



HEALTH
KwaZulu-Natal

Inhlasi

Issue 3 July 2008

Isungulwe ngo 2008

Isiguli esinolwazi selapheka kalula

Izosombululeka eyokulahleka kwamakhadi

UKUVIMBELA ukulahleka kwamakhadi anemininingwane yeziguli yinto abaphathi baKwaDabeka abayibeka phambili. Kunezinhlalo ezinqala ezidingidiweyo emhlanganweni obuhlanganisa abaphathi, abahlengikazi kanye nodokotela, ukuqhamuka nesisombululo.

Ezinye zezinkinga ezihambisana nokulahleka kwamakhadi kuyaye kube yilezi: yisibalo seziguli ezivakashela loMtholampilo eselenyuke kakhulu kunakuqala; lokho nje kukodwa kucacisa ukuthi kumele kwenzelwe ngabasebenzi abangomabhalane.; indawo yokubeka amakhadi isincane kakhulu uma kuqhathaniswa nakuqala; kanye ngendlela yakudala yokubhala phansi imininingwane yeziguli okwenza kube nzima ukuthola ikhadi uma lilahlekile. Konke lokhu kudingidiwe futhi kwase kufinyelwa ezinqumweni, okungeke kuphele sikhathi esingakanani zingafezekanga.

Lincane kakhulu izinga lamakhadi alahlekayo KwaDabeka uma kuqhathaniswa nesibalo sabantu abafika khona usuku nosuku, Kodwa noma kunjalo lesikhungo sibeka phambili iziguli, yingakho kunezinhlalo ezihlongoziwe zokubhekana ngqo nalenkinga. Uma amakhadi elahleka, aphinde atholakale abese ehlanganiswa nalelo lesikhashana abakunike lona omabhalane. Uma lingatholakali ikhadi elinemininingwane yesiguli, kuyaye kwenziwe elesikhashana (duplicate) ukuze ukwazi ukusizakala.

Kungenzeka kungekudala kusetshenziswe uhlelo lwamaKhomputha olungase lube negalelo elibonakalayo ekuxazululeni ink- inga yokulahleka kwamakhadi.



Ukuqinisekisa ukuthi izinga lemisebenzi yethu ihlale njalo iseqopheleni eliphezulu, sekuke kwaba nemihlangano emininingana lapho bekudingidwa khona izindaba eziqondene nokuthuthukiswa komsebenzi wethu njengabasebenzi bezempilo. Izindawo lapho bekugxilwe khona kakhulu, singabala indawo lapho kugcinwa khona amakhadi eziguli, indlela esheshayo yokubona

iziguli phakathi koDokotela kanye nabahlengikazi. Lokhu kungelinye legxathu elibalulekile kithina. Nokuqinisekisa futhi ukuthi leyomsebenzi esiyenzela umphakathi ihlale isezingeni eliphezulu, muva nje kubhekisise kakhulu lokho ngenkathi kwenziwa ukuhlolwa kwezinga (Quality Survey). Ngokweziphumo, konke kusasezingeni eligculisayo, yilapho nalapho nje ekufanele kuqiniswe khona.

Izwi LeNkosi

Uma sithi, asinasono, siyazikhohlisa, akukho'qiniso kithina; kodwa uma sivuma izono zethu yena uneqiniso ulungile ukuba asithethelele izono zethu, asihlambulule

kukho konke okungalungile.

1 John 1. 8,

ISAZISO

Isikhungo sezempilo sakwaDabeka sithanda ukwazisa bonke abafundi kanye nabazali abanezingane ezenza ibanga leshumi kulonyaka ukuthi aseatholakala amafomu emifundaze kaHulumeni

yohlelo lokuqala ukufunda ezikhungweni zemfundo ephakeme ngonyaka ozayo. Loyo onesifiso sokugcwalisa lamafomu angazi- yela mathupha lakwa Human Resource noma aye eHhovisini lezo- kuxhumana (PR) kwanombolo 32 ngemininingwane ethe xaxa.

Izinombolo Ezibalulekile:

KwaDabeka CHC	031 714 3700
KZN Health OPS centre	0800 005 133
Metro Police (New Germany)	031 709 0808
KwaDabeka SAPS	031 711 9903
Ambulance	10 177
St Mary's Hospital	031 717 1045
R. K Khan Hospital	031 459 6000
Aids Help Line	0800 012 322



"Silwa Nezifo, Silwa Nobubha, Sinika ithemba"



AIDS HELPLINE
0800-012-322

XOSHA IZIVAKASHI EZINGAD-INGEKI

Seliyathwasa iHlobo nezinkinga zalo esingabala kuzo izintwala zekhanda ezikuthanda ngendlela emangalisayo ukushisa, Yingakho kumele sazi kabanzi ngazo ukuze sikwazi ukuzigwema

ZIYINI IZINTWALA ZEKHANDA

Izintwala zekhanda izilwanyana ezincane ezin-genazimpiko eziphila kuphela ngegazi lomuntu. Zinamathela esikhumbeni nasezinweleni. Intwala yesifazane izalela amaqanda aziwa ngokuthi iminoyi ephuzi ngokombala.

nomuntu osenazo futhi zinganda nangokuthi umuntu asenzise isigqoko, ikamu, ikepi si noma ibhulashi lomuntu osenazo izintwala.

NGOBANI ABANGATHOLA KALULA IZINTWALA ZEKHANDA

-Izingane ezitheleleka kalula, ikakhulukazi amantombazane kunabafana.

angaya emtholampilo ukuze athole usizo lokwelashwa ngokushesha. Iminoyi noma amaqanda angasuka kalula ngokuthi njalo usebenzise ikamu elincane lensimbi njalo uma ukama.

UNGAZIGWEMA KANJANI IZINTWALA

-Gcina izinwele zizimfushane, uma zizinde azilukwe noma zinakekelwe ngokuthi zikanywe kahle njalo. -Geza ikhanda njalo uligezise -Kama ubhulasha ikhanda nsuku zinke ugcine izinwele zizinkhile zihlanzele nsuku zonke.



Intwala Endala

ZANDA KANJANI IZINTWALA

Izintwala zasekhanda zin-gatholakala ngokuthi umuntu ahlangeane

INDLELA YOKUZIQEDA

Noma ngubani osenazo izintwala

-Hlanza njalo ikamu nebhulashi emulate kokulisebenzisa. -Gcina inhlazeko isezingeni eliphezulu

Ikhalenda lakho lezinyanga ezintathu

AUGUST 2008



HEALTH
KwaZulu-Natal

SU	M	TU	WE	TH	FR	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2008



AIDS HELPLINE
☎ 0800-012-322

SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2008



SU	MO	TU	WE	TH	FR	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Inombolo yamahhala—Call Centre : 0800 005 133 |

Sonke singayivimba I TB



ENINGIZIMU Afrika abantu abaningi babulawa kakhulu i-TB kunezinye izifo.

Ziningi izizathu ezibangela lokhu kubandakanya ukuntuleka kwezindlu zokuhlala, ukudla okungenawo umso, Utshwala kanye nokwehla kwezinga lezokwelashwa okuqhubela phambili amathuba okungenwa kalula yi-TB. Imbangela enkulu yokwanda ngamandla kwe-Tb eNingizimu Afrika yigciwane i-HIV.

i-HIV iyawehlisa amandla omzimba okuzivikela ezifweni, Yingakho imizimba yabantu abanaleligciwane yehluleka ukulwisa igciwane le-TB.

Kubalulekile ukuthi uhambe uyohlolela leligciwane ikakhulu uma unegciwane le HIV noma usukhwehlele isikhathi eside.

Indlela ephuma phambili yokuhlolwa i-Tb ukukhishwa kwenembe lesikhwehlele emphinjani bese liyahlolwa. Umphumela walokhu kuhlola uzobuya uthi inembe alinalo igciwane (Smear negative) noma uthi inembe linalo igciwane (Smear positive).

Loyo mphumela obuya uthi kunegciwane usho ukuthi kukhona igciwane le-Tb emaphashini akho nokuthi kumele uqale ukusebenzisa imithi yokwelashwa maduze nje.

Umphumela obuya uthi inembe alinayo i-Tb usho ukuthi kungenzeka ukuthi awunalo igciwane, Kodwa abantu

abaningi abane –HIV imiphumela yokuhlolwa kwe-sikhwehlele sabo ivame ukubuya ithi abanayo i-TB kodwa babe benayo ngempela.

Uma une –HIV futhi ukhombisa izimpawu zokuthi une TB kodwa imiphumela ikhomba ukuthi awunayo, Zikhona ezinye izindlela ongazisebenzisa emtholampilo wakho ukuqinisekisa ukuthi awunalo igciwane le Tb elenqaba imithi yokwelashwa.

I X-Ray yokuhlola isifuba ingakhomba uma unalo leligciwane. Kanti futhi ungenza ukuhlolwa koketshezi olukhuliswa kulona amagciwane e Tb, Kodwa imiphumela galosh kuhlolwa ayisheshi ukuphuma ithatha amantshwana ambalwa.

Sonke singayivimba I TB ngokulandela lamaphuzu alandelayo :-

1. Hamba uyohlolwa i-TB uma ukhombisa izimpawu zokugula ikakhulukazi uma ukhwehlele noma umzimba wakho ukhombisa ukwehla kakhulu.
2. Uma unegciwane le HIV hamba uye emtholampilo wangakini ukuze bakholelele i-Tb ngaso sonke isikhathi.
3. Vala umlomo uma ukhwehlele noma uthimula
4. Uma umuntu oseduze kwakho ekhwehlele noma ethimula, Fulathelisa ubuso bakho kuye uvale umlomo.
5. Uma une-TB phuza imithi yakho ngendlela efanele.
6. Vula amafasitela lapho kugcwele abantu khona.

Izincomo neziphakami SO

SIBONGA ABAHLENGIKAZI

Siy-abonga ,Abahlengikazi bazama konke okusemandleni abo ukuthi banikeze iziguli izinga lokunakekelwa elisecophelweni eliphhezulu.

Thobeka Madikizela

SIBONGA UNESI OMNCANE

Sibonga unesi omncane. Inesineke leyongane engathi banganda abantu abafana nayo emhlabeni. Ayikhatlali ukuthi booze kangaphi, Incane kodwa umsebenzi iyawazi engathi ingakhula ize ikhokhobe.

Dlamini Family

AZINEZELELWE IZISEBENZI

Nginesiphakamiso sokuthi lapha emtholampilo kuqashwe idlanzana labasebenzi elizolekelela ukuse umsebenzi wenzeke ngokushesha

neziguli ziphindele emakhaya kusanekhathi futhi zingakalambi.

Isiguli esikhathazekile

SIPHAKAMISO SOMFUNDI

Sicela ukuthi izingane eziqhamuka ezikoleni zakhona lapha emphakathini zivumeleke ukuthi zifike lapha emtholampilo zizocela usizo uma ziludinga noma zinomsebenzi wesikole odinga ucwaningo lwalapha ngaphakathi. Sicela futhi nabasebenzi abakhona lapha ngaphakathi bahleze njalo benekhathi sokusiza izingane zesikole uma zidinga usizo, Uma kudingeka ukuthi izingane zitshengiswe kabanzi, Siyacela zinikwe imvume.

Kungaba kuhle futhi uma nezikole nazo zingazifaka kusenesikhathi izicelo zokuletha abantwana abazofunda. Umfundu Kamatikuletsheni

SIBONGA UKUHLANZEKA KOMTHOLAMPILO

Kwelakho mhleli eliphuma nyangazonke ngithi angidlulise okwami ukuncoma.

Esikhathini sanamuhla sekwanda ukuthi thina Bantu sithande kakhulu ukudlulisa ukugxeka lapho kungahambi khona kahle bese kuthi lapho izinto zilunga khona sifulathele engathi asibona. Ngihlatshwa umxhwele indlela umtholampilo ohlanzeke ngayo. Kuhle ngendlela eyisimangaliso. Muhle futhi uyancomeka umsebenzi owenziwa ilezizingane ezisebenza ukukilina lapho. Bantwana bami muhle umsebenzi wenu futhi engathi ningayibamba njalo.

Alikho igama

PHAMBILI NNGONOGADA BESI-FAZANE ESANGWENI

Zaze zawazi umsebenzi wazo izingane zabantu. Ngithanda ukudlulisa okukhulu ukuncoma kulezizingane ezinogonogada besifazane ezisesangweni. Ziyawazi umsebenzi wazo futhi akuve zisiphatha kahle. Kwande bantabami.

Alikho igama

Seziyaphekelwa iziguli KwaDabeka CHC



USAKHILE MOTHA NOLUNGILE belungiselela isidlo sasemini

ISIKHUNGO sakwaDabeka sesiqalile ukuphekela labo abalaliswayo emawadini. Loluhlelo luqale ngokusemthethweni kusukela lulunye kuNtulikazi kuwo lonyaka. Besekunekhathi loluhlelo lulindiwe, ikakhulukazi iziguli. Kuqala isikhungo besiyaye sithenge izinkwa netiye kwazise amagumbi akhelwe labo abazihlala isikhashana esincane.

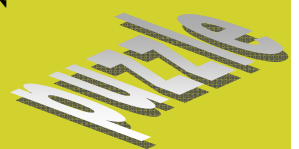
Ngokusho kwenye yezintokazi ezisebenzela I Changing Tides, okuyona nkampani eqashelwe ukupheka KwaDabeka CHC, konke kuzohamba kahle.

Iziguli ziqala ukunikezwa isidlo sasekuseni ngehora lesithupha kuye ngokuhluka kwezikhathi zokudla kuze kushaye ihora lesithupha futhi ntambama. Nokudla okusheshayo futhi kuyatholakala, njengama semishi nokunye. Lokhu kwenza nabasebenzi bathole ukusizakala eduzane bebe beqhubeka nokusebenza. Ulayini wocingo usuzofakwa ekhishini ukuze kube lula ukufaka I order. Izivakashi neziguli nabeze eMtholampilo nabo bamukelelekile ukuthi bangathenga ekhishini. Uhla lwezinhlobo zokudla okudayisayo luyatholakala ebhodini lezizaziso ngasekhishini.

Thola amagama kulesiphico esingezansi

O	C	Z	X	V	A	Y	C	G	K	C	K	L	R	Q
A	I	P	U	L	S	E	Q	X	P	B	V	A	T	H
N	O	D	T	D	K	Y	L	Q	O	J	A	V	I	S
N	M	W	R	E	T	A	R	T	R	A	E	H	U	L
P	Y	R	I	A	C	O	T	W	E	G	P	R	R	X
X	N	E	S	I	C	R	E	X	E	L	F	E	F	I
Q	R	A	P	U	Y	N	U	T	R	I	T	I	O	N
T	Y	C	S	W	A	J	A	U	T	V	G	U	I	E
L	D	L	I	T	F	B	N	N	B	R	W	H	K	M
M	R	H	K	J	L	N	E	Y	S	A	H	Z	T	U
G	R	O	R	E	I	S	T	R	E	T	C	H	N	S
J	Q	L	S	N	S	M	A	L	L	M	R	A	X	C
C	R	I	G	T	S	F	W	M	Q	P	Y	O	F	L
P	F	K	Z	C	N	K	X	U	P	A	M	F	N	E
R	A	R	V	L	D	J	C	M	Z	P	X	B	U	S

- 1. CARDI
- 2. EXERCISE
- 3. FITNESS
- 4. FRUIT
- 5. HEART
- 6. RATE
- 7. MUSCLES
- 8. NUTRITION
- 9. RUNNING
- 10. STRETCH
- 11. VEGETABLE
- 12. WEIGHT



Uqhubeka ngegiya elisha umkhankaso weTB

UHLELO lokulwisana nokusabalaka kwesifo se TB kanye nesandulela ngculazi I HIV "iHlola Manje" oluhlelwe i-eThekweni Health District Office ngokugqugquzelwa nguNgqongqoshe wezempilo KwaZulu Natal uNkks Peggy



Omunye wethimba losista enikeza isiguli ibhodleyana lokukhwehlela ukuze kuhlolwe iTB

Nkonyeni luqale ngelikhulu isasasa ngoMsombuluko mhla zingama -21 kuJulayi kanti ulindeleke ukuthi lujikeleze ezindaweni eziningi, Luze luphele mhla zingama -31 kuyona lenyanga ezoqala u Agasti. Ngalomkhankaso uNgqongqoshe uhlose ukuthi kuvakashelwe abantu ezindaweni abahlala kuzo ukuze bahlolwe isifo se-TB kanye nesandulela ngculazi. Lokhu kuyosiza ekutheni kunciphe abantu abafika emtholampilo sebegula ngenxa yokuthi abahlolanga kusenesikhathi bathola usizo olufan-

ele. NgoLwesine mhla zingama -24 ku Julayi lomkhankaso wabe uvakashelwe endaweni yase Summerveld eNtshongweni, nokuyilapho abantu bakhona bafika bawemukela ngelikhulu isasasa. Baphuma ngobuningi babo bezohlolela lezizifo. Lababantu babebajabula besho nokusho ukuthi abalutholi usizo lwezempilo kuleyandawo ngoba abanayo imitholampilo. Loluhlelo luphinde lwadlulela ezindaweni ezinjengo Clermont/ KwaDabeka kanye nase Hostela lase KK.

ZITIKE NGOKUCON- SISA 1 AMATHE FIVE SPICE



CHICKEN WINGS

Prep Time : 20 Min
Cook Time : 45 Min
Ready in : 9 Hrs 5 Min

IZITHAKO

- 4 Cloves ugaligi ogxotshiwe
- 3 izigaqa zahhanyanisi oluhlaza oqotshiwe
- 1 ithisipuni likashukela
- 1 ithisipuni le Chinese five spice-

- powder
- 2 Amathisipuni le fish sauce
- 2 Amathisipuni le soy sauce
- 2 Amathisipuni e sweet chili sauce
- Usawoti uyazikhethela
- 16 Amaphiko

INDLELA YOKWENZA

- 1.Hlanganisa ndawonye ugaligi, Uhhanyanisi oluhlaza oqotshiwe, IFish spice powder, IChilli sauce kanye nosawoti endishini evulekile.
- 2.Beka amaphiko uwahlele kahle endishini yepulasitiki.
- 3.Vuvuzela ingxube yakho phezu kwamaphiko ukuze ukwazi ukuwatomula ngalinye.
- 4.Khava indicial enaleyo ngxube yakho ngopulasitiki bese uyifaka efilijini amahora ayi-8 noma ubusuku bonke.
- 5.Kufake kuhhavini wakho oshiswe ngezinga elingu 425 degrees.
- 6.Kupheke kuze kube nsundu.

UTHI BEWAZI NJE?

Ukudla okumahhadla okukahle yilokhu okune-Fibre eningi ngoba akugayeki gokushesha.

Lokhu kwenza kube lula ukuhleleka kwe Glucose.

Lokhu kudla Kona ngeke kukwenze ukuthi unyukele esisindweni sakho kanti futhi ngeke kwenze isimo sakho sikashukela ukuthi sibe phezulu kakhulu.

Kodwa qaphela ukuthi ngesikhathi esisodwa ukhari wamazambane nelayisi.

Umeluleki wakho wesimo sikashukela uzokutshela ngendlela eyiyo yokwenza lokhu.



Vision

To provide comprehension 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

Contact Details

P. O Box 371, Clernaville, 3602
04 Spine Road
Clernaville, 3602
Tel: 031 714 3700

Email: tyron.khuzwayo@kznhealth.gov.za
www.kznhealth.gov.za