

MESSAGE FROM THE NEW CEO



MRS. T.R ZULU

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A warm welcome to the first edition of the new financial year. I take this opportunity to thank the Management and staff of PCHC for having run the Institution well for so long without a CHC Manager. There are no challenges that are insurmountable where there is good team spirit.

There is no better time to start at an institution than at the beginning of the new financial year, Although there are departmental financial constraints we pledge to do our best to control expenditure without compromising service delivery.

Meeting the Clinic Committee members has given me much more hope that we will strengthen our links with the community and be able to improve our service delivery even more.

Our Human Resource department has been functioning with limited personnel for a long time but we are grateful that three HR officers' posts have been filled.

The HIV Counseling and Testing (HCT) programme that has come on board is going on smoothly with numbers escalating

Words of Encouragement

"One of the great secrets to Living a Better Life is that it's not about being able to spend MORE money! It's about enjoying and managing what you already have... BETTER!"

day by day. We hope this initiative will benefit our nation as a whole.

Our medical and nursing staff participating in the Medical Male Circumcision (MMC) performed in various institutions will soon be competent and ready for our turn.

Having been selected as venue for the initiation of the “Kick TB” Campaign had made us proud. Thank you to the School Health Services staff for working with Green bury Primary School making that event a success.

A word of appreciation to the staff of PCHC staff who are working tirelessly in order to enhance service delivery.

Ms T.R Zulu (CEO)

HEALTH EDUCATION ON VITAMIN A & DEWORMING

On the 26 of May 2010 Health education on

Vitamin A & Deworming were given to the patients by students of the U.K.Z.N.

1. The importance of Vitamin A in one's health and especially to pregnant mothers and children was discussed.
2. Information about Deworming was explained to the mothers and how to protect children from worm infestation.

Patients were very happy about the information that was given to them and they thanked the students for their informative talks.



Mary Govender introducing the students to the patients



Sr Ganashpersad (student from UKZN) doing health talk on vitamin A



Patients listening to the different speakers

Kick TB Event at Green Bury School

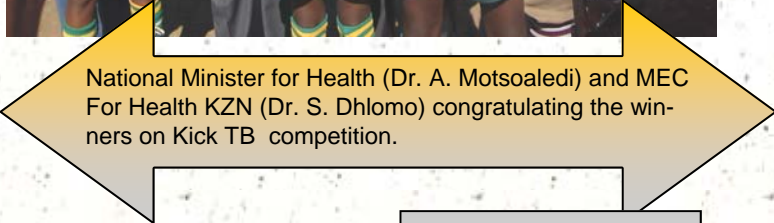
The National Health Minister , Dr Aaron Motsoalwedi, Kwazulu Natal MEC for Health Dr Sibongiseni Dhlomo and representatives of US consulate officially launched the Kick TB Campaign at Green bury Primary School on the 2 June 2010.

The campaign seeks to educate primary school learners about detecting TB symptoms early, Simulation of kicking TB using soccer balls emphasizes the ways of combating TB as well as the stigma associated with it. This campaign will be introduced to 70 schools around South Africa . A well known TB campaigner Gerry Elsdon encouraged the learners to join her and become TB ambassadors . She emphasized to the learners the importance of taking back the information they obtained during the launch to their families and communities.



Respective communities to thoroughly educate families and friends about TB. It is important to raise awareness about this curable disease and to also encourage TB patients to complete their six months treatment, This is why we recruit young learners to be ambassadors so they can further spread the message explained by Dr. Motsoaledi.

The learners were all given Soccer balls and T-shirts with educational messages as a constant reminder that TB is a curable disease.



National Minister for Health (Dr. A. Motsoaledi) and MEC For Health KZN (Dr. S. Dhlomo) congratulating the winners on Kick TB competition.



School Health nurses and TB Staff from Phoenix Community Health Centre were also participating in this event.



School children from Green bury Primary School demonstrating by dancing with Turbo Boot.



Staff Issue

The staff members showed full support towards Bafana Bafana during the Opening of FIFA World Cup. The pictures were taken on the 11 June 2010 when the members were doing the diski dance, blowing vuvuzela's and singing the shosholoza song.



New staff Members/Promotions



Mrs. Z. Mthembu
(Principal HR Officer)

Climbing up the ladder is not an easy journey, you have to face challenges that you may encounter in your daily work life, but I know you can make it.

*Congratulations
Siyanibongela*



Mr. T.L. Magubane
(Principal HR Officer)



Mrs. Busisiwe Mkhize
(Human Resource Officer)



Mr. N. Ngwane
(Clinical Orderly)



Mrs. Hlengiwe Majozi
(Lay Counselor)



Mr. N.C. Gasa
(Lay Counselor)

WE WARMLY WELCOME ALL OF YOU TO PHOENIX COMMUNITY HEALTH CENTRE AND HOPING THAT YOU WILL ENJOY YOUR STAY WITH US.

besity

Obesity refers to an increase in total body fat. The easiest and most widely accepted method of determining whether you are obese is by measuring your Body Mass Index, or BMI. To calculate your BMI, follow these steps:



1. Multiply your weight in pounds by 705; divide by your height in inches; divide this number by your height in inches a second time.
2. You may also use an online BMI calculator at the National Heart, Lung, and Blood Institute. Go to

Causes and Risk Factors of Obesity

Until recently, obesity was considered the result of a sedentary lifestyle and the chronic ingestion of excess calories. This may be the principal factor for many individuals, but there is evidence of strong genetic, metabolic, and environmental influences in the development of obesity. Certain illnesses, such as Cushing's syndrome or hypothyroidism, and medications, such as glucocorticoids, can also cause obesity. However, less than one percent of all obese patients have an identifiable secondary cause of obesity.

Diagnosis of Obesity

A physical examination, including a measurement of weight and height, is usually sufficient to diagnose obesity. A complete medical history, including age of onset, family history, eating and exercise behavior, smoking, alcohol use, and previous weight loss experience are all important.

Your physician may order blood tests, including fasting levels of glucose, **cholesterol** and triglycerides, to determine whether any obesity-related conditions are present.

Treatment of Obesity

Successful programs for weight loss reduction and maintenance should be started and followed under the care of a physician and/or a nutritionist. A weight-loss program may include:

- Exercise (the Surgeon General has called for 30 minutes of physical activity on most days of the week)
- A low-fat, high-complex carbohydrate, high fiber diet
- Behavior modification to change eating behavior
- Social support
- Medications

Fighting Disease, Fighting Poverty, Giving Hope

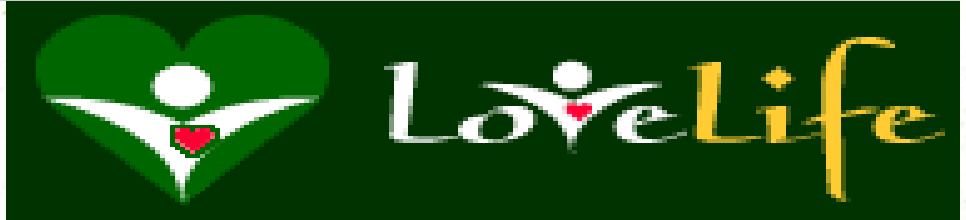
Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

HCT Awareness Campaign (Phoenix Sports Centre)

On the 29 June 2010 love life and New Start celebrated youth month by conducting an HCT awareness campaign for the youth and community of Phoenix and surrounding areas. Theme conveyed to them was: "Know your status".

The community came out in numbers and they were ready to test for HIV/AIDS so that they would know their status. Love life also initiated activities for the day such as Dancing, Poetry, Singing, Soccer and many more for this awareness campaign as this was targeted for the youth month.

Love Life would like to send their sincere gratitude to all those who participated in their programme. A big Thank you.



Love Life staff members



New start assisted with the Gazebo's to accommodate the community for the HCT (HIV counseling and Testing programme)

"Know your status"

MENTAL ILLNESS

On the 13 July 2010 we were visited by Mrs. S. Pillay from Durban & Coastal Mental Health to create awareness regarding mental health. She addressed patients in the main waiting area for Mental illness and HIV/AIDS as we all are aware that July is the month for Mental illness awareness.

What is Mental illness?

Mental illness, mental disturbance or psychiatric illness are descriptions of the same condition. It could entail disturbance of moods, observation ability, thoughts, will power, memory and behavior. One of the major illnesses, schizophrenia, is a condition where different functions of the brain are not coordinated.

Tips on early signs of mental illness

• **Mood changes**

The person appears withdrawn, silent, listless, depressed, suspicious and dejected without any reason.

Sometimes sudden anger erupts.

Aggressive behavior or even extreme elation may be displayed.

• **Changes in work performance**

Hearing of voices, seeing imaginary phenomena and being anxious about imaginary problems.

Insomnia, Headaches, fluctuations of weight and other physical complaints where there is no physical evidence of a problem.

Loss of interest in things such as personal grooming, work, studies and family relationships.

All symptoms should be checked with members of mental health team (Doctors, Psychiatrists, social workers or Psychiatric nurses) before any diagnosis can be made.

Spoken words may for instead, bear no relationship to what a person is experiencing or trying to convey and what a person hears or sees may be distortion of reality.

Topics discussed to the patients was as follows :

- How is mental illness is caused.
- Whom does it affect
- What are the early signs
- What are the effect of Mental health on the family
- What can you do to help

For More information

Information and Resource Centre
S.A Federation for Mental Health

Private bag x 46,
Braamfontein, 2017

Tel : (011) 242 9600

Fax : (011) 725 5853

E-mail: safmh@sn.apc.org

REMEMBER THAT MENTAL ILLNESS CAN BE TREATED"

WOMEN'S DAY EVENT

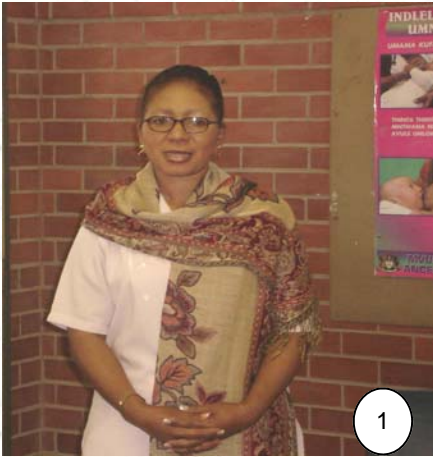
On the 04/08/2010 IMCI department hosted the early Women's Day to the patients. The Programme was driven by Mrs. Mary Govender (SASSO) and the welcoming was done by Mrs.T.R Zulu (CHC Manager).

Topics discussed were as follows :

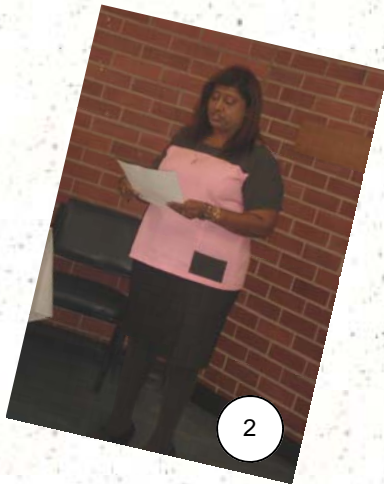
- The importance of Healthy lifestyle which included Physical, social, mental and the well being of women.

Mrs. Shusha (Social Worker) explained different types of abuse such as Physical, Mental, sexual, child abuse etc. She emphasized on child abuse because it is on the increase at present. Signs and symptoms were highlighted and what to do in the event of detecting any of the above.

HIV and AIDS talk was also done by Sr. Zulu whom in her speech started by explaining HIV/AIDS to the patients, signs and symptoms were also highlighted, and the precautions that you need to adhere to if you are HIV positive.



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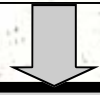
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1. Mrs.T.R Zulu (CHC Manager)
2. Programme Director : Ms. Mary Govender.
3. Staff members giving us an item.
4. Vote of Thanks : Staff Nurse . (A. Parasuramen)
5. Patients were listening to the different speakers.

For compliments, complaints and suggestions, kindly make use of the suggestion boxes.
Your input will be highly appreciated.



For Inputs, Comments, Suggestions, Enquiries
Kindly contact the Public Relations Officer at ext 248.

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Tel :031 507 6774/5/6/7/8
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A big thanks to all who contributed in this issue, Your contribution was highly appreciated.