



# EZANAMUHLA

# NEWS

STAY INFORMED

April–October 2020

## Commemoration of Public Service Month



The Department of Public Service and Administration has declared the month of September of each year as the Public Service Month (PSM) in all provinces and all national departments in recognition of the public servants to recommit themselves in upholding the

spirit of Bath-Pele by reaching to communities and unblocking the challenges and implement sustainable solutions for effective service delivery.

The DPISA deployed Khaedu deployees to our facility with an aim of identifying challenges that hinder provision of quality health care and giving

solutions for improvement. “KHAEDU” means challenge hence the main aim of the Khaedu visits is to identify challenges and put sustainable solutions for smarter service delivery.

Our facility was applauded for the good work and maintaining the standard of quality health care

## THE INSIDE STORIES.....



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## MEMORIAL SERVICE OF THE LATE MR B.Z NKOSI –SECURITY OFFICER



Left : Mr RSM Ngcobo (CEO), Rev J.N Mathaba rendering the word of God. Above: Mr L.D Memele (System Manager )

The facility lost one of their staff members Mr. B.Z Nkosi who was employed as a security officer. The facility management and staff members celebrated his life through the Word of God. Mr. Nkosi was described as a kind, energetic and very dedicated person to his work .



Staff members rendering a music item

## BREAST FEEDING WEEK

Best breast milk is the best nutrition you can offer your newborn. This was the take home message by maternity ward staff as the facility was celebrating breastfeeding week in August 2020

For maximum benefits, breastfeeding should be initiated soon after the delivery and should be maintained exclusively for up to six months.

### Advantages of breastfeeding for the baby:

Breastfed babies have a reduced risk of malnutrition, obesity and heart disease compared to formula fed babies.

Breastfed babies have an increased resistance to infections and therefore fewer incidents of illness and hospitalization.



Maternity team rendering a speech to the patients in Out patient department & Mother and child.

Breast milk is sterile.  
It improves the brain development of infants  
It promotes mother –baby bonding .





# LISTEN TO MY STORY AND MY EXPERIENCE ON COVID-19

**KHAYELIHLE ZINHLE CELE**  
ENROLLED NURSE

**OTHOBOTHINI CHC**  
**UMKHANYAKUDE DISTRICT**

My name is Khayelihle Zinhle Cele, I'm employed as an enrolled nurse at Othobothini CHC and am currently working in the community to screen and test for Covid19 under the PHC nursing stream.



I have learnt that COVID-19 is SARS COV2 that is transmitted through droplets from one person to another, by physical contact with the person who has tested positive. To prevent the spread of the virus is through social distancing and following infectious and contract guidelines at all costs. The community has been educated strongly on issues of health and correct measures to apply to prevent unnecessary spread,

like practicing social distancing, wearing face masks at all times when in public places, sneezing and coughing through the elbow, just to mention few. Being part of the community Screening and Testing Team has enlightened my knowledge widely as far as the outbreak response at a community level. I have learnt that it is not an easy task to convince the community to adhere to the principles Infection and control

guidelines since people, especially in the deep rural areas have their own beliefs. I therefore began to understand the importance of giving health education to the community address any fears and concerns. This is where there is space for every young person to contribute to building consciousness about all the aspects of this virus as we collectively seek to control and manage it.

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# MENTAL HEALTH AWARENESS



Speeches were rendered during the awareness.

**O**n the 14th of October 2020, the facility commemorated Mental health awareness day together with our external stakeholders i.e. SORD, Liquor Authority and SAPS . The community members were also educated on mental health related

issues, domestic violence, drug and substance .Furthermore, the staff and the community were given moral support during the difficult times of COVID –19 pandemic .

Psychosocial support services are available in

our facility and are provided by our support partner SORD and our in-house Employee Assistant Programme.

## HLALA UPHILILE #YIDLA UKUDLA OKUNEMPILO

**N**genyanga kaMandulo 2020, isikhungo sibene-sifundo sokuqwashisa umphakathi ngokubaluleka kokudla ukudla okunempilo ngasosonke isikhaya.

Lapha uSomsoco wesikhungo (Dietician)Mnuz M.P Ramonyai ubefundisa amalunga omphakathi emtholampilo ngokudla okunempilo,wabagqugquzela nangokubaluleka kokuba nezingadi emakhaya (one home one garden). Nabahlengikazi besikhungo bebeyingxenye yalesisifundo. Omunye wabahlengikazi okunguSr Mbatha, uze wanikela ngezitshalo kumalunga omphakathi abethamele lesisifundo okuyinto ewathokozisile kakhulu amalunga omphakathi.



Mr M.P Ramonyai (dietician) giving health education

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# COVID-19 PEER REVIEW ASSESSMENT

The main aim of COVID-19 Peer Review Assessment to assess readiness of all our health care facilities in management of COVID-19. As uMkhanyakude health district, we conducted Peer Review Assessments in our hospitals, CHC and clinics. The main focus was on implementation of all COVID-19 Guidelines, availability of PPE and implementation of IPC guidelines.



Facility walkabout during the assessment

On all gaps that were identified during assessments, the facilities compiled and implemented their quality improvement plans.



Left: Mr.RSM Ngcobo(CEO), Ms NN Mdletshe (ANM), Ms N.I Mthethwa(Nursing Manager), Mr B.L Buthelezi (AD:Finance), Mr L.D Memela (AD: Systems), Mr B.K Mpupa (AD: Acting HR) and Mr AV Mhlaba (Principal Security Officer).

Othobothini CHC Management Team also took part on screening and testing of COVID-19 patients on hotspot areas such as Jozini Town during the weekend. This was to also show support to the COVID-19 outreach team

## Ukubungazwa kosuku lwamadoda

**M**hla ka 21 kuNtulikazi 2020 abasebenzi bezempilo bagubhe usuku lokubungaza impilo yabesilisa olube yigqayizivele . Lomcimbi obuhlelelwe abesilisa kuphela okulapho bekukhona izihambeli ebeziphuma ebhange i-ABSA bezofundisa ngokubaluleka kokonga imali kanye nangamasu okuyigcina ngezidlela eziphephile

Kanjalo bekukhona noMnu. Gumede obhekelele abasebenzi ngokwezempilo phecelezi EAP wasesibhedlela iMosvold eNgwavuma. Ukubeke kwacaca ukuthi kuyenzeka noma ungumuntu wesilisa uzithole ubhekene nesimo sokuhlukumezeka okungabangwa incindezi ekhaya noma emsebenzini. Ngakho-ke kubaluleke kakhulu ukuba ubike ngalokhu, ungathuli ngoba uthi ungumuntu wesilisa, usizo luyatholakala uma uphumela obala.



Abasebenzi bebethamele inkulumo kanye nemibuzo ebikhona iphendulekile

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## UKUBUNGAZWA KWENYANGA YABESIFAZANE

**M**hla ka-28 kuNcwaba 2020, abasebenzi bezempilo besikhungo sasoTHobothini CHC bagubhe usuku lwabantu besifazane (Women's Health Day) bezwakalisa iphimbo labo ekulwisaneni nokuhlukunyezwa kwabantu besifazane kanye nokuthi bangazigcina kanjani bephilile. Kuye kwavela ukuthi kuningi ukuhlukumezeka okubhekene nabantu besifazane kodwa iningi labo alibiki ngalokhu kuhlukumezeka ngenxa



yokusabela izimpilo zabo kulabo ababahlukumezayo. Ziningi izindlela abesifazane abahlukumezeka ngazo kungaba sekhaya, emsebenzini

UMnu. Gumede ophuma emnyangweni wezo-Bulungiswa namaJele (Department of Justice and Correctional Services) eNgwavuma ubengomunye obehambele lesisikhungo

ukuzogubha lolusuku aphinde aqwashise abesifazane. Ubesenxusa ke egcizelela ukuthi bonke abesifazane ababhekene nalesisihlava sokuhlukumezeka mabangathuli kodwa mabaphumele obala babike emnyangweni ofanele ngokuhlukumezeka kwabo. Ubeseveza ukuthi ucwano olukhona luveza ukuthi baningi abantu besifazane abagcina sebethatha isinqumo sokuzibulala ngenxa yokuthi bathule isikhathi eside bengabiki ngokuhlukumezeka ababhekene nakho.

## HEALTH FUNCTIONALITY OVERSIGHT VISIT BY KZN LEGISLATURE

**O**n the 24<sup>th</sup> of June 2020, Othobothini CHC was visited by the members of KwaZulu-Natal Legislature. The purpose of the visit was to provide support and to make sure that all the government health institutions are well equipped during the COVID-19 period. The delegation was pleased with the progress made by the facility in COVID-19 preparedness and some areas for improvement were noted

Mr. RSM Ngcobo – CEO of Othobothini CHC shared the facility profile which included new COVID-19 services, health safety issues and impact of COVID-19 to the staff and provision of services. Ms kaMadlopha –Mthethwa, a member of KZN legislature praised the staff in ensuring that the facility is kept clean at all times. She also applauded the staff on management of mass casualties that were involved in a truck that took place in Jozini Town. They thanked the CHC management and staff members for the good work and commitment in putting the community needs first.



Members of the legislature, CHC, district management teams and advisory board members

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## ENVIRONMENTAL HEALTH DAY AWARENESS

Living in a clean environment is very important for your physical health as well as your overall well-being. On the 30<sup>th</sup> of September 2020, the facility conducted the environmental health awareness campaign to encourage the community to strive for clean and healthy environment.

The community was encouraged to take lead to keep the environment



Left : Mrs Kunene (lay counselor ) & Sister Makhaza rendering health education during an awareness

clean. This will in turn help to prevent the spread of infectious diseases in our communities.

## Implementation COVID -19 Health Promotion Programme

On the 25<sup>th</sup> of August 2020, the facility hosted stakeholders meeting where the facility engaged with local funeral parlors to introduce the facility's health promotion strategy on COVID-19. Door to door campaigns were conducted in Ward 5 and surrounding areas.

Emphasis was made on compliance with COVID-19 regulations and disease prevention measures such as hand washing /sanitization, social distancing, shaking of hands, safety precautions on management of sudden deaths at home, use of face masks etc.

The community was also encouraged to opt for hospital quarantine and isolation for effective management of their medical



Facility staff members and owners of local funeral parlours



Outreach team during households visit

conditions and prevention of spread of infection

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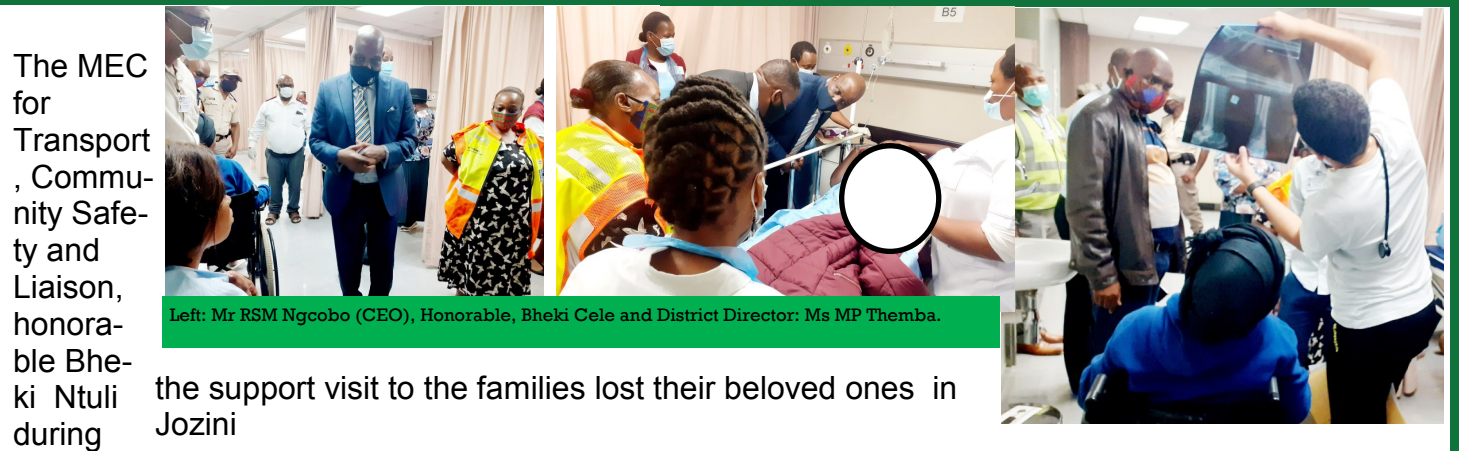
# PHOTO GALLERY



PLANTING OF A TREE DURING MENTAL HEALTH AWARENESS DAY CELEBRATION



Walkabout during KHAEDU oversight visit .



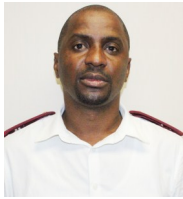
Left: Mr RSM Ngcobo (CEO), Honorable, Bheki Cele and District Director: Ms MP Themba.

The MEC for Transport , Community Safety and Liaison, honorable Bheki Ntuli during the support visit to the families lost their beloved ones in Jozini





# A WARM WELCOME TO THE NEW STAFF MEMBERS OF OTHOBOTHINI CHC



S.S Ngobese (PN)



S.C.B Myeni (EN Intern)



P.O Mthembu(PN)



S.P Nxumalo (PN)



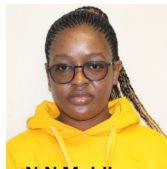
S. Thabede (PN)



T.M Masinga (PN)



S.P Fakude (PN)



N.N Mabika  
(Physiotherapist)



S.T Ngxongo(PN)



S. Sbiya (GO)



L.S Mzimela (PN)



K.T Mtshali (ENWP)



N.S Mthembu (GO)



N.P Ntshakala (GO)



N.W Buthelezi (GO)



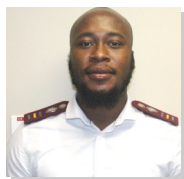
M.F Nyawo (PN)



N.S Mhlongo  
Finance Intern



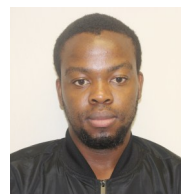
N.N Xulu (CNP)



S.N Gwala (PN)



A.R Mthombeni  
PRO Intern



N.H Manganyi  
Pharmacist Com-Serve



B.M Hlophe  
Pharmacist Assistant



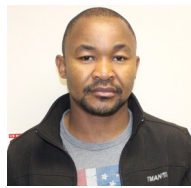
S.P Mthembu (CNP)



N.T Khumalo (PN)



L.P Myeni (SCM)



M.B Langeni (MO)  
Com-Serve



K. Cele Myeni (EN)



S.N Menyuka  
(Admin Clerk)



M.S Mpanza  
(Admin.clerk)



G.T Manzini (PN)

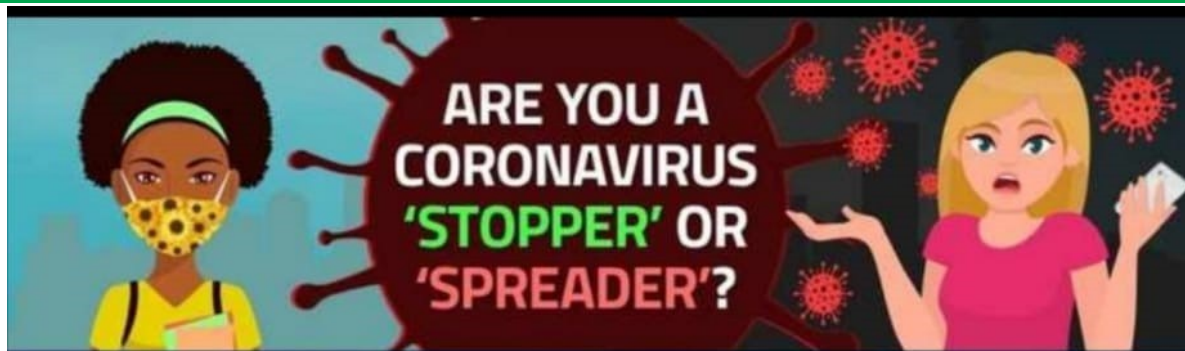


N.C Mbatha (P.N)





# TAKE NOTE OF COVID-19 REGULATIONS ALL THE TIME!



WHEN YOU WENT OUT TODAY, DID YOU:

Wear a mask that covered both your nose and your mouth?



1   
POINT

Maintain a physical distance of at least 1,5 m from people around you?



1   
POINT

Wash or sanitise your hands regularly?



1   
POINT

Give yourself 1 point for each of the activities you performed. Then add them up.

HOW DID YOU SCORE?

3  
POINTS



You're a good person who's protecting others and helping to slow down the spread of the virus.

2  
POINTS  
OR LESS



Oof! If you skipped one or more of the steps, you could be spreading the virus without intending to. That's ok, you can do better tomorrow.

**Wear a mask AND wash your hands  
AND maintain physical distancing**

# ACKNOWLEDGEMENTS

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