



# Siyenza Edition

Pholela CHC

**HEALTH**  
KwaZulu-Natal

Siyenza is an Internal Newsletter for Pholela CHC

July-September  
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## THE HERITAGE-WHAT YOU DIDN'T KNOW ABOUT SOUTH AFRICAN HERITAGE



### Inside this issue:

Umcimbi wabelaphi	2
Oral Health/Infection	3
Women's Month/ Community Outreach/	4 5
Learn about Diabetic	6
Ixoxwa ngezithombe	7
Cover Page	8

**H**eritage day had seen its second round at Pholela CHC. Similar commemoration took place last year. This time the event was held on the 23<sup>rd</sup> of September 2009 at Pholela. Staff gathered in their respective teams and performed various traditional activities.

Heritage Day is one of South Africa's newly created public holidays and its significance rests in recognising aspects of South African Culture which are both tangible and difficult to pin down: creative expression, our historical inheritance, language, the food we eat as well as the land in which we live.

Within a broader social and political context, the day's events are a powerful agent for promulgating a South African identity, fostering reconciliation and promoting the notion that variety is a national asset as opposed to igniting conflict.

Heritage is defined as "that which we inherit: the sum total of wild life and scenic parks, sites of scientific or historical importance, national monuments, historic buildings, works of art, literature and music, oral traditions and museum collections together with their documentation."

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## Batholele izitifiketi abendabuko

**A**belaphi bendabuko abakhele indawo yase Bulwer namaphethelo bathole ithuba eliyingqayizivele lokuthi ke baqeqeshelwe isifo sofuba (TB). Lokhu bekuhlose ukuthi bakwazi ukunakekela iziguli zabo uma zikhombisa izimpawu zesifo sofuba ngokuthi bazithumele emtholampilo. Emcimbini wokudluliselwa kwezitifiketi awawubanjwe mhla zingu 31 ku Agasti 2009 uMnu M Makhathini wenhlango umwelela kweliphesheya wathi ukulandisa

izithameli ngomlando wabelaphi bendabuko. Kusukela emandulo izinyanga bezikhona futhi zibambe elikhulu iqhaza ekwelashweni kwabantu kanye nakwezombusazwe emazweni afana no London, France, America kanye namanye. Ngokubona ukuthi izinyanga ziyinkinga kwezombusazwe abaholi bamazwe bazibulula izinyanga. Nakhona lapha e Africa umlando ndeqhaza labo kuyaziwa njengoba amakhosi abengawathethi amacala bengakafiki abelaphi bendabuko kulanda uMakhathini.



Ngu Mr Makhathini

## Words of wisdom

To forgive is to set a prisoner free; and you will discover the prisoner was you...

**By DAR**

A winner never quits and a quitter never wins.

**By Willie T**

The squeaky hinge gets the oil, so get out there and start squeaking!"

**By Lisa H**

**"sebeyazi ukuthi ikuphi okulindeleke ukuthi kwenzenke uma umuntu etshengisa iziphawu ze TB"**



Yibo laba abelaphi bendabuko ababezoqeqeshelwa ukubhekana neziguli zabo ezitshengisa izimpawu ze TB. Lapha bebesemcimbini owawuhlelwe iPholela CHC kanye ne TB Care Association.

## ORAL HEALTH AT NGUDWINI PRIMARY SCHOOL

**N**ot so many people in rural communities take good care for their teeth or their children's one. In a recent survey conducted by communications unit and Dental section, results proved that most clients are not aware of available services. Dental statistic of people who come for dental attention shows that most

people come



Mr Hlatshwayo consulting one of clients at Ngudwini

for extractions. In an attempt to curb situation Pholela Dental team in conjunction with School health had joined hands to educate pupils at Ngudwini primary school. The school was selected because it is one of the schools situated in remote communities where services are not easily accessible.



Children at Ngudwini Primary trying hard to get correct answers.

## Infection control & stroke week

Careful attention towards exercising and eating balance diet should be something of a daily life to all human beings. Mr Mhlengi Zuma who is a professional Nurse at OPD believes that excesise derive from our daily activities such as walking, home choas, physical training exetra. On an infection control and stroke week clients benefited from health talks that were carried out by Infection control unit. The idea was to help people reduce the risk of stroke occurance at home and neighbourhood and acquaint them of the correct infection control measures.

### is infection control

Infection control refers to policies and procedures used to minimize the risk of spreading infections, especially in hospitals and human or animal health care facilities.

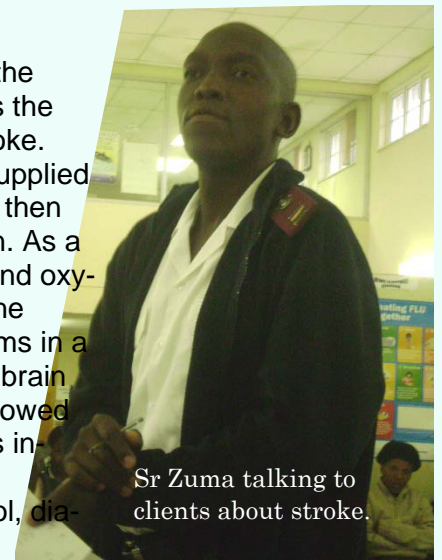
### Purpose

The purpose of infection control is to reduce the occurrence of infectious diseases. These diseases are usually caused by bacteria or

viruses and can be spread by human to human contact, animal to human contact, human contact with an infected surface, air-borne transmission through tiny droplets of infectious agents suspended in the air, and, finally, by such common vehicles as food or water. Diseases that are spread from animals to humans are known as zoonoses; animals that carry disease agents from one host to another are known as vectors.

### Blockage of an artery

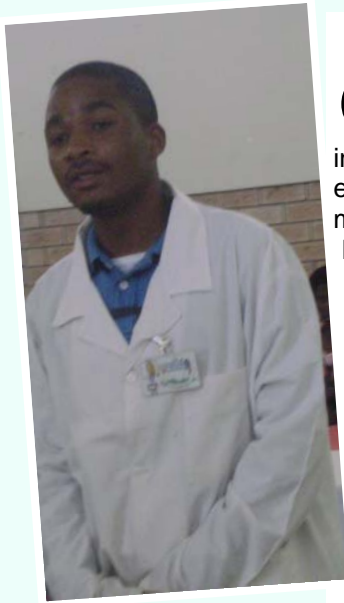
The blockage of an artery in the brain by a clot (thrombosis) is the most common cause of a stroke. The part of the brain that is supplied by the clotted blood vessel is then deprived of blood and oxygen. As a result of the deprived blood and oxygen, the cells of that part of the brain die. Typically, a clot forms in a small blood vessel within the brain that has been previously narrowed due to a variety of risk factors including; high blood pressure (hypertension)high cholesterol, diabetes and smoking.



Sr Zuma talking to clients about stroke.

## Pharmacy week

### Health Talks opened people's mind



According to the health calendar, 07 -11 September 2009 is designated for Pharmacy week . In ensuring success of this objective, health education was carried out by pharmacy staff with the help of Out Patient and Maternity units. Clients received information about importance of immunization, medicine and proper storage of tablets and its usage. Questions aroused from the staff and clients depicted that something very wrong is happening at homes. Older people and mostly kids are the

main victims of careless storage of medicine. "Care should be taken to ensure that expiry dates are checked before the intake of any medicine" said Nonjabulo Dlamini who works at pharmacy.



Pharmacy staff Nhlanhla & Nonjabula giving health education.

## Women's month

In Acknowledging Women's Month kwaMnyamane Community Health Wokers combined to help other women. Their project ran until all six sections within their community were all covered. Targeted individuals were people with disabilities, HIV infected and people with stroke. Most of the people they attended were those with no one to help. "The idea came up because we realized that there are sick people who have no one to look after them so we decided to help" said Mrs T Ngubane one of the CHW's.

Meanwhile mothers and other clients

who visited Pholela CHC on the 19 August 2009 were lucky to get free education on breast feeding. Mrs Mweli from maternity unit told women that even HIV positive mothers can breast feed their infants. This should not be carried out for longer than six month by people with HIV positive status. A kid should not be given anything except breast milk when he/she is younger than six months. If mother had tested positive it is important to bring their kids for HIV check up. Breast milk is good for kinds because it makes them strong and protects them from various diseases. This is because breast milk is very clean. It is recommended that mothers give their kids one breast for a long time. Apart from being healthy breast feeding creates good relationship between a mother and child. Again it is advisable for pregnant women to continuously pull up their nipples in order to prepare them for breast



Mnyamane Community health workers –making a difference to other people's life.

"kwaMnyamane Community Health Wokers combined to help other women".

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## Report on the Outreach Team for VCT, Pap smear & TB screening

**H**AST community outreach programme had taken step to deliver health services to the communities. A team consisting of Professional Nurses, Lay Counsellors, Data Capturers, Tb Aso, TB Care and Community Health workers visited different areas that fall under Pholela Complex catchments. Its amazing how people are keen to test when they are visited in their areas. Hlola manje campaign which took place last year also fabricate same results. One should learn that these outreach are very important as majority of clients benefits a lot from them. Health education about VCT, TB, Cervical screening and H1N1 prompted people to undertake voluntary test-



TB team screening clients for TB virus.

PROGRAMME	INDICATORS	NUMBER
VCT	No of clients coun-	173
	No of client tested for HIV	173
	No of client tested	13
	No of clients tested HIV negative	155
	No of CD4 counts taken	11
	No of PCR taken	03
TB	No of suspected cases of TB	152
	No of sputum/smear sent	304
	No of smear positive	
	No of smear positive started on treatment	
PAP SMEAR	No of women screened for cervical cancer ( Pap smear done)	99

Safe cough practices were highly encouraged to clients, and Hand washing as well , frequent touch of the nose and /or mouth to be limited as much as possible. Avoiding close contact with the infected person , by isolation and not neglect

A total number of 120 people were given a lecture on the above mentioned killer disease at the clinic while the School-Health Nurse and the Environmental Health team visited the community School to give the lecture as there was a suspicion of the disease in the area. On the 20/ 08 /2009 the IPC. Practitioner gave a lecture at Pholela to all the health personnel and the community ,issuing the pamphlets as done at Underberg clinic. Pholela's Satellite clinics, Mobile-points were taught about the disease and some areas around Bulwer ,Schools , and other Departments (Social Welfare) were given the lecture .

Submitted by Mrs L Mokapela (Infection Control nurse)

### REPORT ON INFLUENZA-A (H 1 N 1)

Influenza –A(H 1 N 1) is one of the highly communicable diseases and the notifiable condition which too immediate attention as it kills many people within a short period. The first blitz was done on 19/08/2009 at Underberg clinic at three different waiting areas and health personnel inclusive so as to continue teaching clients as they come at different intervals .

The definition , causative organism ,incubation period , clinical manifestations ,preventive measures were the co-factors dealt with .

## Learn the basics about managing diabetes, and get a four-step action plan for getting on the path toward wellness.

**S**ome people may call it "sugar." But, for the 23.6 million people in the United States who are living with diabetes?, they need to know the bitter realities, as well as the sweet steps that must be taken to live well. This "Manage Your Diabetes" tool is designed to help diabetics learn real-life strategies for diabetes management. The good news: diabetes is a manageable disease, especially when you're armed with the right tools, information and support.

So, are you ready to start taking action? Then, let's get started...



God Bless You!

**Scripture: Mark 9:38-41**

38 John said to him, "Teacher, we saw a man casting out demons in your name, and we forbade him, because he was not following us." 39 But Jesus said, "Do not forbid him; for no one who does a mighty work in my name will be able soon after to speak evil of me. 40 For he that is not against us is for us.

41 For truly, I say to you, whoever gives you a cup of water to drink because you bear the name of Christ, will by no means lose his reward.



### Eat to Live

Your diet is a key to keeping your blood sugar level in check. Let us help you make better decisions about what to eat so that your blood sugar level stays in the normal range.



### Move More & Stay Active

You have the power to get moving and stay active. Here's where you get strategies for working exercise into your life daily.



### Live Well & Take Action

From learning how to read medicine labels to seeing how diabetes-related medicines affect the body, these health tools and resources will inform and inspire you to manage this disease.



### Community & Support

Your wellness is a team effort. Get support in managing your diabetes from our team of health experts and share your health story, too.

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# Ixoxwa ngezithombe



Ukhanya Africa welule isandla kubafundi base Mazongo Primary School. Kwesesibili be-  
kungamaturuturu asedandi khathi iziguli zizivocavoca ngesonto lokuqwashisa ngesifo soh-  
langothi (Stroke).



uSihle Ngobo umphathi wohlelo  
ngosuku lwamagugu

Bezihlaba kanje izin-  
sizwa nezintokazi ngo-  
suku lokugujwa kwama-  
gugu.



Lapha Nkz P Sithole ubeqwasisa ngesifo  
somkhuhlane wezingulube (H1N1) eTsatsi Clinic



Ngu Nkkz Fikile Sithole ufindisa iziguli  
ngemigomo yabantwana nge Pharmacy



**HEALTH**  
KwaZulu-Natal



*Siyenza is an inhouse publication for Pholela CHC. If you wish to make any contribution please drop us a line on EXT 106 or alternatively come in person to the PRO's Office. You can also send us an Email to:*

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