

## Zakhele Primary children smile brightly this August

### Inside This Issue



- 1 Oral Health Campaign
- 2 Editorial
- 3 Women Parliament
- 4 Tb Blitz (Hlola Manje Campaign)
- 5 Global Fund projects
- 6 Jokes
- 7 Miscellaneous
- 8 Cover



Children at Zakhele Primary School smiling at the camera during the Oral Health Awareness campaign at this school

### SNIPPET IN PICTURES



**Z**akhele Primary School in Clermont has recently been exemplary in many primary schools in the eThekweni Region. It is known for its commitment to promotion of Healthy Lifestyle activities. Last year, the school was launched for the first time as a Health Promoting School after Greenbury Primary.

The standard of health promotions among teachers and learners is closely monitored by the teachers and the local school nurses. This is seen from the reception, to inside the classes and to the clean yards of the school.

This year, this primary school in the township has been the first one to be visited by the School Health Nurses on the first day of the Oral Health Month (August). Hygienist from KwaDabeka CHC, School Health Nurses organized the campaign and among all primary schools in Clermont, started with Zakhele Primary.

During the first day of the campaign, more than 1000 children were seen and those found with teeth problems were referred to Dental Clinic.

Only Grade 1, 2 and 3 were targeted as these groups have many problems which most of them

emanate from bad eating behaviour involving high intake of junk food and snacks.

"In the month of August only primary schools are targeted from Grade 1, 2 and three, but other groups (adults) will also be targeted after August", An Oral Hygienist (Ms Nokukhanya Gabela) from KwaDabeka CHC explained.

She further explained that, they do not only look for decayed teeth in children, but also the entire mouth is checked thoroughly, including checking of parotid glands enlargement and oral thrush. These are common problems with the kids at these ages. Children were given toothbrushes and were given lessons on teeth brushing. The school has been indeed exemplary in terms of maintaining a high standard of healthy living. It has gone as far as Pretoria when its children were competing with other schools from other provinces in various activities. This campaign started at Zakhele Primary school on the 4th and will be finished on the 29th of August 2008.

Sr Gordon and Ms Khuzwayo (School Health Nurses) were part of the campaign and the organizing of it, liaising with the schools with the assistance of Ms Khuzwayo.



## Editorial

While the government is still fixing the backlogs emanated from the past apartheid legacy, a common understanding of the government better life for all programmes of action need to be understood by its employees first. Government employees should be at the forefront of implementation of these programme and become custodians and catalysts for change. This alone, among many programmes needs strong

personnel who do not only provide quality services to the masses, but also be patriotic and understand the broader objectives of the Batho Pele Principles.

Public Service policies are there to guide us as public service employees to always remember the nature of our business and act according to the guidelines of the policies, however, this also means that we take our time to read, re-read and understand government policies and goals. In this financial year, our communication plan has featured a training of staff on Batho Pele Principles. After training, staff members will become experts in this field of putting people first, not only on theory but also, practically as Batho Pele Marshals will be nominated to enforce this practice. Staff can visit [www.dpsa.gov.za](http://www.dpsa.gov.za) for more information

T. Khuzwayo (Editor)

## New Recruits

Malakoane F. P  
Mthembu P  
Gwalabanda M. T  
Sekopa F. M  
Maphumulo E. K

2

## Transfer in

Mphafi B.  
Mphesheya N.C  
Mkhize C. N Mkhize S. S  
Gabuza T. G  
Ngidi Z. A  
Bulose L. S  
Dlamini A.V  
Khalishwayo E. Z  
Mkhize K. A  
Mlaba J. L  
Lamula N. D

### KwaDabeka Community Health Centre

#### 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

## Wathint' abafazi wathint' iPhalamende

KZN Legislature promoted women participation during a Women's Parliament sitting in Clermont on the 10th and the 11th of August, thus bringing the Parliament straight to the people. This time around Clermont people were fortunate to be able to interact with the parliamentarians in their own area and be able to ask questions on issues affecting them.

Various departments were part of this parliament campaign. While parliament was interacting with the public directly, other government departments were busy outside the big marquee sharing information and offering basic services to the public. The Sugar Ray Xulu Stadium was packed to its full capacity with people coming from all over Clermont and neighbouring areas to share their opinions with the KZN Legislature.

KwaDabeka CHC as one of the government institution in the province, was also part of the Women's Parliament in Clermont to give a Clinical support where necessary.



Two KwaDabeka CHC mobile vans providing support during the KZN Legislature Women's Parliament at Sugar Ray Stadium in Clermont

Two mobile vans were sent to the stadium with Clinical Nurse Practitioners who were busy checking HBP's, Diabetes, e.c. t. KDC's Dental Hygienist had her presentation on Oral Health continued at the stadium since the campaign was still continuing.

## Baby Friendly Pre-Assessment at KDC

In 2000 KwaDabeka CHC was awarded a Baby Friendly status, which means that this institution promotes breast feeding for the babies. Every year a campaign is conducted by KDC health workers to educate mothers who have infants about the importance of breastfeeding. On the 3rd of July 2008, a pre-assessment was done at KDC by the eThekweni District representative, Ms Thobi Zondi and her partner. Nursing and Non nursing staff were interviewed. On the 7th of July, the team assessing team came back to interview Ante Natal patients.

After the assessment, it was obvious that there are certain minor challenges which will be addressed soon.

## Quality Survey proves continuous high quality standard and stability

The 21st of July 2008 marked another Quality Control day at KwaDabeka CHC when Hlengisizwe CHC descended down to KwaDabeka for the a Quality Peer Review and on the 22nd KwaDabeka CHC visited Hlengisizwe CHC. The quality standards are always set high at KDC as the recent statistics reveal so. Quality team which involves Infection Control and Prevention Manager (Mrs. Mpanza), Health & Safety Officer (Ms Phumzile Khumalo), Acting Quality Assurance Practitioner (Mrs. Dlamini) and Public Relations Officer, (Mr. Tyron Khuzwayo) met in advance before the exercise with the aim of familiarizing themselves with the auditing tool, which has a slight change this year. The results are still as good as last quarter. Once the gaps are identified after the exercise, the team meet again to discuss the action plans.

Statistics as compared to last audit:

JAN-MAR (Overall)	
Batho Pele Principles	85%
Patients Rights Charter	86%
Minimum Standards	90%
Norms & Standards	84%
Infection Control	69%

### APR-JUN

Batho Pele Principles
Patients Rights Charter
Minimum Standards
Norms & Standards
Infection Control

Information supplied by the Statistics Officer (Mr. Sifiso Shabalala)

## TB Blitz Hlola Manje Campaign reaches Summerveld Farm Workers

Pleasure was written on the faces of Summerveld Horse Racing and Training Centre employees and residents on Thursday the 24th of July when they were visited by TB & HIV AIDS campaigners from eThekweni Health District and KwaDabeka CHC during a "Hlola Manje" TB campaign.

The series of these campaigns, which is a directive from the KZN Health MEC commenced on the 21st of July ending August 31, is driven by the eThekweni Health District in the eThekweni Region.

By this Hlola Manje campaign, which was previously known as Siyanqoba campaign, The department is aiming to reduce the Tb and HIV/Aids sufferers by early detecting the signs and symptoms of these diseases through doing a number of community visits.

Statistics also showed that the number of people contracting these diseases has escalated shockingly, KZN Health Department initiated this campaign. It is hoping to decrease the infection through disseminating information through health talks and pamphlets to a wide and diverse audience. In a remote area of Summerveld where many people are not exposed fully to information, this campaign made a difference.



A farm worker is being educated by the TB Campaigner at Summerveld tarven

It was obvious that people of Summerveld have been waiting for campaigns like these as they came in large numbers and were eager to see their results immediately so that they go straight on treatment when diagnosed with these diseases.

Most of them spend time at work in the farm and do not always have time to spare. A number of condoms were given to them and those who went for HIV test got pre and post counseling from Mr. Siyabonga Thango ( From District office).

"There is no clinic in the area and people of Summerveld live under appalling conditions, they really are in need of medical assistance", a TB Team Supervisor Ms Nomvula Mazibuko from eThekweni District Office operating in the West Sub District, explained.

Among the Tb Team (campaigners) was Nomvula Mazibuko, Mrs. Mchunu, Sya Thango (District office), Qeda Mdladla and others from Halley Stott Clinic, Don Mckenzie TB Hospital, Hlengisizwe CHC, Msunduzi Clinic, Molweni Clinic and many more.

Mr. Vukani Mavunjane, a supervisor of Horse Training team said that they really appreciate being visited by people from Department of Health and it would be better if the Department visits them more often.

## Calling all new staff members!

Welcome to the Department of Health. The **Navigating the Intranet booklet** will help you familiarize yourself with the Departments Intranet. You are also encouraged to subscribe to **Web Update Mailing List**, this will ensure you are kept up to date with latest developments on the intranet. Should you require any assistance with either the Departments Intranet or Internet site, please contact Kathryn Potgieter on 033 395 2743 or Faem Mahomed on 033 395 2134

Find the links: <http://healthweb.kznhealth.gov.za> or [www.kznhealth.gov.za](http://www.kznhealth.gov.za)

## The tides have changed

**M**any have been watching this space for some time now, but eventually the tides have changed for the better. Patients of KwaDabeka CHC are now catered for food since the beginning of July 2008. It has been evident that the institution daily intake has grown drastically, with more and more patients being admitted for a short stay. This is more beneficial to patients. The opening of the kitchen is also more beneficial to staff since they are now able to grab something to eat from next door and continue with their services without wasting time of going out.

The name of the company is called Changing Tides. The telephone to the kitchen has not yet been installed, but staff can now go to the kitchen personally, and place their orders. Menu is available on the notice board next to the kitchen.



Ms Lungile Mnikathi and Mr Sakhile Motha taken here preparing breakfast for patients

# GLOBAL FUND

Makes a difference in  
Clermont

**G**lobal Funds projects in Clermont linked to KwaDabeka CHC, date back as far as 2004. Up to now, it continues with great success.

There are three categories currently targeted, which is: Training of people on poultry and gardening, Training of people in sewing and bid work, and on silkscreen (fabric printing).

Currently, the groups of people training for the above projects are housed by the local Lutheran Church in Clermont whilst a suitable venue is being sorted.



A Lutheran Church housing the Global Fund students in Clermont Central

According to the Project coordinator, Ms Primrose Mkhize, the project is up and running again this year and they hope to achieve more by December this year...

"This year, we are also extending the service to our satellite clinics, under the supervision of KDC, including Molweni Ngcolosi, and Halley Stott Clinics" she explained.

She also mentioned that poultry farming has been added as one of the developmental and training areas, and they are currently busy sorting out the place for chickens. A permanent venue for the Global Fund team will be sorted soon and currently the project is managed by KDC's Medical Manager (Dr A.M.K Hoque).



*"Tell me and I forget; show me and I remember; involve me and I understand."*

*- Chinese Proverb*

# Photo Album of Events

KDC Mobile Vans providing clinical support to public during Women's Parliament in Clermont (Sugar Ray Xulu Stadium)



A Health Worker is counselling a member of the community during a TB Blitz Hlola Manje Campaign at Summerveid

School Health nurse, Sr Gordon on duty during Women's Parliament



Ms Nikukhanya Gabela continues her Oral hygiene campaign at Dept of Health stand during Women's Parliament in Clermont

Mr Saknile Mutha and Ms Lungile Mkhathi preparing food for patients.



Ms Ntobeko Nkonyeni prepares lunch meals for patients at KDC Kitchen

Children at Zakehe Primary School preparing to brush their teeth during Oral Health Campaign



Young girls at Zakehe showing others how its done



## SPAGHETTI SAUCE

Stumpy prepared a pasta dish for a dinner party he was giving.

In however, he forgot to refrigerate the spaghetti sauce, and it sat on the table all day. He was worried about spoilage, but it was too late to cook another batch. He called the local poison control centre and voiced his concern. They advised Stumpy to boil the sauce again.

That night, the phone rang during dinner, and the guest volunteered to answer the phone. Stumpy's face dropped as the guest called out, "It's the poison control centre, They want to know how the spaghetti sauce turned out."

## COWBOY JOE

Cowboy Joe was telling his fellow cowboys back on the ranch about his first visit to the church.

"When I got there, they had me park my old truck in the corral", Joe began.

"You mean the parking lot," Interrupted Charlie, a worldly fellow.

"I walked up the trail to the door", Joe continued.

"The side walk to the door" Charlie corrected him.

"Inside the door, I was met by this dude" Joe went on.

"That would be the usher" Charlie explained.

"Well, the usher led me down the chute," Joe said .

"You mean the aisle," Charlie said.

"Then, he led me to a stall and told me to sit there," Joe continued.

"Pew," Charlie retorted.

"Yeah,"recalled Joe ."That's what the pretty lady said when I sat next to her".

## GEORGE AND MOSES

George .W Bush, in Airport Lobby, noticed a man in a long flowing white robe with a long flowing white beard and a long flowing hair.

George W Bush .Approached the man and inquired, "Aren't you Moses".

The man ignored George W and stared at the ceiling.

George W positioned himself more directly in the man's view and asked again, "Aren't you Moses".

The man continued to peruse the ceiling.

George W tugged at the man's sleeve and asked once again,"Aren't you Moses.

The man finally responded in an irritated voice, "Yes I am "

George W asked him why he was so uppity and the man replied, "The third time a bush spoke to me I ended up spending forty year in the wilderness".

## SIPHO "DA MAN"

Sipho had a bad attendance record with the company he worked for, particularly being late for work in the morning. He was called to a disciplinary hearing where

he was given a chance to explain his reasons.

His argument: "I get up in de morning. I shower, I look in de mirror and try tuh straiten my hair. Den I sumtimes miss de texti and den I am late."

His boss has a bright idea. He gets one of Siphos's colleagues to sneak into Siphos's room and steal the mirror off the wall, without Siphos's knowledge

The following day Siphos does not turn up for work. The same happens the day after that. So Siphos gets summoned to another hearing to explain his reasons for not attending work.

His argument: "I get up in de morning. I shower, I look in de mirror. I see no Siphos I think Siphos already left for work.

## SLEEPING PILL

Never - under any circumstances - take a sleeping pill and a laxative on the same night!

Jy Gaan Kak Slaap!



## Word Search

Try to find all 12 words on this board

- CARDIO
- EXERCISE
- FITNESS
- FRUIT
- HEARTRATE
- MUSCLES
- NUTRITION
- PULSE
- RUNNING
- STRETCH
- VEGETABLES
- WEIGHTS

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

## Managing stress at work

We look at several ways of reducing stress in stressful jobs below. Lack of information can often be stressful, particularly at a time when people may be insecure about their jobs. Often, the best thing to do in these cases is to ask for clarification of the situation. Many people and organizations communicate extremely poorly, and although managers are often perfectly happy to share information they simply may not think to do it. It can also be very difficult for managers to know that people have misunderstood or misinterpreted their messages. This occurs particularly often where team members are scared of their bosses or are over-respectful to them, and because of such, do not communicate their lack of understanding.

Whilst it may be unprofessional for managers to pass on all information, at least by seeking clarification you create the opportunity for open communication. Where your working environment causes stress, take a look at our [environmental stress](#) section. This talks about simple things you can do to reduce the stress that comes you're your environment, and improve your working conditions. Often, things can be improved with very little expenditure and effort. In particular, if you're aware that employers are concerned about stress or high levels of staff turnover, you may find them open to suggestions that make the workplace more enjoyable or pleasant. They may be prepared to go quite far to improve people's quality of life, if they can see positive results coming from this. If you are exposed to frequent upset and interruption, take a look at our [relaxation techniques](#) section. This explains simple, practical techniques that help you manage adrenaline and relax. Similarly, our section on [rational and positive thinking](#) explains how to quiet the negative thinking that can come with job stress, while simultaneously helping you to identify and challenge the goals, beliefs and interpretations of events that may be a source of intense stress. Our [defenses against stress](#) section is also helpful in that it shows you how to set up the buffers against stress that will serve to protect you. This section explains the importance of building and using your social networks, of taking sufficient breaks, and of using relaxation techniques to calm yourself down.

## Money Saving Tips



### Credit & Debt Basics

Credit cards and other forms of debt can be an essential part of your financial toolbox, but you must exercise care when using credit and taking on debt. Find out the difference between good debt and bad debt, and learn how to establish credit and maintain a good credit score.

### Watch Out for Hidden Credit Card Fees

Credit card promotions that offer low interest rates can be quite tempting, but unless you read the fine print, you could be hit by hidden fees or unexpected rate increases.

### Beware of the Warning Signs of Too Much Debt

Do you have debt that is bogging you down and keeping you from reaching your financial goals? Using credit and debt can be a powerful tool that allows you to buy a home, a vehicle, send children to college, and even provide leverage for other purchases, but when you accumulate too much debt, it can pose a serious problem.

## Did you know that?

Many people make decisions by identifying the problem or need,

evaluating the options, Choosing the decision and announcing it. This is called decision announce defend (D.A.D). Surely you've been there: It can feel terrible frustrating and disappointing to find that people are upset with the decision

you spent considerable time to develop. Therefore, to have a successful and effective decision you have to be more well informed, Make healthier decisions, Meet people's needs, Build credibility, trust and respect.

## Wise up

"The difference between average people and achieving people is their perception of and response to failure." – Dr. John C. Maxwell

"There can be no keener revelation of a society's soul than the way it treats its children." – Nelson Mandela.

## Healthy talk



### Fat Substitutes

We recommend a balanced diet including a variety of foods low in saturated fat, trans fat, cholesterol and sodium.

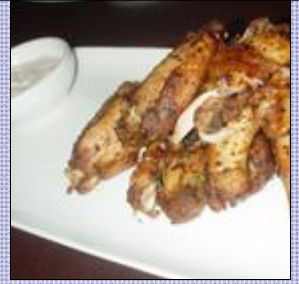
#### What are fat substitutes?

Fat substitutes are ingredients that mimic one or more of the roles of fat in a food. They're classified into three categories based on their nutrient source:

- Carbohydrate-based fat substitutes use plant polysaccharides in place of fat. Proteins and microparticulated proteins are used as fat replacers. Fat-based fat replacers act as "barriers" to block fat absorption.
  - **How are fat substitutes used?**
  - Fat substitutes have been developed to decrease the quantity of fat in foods and help people lower their fat intake. Some fat replacers are used as "fat substitutes" or "fat analogs" and replace fat in a food. Others are used as "fat mimetics" to partially replace fat and impart the sensory qualities of fat (taste and feel in the mouth).
  - Some evidence suggests that people who include fat-modified products in their diet may have a reduced fat and calorie intake and improved nutrient profile compared with people who don't use any fat-modified products.
  - **Are fat substitutes safe and helpful?**

Fat-modified products have been introduced into the food supply recently and only affect a few foods so far. Although fat substitutes on the market are considered safe by the U.S. Food and Drug Administration (FDA), their long-term benefits and safety are not known. The cumulative impact of using multiple fat substitutes as they increase in the marketplace is unknown. Still, within the context of a healthy diet that meets dietary recommendations, fat substitutes used appropriately can provide flexibility with diet planning. Source: Internet

## Treat time



### FIVE SPICE CHICKEN WINGS

Prep time : 20 min

Cook time: 45 min

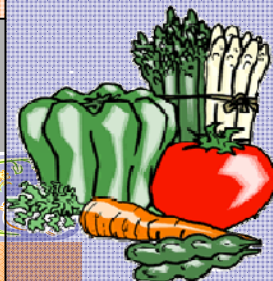
Ready in : 9 Hrs 5min

#### INGREDIENTS

- 4 Cloves garlic, minced
- 3 Green onion, chopped
- 1 Tablespoon sugar
- 1 Tablespoon Chinese five spice powder
- 2 Tablespoons fish sauce
- 2 Tablespoons soy sauce
- 2 Tablespoons sweet chilli Sauce (Salt is optional)
- 16 wings
- 2 Limes quartered

#### DIRECTIONS

1. Whisk together the garlic, Green onion, Sugar, Five spice powder, Fish sauce, Chilli Sauce and salt in bowl.
2. Arrange the chicken pieces in a shallow non-metallic bowl.
3. Spoon the sauce mixture over the chicken to evenly coat.
4. Cover the dish with a plastic wrap and refrigerate eight or over the night.
5. Preheat over 425 degree f (220 degrees c)
6. Arrange the chicken pieces on the prepared baking sheet.
7. Bake in the preheat oven until crispy.



## World of God

"Thou hast proved mine heart ;thou hast visited me in the night; thou hast tried me, and shalt find nothing; I am purposed that my mouth shall not transgress"Ps 17:3





# isolempilo

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



*KwaDabeka CHC first staff members 1977*

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