



HEALTH
KwaZulu-Natal

Phoenix News

CEO'S MESSAGE




I would like to take this opportunity to welcome all staff who have just joined PCHC.

I would also like to thank all staff working at PCHC for their continued dedication in the provision of health care services. As you are aware April and the beginning of May were very busy due to the public holidays. A special thank you to staff in Pharmacy who had to work for extended hours to serve all the patients. April marked the beginning of the 2008/2009 financial year, and it is a year that has major financial constraints as there hasn't been a substantial increase in the budget allocated. I would like to urge all the staff to use resources sparingly and try their best to contain costs but still provide a high standard of service with limited resources.

Lastly, I would like to congratulate all staff who have been recently promoted in PCHC and elsewhere. WELL DONE !!!

Ms R.J. Ngcobo.

Inside this issue:

		
CEO'S MESSAGE		1
EDITOR'S NOTE		2
OFFICIAL OPENING OF D.O.T SITE		3
NEW APPOINTMENT		4
STI, CONDOM AND PREGNANCY WEEK		5
PHOTO ESSAY		6 - 7
STATISTICS		8
NATIONAL HEALTH WEEK		9
NOTICES		10



WORD'S OF ENCOURAGEMENT

"LIFE CAN GIVE YOU A HUNDRED REASON TO CRY BUT YOU CAN GIVE LIFE A THOUSANDS REASONS TO SMILE".

COMPILED BY : MS PHUMLA MAJOLA
PUBLIC RELATIONS OFFICER (PHOENIX CHC)
TEL : 031 507 6774 OR Fax 031 500 4290
E-mail : phumla.majola@kznhealth.gov.za

FROM THE EDITOR'S NOTE

A warm welcome to all and a happy new year. We are now at the beginning of a new year, still continuing with our efforts in providing quality service to our clients, as well as to staff. 2007 has been a great year, with a lot of development or improvements achieved by the Institution and we are still looking forward to more achievements this year.

I would like to identify one of the eleven batho pele principles which we as public servants need to display at all times and that is "Courtesy".

Quote of the Month

Good character is more to be praised than outstanding talent. Most talents are to some extent a gift. Good character by contrast is not given to us, We have to build it piece by piece — through choice, courage and determination.

Author : John Luther.

Courtesy : Citizens should be treated with courtesy and consideration.

We can ensure this by doing the following :

- Act in a polite manner
- Be patient at all times
- Accommodate the needs of the clients
- Do not be Judgmental

Lastly I would like to urge all categories of staff to work together and give hope to our patients. Let us all lead by example so as to reach our main goal. Remember that mother of failure is success.

MEET OUR NEW QUALITY ASSURANCE MANAGER



Sr. Bhoodhoo (Quality Assurance Manager)

**REMEMBER THAT
"QUALITY IS FOR EVERY-
ONE LET'S ALL WORK
TOGETHER TO MAIN-
TAIN QUALITY
STADARDS"**

Hi Everyone

I am Sr S.Boodhoo the new Quality Assurance Manager. I am proud to be associated with such dedicated staff and I am also glad to be given this opportunity to be included in this publication to explicate myself.

Quality assurance is an integral part of any Institution and is an ongoing process. Providing quality care is a partnership with skilled health care workers as well as community stakeholders. Together we can identify shortfalls and sustain good practices in the provision of quality care.

The next Quality survey will take place for the 1st quarter in the first week of April. Lets all work as a team. I would like to thank all unit Supervisors and staff for their full co-operation in the final quarter survey in 2007.

Any suggestion or comments will be welcomed. Thank You

OFFICIAL OPENING OF D.O.T SITE AT WHITE CITY(BHAMBAYI)

Phoenix CHC celebrated the opening of DOT site held at White City on the 01-11-2007. The programme was driven by Mr. Phewa and Ms P.Majola who welcomed and thanked everyone for coming. The Purpose of the day was done by Sr. Cele who addressed patients about the main aim to open the D.O.T. site. The aim was to create awareness about the importance of taking Anti-TB treatment as it prescribed :

- Importance of having a treatment support whilst taking TB Rx.
- Importance of clinic appointment for continuity of care and ongoing health education.
- To encourage patients to adhere to treatment till discharge.

She advised patients that if a person suffered from the following signs and symptoms they need to visit the clinic and these signs and symptoms are as follows:

1.Persistent cough for 2 weeks, 2.Shortness of breath and chest pains. 3. Coughing up of blood stained or bloody sputum. 4. Loss of weight and appetite. 5. General feeling of tiredness and illness. 6. Night sweat.

THE ROLE OF DOT SUPPRORTERS

- Dot supporters done by family members (spouse, sisters and siblings).
- Dot supporters done by colleague or supervisors at work.
- Dot supporters done by community health worker at patients residence/ DOT site.

Important points for TB patients on treatment :

- Avail yourself during Rx time.
- Try to take your Rx at the same time everyday for prompt use.
- Clean and well ventilated environments are essential for speedy recovery.
- Well balanced diet is crucial when taking Rx helps for speedy recovery.
- Wash your hands before touching Rx.
- Drink 8 glasses of water per day to clean the system.
- Do exercises like going for a walk in the morning and have enough time to rest in between.

Topics on how to deal with HIV

- Positive—How to live positively
- Negative— How to remain negative without HIV
- Preventing your HIV positive status from getting to AIDS
- Collaboration of HIV/AIDS with TB
- Why TB patients need screening of HIV



1. Sr Cele seen giving medication to the patients.
2. Community were listening to the speaker.
3. Patients holding gifts donated by Berea Community Church.

Phoenix Community
Health Centre

Welcomes you all and
always

Remember that:

“The moment when you first wake up in the morning is the most wonderful of the twenty-four hours. No matter how weary or dreary you may feel, you possess the certainty that, during the day that lies before you, absolutely anything may happen. And the fact that it practically always doesn't, matters not a jot. The possibility is always there.”

NEW APPOINTMENT/ ABAQASHIWE

- Dr P.P Coopsamy - Senior Medical Officer
- Dr P. P Bisnath - Senior Medical Officer
- Dr N.J Jagathpal - Senior Medical Officer
- Sitharam S. - Principal Pharmacist
- Naras A. - Senior Pharmacist
- Choudree R - Principal Pharmacist
- Dlamini H.V - Finance Management Officer
- Ms. K Mzelemu - Clinical Nurse Practitioner
- Mthembu N.G - Records Officer
- Mokoatle M.R - Data Capturer
- Dubazane A.A - Enrolled Nurse
- Mkhize E.L - Enrolled Nurse
- Msabala P.B - Enrolled Nurse
- Methuse N.H - Pharmacy Assistant
- Kortjaas M. - Pharmacy Assistant
- Mtshali S.M - Pharmacy Assistant



Inyanga yokuqwashisa ngezifo ezithathelana ngokoncansi nokunakekelwa kwabakhulelwelelwe.

Njengoba sonke sazi ukuthi umhla ka 10 -16 February wusuku lokuqwashisa abantu ngesifo sokuthathelana kocansi nokukhulelwa.

Thina siyi Phoenix Community Health Centre sibone ukuthi siye umphakathini wase White city siyoshumayela lelivangeli khona ukuze umphakathi ubone ukubaluleka kokusebenzisa izivikeli uma uya ocansini. Izikhulumi zethu bezishiyelana inkundla ngesikhathi umuntu nomuntu echazela umphakathi. Sibe nokunye esiye sakujobelela njengosonhlalakahle, TB, ekuthe nabo baye bagcizelela enkulumweni zabo ekuqwashiseni umphakathi ngalezizifo. Sibe nethimba

eliphuma kwa Hast okuyilona ikakhulukazi ebesingalo kulo mcimbi ukuze lizoqwashisa umphakathi ngokubaluleka kokuzivikela uma uya ocansini. Uhlelo beluphethwe Mr Phewa okowomunye osebenza kuwo lomtholampilo. Mrs B. Mkhize (Lay Councillor) ube yisikhulumi sethu sosuku yena uthinte kulezizihloko ezilandelayo kwinkulumo yakhe.

- Ukubaluleka kokuzivikela uma uya ocansini
- Kubaluleke ngani ukuthi usebenzise izivikeli.
- Ube esekhombisa umphakathi indlela ephiphile yokufaka ikhondomu.
- Uchazele umphakathi ukuthi uma usuqedile ukusisebanzisa isivikeli kumele usenzenjani.
- Ubese ekugcineni etshela umphakathi ukuthi uma umuntu engazizwa kahle kubalulekile ukuthi aqakashela emtholampilo.

" WONKE UMUNTU KUMELE ATHATHE ISINQUMO SOKUZINAKEKELA "KUQALA NGAMI"



1



2



3



4

4. Ms. Z. Ndonyela owusonhlalakahle utshela umphakathi ukuthi owakhe umnyango usebenza kanjani.

1. Mrs B. Mkhize ukhombisa umphakathi indlela ephiphile yokufaka ikhondomu.
2. Umphakathi uphethe izipho abazirhomele zona ngesikhathi semibuzo.
3. Mrs.B. Mkhize ukhombisa umphakathi ikhondomu yabesifazane nanokuthi isetshenziswa kanjani.

PHOTO ESSAY



Lesisithombe sithwetshule ngesikhathi Omama abakhulelwe beze emcimbini wokuqwashiswa ngezifo ezithathelanayo ngokocansi nokunakekelwa kwabakhulelwe.

Lomcimbi bewukade uhlelwe abahlengikazi base ANC (Ante-Natal Clinic), Umxhumanisi, kanye nama Lay councilors, ngigasho ngingananazi ukuthi lomcimbi wahamba kahle kakhulu, ngingekhohlwa ukubonga kubobonke ababe nensandla kulomcimbi ukuze uphumelele.

Umphathi wohlelo u Mr. Mfazwe esimbonayo kulesisithombe esingezantsi kwesokudla, uchazela omama abakhulelwe nabangakhulelwe indlela engcono yokuzinakekela. Izihloko azithintile yilezi ezilandelayo :

- Ukukhulelwa usemcane
- Akumele ubheme uma ukhulelwe
- Akumele uphuze uphuzo oludakayo uma ukhulelwe
- Ukudla okumele ukudle uma ukhulelwe



Usisi lona esimbonayo ungomunye owayethamele lomcimbi. Uthwetshulwe ngesikhathi ekhombisa indlela ephephile yokufaka ikhondomu kumphakathi.



Mr. Mfazwe ongomunye osebenza Kulomtholampilo kwakunguyena owayephethe loluhlelo. .



PHOTO ESSAY



Bekuyintokozo enkulu ngesikhathi ojahidada eBaby clinic benikezwa izipho zama Easter ezixhaswe u Woolworths esebenzisana ne Berea Community Church eholwa wu Mr Phillip khona lapha endaweni.



Yizo lezipho ezikade zinikezwa labo jahidada laba enibabonayo kulesisithombe esingenhla.



Yilo lelithimba lase (MOPD) ekuyilona ebelikade lihlele lomcimbi.

VITAMIN A CAMPAIGN



Lapha sibona umhlengikazi u S.Govender econsisela iconsi kwenye yezingane ezazivakashele emtholampilo.



Umhlengikazi L.Mkhize uconsisela iconsi kwenye yengane eyayikade ivakashele Emtholampilo ngesikhathi salomkhankaso ka Vitamin A.

PHOENIX CHC WORKLOAD FOR FINANCIAL YEAR 2007/2008

Statistics play a vital role in any Institutions as it used mostly for decision—making process. It also plays an important role in determining the budget allocated.

In this publication I would like to briefly illustrate the workload for Phoenix Community Health Centre for the 2007/2008 financial year.

This bulletin provides information from April 2007 to Feb 2008 in comparative figures, thus indicating the overall performance of the PCHC as follows.

1. HEADCOUNT
2. TB CLINIC
3. HIV
4. VCT
5. EYE CLINIC
6. NEW CASES

GLOSSARY

- HEAD COUNT
- TB CLINIC
- HIV CLINIC
- V.C.T
- EYE CLINIC
- NEW CASES

DESCRIP- TION	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB
HEAD-COUNT	32784	35345	18918	33382	34635	36213	43178	41268	34499	43719	44717
TB CLINIC	736	895	390	633	910	144	130	147	148	153	1485
HIV CLINIC	665	695	409	782	739	935	1094	1128	545	1126	1135
EYE CLINIC	0	0	0	0	0	0	0	0	0	0	312
NEW CASES	274	261	106	363	253	233	212	226	149	283	280
DENTAL CLINIC	2238	2304	881	2054	2152	1799	2050	2417	2167	2432	2093

NATIONAL SCHOOL HEALTH WEEK- 21 TO 24 APRIL 2008



Theme : National Health Week



Learners were listening to the speaker attentively



Back row : Matron Govender, Matron Langa, R.R. Govender (School health nurse), Rosyln, & Zakhele (Coca-Cola), and Sr S. Pillay (School Health nurse) seen with Learners from Palmcroft Primary school.



Rosyln and Zakhele from Coca-Cola seen giving talks to learners on how to live a healthy lifestyle.

On the 21-24 of April 2008, School Health nurses Sr R.R. Govender and Sr G. Pillay from Phoenix Community Health Centre in partnership with Palm Croft Primary School hosted the National Health Week programme at Palm Croft Primary school. Multi-sectoral approach was used for the screening and conducting of Health Promotion to learners, Educators and the Community. The needs of the school and the Health Calendar days was taken into consideration.

The programme started with the prayer which was done by Ms Theresa. Mrs Raman the principal addressed all present and thanked the school health nurses for hosting the programme

On the 22-04-2008 CoCa Cola was invited to advertise their healthy drinks suitable for children. Mrs S. Sukhen and Zakhele conducted the programme. Message conveyed to children was Live a Healthy lifestyle. She also indicated that Coca-cola has produced comprehensive ranges of healthy drinks for kiddies and adults and how they function in your body as follows :

5 types of Healthy Drinks produced by Coca-Cola

- Valpre : Natural water and safer to drink it.
- Bonaqua : Still water with a wide range of flavours.
- Minute maid : It has got high level of calcium and vitamin with a wide range of flavours.
- Just juice : 100% pure juice with wide range of flavours
- Bibo : This product made for the children and not sweet and easily affordable

Talks on children's good health were at the top of the list. The programme included a Road Safety Exercise for children in which Metro Officers spoke about safety tip

At the end of the programme there were compliments from ABI - Coca-Cola for the learners during question and answers session.

In closure Mrs Khrishna from Palmcroft primary school thanked everyone for being part of this programme.

NOTICES /IZIMEMEZELO

NOTICES

What to carry when visiting the CHC

- Identity document
- Correct address of relatives or next of kin
- Money for transport
- Blue carrier card

ISIMEMEZELO

KUMELE NGIPHATHENI UMA NGIYA EMTHOLAM-PILO NGASO—SONKE ISIKHATHI

- Umazisi wakho
- Ikheli elinayo yonke imininingwane yakho
 - Imali yokubuyela ekhaya
 - Ikhadi Lasemtholompilo

ATTENTION TO ALL STAFF

Please note that the Library Services will be available on Tuesdays and Thursdays from 12h00 to 13h00

ISAZISO SABASEBENZI

Niyaziswa nonke ukuthi kuzovulwa Umtapo Wolwazi ozosebenza njalo ngoLwesibili nango Lwesine Isikhathi sokuvulwa 12h00 kuyaku 13h00.

HEALTHY TIP

Did you know that clean water is the healthiest drink. Try to drink at 6-8 glasses and don't wait to be thirsty first. Cold drinks may be drunk by the whole family in moderation.

Fresh fruit juices are healthy choice. However they contain a lot of natural sugar. A good way to drink them is by diluting it ($\frac{1}{2}$ water and $\frac{1}{2}$ juice). Use fresh, long life or powdered low fat milk in your tea or coffee as these are better choices than coffee creamers or whiteners.

FOR INPUTS, COMMENTS, SUGGESTION, ENQUIRIES
KINDLY CONTACT THE PRO EXT 248.



PEOPLE'S



FIRST