



HEALTH
KwaZulu-Natal

Siyenza edition

Internal newsletter for Pholela CHC

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Volume 1 Issue 6

From the desk of the Nursing Manager

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Mrs TGO Sikhakhane Acting CHC Manager

We are at the beginning of 2009 the year of hope. I would like to extend my gratitude to you all for the dedicated work performed and contributions made during 2008. As you all know that we are currently working under difficult circumstances, it was encouraging to have a crew like you. This is the reason the Pholela complex ship has sailed this far because of the committed team that you are. So in spite of the

conditions of the road we had to travel on and you kept going. This financial year was full of sharp bends, stop street, warning signs, caution and all the signs that one can think of on the road, but you guys kept on riding on the very same road because we focused to the destiny which is quality care.

You have achieved so much with the limited resources. Keep it up do your best I am positive that even now you will be the best. I again encourage you to maximize your potentials as at the end of the day you will feel fulfilled. Having known that you provided high quality care.

From the PRO'S CORNER



Readers of Si-yenza receive my seasonal greetings. 2008 has elapsed and we all

have obligation to get on a new start right away. I have recently been following the media, listening and reading other people's stories. Out of that I have come to realize that everybody is looking at 2009 as year of success. Well it brings hope when lot of people approaches a new year with such attitude. In Kwazulu Natal and perhaps in other provinces we have witnessed a number of people who voluntarily help others. On the month of January in particular, people assist with uniforms and bursaries to the neediest children.

Again in December various companies and individual persons donate food, clothes and other valuables to less fortunate families. Even if companies might seem as only trying to enhance their image bottom line is, they are responsible citizen of the community they generate income from. One would agree that the exercise is done out of love and affection for other people. If we can all develop love and open heart for each other it is all possible to wash away poverty and misery which has stricken our beloved country. We need to learn a lot from people who have heart to give and pray that god almighty give us power and strength to make difference in other people's life. A very big thank you to Umlalaba team who have done similar exercise in December.

Enjoy reading till the next issue of this addition.

Former CHC Manager honoured

The 14th of November 2008 saw the long planned farewell party of Mr Siyabonga Kheswa. Albeit party was an inhouse ceremony by Pholela staff only, it was not just a trivial event. Mr Kheswa received many compliments from different speakers who were given opportunity to say their good byes on behalf of staff.

Some referred to him as a man of principles, a charismatic leader who has never let his plans fade. "Mr Kheswa never had a starting and going off time he would work through out the day. His milestones included that, Pholela should get recognition on the Departmental Service Excellence Awards. Indeed the Institution has achieved that last year and won silver this year" said Mr VJ Khumalo.

Mr Kheswa has been with Pholela CHC since 2005. Within a short space of time he has spent with the Institution he had managed to turn things around and put Pholela at a good stance. When Kheswa

delivered his speech, It became clear that he has not gave up on Pholela as he personally admitted that should there be any chance to move back, he would not hesitate to relocate. He bagged home some gifts from the heart of all staff.



Above on pic.1 is Pholela staff as they listening from different speeches on Mr Kheswa's fair well. Pic. 2 Mr Kheswa sharing with staff his past moments at Pholela CHC.



Children from Ncwadi Primary School listening attentively to the speakers



Slindile Madondo alerting audience about dangers of women and child abuse at Tsatsi community hall.

16 Days of Activism against abuse

Phelelani Shozi (School Health) teamed up with Institutional social worker Ms Ntombenhle Ntombela and Mlungisi Dlamini Public Relations Officer on a campaign against women and child abuse.

For the eighth year, South Africa is taking part in the global 16 days of activism for no violence against Women campaign, which runs from 25 November – 10 December. SA added children to its campaign because of the high incidence of child abuse in the country.

On the 26th November Pholela engaged on campaigns by visiting various schools around Ingwe and Kwasani Municipality. Speaking to the public on the 27th of November 2008 Miss Slindile Madondo told the audience that the 16th days campaign is not only the days to be

respected. She urged people to stand up and speak out about abuse as a way of helping other people.



Jokes

"The sixteen days campaign is not the only days to be respect"

Early one morning, a mother went in to wake up her son. "Wake up, son. It's time to go to school!"
 "But why, Mom? I don't want to go."
 "Give me two reasons why you don't want to go."
 "Well, the kids hate me for one, and the teachers hate me, too!"
 "Oh, that's no reason not to go to school. Come on now and get ready."
 "Give me two reasons why I should go to school."
 "Well, for one, you're 52 years old. And for another, you're the Principal

Kunikelwe ngezipho zikakhisimusi

Ithi incwadi engcwele kajehova "sibusisiwe esandla esiphayo kunesamukelayo"

Umhla zingu 17 ku Desemba 2008 kwaba usuku oluyisibusiso emndenini wakwaMadonda eSandanezwe esigodini sase Ngudwini. Lokhu kwadalwa izindathane zezipho zikakhisimusi abaziphiwa ngabasebenzi base Pholela CHC. Iezi zipho zilandela emva kokuthi iqembu **lomlabalaba** liye lahlela ukwenzela umndeni ongathathi ndawo isipho sikakhisimusi.

Umbono wabo ufike kahle wafikela kuNtombenhle Ntombela ongu Social Worker nokunguye unohlu lwabantu abaswele. Umunwe weNkosi ube usu-



Ngu GOGO Nzimande wase Nkelabantwana.



Yiwo lamalungu omlabalaba elule isandla emndenini wakwa Madonda.



Ithimba lasePholela kanye namanye amalungu omndeni wakwaMadonda

bakhomba kwamaDondo lapho kunamalungu ayishumi omndeni. phakathi kwabo kukhona izingane ezisafunda emabangeni aphantsi kanti iminyaka isingaphezu kwambanga abawenzayo. Wonke amalungu omndeni owanazitifiketi kanti nomazisi ababonwa. Akukho mali engenayo kuleli khaya bathi baphila ngokucela komakhelwane. Iqembu lomlabalaba lifisa ukuwa livuka nalomndeni kuze kube uthola izitifiketi kanye nomazisi ukuze kube khona imali engenayo. Ikhansela lendawo bese lithintive ngalolu daba.

uGogo uMidret Nzimande wase Nkelabantwana ujabule ukuphinda abone futhi. Uthi sesiside isikhathi engaboni kahle emehlweni. Ngenyanga kano-vemba 2008 ubevakashela umtholampilo ukuzodlulisa ukubonga ngokuthi aphiwe ithuba lokuphinde abone. Uthi ubehlupheka kakhulu engakwazi ukubona izinto kodwa namhlanje usekwazi ngisho ukubona inaliti yokuthunga izingubo.

iPholela ihlonza abantu abanezinkinga zamehlo ngosizo lomhlengikazi ophuma esibhedlela eRietvlei bese bethunyelwa khona e Rietvlei ukuyot-hola ukwelashwa kanye nezibuko. uMusa Nhlangulela ngokuhlanganyela no Mrs Willie yibo ababhekene nalomsebenzi.

Leprosy

31st of January is World Leprosy day lets look at the causes and symptoms.

CAUSE

- Leprosy is a chronic disease caused by a bacillus, *Mycobacterium leprae*;
- *M. leprae* multiplies very slowly and the incubation period of the disease is about five years. Symptoms can take as long as 20 years to appear;

Leprosy is not highly infectious. It is transmitted via droplets, from the nose and mouth, during close and frequent contacts with untreated cases.

SYMPTOMS

- Leprosy mainly affects the skin and nerves;
- If untreated, there can be progressive and permanent damage to the skin, nerves, limbs and eyes.

Continued to the next page



Kude kwesobunx-
ele uMfu Stuur-
man khathi eni-
keza izwi leNkosi.
Kwesikhulu uMfu
Khayise uMfu
Ngubane, Mrs
Molonyane, Mr
Khumalo, Ms
Maphanga kaye
no Ms Zulu



Phakathi nendawo ababeze emtholampilo ePholela ngo-
suku lokukhumbula labo abadlula ngenxa yesifo sengcu-
lazi. Kwesingezansi onompilo basemtholampilo wak-
waMnyamana khathi benza umdlalo wasesiteji oqwash-
isa ngesifo sengculazi.

(Continued From previous page)

HISTORY

- Leprosy was recognized in the ancient civiliza-
tions of China, Egypt and India;
- The first known written mention of leprosy is
dated 600 BC;
- (Throughout history, the afflicted have often
been ostracized by their communities and fami-
lies.

Bekugujwa usuku lwabahamba ngenxa yesifo sengculaza

Usuku lokukhumbula labo abadlula emhlabeni ngenxa
yesifo sengculazi lubanjwa minyaka yonke ngomhlaka 01
December. Emizamweni yokunikeza ithemba labo aba-
haqwe ilesi sifo l Ekuphileni, UmNyamane kanye neTsatsi
clinic bahlela izinkonzo ezazibanjelwe ngaphakathi
emitholampilo. Lemicimbi beyiqukethe izinkulamo ezik-
huthazayo ezivela kubasebenzi, I support group kanye nezwi
elingcwele elaliphuma kubaholi bamabandla.

Ukuhlonipha labo asebadlula ngenxa yigciwane lengculaza
ianye nesandulela sayo lemitholampilo yomithathu yakhany-
isa amakhandlela usuku lonke. Abaholi bamabandla bak-
holelwa ekutheni, amandla kamoya oyingcwele ayonqoba
lolubhubhane. Kuze kube namhlanje alikaveli ikhambi loku-
lapha lesi sifo esiwubhubhane. Lokhu kwenzeka emhlabeni
wonke nakuba indlela esihlasela ngayo yehlukile kwilizwe
ngelizwe. Lesi sifo sesishiye inqwaba yezintandane kanye
nemizi ephethwe izingane kanti usizi nenhlupheko ludla lubi
kulemindeni.

TREATMENT TODAY

- Leprosy is a curable disease and treatment provided in the early stages
averts disability;
- With minimal training, leprosy can be easily diagnosed on clinical
signs alone;
- A World Health Organization (WHO) Study Group recommended
multidrug therapy (MDT) in 1981. MDT consists of three drugs: dapsone,
rifampicin and clofazimine. This drug combination kills the pathogen and
cures the patient;

A little chat with Doctor Mike Mawdsley



On the picture is Dr Mike who works at Ekuphileni Clinic.

Mlungisi Dlamini: which University did you go to?

Dr Mike Mawdsley: I studied at the University of Alberta in Canada.

MD: Tell us more about your place?

Doc: Canada is very big, but not many people. South Africa has almost twice as many people. Canada is cold and has lots of snow in winter. It has a long boarder with America.

MD: What has prompted you to join South Africa?

MM: I think HIV is the biggest health problem in the world right now, and I wanted to help.

MD: What challenges have you come across ever since you started?

MM: We have so many clients already, and we are finding lots more all the time. The staff does very good work, but we do not have enough people and suppliers.

MD: How is Aids pandemic in your country compared to here?

MM: About 10% of South Africans have HIV, but less than 1% in Canada. In South Africa HIV is transmitted through sexual activity as well as pregnancy, childbirth and

breastfeeding. In Canada HIV is mainly confined homosexuals and IV drug users.

MD: How has been working relations between you and Pholela staff?

MM: The Pholela staff has been very kind and helpful to me. They have made me feel welcome on the team, even though I am not from here.

MD: Given another opportunity to stay would you chose to stay at Pholela?

MM: If I had opportunity to stay, I would be very happy to keep working at Pholela.

MD: What Do you like most about SA?

MM: There are many things I like about South Africa and its people. I love the way people are happy and fun loving. Canadians people tend to be much more serious. I like the way all the families watch out for everyone's children. I love the music and singing. I love the warm sun, as well as the wild thunderstorms. I love the big green hills and mountains.

MD: What is your view about HIV and AIDS, do you think the world would ever defeat the fight against this virus?

MM: I think we will eventually overcome the HIV virus, perhaps with a vaccine, but there will be a lot of hard work in the meantime.

MD: Tell us about the state and standard of health in your Country.

MM: Not Many people have HIV, but many people suffer serious illnesses because they have not looked after themselves – many people smoke, eat too much, drink too much, and don't get enough exercise.

MD: What are your plans when your contract expires?

MM: My leave from my post at home ends in April, so I must return home then. I am in a private general practice.

MD: Are you a sport fanatic, If yes what is your favorite sport?

MM: My favorite sports are hiking and bicycling in the summer, and snow skiving in the winter.

MD: A very big thank you Doc enjoy the rest of your day.

Clean water for sporweni community

Sporweni Community have been consuming “contaminated” water for so many years. In 2005 health education re water purification (Jik) and management of diarrhea (sugar salt solution). Jik was dispensed to individuals who were at the meeting.

Phast training (proper water and toilet usage) was conducted as there were reports that they would find human and animal excreta on the spring. The matter was reported to the Municipal Counselor to no avail. In December 2008 the spring was cleaned covered and then fenced.

Submitted by: Phelelani Shozi (School Health Nurse)



Appeared on the picture is the community of eSporweni trying to fix up a dirty spring with the help of School Health. On the right is a picture of a newly built spring that is protected from cows and human matter.

DOCTORS VISITS- your calendar dates

▶ February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Mr Hlatshwayo (Dental) 08h00 –16h00	Dr Mike Ekuphileni Time: 08h00-16h00		Dr Nkosi OPD Time: 13h00-16h00	Dr Mike Ekuphileni Time: 08h00-16h00	

Photos tell the story



Ms Zanele Makhathini and Mrs Miya helping clients at Nongoqa area during Khanya Africa visit on 22 November 2008.



Ms N.P. Nkonyeni MEC for Health-KZN & Mrs N.S. Radebe Sisonke Health District Manager on a launch of Khanya Africa at Mzimkhulu Pyschiatric Hospital on 19 November 2008.



Pholela CHC team who attended Khanya Launch at uMzimkhulu psychiatric Hospital.



Sisonke Health District team at kwaNongoqa area during Khanya visit.



Marchers from all Hospitals under Sisonke Health District took part on a healthy walk during employee wellness day.



Ms Dlani, Ms Zondi and Ms Thobela also attended Khanya launch.

Move for your health Day



Look at my medal— Ms Radebe had just finished the walk.

People not always realize the danger that can be caused by poor diet and resending exercise. On the 07th of November 2008 all staff engaged in various sporting activities. This day is not only about fun but it is also trying to encourage staff to look after their health. It is for the second time Pholela is hosting an event of this kind, but the question still remains as to how many workers have bought an idea and have started moving for their own health. Before the games start Mr P Shoji shared some thoughts with all staff to give a clear definition of the concept of Move for Your Health.

The day started off by a fifteen minutes healthy walk that, District Manager Mrs NS Radebe and the Management participated on. The rotating trophies rotated indeed as some teams that won last year were defeated this year. number one trophy went to Red team, number two went to Black and number three was taken by Navy team thanks to the fair judgement by our neighbouring Departments Social Welfare and Education.



Different teams trying to prove who is the best on the tug Of war

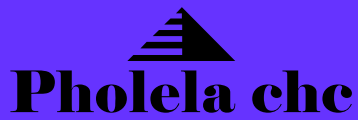


Judges of the day are Thami and Vusi



Mrs Radebe Joking around as she accompanied by some members of Management and staff on a health walk. Far right Management of the CHC and Dr Mike watching games with interest.





Physical Address: D1213 Hlanganani Road
Private Bag 502
Bulwer
3244

Phone: 039-8329491
Fax: 039-8329494
E-mail: mlungisi.dlamini@kznhealth.gov.za

INTERNAL NEWSLETTER FOR PHOLELA CHC

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