



health

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PROVINCE OF KWAZULU-NATAL

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TURTON CHC TO THE RESCUE!!!!

From the left: Finance Manager Miss N. Baai, former Asset Manager Mr X.P Myandu, Medical Manager Dr N Buso, Occupational Therapist Miss C. Cele and Mr Sibonelo Nombika on his new electronic wheels courtesy of Turton CHC

Sibonelo Nombika from Esibanini area in Mthwalume was involved in a car accident back in 2007 he was stuck for four hours under the car. PRO Mr S.Mbatha and the rehab team made a home visit to assess his situation on arrival he was lying on his bed weak and anxious, we noticed that he was quadriplegic because he could only operate his left arm shoulder even though the shoulder was very weak. Since 2007 he could not get a proper wheel chair to suit his condition, just 3 months after the PRO and the Rehab team made the home visit, Turton CHC came to the rescue in October 2013 by offering him a left arm electronic control wheel chair. "I am so happy about what Turton CHC has done for me after a long time not getting the help I needed, i will be no longer be a burden to my family" Nombika concluded. One can remember that it is not the first time Turton CHC has done this, last year they handed over more than 10 wheelchairs to physically challenged people from Mthwalume ward 19 the project was initiated by Operation Sukuma Sakhe ward 19. The CHC has shown warm sympathy for the physically challenged people and it will continue to do so in the name of 'Batho-Pele—Care and Compassion'

"Turton CHC ,we have a good story to tell"

SIVUNA ESIKUTSHALILE

DEMONSTRATION GARDEN



TURTON CHC GOES GREEN!!

Our beautiful demonstration garden which we use to motivate the community to have one in their homes. Its vital to eat fresh food from the garden as we are promoting healthy lifestyles. Our garden has already produced fresh spinach , cabbages, onions, etc. Turton CHC would like to thank Department of agriculture team who made this possible and the (CWP) Community work programme members.

World Mental Health awareness Day



Turton CHC mental health team & staff members celebrated word mental health day in October 2013. The event was nothing but a success and every year they are guided by a certain theme , this time the theme was “mental health & elderly” which focused on mental wellness for elderly people. Mr M Duma who is one of our elderly client gave a testimony and thanked Turton CHC mental health team for helping him as he is now mentally stable and taking his treatment accordingly

EMPLOYEE ASSISTANCE PROGRAM

TO US EMPLOYEE WELLNESS IS OUR RESPONSIBILITY

WHAT IS THE PURPOSE OF THE EMPLOYEE ASSISTANCE PROGRAMME

The vision of Turton CHC is to achieve optimal health status for all its employees. The employees form an enormous part of the Turton population. This CHC has recognized that their most valuable asset and recourse is its employees. Therefore the EAP forms an important part of the CHC commitment to assist employees to deal with social and emotional difficulties in order to sustain effective performance and remain productive members of the health care team. This may enhance the institutions profitability by reducing absenteeism, turnover, tardiness, accidents, medical claims, and

What is an employee assistance program?

Life can sometimes get the better of us in any given stage in our career. We find ourselves preoccupied with problems, which sometimes spirals out of control and negatively penetrate our personal life, and can in turn effect our work performance.

Turton CHC views employees as one of the most valuable assets and takes responsibility for helping employees to deal with the pressures of life. The employees assistance program is designed to assist employees in any prob-

How does this program work ?

First and foremost one has to identify that they have a problems, either have to seek help themselves or an employee can be referred to the employee assistance practitioner by his/ her supervisor.

An employee brings a personal problem to the attention of the supervisor when there is a decline in the work performance, attitude, or behavior of the employee.

Participation in the EAP is voluntary and at the sole discretion of

What does it cost to use the employee assistance program

To see the EA Practitioner is 100% free. If you are referred to in- house services such as a social worker, physiotherapist, occupational therapist, psychologist, etc, the cost is determined on the institutional policy regarding such services.

However if you need to be referred to external service providers such as rehabilitation Centre, attorneys , etc such costs are incurred by you. Employees on medical aid are advised to use their medical aids for additional consultation.

Very important

An employee's job security or promotional opportunity will not be jeopardized by a request of help through the EAP. The objective of the program is NOT to terminate the employment of troubled employees. The program policy will not alter or supplement existing procedures for correcting unsatisfactory performance and will not be as basic, in itself, for discipline

Who can use our services

All employees of the department of health irrespective of the level can use the services

Immediate family members of employees who are using our services can also participate in the EAP provided they are part of the problem

Confidentiality is our game

Every case is treated with the strictest confidentiality. No manager, supervisor, staff member or any other person will be allowed to discuss any employee problems with other people . EAP records will not become part of personal records and supervisors would only be informed that the employee is continuing with to receive assistance, without going into the details of the problem.

Problematic situations we may assist you on:

Research has found that most employees might not be able to cope with their day to day work due to the following;

- Alcohol and drug abuse
- Depression which can lead to excessive absenteeism
- Emotional problems
- Interpersonal relationship
- Family/ children difficulties, such as physical abuse
- Marital difficulties
- Finances/ budgeting
- Work related issues
- Health problems
- Legal problems

COMPILED BY: Miss Z Mabece

Turton CHC had its first ever quality day since we are a new institution which was of great quality. Quality means “doing things right the first time” Turton CHC did exactly that, the institution would like to thank everyone who made this day a huge success, special thanks goes to our dignitaries and external stakeholders for honouring our invite. We also like to thank and give credit to all Turton CHC departments who participated in our Quality Improvement Project Presentations, all the presentations were excellent and of quality.



Turton CHC Quality day 2013



From the left: Pastor Nxumalo, Miss Cele (Board member,) Mrs Khomo (Board member) Mr Xulu (chairperson: Board Member) Mrs F. Mkhize (QA Manager Ugu District) Mrs N.C Mkhize CEO: Turton CHC

Our Programme director for the day was Mrs Fica who did not disappoint!!



Our Judges from Gamalakhe CHC who did a great job and complimented all presenters for their presentations and pointed out that it was very hard for them to choose the winner because all presentations were exceptionally well executed.



In attendance: Turton CHC staff Members and external guests

Awards!! Awards!! Awards!! Siyanihalalisela!! awards handed over by Mrs Mkhize Turton CHC C.E.O and Mrs Mkhize QA District Manager



HAST TEAM GETTING THEIR AWARD



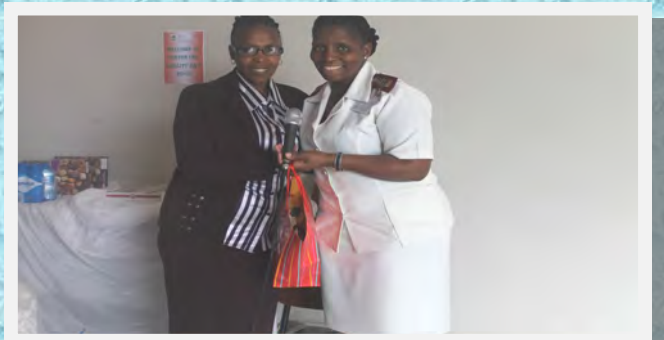
MEDICAL TEAM WITH DR DUNRAJ WHO TOOK THE NO 1 position



Paediatric team and occupational health nurse



HR Manager Miss S Pillay handing over long service awards



Miss Mtengwane (MJE) handing over a thank you token to our district QA MANAGER



Entertainment by our very own Khaya and his backers!!



Words of thanks from our Nursing Manager Mrs Gwexe

Merry Christmas

On the 19th of December 2013 Turton CHC team consist of Dr Buso: Medial manager, Dr Khumalo: Paediatric MO, Mrs Madikizela- ANM (MCWH) Mrs Fica- ONM(Paeds) ,Paediatric unit team members together with the rehabilitation team Mrs Njilo- Social Worker, Mrs Mlambo Phystherapist, Miss N Kunene Assistant Physiotherapist, Miss Cele—OT , Mr Mthombeni -Assistant OT all played a major role in celebrating Christmas party with physically challenged children within Turton CHC area

Turton CHC catchment area has got a large number of children of which some are living a normal life , some with special needs and physically disabled, therefore the Paediatric team & Rehab team decided to host a Christmas party for these children. They wanted to show them love and support to them and their caregivers. The day was a success and we give credit to our sponsors who assisted us e.g Mr & Mrs Smith, Mr & Mrs Brown, Miss Christine Kleander and Ms Lida Karim from Emmano design clothing.



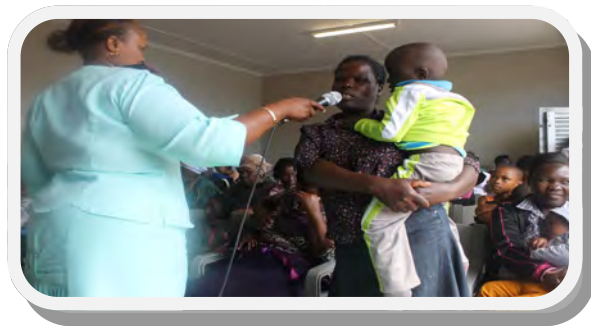
Mr & Mrs Smith : father Christmas & Mother Christmas



On the main table; our dignitaries who honoured our invite "Siyazibongela"



Role play by Paediatric staff members !! Now this is what I call entertainment education. Well done



It was great to see the mothers responding well from the questions based on the role play, which shows they were listening



Our clients for the occasion!!



Children enjoying themselves on the jumping castle which was specially catered for them

STI/ PREGNANCY WEEK 11 –16 FEBRUARY 2014



Mbali from Radio Sunny South interviewing Mrs Nkanku and Mrs Madikizela from Turton CHC

11- 16 February was STI pregnancy week Mr S Mbatha organised a slot with radio Sunny South where they interviewed Mrs Madikizela (MCWH) and Mrs Nkanku (Maternity Operational Manager) the whole intention was to educate people on STI & PREGNANCY. The interview made an instant impact as people called – in for further clarity and thanked Turton Community Health Centre for taking the initiative to do the awareness.

It did not end there as the PRO, Mrs Madikizela (MCWH) and Mrs Mdlalose (School Health Nurse) visited Sibonguzwane High School to create awareness on STI & PREGNANCY as the school is mostly affected by the high number of pregnancy rate.



Left: Mrs Mdlalose, Mrs Madikizela, Cllr Mrs N.Y Mweshe (Deputy Mayor) Alex Mthiyaye Gagasi FM 99.5 Sibonguzwane High Scholl

It was nice to see all the school children listening to Mrs Mdlalose who is a School Health Nurse from Turton CHC when she warned them about the dangers of getting pregnant at a young age as their bodies are not ready to carry a baby



MEET TURTON CHC CBM TEAM MEMBERS



Mrs N.C Mkhize (CEO) & Mrs Madikizela (MCWH) with Community Based Monitoring Team Members

The national Department of Health has entered into an agreement/partnership with Soul City to facilitate the implementation of a programme called Community Based Monitoring at identified health facilities. Turton CHC happened to be one of those fortunate facilities, the CBM were identified and trained by Soul City to work as volunteers at our CHC. The team will be responsible for monitoring implementation of the six priority areas and empower the community on local decision making to improve service delivery.



Mr Mlotshwa (centre) outlining to Turton CHC managers on what is expected of them during the CBM project



Mrs Mkhize and one of the CBM team member demonstrating the indicators they will use to monitor our CHC

MARCH is TB Awareness Month we urging the community to come in numbers to test for TB

TB Fact sheet Infection and transmission

- Tuberculosis (TB) is a contagious disease. Like the common cold, it spreads through the air. Only people who are sick with TB in their lungs are infectious. When infectious people cough, sneeze, talk or spit, they propel TB germs, known as bacilli, into the air. A person needs only to inhale a small number of these to be infected.
Left untreated, each person with active TB disease will infect on average between 10 and 15 people every year. But people infected with TB bacilli will not necessarily become sick with the disease. The immune system "walls off" the TB bacilli which, protected by a thick waxy coat, can lie dormant for years. When someone's immune system is weakened, the chances of becoming sick are greater. Someone in the country is newly infected with TB bacilli every second.
- Overall, one-third of the world's population is currently infected with the TB bacillus. 5-10% of people who are infected with TB bacilli (but who are not infected with HIV) become sick or infectious at some time during their life.

SPORTS / EZEMIDLALO



Turton CHC netball girls team and Mrs Dlungwana (ANM)

Department of sports and Recreation organised a one day sports event which took place on 29 Nov 2013 at Umzinto prisoner, the teams that participated were Gj Crookes, SAPS, warders, school teachers and Turton CHC. As usual Turton CHC girls team did not disappoint as they went on to the final to beat Gj Crookes by 38-12 where they won a trophy, medals and the beautiful green jersey they wearing on the picture above. Based on these results Turton CHC girls netball team will represent Ugu Health District on the date which is still to be announced.

SHOULD YOU HAVE ANY SUGGESTIONS OR COMMENTS WITH REGARDS TO TURTON CHC PLEASE FORWARD ALL COMMENTS TO THE FOLLOWING DETAILS:

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