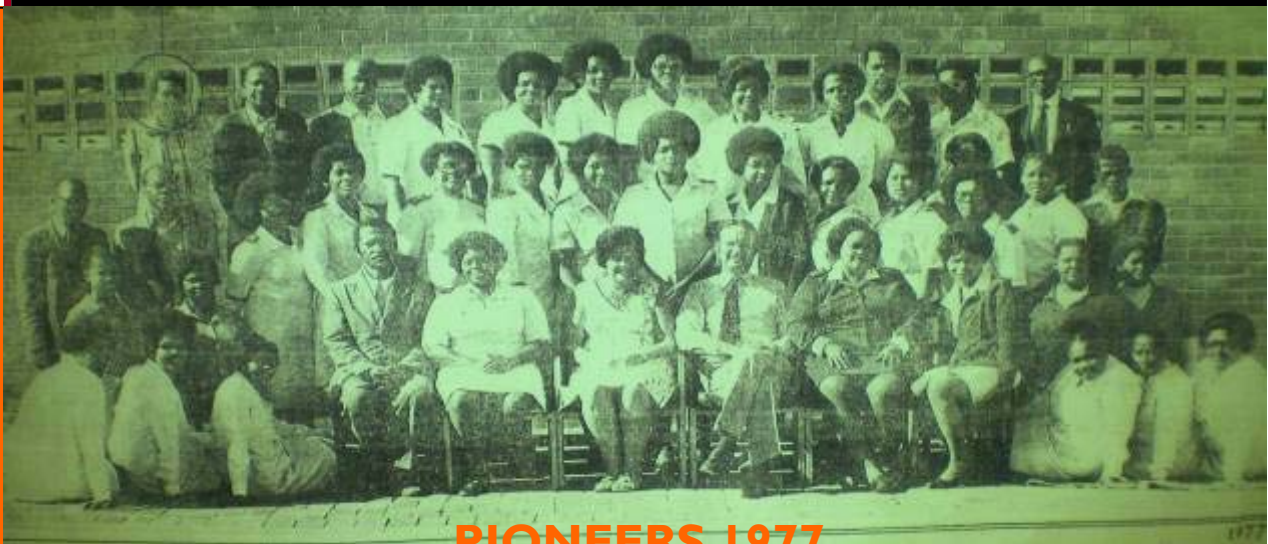
DIRECTIONS

1. In a large resealable plastic bag, combine the flour, salt and pepper. Add pork chops and shake to coat. In a skillet, brown the chops on both sides in butter. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Add water to dish. Place onion over chops. Cover and bake at 350 degrees F for 20 minutes.
2. Meanwhile, in a saucepan, combine the pineapple juice, brown sugar and mustard. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Pour over pork. Bake, uncovered, for 5-10 minutes or until meat juices run clear.



isoempilo

"The sea extends forever, so do our health services"



PIONEERS 1977

KwaDabeka CHC first staff members

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