



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

OTHOBOTHINI COMMUNITY HEALTH CENTRE

EZANAMUHLA

NEWS

STAY INFORMED

JULY-SEPT 2019

TRAINING OF PHC FACILITY GOVERNANCE STRUCTURE



READ MORE ON PAGE 3



BREASTFEEDING WEEK
READ MORE ON PAGE 05



HERITAGE DAY
READ MORE ON PAGE 04



MARCH AGAINST ANTI-BACKSTREET ABORTION
READ MORE ON PAGE 06

Newly Appointed CEO

A warm welcoming note from the Captain of the ship (CEO) of the facility. It was a tremendous day when the management together with the staff members met the first CEO of oThobothini CHC.

FOREWORDS FROM THE CEO

My name is Richard Sfiso Mthembeni Ngcobo, a new member of Umkhanyakude Health District team and the first CEO of Othobothini CHC at Jozini I join the team on the 1st of October 2019 and I'm humbled by the warm welcome that I received from OThobothini executive team and the staff.



Mr. R.S.M NGCOBO
CEO

I have also had an opportunity to meet my boss, Ms. Themba in a relaxed setting than the interview day. Thank you, Ms Themba for believing in me. I have also met the CEO's from other institutions under uMkhanyakude District. I'm that told I'm the youngest member of this crew. Colleagues I'm ready to follow and will soon be on par. It would be improper of me if I do not thank Ms. T.T Vilakazi, CEO Dundee Hospital, her Team and staff for grooming, moulding, supporting and nurturing me to grow professionally and achieve what I'm today. I miss you already team Dundee but rest assured I'm in good hands and I will do my best to make you proud. I come from a cold Newcastle, so I find the heat of Jozini killing and I'm told I haven't seen anything yet. Coming from a dry, flat Newcastle, I'm thrilled with the scenery of Umkhanyakude (the mountains, the dam, the bridge, the greens) I'm ready to lead this team and make a difference to the lives of the community of Jozini. Through teamwork, integrity, mutual respect as team mates and maintaining the spirit of Ubuntu, we will achieve our vision of providing high quality comprehensive service delivery. I thank you.

Congratulations to Mr. Mapholoba !!

TRAINING OF GOVERNMENT STRUCTURES

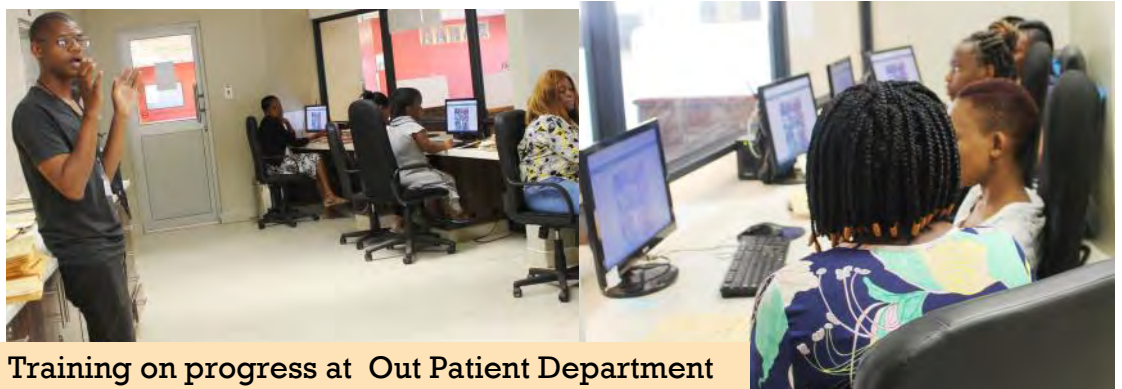
Clinic committees are health governance structures, created to provide an avenue for communities to give input and feedback into the planning, delivery and organisation of health services and play an oversight role in the development and implementation of health policies and provision of equitable health services. Legislated by the National Health Act of 2003, the committees are made up of a combination of community and civil society representatives and health professionals of each area. They allow community concerns to be elevated through the structures from local to district to provincial and finally to national level. On the 5th –8th of August 2019, Othobothini CHC managed to train all five PHC Facility Government structures following the Act provided for the establishment, functions and procedures of hospital boards and primary health care facility.



Training on progress ...

Health Patient Registration Systems (HPRS) Training

Patient Administration personnel has been trained on HPRS System The Health Patient Registration System (HPRS). The Green Paper for National



Training on progress at Out Patient Department

Health Insurance in South Africa identified the need for a patient registration system, so as to plan the provision of healthcare facilities and services as well as support tracking the usage of health services. This requires the provision of patient indexing capabilities for electronic health records. The HPRS has been developed and set up to provide a Patient Registry and Master Patient Index (MPI) service using the South African Identification Number and all other legal personal identification numbers (e.g. the passport number) as the primary patient identifier, making it possible to track patients at all levels of care for improving quality and continuity of care.



HERITAGE DAY

On the 27th of September 2019 Othobothini CHC staff commemorated the Heritage Month. Staff shared importance of their culture. They should be proud being Africans. Coming from different places and everyone should be honored about that. Religions, beliefs and politics can differentiate people but they must not allow it to divide them. People have to learn to love each other no matter what race, culture and religion you are.



Be proud of yourself and not be ashamed of where you come from.

Health education were rendered on the day.

WOMENS ARE THE FUTURE OF THE NATION



Women's month celebration held in the Month of August 2019, Celebration started with a walk which was +-5 kilometers. They sang a songs which fight against women abuse, victimization and sexual abuse. Women had a great opportunity of sharing information from one another. The women have an importance role in society therefore they deserve to be treated with dignity, love and respect. The woman is the hope of the nation hence the Zulu idiom days "Intandane enhle umakhothwa ngunina." Let us appreciate the presence of Women and love them. Let us give them a chance to express their feelings and the chance to rise and shine.

BREAST FEEDING AWARENESS

On the 07th of August 2019, Maternity ward (Mother and Child) educated the mothers about the importance of breastfeeding. The reason behind this teaching was that mothers were not able to take care of their babies until they reach the next stage. Breast milk helps to keep your baby healthy it supplies all necessary nutrients in the proper proportions, it protects against allergies, sickness and obesity. Maternity Operationa Manager (Sir Mngomezulu) together with his team encouraged the mothers to breastfeed their children as a sole food source at least for first six months of the baby's life. It also has the good benefit to women who breastfeed their children because it saves money. Another best part about breast milk is that it is readily available for your baby with the right temperature and it is protected from bacteria. It reduce stress and also gives you better sleep with less feeding like heating the bottle or choosing the right kind and brand of formula. The last and most thing is the bonding between mother and baby. Breastfeeding your baby is a time of bonding that cannot be replaced by anything else. The physical comfort and closeness that the baby receives is as important as the nutritional benefits of breastfeeding.



Sister Nkomo handover a gift to the mother of baby

Men's Month Commemoration Day at Msiyane Hall

The month of July is Men's month. Othobothini sent a high note to all mens who were attending the Men-commemoration Day in July 2019 at Msiyane hall. Some of the staff members, Sir Z.L. Nkonzo (Professional Nurse) who is the MMC Champion educated men about the importance of circumcision. He explained that circumcision reduces the chances of men getting infected with HIV by 60% and also reduce the chances of cervical cancer in women. He continued saying that if you circumcise you continue protecting yourself, it does not mean that if you are circumcised you would not be infected with diseases you must continue using dual protection (condom) during sexual intercourse. He encouraged all men to visit Othobothini CHC as their nearest clinic . The service is from Monday to Friday. Its free and its fast .



MARCH AGAINST ANTI-BACKSTREET ABORTION IN JOZINI TOWN

UMkhanyakude Health District partnering with Jozini Local Municipality and other social partners embarked in 2019. This campaign was originally launched by KZN Department of Health in 2015 to fight against illegal abortions which pose a health risk to young mothers and women. These illegal abortion providers are found in the street corners distributing the illegal abortion pamphlets nearly all street walls and lamp posts in many small towns including Jozini. The adverts were posted all over the town advertising illegal abortion, and the fact that it were posted in public spaces such as taxi ranks and shopping Centre's in services but were removed.

Illegal abortion has the following adverse health effects:

- Severe Bleeding and anemia
- Damaged uterus
- Generalized septicemia
- Risk of infertility
- Miscarriage and Death.



M.P Themba (District Director) sharing the message to the public about the dangerous of backstreet aborting.



Therefore:- uMkhanyakude District conducted campaign against illegal abortion hosted by Othobothini CHC. District Director of UMkhanyakude Health District : Ms. M.P Themba together with community leaders and Inter Departmental stakeholders of Jozini which were: Jozini Local Municipality, SAPS, and NGO's were the part of the campaign. The participants were roving around town and removing posters that advertise backstreet abortion.

The purpose was to caution the community about the dangers of doing termination of pregnancy without consulting healthcare facilities.



Participants were singing a song encouraging the community members to refrain from illegally aborting around Jozini Taxi rank

Moreover, members of the community were educated on how to take care of themselves and the importance of visiting the healthcare facilities. Deputy of Jozini local Municipality Cllr. N Myeni and induna Mr B. Myeni also encouraged the community to stop consulting people who are not trained for termination of pregnancy rather visit government healthcare facilities for safe termination of pregnancy. However, the department of health encourages women to use different contraceptives methods such as injectable, condoms, Implanon and oral contraceptives etc.

MANDELA DAY COMMEMORATION

On the 18th of July 2019 . The CHC staff members commemorated Mandela's Day at Msiyane High School situated closer to the clinic.

The management of Othobothini CHC together with the staff members decided to remember Mandela and celebrate his life by following his footsteps to do good during the 67 minutes that are dedicated to his life .

Among the purposes of the day, was to build a good relationship with the school as one of the departments stakeholders. The management was hands on and led by example giving support.

Cleanliness was the theme, as the officials cleaned the school, collected paper and planted beautiful flower garden

Quote by Dr. Nelson Mandela "Living is not just doing for yourself , but what you do for others as well".

Jozini Boxer store decided to partner with the CHC, targeting the children who were in the facility on that day. They brought refreshments for the children. The facility was very much excited to be appreciated by the Organization.



Putting other people first is what the facility of Othobothini CHC strives for..... Thank you to all staff members to make this day a success

KUQWASHISWE ABAFUNDI NGESIFO SOFUBA

I sifo sofuba siyingozi kanti futhi sithathelana kalula. Ithimba elihambela umphakathi phecelezi (Mobile team) liye laphuma umkhan-kaso kwesinye sezikole ukuyohlola abantwana ngaso lesisifo kanye noqeqesho ngenyanga ka Ncwaba. Othisa baluthokozele loluhlelo njengoba nabo bebeyinxenye bezozihlola mathupha. Kubantwana ababalelwa kumashumi amane kuya kwamahlanu bebetheleke ngobuningi babo bezohlola, uhlelo alugcinike kodwa luyaqhubeka nokuhambela ama renki okuyindawo ephithizelayo kakhulu okugcina bengasitholi nesikhathi sokuza emtholampilo.



Umhlangikazi uNgema osiza umfundi

Security personnel in-service training

O thobothini CHC security personnel used to hold their meetings on a monthly basis to make sure that their working station is running smoothly. They also conduct trainings to equip themselves which is the good practice and they implement the team building in the work place.

.Team building exercises help employees learn to work together and to focus on the individuals to create a stronger personnel framework . Employees understand their role within the facility and they learn to respect each others roles .

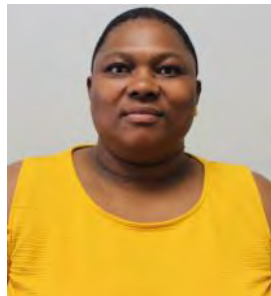


Front: Mr.V.A Mhlaba (Principal Security Officer) leading the team during the training.

A warm welcome to the new staff members who joined Othobothini CHC Family



N.N Mdlletshe
ANM- MCWH



N.P Kunene
Counselor



S.C Ntuli
Security Officer



H.B Mpontsane
Advance midwife

HAND WASH DRILL FOR HEALTH CARE WORKERS

On the 23rd of July 2019, the facility conducted hand wash drill. The aim was to educate the health care users about the importance of washing their hands. The main objectives were:-
To ensure that health care workers participate in the practice of correct handwashing techniques.

To minimize the risk of health care associated infections to the employees, and to reduce transmission of diseases caused by pathogens contaminated by hands.

11 Steps to proper hand washing :

- ◆ Wet hands with warm water.
- ◆ Apply soap
- ◆ Lather soap and rub hands palm to palm.
- ◆ Rub in between and around fingers
- ◆ Rub back of each hand with palm of other hand.
- ◆ Rub fingers of each hand in opposite palm.
- ◆ Rub each thumb clasped in opposite hand
- ◆ Rinse thoroughly under running water.
- ◆ Pat hands dry with paper towel.
- ◆ Turn off water using paper towel.
- ◆ Your hands are now safe.



Above : Staff members demonstrating a proper hand washing for health workers.

ACKNOWLEDGEMENTS



Ms. Z.N. Mtshali
Public Relations Officer
**WRITER, DESIGNER
&PHOTOGRAPHER**



Ms. Z. Ndlela
PRO In -serve
**WRITER &
PHOTOGRAPHER**



Mr.RS.M Ngcobo
(CEO)
EDITOR



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

Jozini main street, across the bridge to
Bhambanana. D850 road Msiyane area

Postal Address:

P/bag X12, Jozini, 3969

Web Address:

[www.kznhealth.gov.za/Jozini CHC](http://www.kznhealth.gov.za/Jozini_CHC)

SWITCHBOARD:

066 302 2564

SWITCHBOARD FAX NUMBER:

035 572 1251

EMAIL:

Zanelenmtshali@gmail.com

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE