



HEALTH
KwaZulu-Natal

Call Centre : 0800 005 133



patient health focus

Issue 4. Volume 1 November 2009



Batho Pele A better life
for all South Africans
by putting people first
Together beating the drum for Service Delivery



Tel: 031 714 3736

ISIGULI ESINOLWAZI SELAPHEKA KALULA

Fax: 031 714 3709

Sinethulela uNgqongqoshe weZempilo KwaZulu Natal

Uthathe izintambo zokuba nguNgqongqoshe kuwo lonyaka, kodwa sekukuningi asekwenzile. Izinhlelo zakhe zokulwa nezifo ezifana nengculazi ne TB kanye nezinye seziqalile ukubonakala.

UDokotela uDhlomo uzalelwe eMbumbulu wenza izifundo zobuDokotela eNyuvesi yaKwaZulu Natali. Wake wasebenza esibhedlela eKing Edward lapho ayesebenza njengoDokotela khona. Waphinda wafundisa khona uNyuvesi lapho wayefundisa izifundo zeZeMpilo. Uke wasebenza futhi kuMasipala weTheku lapho ebepethe khona emkhakheni weZeMpilo.

UDokotela uDhlomo uzibophezele kakhulu ekulweni nezifo KwaZulu Natali, ikakhulukazi isifo sengculazi. Kuzokhumbuleka ukuthi uDokotela

Dhlomo uthathe ezicathulweni zikaNkz Nkonyeni obenguNgqongqoshe weZeMpilo, njengamanje oseyisiKhulumeni sephalamende KwaZulu Natali.

Ethula ngokusemthethweni umkhankaso obizwa ngePhila Ma eMaoti (ngaseNanda) wakubeka kwacaca ukuthi kumele kwehliswe izinga lokushona komama nabantwana ngesikhathi beteta noma betetwa. Lapha wayehambisana nowayengqongqoshe weZempilo kuZwelonke uNkz Manto Shabalala Msimang.



uNgqongqoshe weZempilo KwaZulu Natal, uDokotela Sibongiseni Dhlomo

Noma yisiphi isiguli sinelungelo:

- Lempilo engcono nendawo evikelekile
- Ekuthathweni kwezinqumo
- Ukuthola usizo lwezempilo
- Ukuba nolwazi ngempilo yaso
- Ukuba nomshwalense noma ukuxhaswa ngosizo lomshwalense
- Uyukuzikhethele usizo lwezempilo
- Ukwelashwa yilabo abafake omazisi
- Ukungadalulwa kolwazi ngaso
- Ukuqonda ngesimo sokwelashwa
- Ukwenqaba ukwelashwa
- Lombono wesibili
- Ukuqhubeka nokwelashwa
- Ukukhalaza ngezinhlelo zezempilo



KwaDabeka Community Health Centre, P. O Box 371, Clernaville, 3602

04 Spine Road, Clernaville, 3602,

Email: tyron.khuzwayo@kznhealth.gov.za

Www.kznhealth.gov.za



AIDS HELPLINE
0800-012-322



uMhleli

Emva kwesikhashana sikumisile ukukhiqizwa kwalelibhuku ngenxa yokuhamba kukazwakwethu owayengisiza ngalo, sesiphinde saqhubeka nalo. Manje selidle kakhulu ngolwazi lwezifo eziningi olozholomulisa ikakhulukazi amakhasimende wethu aseClermont namaphethelo. Kuyisifiso sami ukuthi uma sithola amandla siwagaye abe maningi ukuze abanye baphethele abanye abasemakhaya ukuze lolulwazi lusabalale ngokwanele emiphakathini yethu. Oluningi lwalolwazi ngezifo ezinhlobonhlobo luqhamuka kuHulumeni wesiFundazwe kuya koMkhulu. Siyacela-ke

ukuthi konke okuqukethwe yilelibhuku nikusebenzise.

Kulokhu sinethulele uNgqongqoshe omusha wezeMpilo KwaZulu Natali, uDokotela uDhlomo, kanye noyinhloko yoMnyango uDokotela uZungu.

Njengoba sasithembisile ekuqaleni ukuthi izinto ziya ziya zishintsha KwaDabeka, ngikhuluma nje kulezinsuku abangingi bayabona laphaya eMakhadini (Admitting) kuyakhiwa ukuze kunwebekwe indawo ukuze namakhadi wenu angahlali kabi fuze alahleke. Kunezinye futhi izinhlelo ezizoshintsha maduzane ukulungisa isimo samakhasimende ethu.

Kubalulekile futhi ukuthi sinichazele ngokuthi izinga lamakhasimende esiwathola ngosuku lulunye sesenyuke kakhulu ngokungalingani nenani labasebenzi esinabo ikakhulukazi lapho kutholakala khona imishanguzo yengculazi. Uma kunokulibala siyacela ukuba sisebenzisane sizame ukulinda

**Tyron Khuzwayo
Umxhumanisi**

KwaDabeka Community Health Centre

Vision

To provide comprehensive PHC to all citizens in the catchment of KwaDabeka CHC.

Mission

To render compassionate inpatient and outpatient services based on PHC approach while providing continuing education, admin support, technical support and guidance and referring patients needing a high level of care.

Core Values

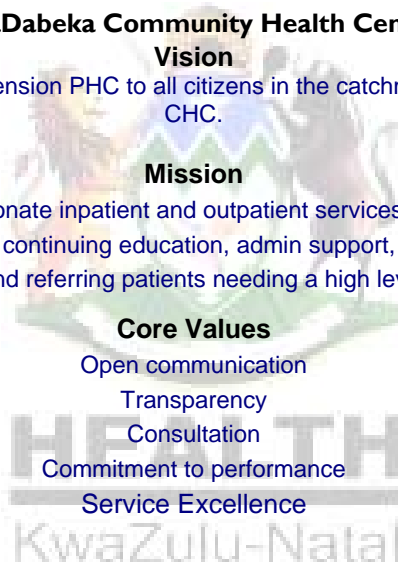
Open communication

Transparency

Consultation

Commitment to performance

Service Excellence



Save Lives. Make Health Facilities Serve the People. Make Health Facilities Serve the People.

Inhloko yoMnyango weZeMpilo KwaZulu Natali



Dr. S. M Zungu-Inhloko yoMnyango wezeMpilo KwaZulu Natali

Samukela oyinhloko yoMnyango WeZeMpilo uDokotela S. M Zungu oqale ukusebenza njengehloko lulunye kuAugust kuwo lonyaka. Simfisela impumelelo kukho konke akwenzayo.

UDokotela Zungu naye unezinhlelo ezinqala zokuthuthukisa isimo sezempilo esfundazweni sethu saKaZulu Natali, ikakhulukazi impilo yabantwana kanye nalabo abahaqwe yigciwane lesandulela ngculazi kanye negculazi uqobo. Lapho ebvevula khona ingqungquthela eqondene negculazi ebibanjelwe eDrakensburg ngenyanga edlule ubalule kakhulu ukunyuswa kwezinga lokusabalaliswa kwe-sithiba ngculazi kusona sonke isifundazwe.

Uphinde futhi emcimbini l;apho bekade ehlangene nezinhlangano ezizimele wabanxena ukuba baqhubekwe noklusebenzisana noMnyango wakhe ukuze linyuke izinga lokulashwa kwabantwana esifundeni saseMgungundlovu.

ukuVikela KUNCONO kunokweLapha



Wet hands



Apply soap to hands



Wash all surfaces of hands



Rinse hands



Dry well with paper towel

YIKUPHI ENGINGAKWENZA UKUZE NGIZIVIKELE

EMKHUHLANANI WE-INFLUENZA A (H1N1) ?

Indlela evamile yokuthelana ngegcwane lesifo esisha i-Influenza

A (H1N1) ibukeka ifana naleyo yomkhuhlane ojwayelekile, lesisifo sandiswa amaconsana amanzi aphuma ngesikhathi ukhuluma,

ukuthimula noma ukukhwehlela . Ungakugwema ukuthelaleka

ngokuba ungavumi ukuthintana na-

banye abantu ababonakala

benezimpawu zalomkhuhlane (uzame ukuthi okungenani uqhele ngebanga eliyimitha, uma kwenzeka, ngokulandela lezizindlela

ezilandelayo:

– Gwema ukuthinta umlomo nekhala;

– Geza izandla ngokuphelele ngenisipho namanzi, noma

uzigeze ngengxube exutshwe notshwala besilungu bese

ugcoba umuthi ngazozonke izikhathini ezindaweni

ezijwayekile ikakhulukazi uma ujwayele ukuthinta umlomo

nekhala, noma izindawo ezin-

gathatheleleka kalula.

– Gwema ukusondelana nabantu okungenzeka ukuthi bayagula.

– Nciphisa isikhathi osichitha ezindaweni eziminyene.

– Yandisa ukushweza komoya endaweni ohlala kuyo

ngokuvula amafasitela;

– Zijwayeze imikhuba emihle yezempilo okubandakanya

ukulala okwenele, ukudla ukudla okunempilo, uzigcine

usesimweni esifanele.

IQHUBEKA EKHASINI LESINE !!!..

Umkhankaso wokulwa nokuhlukunyezwa kwabantu besifazane nezingane (16 Days of Activism)

A bantu besifazane kanye nezingane bayizisulu zodlame oluqondiswe kubon-suku zonke, futhi okubuhlungu abanawo amandla okuzivikela. Minyaka yonke uma sekuyilesisikhathi sonyaka uHulumeni, izinkampani ezizimele, cishe nomhlaba

wonke kuba nezingqungquthela kanye nemibhikisho eqondiswe kubona bonke ababhebhezela loludlame. Lapha kusuke kuqwashiswa abantu ukuthi baziqhelelanise nale-sisenzo. Abanye abahlukunyezwayo bayathula ngoba besabela izimpilo zabo, kanti abanye bathula ngoba abantu abahlukunyezwayo kuyibo ababondlayo noma bengamalungu aqavile emindeni yabo. Kulemhankaso ke ebanjwa umhlaba wonke ebizwa nge 16 Days of Activism Against Women and Chil-

dren abuse bayaziswa futhi baqwashiswe abesifazane nezingane ukuthi zizibike izehlakalo ezifuze lezi emaphoyiseni aseduzane.

Lokuhlukunyezwa kufaniswa nokushaywa, ukudlwengula, nokunye okunhlobonhlobo.

Abafisayo ukuzizwela ukuthi ngabe kuyobe kukhulunywa

ngani ngalezizinsuku, bangafika kusukela ngomhlaka 16 November eFoyer lapho umkhankaso wezikhulumeni uyoqala khona. Umnyango waSonhlalakahle ubambisene noMxhumanisi bahlele ukuqwashisa umphakathi nbabasebenzi ngokuhlukunyezwa kwabesifazane nezingane emiphakathin kanye nalapho sisebenzela khona.

Asithi Cha ekuhlukumezeni



Ikhalenda lezeMpilo
October
Mental Health Awareness Month

- 1 : International Day for Older Persons
- 1 : National Inherited Disorders Day
- 5-9: Eye care awareness week
- 8 : World Sight Day
- 9 : Partnership against AIDS anniversary
- 9-13 : National Nutrition Week
- 10 : World Mental Health Day
- 12 : World Arthritis Day
- 12-20 : World Bone and Joint Week
- 14: International Day for Natural Disaster Reduction
- 15 : National Foetal Alcohol Syndrome Day
- 15-19 Obesity week
- 16: World Food Day
- 17 : World Trauma Day
- 17 : International Day for the Eradication of Poverty.
- 20 : National Down Syndrome Awareness Day
- 20 : World Osteoporosis day
- 23 : National Iodine Deficiency Disorder Day
- 24 : World Polio Day

November

- Red Ribbon Month
- Quality Month
- 1: Africa Youth Day
- 7 : National Children's Day
- 2-7 SADC Malaria Week
- 9 : World Radiography Day
- 13 : SADC Malaria Day
- 14 : World Diabetes Day
- 25 : International Day for the elimination of Violence Against Women
- 25/11 - 10/12 : 16 days of Activism on No Violence Against Women

December

- 1 : World AIDS Day
- 3 : International Day of Disabled Persons
- 5 : International Volunteers Day
- 9 : World Patient Safety Day

Yidla imifino nezithelo nsuku zonke

I mifino nezithelo kuni-keza insada yamavithamini naminerali ukuze asize ekugcineni isimiso

somzimba sokuzivikela siqinile. Khuthaza iziguli ozinakekelayo ukuba zidle izinhlobo eziningi zemifino

nezithelo ngangokunokwenzeka. Imifino nezithelo ezinombala ophuzi, osawolintshi, obomvu noma

oluhlaza okunsundu kufanele zidliwe nsuku zonke, ngokwesibonelo, isipinashi, ithanga, izaqathe,

amabhilikosi, upopo no-

mango. Izithelo ezinjengamawolintshi, amanantshi nawolamula kanye



nawogwava, umango notamatisi zinikeza u-vitamin C osiza ekulwisaneni

nezifo. Iziguli kumelwe zizibekele umgomo wokudla izithelo kanye nemifino/noma imifino kahlanu ngosuku. Ingadi yemifino ekhaya noma izimila zasendle ezidliwayo ziyindlela enhle yokuqinisekisa ukuthi umuntu udla imifino eyanele

NGIZOKWAZI KANJANI UKUTHI NGINOMKHUHLANE WEINFLUENZA

A (H1N1) ?

Ngeke ukwazi ukubona umehluko phakathi komkhuhlane

ojwayelekile kanye ne-Influenza A (H1N1) ngaphandle kosizo

Iodokotela. Izimpawu ongabona ngazo ziyefana nezomkhuhlane

ojwayelekile okubandakanya imfiva, ukukhwehlela, ikhanda,

izinhlungu zomzimba, izilonda emphinjeni kanye namafinyila

amaningi emakhaleni. UDokotela wakho kuphela noma

(umhlengikazi) kanye nezinsiza-kusebenza ezitholakala

emtholampilo wakho okungakusiza ukuba ube nesiqiniseko sokuthi

uphethwe umkhuhlane Influenza A (H1N1) yini?

YINI OKUFANELE NGIYENZE UMA NGIGULA ?

Uma uzizwa ungaphilile kahle, unemfiva, ukhwehlela noma

unezilonda emphinjeni:

– Hlala ekhaya, ungayi emsebenzini, esikoleni,

ungahlangani nabantu abaningi.

– Phumula futhi uphuze amanzi amaningi

– Mboza ikhala nomlomo wakho uma ukhwehlela futh

uthimula kanti uma usebenzisa amaphepha okusula

ukungcola emakhaleni, yenza isiqiniseko sokuthi

uyawalahla endaweni efanele. Hlanza izandla zakho

masinyane emuva kwalokho ngensipho namanzi noma

uzihlambulule ngendwangu ecwiliswe kugologo;

– Uma ungenalo iphepha lokusula ukungcola eduze

kwakho, uma ukhwehlela noma uthimula, mboza umlomo

wakho ngendololwane;

– Sebenzisa isifihla-buso esizokulekela ekunqandeni

ukusabalala kwamaconsana uma unabanye abantu,

qiniseka ukuthi lokho ukwenza ngendlela efanele;

– Yazisa umndeni nabangani ngokugula kwakho kanti

kufanele ukugweme ukuhlangana nabanye abantu;

– Uma kungenzeka, xhumana nochwepheshe wezeMpilo

ngaphambi kokuba uhambe uye esikhungweni sezeMpilo

Iapho nizofike nibonisane khona ukuthi kudingekile yini

ukuba uxilongwe udokotela wezeMpilo;

NGINGAZITHATHA YINI IZIBULALA –MAGCIWANE MANJE

UKUVIKELA UMKHUHLANE UMA KWENZEKA NGIGULA?

Cha, Kufanele usebenzise isibulala-magciwane, esifana neoseltamivir

noma zanamivir, uma lowo okunikeza imishanguzo

ekweluleka kanjalo. Abantu abazimele ngabodwana (individuals)

akufanele bathenge imithi ukulwa noma ukuvikela lomkhuhlane

ngaphandle kokusebenzisa imithi ekhishwe udokotela, kanti

kufanele baqikelele kakhulu uma bethenga izibulala-magciwane

kwi-Internet.

NGENZENJANI NGOKUNCELISA? KUFANELE NGIME UMA

KUTHOLAKALA UKUTHI NGIYAGULA?

Cha, Akufanele uyeke, ngaphandle kokuthi uma lowo okunikeza

imithi esho njalo. Ucwangingo olwenziwe kwezinye izinhlobo

zemikhuhlane lutshengisa ukuthi ukuncelisa kuyazivikela izingane

– kudlulisela enganeni izakhi-mzimba zikamama ezivikela

ingane ezifweni kanti kunciphisa inani lezifo ezingadlulela

enganeni. Ukuncelisa kunikeza izingane ukudla

okuphelele kanti kwandisa amandla okulwa nezifo.

KUNGASIPHI ISIKHATHI LAPHO UMUNTU KUFANELE AFUNE

USIZO?

Umuntu kufanele afune usizo lwezeMpilo uma ephelelwa umoya

noma ephefumula kanzima, noma ebona iqhubeka imfiva isikhathi

esingaphezulu kwezinsuku ezintathu. Abazali abanengane encane

egulayo, kufanele bafune usizo uma ingane iphefumula

ngokushesha noma iphefumula kanzima, inemfiva eqhubekayo

noma ukuqhaqha okungalawuleki (seizures).

Ukunakekelwa okuthola ekhaya –

ukuphumula, ukuphuza amanzi amaningi kanye nokusebenzisa imishanguzo yokudambisa

izinhlungu – konke lokhu kwenele ukuba kukusindise ezikhathini

ezingeni. (Isidambisa-zinhlungu esingenayo i-aspirin kufanele

sisetshenziswe yizingane kanye nezizingane esezikhulile ngenxa

yengozi yokuthola isifo esaziwa nge-Reye's syndrome.)

KUFANELE YINI NGIYE EMSEBENZINI UMA

NGINOMKHUHLANE KODWA NGIZWA UKUTHI

NGINGASEBENZA ?

Cha, Uma unomkhuhlane (influenza A H1N1) noma umkhuhlane

ofika ngesikhathi esithile (seasonal influenza), kufanele uhlale

ekhaya ungayi emsebenzini uma nje usenezimpawu zokugula.

Lokhu kucophelela kungavikela ozakwenu emsebenzini kanye

nabanye nje.

NGINGALUTHATHA YINI UHAMBO ?

Uma ungazizwa kahle noma unezimpawu zomkhuhlane (influenza),

akufanele uvakashe. Uma unokungabaza ngesimo sempilo yakho,

kufanele uhlolwe isimo sempilo yilowo ongumhlinzeki wezidingo

zakho zezempilo.

Zivikele ngalezizindlela !

– Hlanza izandla zakho ngaso sonke isikhathi

– Hlanza izandla zakho ngensipho namanzi, bese uzomisa

ngokwanele.

– Sebenzisa ithawula lokuhlilikhla elicwiliswe oketshezini

lotshwala besilungu (alcohol-based) uma ungakwazi

ukuthola amanzi nensipho.



Meet the Executive Managers of KwaDabeka CHC



1



2



3



4



5



6

1 Ms B. S Mdlalose
Community Health
Centre Manager

2. Dr A. M. K Hoque
Medical Manager

3. Mrs R. F Phungula
Nursing Services Manager

4. Mr. M. B Gumede
Finance & Systems Manager

5. Mr. D Reddy
Human Resources Manager

6. Ms Zakiya Issa
Pharmacy Manager



Mr Tyron Khuzwayo
Public Relations Officer

Tel: 031 714 3736

Fax 031 714 3708

Email tyron.khuzwayo@kznhealth.gov.za

For Complaints and Compliments

Inhlasi



HEALTH
KwaZulu-Natal

Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

Isiguli esinolwazi selapheka kalula

