



SIYENZA EDITION

PHOLELA CHC

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March 2008

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Internal Newsletter for Pholela community Health
Centre

Pholela CHC has been proved to be amongst the best by
Quality assurance adjudicators.



From left to right is Mr M Zuma, Mr S Kheswa , Miss R Strydom, Mrs G Packham, Mrs N Maphalala Mrs TGO Sikhakhane and Mrs A Khathi

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Pholela CHC has entered service of excellence for second time. Last year results were just not awesome however things have turned up differently this year. Pholela CHC has

won itself a Silver Award on Department of health service excellence awards. Pholela dedicate the achievement to good team spirit and committed staff. The staff mood is that, this financial year we are going to comeback with a gold award.

Special Thanks to the District Quality Team, St Apollinaris and IHPC. We value your support.

uMnyango Wezempilo . Departement van Gesondheid

Fighting Disease, Fighting Poverty, Giving Hope

PHOLELA CHC IS HOSTING A RESEARCHER



Miss Abigail Neely is a researcher from the United States of America

Pholela Community Health Centre is hosting visiting researcher Abigail Neely from the United States of America.

Ms. Neely is a Ph.D. student in geography from the University of Wisconsin-Madison, U.S.A. She is conducting research about how ill health affects environmental management practices like gardening and herding and how changes in environmental management affect people's health.

Ms. Neely has chosen to work in Pholela because of the health centre's well known history of primary health care work. She will be in South Africa for 18 months working on her dissertation, and she has begun her research at the PCHC by observing various aspects of clinic work both at the health centre and with its outreach teams. Ms. Neely has thoroughly enjoyed her time at the PCHC thus far and looks forward to getting to know the Pholela area and the health centre's history as well as its present work over the next year and a half.

VITAMIN A CAMPAIGN

Umkhankaso womgomo ka Vitamin A obukade uqhubeka kuzwe lonke kusukela ngomhlaka 03 –14 March 2008. Umkhankaso ulandela ucwaningo oluthole ukuthi ezikhathini eziningi abantwana kabawutholi u Vitamin A ngokwanele ebeleni likamama. Ithimba labahlangikazi base Pholela CHC belithe chithi saka lihambele emphakathini kanti kugonywe emapoyintini angaphezu kweshumi. Inani eligonyiwe sekuhlangene wonke amaphoyiti libe u 4 825.



HEALTH
KwaZulu-Natal

Vitamin A **Saving children's lives!**



From the 3-14 March 2008 nurses and dieticians will be getting together to administer vitamin A drops to all children under 5 years of age.



Ogoma umtwana u Sindi Cebekhulu abehambisana ne Mobile 2.



Lapha u Sr Mokapela ubenikeza u Health Education ngaphambi kokuqala komgomo endaweni yase Nkumba

CONDOM WEEK

BEKUKUTHAZWA NGOKUSETSHENZISWA KWAMAKHONDOMU

Lomkhankaso wathatha lonke isonto kusukela zingu 11 February 2008 kuya kumhlaka 15 February 2008. abahleli bomkhankaso okuyi Maternity, OPD, TB, kanye nabase Kuphileni Clinic bonke bethula izinkulamo eziqwasisayo. Njengoba konke bekwenzeka lapha ngaphakathi umphakathi wathola ithuba lokuzibuzela mathupha ngokubaluleka kokusebenzisa amakhondomu.

Ukungasetshenziswa kwamakhondomu

Male Condom



kungaholela ekuphathweni isifo zocansi kanye HIV/AIDS.

IZINHLOBO ZEZIFO ZOCANSI

- Ugcunsula
- Isipathsholo
- Izintwala
- Izinsumpa endaweni yangasese

UNGAZIVIKELA KANJANI EKUPHATHWENI ILEZI ZIFO

zintathu Izindlela zokuvikela

- Ukungazibandakanyi nhlobo nezocansi
- Ukwethembeka kanye
- Nokusebenzisa ikhondomu.

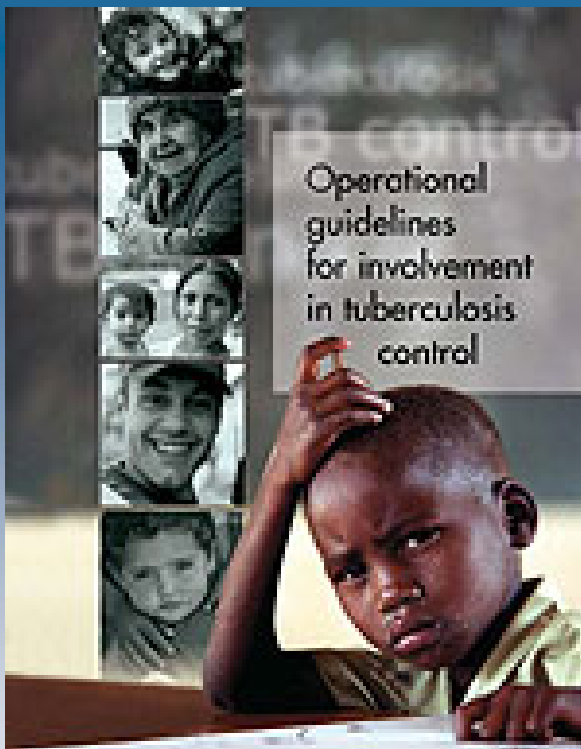
ZIBONAKALA KANJANI IZIFO ZOCANSI

- Iphunga elibi eliphuma esithweni sakho sangasese
- Ukuluma kwesitho sangasese
- Umchamo oshisayo

Izifo zocansi sihlolene kakhulu nesifo se HIV/AIDS ngokho umasikuphethe kubalulekile ukuthi uhlololwe igciwane kwa (VCT) e Room 2 noma uxhumane nabasekuphileni clinic.

Studies have shown that world wide its about 2-3 million people who die every year of TB, mostly those who are burdened with poverty or HIV/AIDS.

Tb can be cured



Tuberculosis (TB) is preventable and treatable disease. Nevertheless, one third global population is infected with TB. The link between TB and HIV are strong. TB is the most common opportunistic infection and the leading cause of death in people living with HIV/AIDS. An individual with HIV/AIDS is 10 times more

likely to develop TB.

The presence of TB allow HIV to progress more quickly. Moreover, both diseases are stigmatized, require long-term involvement from health care providers and volunteers and may need complicated expensive, care.

TB TREATMENT ADHERENCE MONITORING

TB medication needs to be taken daily at least three times a week. It is imperative that a client is given the medication in the presence of a second person, who monitors that all pills are swallowed. Good adherence to TB treatment is important for both individual with sick with TB because it enables him/her to get well, and for the society, because it diminishes the emergence of drug-resistant TB.

The delivery of medication should be recorded each time in a patient card.

STOP TB BECAUSE YOU
CAN

IMICIMBI YANGO DECEMBA- UTHANDO LUYAPHILISA

Njengoba u Decemba kuyinyanga yezipho kanye nothando abasebenzi balapha emtholampilo bebetshengisana uthando gokwamukelisana izipho.

Kanti ne HIV/AIDS Support Group ayisalanga ngaphandle ngomhlaka 08 ku Decemba 2007 nabo bebenowabo umcimbi wezipho. Okuphawulekile ngalezizipho ukuthi umuntu ubezikhethela ukuthi ufisa ukuthengelwa nhloboni yesipho.



Esithombeni sokuqala U Miss B Mhlongo no Mr T Ntshangase Kwesesibili u Mrs Duma no Bafana Goge. Kwesesithathu u Mrs Madlala kanye no Kwenza Mbatha



Sisesandanezwe ngenyanga yokuqwashiswa ngokuhlukunyezwa kwabesifazane Nezingane

Kuyinto ejwayelekile ukuhlukunyezwa kwabantu besifazane nezingane ikakhulukazi kuleli lase

Nengizimu Africa. Ingakho siyake sibone abantwana abaningi sebehlala emigwaqeni.

Ngaso lesi sizathu I Pholela CHC ngokuhlanganyela ne Sisonke Health District bahlela umcimbi wokuqwashisa ngokuhlukunyezwa.

Kulomcimbi owawubanjelwe endaweni yase Sandanezwe owayeyisikhulumi sosuku uMnu F Mbhele wagcizelelakakhulu ukuhloniphana phakathi kwabashadikazi. Wathi abazali kumele bamelane nokukhulisa abantwana ngokuhlanganyela. Uphakathi waphinda wathola ulwazi ngokuthi zinyathelo zini abangazithatha uma bethola ukuhlukumezeka. Umdlalo wasesiteji wakhona lapha ngaphakathi wawukhona ukuzodlulisa umyalezo.



Labo abanye balabo ababezokwethamela umcimbi wokuqwashisa ngokuhlukumeza

Ixoxwa ngezithombe



Sithe zisuka nje ngo January 2008 iPholela CHC yenza imikhankaso ka Batho Pele ukuze bonke abasebenzi bayiqonde lemigomo.



Lapha u Sr Sithole, Mrs TGO Sikhakhane, Kanye no Ms Ntombela bebehambela endaweni yasenkelabantwana ngo January 2008 ukuyonikela ngezingubo kulabo abapheshukelwa izindluba endaweni yase Nkelabantwana.



Sesizodla ikhekhe. Abakade bevaliswa kusuka kwesobunxele ngu Mrs Gasa, Mr Mazibuko kanye no Mrs Mthimkhulu. Lokhu kwenzeka mhla zingu 26 ku March 2008.



uShoba lembuzi ngesikhathi abakwa Environment base Sisonke Helth District bezoqwashisa ngokudla ukudla okunomsoco ngomhlaka 05 February 2008.



Ogiyayo u Jama kasijadu ngesikhathi u Mrs Hadebe oyi District Manager ezobonga Ipholela CHC ngokuphumelela kwayo kuma Heath Departmental Awards.



Sr Mbhele, Ms Shoba, Ms Zulu bid a fare well to Doctor Khumalo.

Phez'kwemkhono

This Demo garden is part of Pholela CHC initiative to assist patients who have lost weight

The garden was started by HPS team (Senzo Mbhele, Phelelani Shozi and Sihle Ngcobo. Later Musa Nhlangulela joined the team. Seedlings were purchased with cash from their pockets. Crops were then sold to staff so as to buy more seedlings. This called for attention of the garden. Due to certain demotivating, circumstances the team decided to hand over the garden project on the 09th of January 2008 .

The new team consists of a Social Worker and CHF'S. The reason why these people should take over is that, they deal directly with people who are to benefit from this exercise.

Submitted by: Phelelani Shozi



Above Community health workers taking care of demo Garden

Primary health care week follow up-August 2007



Receiving donated clothes from a social worker is Bhekumuzi Mkhize of Sunrise farm

Taking a step further in helping the needy

Miss Ntombenhle Ntombela (Social Worker) and Mlungisi Dlamini (PRO) have put foot on the door to some household who were identified as the most needy during PHC Week last year. There is a light of a progress to some families including taking children back to school and applying for child support grant.

Social worker provides spiritual and social support to these families. All families visited receive second hand clothes that are donated to the CHC by different people including staff.

Unfortunately some people that were visited last year died through illness. May their souls rest in peace.

MOTHERS TO MOTHERS PROGRAMME



Mothers at the Maternity section now receive something to fill up their stomachs thanks to the Mothers to Mothers Programme.

Above is Site Mentor Gugu Ngubane pouring tea to patients

Maybe you have never been to Maternity Section where M2M staff is stationed for the past three months. If this is true, surely you wouldn't know what is happening down there. Every Wednesday they cook healthy food for pre mothers and mothers who visit Maternity section. Amongst the catering

services, they provide tea/juice and sandwages. Miss Gugu Ngubane site coordinator said "they provide meal for the people because some of them could not afford healthy food at their homes". The main objective is to teach clients to eat health nutrition in order to produce healthy babies she added.

SOMETHING TO THINK ABOUT

*We make them cry those who care for us.
We cry for those who never care for us and we care for those who will never cry for us.
This is truth of life, its strange but true. Once you realize this its never too late to change.*

Things that can make you laugh

SIPHO AGAIN

SIPHO GOES INTO THE BANK, TAKES OUT HIS GUN, POINTS IT TO THE TELLER AND SAYS:
" GIVE ME THE MONEY OR YOU ARE GEOGRAPHY! "
THE TELLER, STILL IN SHOCK, REPLIES:
" SIR, YOU MEAN I'M HISTORY. "
SIPHO ANGRILY REPLIES:
" HEH WENA!!! DON'T CHANGE THE SUBJECT! "

UBHAKABHAKA ZONDO

U Bhakabhaka weyengumlandeli omkhulu kabi we Pirates kangangoba wayengenasikhathi somndeni wakhe ngoba wayechitha sonke isikhathi sakhe ebukela ibhola noma ezidlela amanzi amponjwana kaMam'ne-shuwa.

Yabeyenzekile indaba lapho abangani bakhe bemtshela ukuthi njengoba ehlale eseshibhini nje unkosikazi wakhe uneshende azichithela nalo isizungu elihamba ngonyanyavu lom-huqa wemoto emhlophe.

Egane unwabu uZondo wanikela ekhaya nangempela wafica izingane zizihlalele zodwa okungumfazi kungekho. Wathatha iwisa lakhe wayocutha lapho bemtshela ukuthi umfazi wakhe wehliswa khona yimoto yeshende.

Uthe esacuthile nje yabeseyiqhamukile imoto yansondo. Wezwa kuncinza amakhwapha ejuluka eba manzi nte ngenxa yokudinwa kepha wazibamba wathi akafuni ukuthatha ngamawala ufuna ukubona kahle konke okwenzekayo. Esabuka nje lehle ishende lomfazi wakhe lizovula emnyango ukuze umfazi lo aphume. Wathi eqeda kubona nje ukuthi ishende lomfazi wakhe ngu Irvin Khoza wajabula wahluleka ukuzibamba wabe esememezile "Bopha Bhakabhaka

NEW APPOINTMENTS



Ms Mbali Ngobese
Professional Nurse Grade 1
Pholela CHC



Ms Zandie Sibiya
Professional Nurse Grade 1
Sandanezwe Clinic



Ms Vumile Zondi
Data Capture
TB Section



Ms Zukiswa Thobela
Intern -Human Resources
department



Ms Bongeka Hadebe
Inservice Trainee
Human Resources



Ms Zethu Mnguni
Intern– Finance Section



Musa Hlatshwayo
Dental Therapist



Miss Nana Shinga
Pharmacy Manager

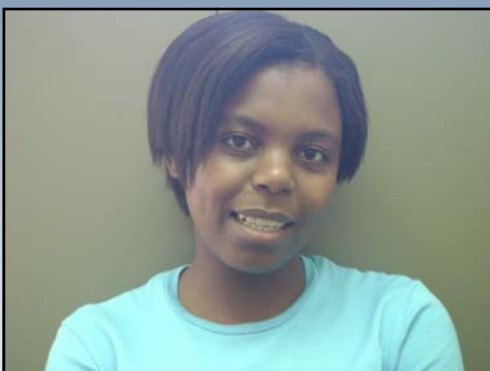


Ms Nombulelo Zuma
Professional Nurse Grade1
Pholela CHC



Malusi Phungula
TB Assistant

PROMOTIONS



Ms Ntokozi Khwela
Promoted from Human Resource Officer to
Principial Human Resource Officer

ANNOUNCEMENT



Ms Themba Mkhize
Promoted from General Orderly to
Finance Clerk

TB STATISTIC- INCWADI CLINIC

Uzishaya isifuba nge statistic se TB

Uthi uyaziqhenya ngendlela esihamba ngayo I stats se TB (Tuberculosis) oyi Clinical Practitioner eNcwadi Clinic u Ms Zuki Motlounge. Kanti ubonga ukusebenzisana kanye nokubambisana okuhle phakathi kwakhe no Nompilo kanye no Zamokwakhe ngcobo olandelela abantu abahaqwe ilesi sifo. Uthi lensebenziswano yenza umsebenzi wakhe ube lula kakhulu.



Ngu Ms Zuki Motlounge oyi Clinical Practitioner e Ncwadi Clinic

Would you go back?

You have this friend since elementary and after college the both of you lose contact with each other. But she is someone really special to you, and you're someone very special to her too. Five years later you receive a phone call from her.

"Hi, I'll visit you" she says.
"Hi, Leah, when?" you ask her.
"Just wait for me" she replies.
It seems weird but you prepare for her coming anyway. One rainy night you hear a knock on the door. And you're surprised to see that it's your friend Leah.

Losing touch for five years is so

long and you start talking about everything. The both of you even go to your room upstairs. Suddenly there is a power outage, but the two of you continue talking by candle light. Then the phone rings. "I'll just get the phone downstairs," you say. "No, don't get it, we're in the middle of our talk," she says. "It might be important," you say. "Okay if you say so, but promise me you'll be back," she says. You promise her a million times that you'll be back. Then you run downstairs to answer the

phone.
"Hello," you say. "Hello," says the person on the line. "Yeah?" you say, wondering who it is. "I'm calling on behalf of Leah's family. They had an accident and her parents are in the hospital right now," he says.
"How are they?" you ask. He continues, "They are injured but stable.
But I'm sorry to say that Leah died. We found your name and phone number in Leah's His voice trails off as you look up at the long stairs.

WOULD YOU GO BACK AS YOU HAVE PROMISED?

Sports News.

lisenethini...



Pho-Kunani (Pholela High School) teachers team got heavily beaten when they clashed against Pholela CHC. The game took place on the 12 of March 2008.

Both teams were expected to bring along net ball team so as to have a enough fun. Unfortunately weather conditions were not conducive enough and there for girls could not play. Eventually Pholela CHC won 4 goals to 2.



In the goals is Nhlanhla Dlamini trying to stop a penalty that ended up in a goal.

Wu yababa shame. That was the mood of sisters from uderberg Clinic and Pholela CHC when they attended a game at Pholela High School

RAIN JUST COULDN'T STOP THE GAME THAT ENDED IN FOUR TO ZERO SCORE. SUPPORTERS SHOWED EMTHUSIASM SUPPORT AS THE GUYS KICK THE BALL



Siyenza is an in House Publication for Pholela CHC. If you want to make contribution to Siyenza please drop us a line on EXT 106 or alternatively come to the PRO Office in person. **Email Address: mlungisi.dlamini@kznhealth.gov.za**

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