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KwaDabeka CHC staff get tested for HIV/AIDS



Sr Makhanya .Sr Dlamini (Mental Health), Sr Shozi HIV &AIDS), MS Bs Mdlalose (CHC Manager)
In an insert: Ms Gloria Mbatha delivering her speech

Wishing you



Happy Festive Season

In most cases Health Workers only deal with patients when it comes to tackling the scourge of HIV & AIDS, but the staff awareness campaign that KwaDabeka CHC had on the 30th of November was an eye opener for all. Uncritical services were disrupted for an hour when almost 70% of staff members including Managers attended this important function in the main foyer, listening attentively to speeches by experts in the field of HIV & AIDS. These experts included Sr Shozi who heads HIV & AIDS unit, Dr Manana, and others. Staff got to understand the working relations between HIV AIDS, PMTC T, and TB and other diseases.

The function did not end only with talks

since a number of staff proudly went for HIV testing in the gazebos that were erected outside the foyer. One staff member who was brave enough to delivery her testimony as she is already affected, raised eyebrows to many. She told more than 100 colleagues that she accepted the virus and she now lives with it. She even read poem which she composed by herself. The support she received and always receives is enormous, that was also witnessed by the sound of whistles and hallucinations. During the course of the programme , there was a candle lighting ceremony when all those who died of AIDS and those who passed away in the line of duty were remembered by all staff of KwaDabeka CHC.





It is that time of the year again when we get to mingle with our old friends and family members enjoying Christmas in har-

mony.

We have rolled our sleeves also this year to deliver the only service deserved by the public just like all the years. Having said that, it has been a long road we traveled as a team of KwaDabeka CHC. I was so touched by the campaigns leading towards the World Aids Day in which we also organized a very successful one in our institution where a number of staff got tested for HIV/AIDS. Also our satellite clinics did their parts as well when they involved massively members of the public. This includes Molweni Clinic and KwaNdengezi Clinic that excelled .

I am also happy and commend our

sponsors for the Orphan Project that is currently underway at KwaDabeka CHC.

Recently, we were lucky to have received sponsors of this project. These sponsors are KwaCare (NPO) as well as a Church Based Organization based in Clermont.

WE hope that this Christmas they will also enjoy and have the hope that they are not alone.

Among all activities that took place this year in our institution, I would like to take my hat off for all employees of KwaDabeka CHC who took part in the Aids Awareness Day on the 31st of November in support of the World Aids Day. Employees who were present, eventually got tested on HIV/AIDS. It was a successful campaign. I wish we continue with this campaign and it becomes a yearly culture.

I take this opportunity, on behalf of KwaDabeka CHC and Communication Unit and wish you Merry Christmas and a Happy New Year. May Lord Bless you all until we meet in 2011.

Tyron Khuzwayo

Street Wise Corner

Early cervical cancers usually don't cause symptoms. When the cancer grows larger, women may notice one or more of these symptoms:

- Abnormal [vaginal bleeding](#)
- Bleeding that occurs between regular [menstrual periods](#)
- Bleeding after sexual intercourse, [douching](#), or a [pelvic exam](#)
- Menstrual periods that last longer and are heavier than before
- Bleeding after going through [menopause](#)
- Increased [vaginal discharge](#)
- Pelvic pain
- Pain during sex

Infections or other health problems may also cause these symptoms. Only a doctor can tell for sure. A woman with any of these symptoms should tell her doctor so that problems can be diagnosed and treated as early as possible.

Detection and diagnosis-Doctors recommend that women help reduce their risk of cervical cancer by having regular Pap tests. A Pap test (sometimes called [Pap smear](#) or cervical smear) is a simple test used to look at cervical cells. Pap tests can find cervical cancer or abnormal cells that can lead to cervical cancer.

Finding and treating abnormal cells can prevent most cervical cancer. Also, the Pap test can help find cancer early, when treatment is more likely to be effective.

For most women, the Pap test is not painful. It's done in a doctor's office or clinic during a pelvic exam. The doctor or nurse scrapes a sample of cells from the cervix. A lab checks the cells under a microscope for cell changes. Most often, abnormal cells found by a Pap test are not cancerous. The same sample of cells may be tested for HPV infection.

If you have abnormal Pap or HPV test results, your doctor will suggest other tests to make a diagnosis:

The stage is based on where cancer is found. These are the stages of invasive cervical cancer:

- Stage I:** The tumor has invaded the cervix beneath the top layer of cells. Cancer cells are found only in the cervix.
- Stage II:** The tumor extends to the upper part of the vagina. It may extend beyond the cervix into nearby tissues toward the pelvic wall (the lining of the part of the body between the hips). The tumor does not invade the lower third of the vagina or the pelvic wall.
- Stage III:** The tumor extends to the lower part of the vagina. It may also have invaded the pelvic wall. If the tumor blocks the flow of urine, one or both kidneys may not be working well.
- Stage IV:** The tumor invades the bladder or rectum. Or the cancer has spread to other parts of the body.

Recurrent cancer: The cancer was treated, but has returned after a period of time during which it could not be detected. The cancer may show up again in the cervix or in other parts of the body.

Informal dwellers get tested for HIV in Gillits

As all institutions were preparing for the World Aids Day, a day that is culturally celebrated in the whole world, the Sub West District of eThekweni was also busy with the build up events in the health facilities as well as in the communities around. Institutions in the west had a task of identifying those areas that are in need of health services. KwaDabeka CHC identified the area on the outskirts of Gillits while R. K Khan identified Chatsworth and King George identified an informal settlement in Kennedy Road.

The turn out was satisfactory in Gillits. The people of Gillits appreciated the visit

since there is no clinic in the area and they only use Kloof Clinic which is a couple of kilometres from their vicinity.

Among activities on the day were HCT programme, Immunization, Cervical screening, TB check-ups, Eye tests, Bp check-ups and minor ailments check-ups in our mobile vans. A current project MMC was also introduced to people of this area and they were given enough information on where to access full service should they require to undergo it. Those who did not have necessary documents for Government Grants had a chance to register, since there were

other departments like Home Affairs and Agriculture.



Nursebusy testing patients for HBP in Gillits during the AIDS awareness day

School LO Project

KwaDabeka Community Health Centre is an institution that strive to create opportunities for learners and students who would like to receive skills and expertise in various fields through work experience.. Thandeka and Samkelisiwe (not their real names) are the lasts learners in the year 2010 who were enrolled in this programme. They were both from the same school, Pinetown Girls High School. They would want to pursue their careers as Dieticians since they were also placed in the Dieteics' office for the duration of their programme. We wish them good luck in their future endeavours.



Events in Pictures

A prayer during the prevent of the WORLD AIDS AWARENESS DAY held at KwaDabeka Community Health Centre.



KwaDabeka Community Health Centre



Gwadu Zenex Primary School

Sr. Pillay checking the patient eyes if are okay or she should wear glasses durring the AIDS AWARENESS DAY held at Gwadu Zenex Primary School.

An artist at work painting little angels during the ECI event that was organized by Sr. Shozi and Dr. Zulu for the young ones who are taking ARV treat-



KwaDabeka Community Health Centre



KwaNdengezi Clinic

Sr.'s and Security Officer at KwaNdengezi Clinic having some good time enjoying their delicious lunch durring the WORLD AIDS AWARENESS DAY.

Ukhisimusi usheshe wafika ezinganeni eziyizintandane KwaDabeka

Ngaphambi kancane nje kokuthi kufike uKhisimuzi, izingane eziyizintandane zaKwaDabeka zizithole sezamukela izijumbane zokudla. Sekunesikhathi isikhungo saKwaDabeka sichusha iminyango lapho singathola khona usizo selokhu kwaqala uhlelo lokunakekela izingane ezingenabani. Kwesinye isikhathi kuyatholakala lezozijumbane, kubuye futhi kungatholakali. Zibalelwa ngaphezu kwenkulungwane izingane zakulendawo ezasala dengwane ngenxa yobhubhane lwengcuzi. Ezinye ezingalinganiselwa eminyakeni yishumi yizo eziphethe amakhaya ashiywa ngabazali. Inhlangano yamavolontiya asuka eNgilandi omphathi wawo kungu Emma Pather, sebezibophezele ekunikeni labantwana njalo ngenyanga izijumbane zokudla. Abagcini lapho, baphinde futhi baphe izaguga ezilanda amaphilisi itiy ngezinsuku ezithize, baphinde futhi baphe abahaqwe isifo sofuba nabahaqwe yigciwane lengculazi isobho ngezinsuku ezithize. Abangaba nesifiso sokuthi loluhlelo luqhubeka bangathintana neHhovisi lokuXhumanisi KwaDabeka kunombolo ethi 031 714 3736 noma babhalele ku

tyron.khuzwayo@kznhealth.gov.za



Kwesingaphezulu: Lapha kungesikhathi uMphathi woMtholampilo ehalalisela izingane zithatthath Kwesingezansi: enye ingxenye yezingane ezazizokwemukela izijumbane zokudla eMtholampilo wakwaDabeka



KwaNdengezi Clinic Aids Awareness Day

Story by: Sr Mazeka (KwaNdengezi ONM)

The 4th of November 2010 marked the Health Awareness Day for KwaNdengezi Clinic where the following activities took place: BP checking, Pap smear, Anaemia checking, HIV testing and TB screening. People of KwaNdengezi and the surroundings came in their numbers to listen to the talks about HIV and AIDS.

We value the support that we received from the community and the local businesses. It is the Clinic vision to work closely with the community we serve. Thanks to the sponsors who made the day possible. This include Hare Krishna (Food for Life) who sponsored with food, Local Councillor Mr Ngcobo, Simunye Supermarket, Olympic Buses (Marine Pine Transport), Mr. Nhlanhla Mthembu for a sound system, Mr Ngubane KwaNdengezi Shopping Centre, Mr Linda KwaNdengezi Bottle Store and Butchery, Mr Shelela Isidingo Butchery and Mr Msweli. Lastly, we would like to thank the following people assisted on the day: Mrs N. R Dlamini (Zwelibomvu Clinic ONM), Mrs T Cebekhulu (Clermont Clinic ONM), KwaNdengezi Clinic Staff, and Youth Ambassadors, Community Health Workers from Silethithemba and CHW's from KwaNdengezi. Our greatest gratitude goes to our local doctors, Dr Cele, Dr Panday as well as Mrs Madikizela (eThekweni District)



This is part of the audience that attended KwaNdengezi AIDS Awareness Day

Gwadu Zenex Primary School hosted the World Aids Day with dignity

1st of December in every year is the most important day in the health calendar because it is dedicated to those infected and affected by HIV & AIDS. Gwadu Zenex Primary School hosted the World AIDS day with dignity, the aim was to educate the children about this pandemic. The event was not aimed at school children only, since a huge number of community members mobilized and their response was also positive. They were tested for HIV, blood pressure and eyes at the same time. The KwaDabeka CHC Health Facilitator, Mrs Hadebe, emphasized the importance of loving people who are HIV positive and family members of those who are critically ill. She further pleaded



Miss Zimu (community health worker) together with Rev. Gcabashe during the candle lighting.

with the Community that they should not think that the patient is for community health workers only, but they should also take their responsibilities, especially family members. Gwadu primary school has a project that helps the community and school children known as the green garden, they plant different vegetables and sell it to community members and half of it is prepared for children meals.

Health calendar

2010

December

Prevention of Injuries Month

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

Molweni Clinic sensitizing community on HIV&AIDS

In an event that was well organized hundreds of community members turned out. Sr Shozi, (in the main picture) in her speech during the event reminded the community that HIV and AIDS is still existing, however, individuals need to make sure that they go for blood testing. When found with a virus people need to adopt it and live with it through positive living. A number of elders were present, in this regard, they were also alerted on the virus as well.



Sr Shozi who was the speaker during Molweni Candlelighting holding a burning candle

Many speakers insisted on blood testing and positive lifestyle, but mostly as there were adults, Mrs Phumzile Xaba talked lengthily about chronic diseases to the community of Molweni. It must be remembered that Molweni was recently hit by a series of disasters including a suspected hurricane. To the people of Molweni this event was consolation.

Candles were lit for remembrance of the people who died of AIDS and for those who work towards combating this scourge.

The Molweni staff members thrilled the crowd when they sang their gospel hymns.

Among others present were representatives from Pinetwon Child Welfare, Molweni Health Committee, Molweni Resource Centre. After the event, the programme continued including eye testing, TB and BP check-ups.

Good Samaritans from UK feed our patients

They came to South Africa on a Godly mission when Elma Palmer, who volunteers in Edendale Hospital as a Doctor assembled his team from UK and decided to embark on outreach programmes in various communities in KwaZulu Natal. This is a team of volunteers from UK that come from a Church in Clermont. With the help of our website, KwaDabeka community and the patients at KwaDabeka CHC are now beneficiaries. The team provide tea and sandwiches for the chronic patients on certain days. They also provide soup kitchen for our ARV and TB patients. Also our Orphans in the area are getting food parcels. We are very grateful for the support they provide may God bless them.



isoampilo



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



KwaDabeka CHC first staff members 1977



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