



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

PHOLELA CHC



PHOLELA COMPLEX

NEWS

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Words from the CEO

Allow me to take this opportunity to wish you all happy Christmas and wonderful New Year. I am aware that many of you will be taking leave to spend time with your families in this time of year. While we know that you have a responsibility here at work we also understand your remarkable role you must play at home. Your happiness brings to us better outputs. Therefore I would like to wish you well as you spend a lot of time with your loved ones

This time of the year is where we see many unfortunate events, like road accidents, I would like to urge each and everyone of you to ensure that you are responsible in those roads, do not speed, but most importantly do not drink and drive, let alone texting whilst driving.

If you decide to be happy, do not waste yourself. Always remember that you are an ambassador for the Dept. of Health and everything you do, a child might look at it as the right way to behave. Watch what you say with your mouth. Stats shows that this time of year people are more likely to be infected with HIV, ensure that you are safe and practice safe sex all the time

I wish to pray to the Almighty, that He in heaven protects you during this festive season



Dr N.M.T Gumede
Medical Manager/CEO

Public Relations Office

By Mr. S.N Mkhize

The year goes by so fast with all that's been happening in our lives. We wake up to go to work everyday to be able to put bread on the table for our families and never get enough time to spend with them. We have come to the time for joyous cheers and celebrations, whereby we can take time off from our busy schedules to go home and spend time with our families and catch up.

Its amazing how we can take certain things for granted, family is very important. As a public servants and employees, we take for granted time spent with family, bonds developed with colleagues at work and they become a family in its own manner, since most of our time is spent in the workplace then at home

As you go home appreciate the little things in life as a simple thank you and please. You have worked hard all year to ensure service delivery to our clients and your efforts are highly recognized and appreciated by the people in our community, Management thanks all staff for their hard & dedication in working as a team and putting our clients and patients first at all times

We would like to take this time and wish a Merry Christmas and a Happy New Year





Community dialogues on challenges with breastfeeding



Staff stage play on importance of breastfeeding



Audience receiving presents for correct answers

Breastfeeding is an optimal feeding practice for all infants and young children. Exclusive breastfeeding for the first six months promotes growth and development of babies and is ideal food and nourishment during this time. At six months, mothers and caregivers are encouraged to start giving complementary foods with continued breastfeeding to meet energy requirements nutritional needs of the child.

In order to promote breastfeeding, Nutritionist (Mr. T Matikwana) planned an event to create awareness as the month of August is known as Breastfeeding Month. The event was hosted at Mqatsheni Clinic 07 August 2018. The community and clients were involved in a community dialogue to discuss issue surrounding breastfeeding and challenges faced by teen mothers and childbearing women in general. The theme for this year breastfeeding awareness month was, **Breastfeeding, Foundation for Life**

World breastfeeding week 2018 continues to work in collaboration towards the achievement of sustainable development goals by linking breastfeeding and nutrition, food security and poverty reduction. Breastfeeding is a universal solution, that levels the playing field, giving everyone a fair start in life. It improves wellbeing and survival of women and children in the world

Due to the rising health issues, pharmacy staff intervened to raise awareness to the public and thus making an extension on the what was known as Pharmacy Week to having a prolonged campaign now themed Pharmacy Month. This initiative takes place as from the 1st of September till the end of September. The theme for 2018 was **“Use Medicine Wisely”**

Pharmacy staff had to play a vital role in furnishing clients with information on medicine usage, from helping them know their medicines up to storing them correctly. During the month of September, Pholela Pharmacy Team saw a need for giving information needed to our clients visiting us and our satellite clinics. Staff had different topics like hypertension, antibiotics correct use, antiretroviral medicines, diabetes, epilepsy and other chronic conditions.

As the theme for this year was **“Use Medicine Wisely”** the aim was to promote health, adherence to medication and letting clients know they can play an important part in chronic disease management, by ensuring they take prescribed medication as directed and required, leading

healthy lifestyles and taking advice given by health care workers (e.g. physical exercises, low salt and fat diet)

The pharmacy department conducted talks to help interact with clients and determine how knowledgeable they were with different chronic conditions and how well, they know to take care of themselves and how informed they were on taking medication correctly.

The clients were also given a chance to ask questions on the topics of they day and with any enquiry that related to the basic use of medicines. This proved to be very educational, to both clients and staff within Pholela CHC.



Health education on Pharmacy Month

Nkosazana Dlamini Zuma Municipality along with Department of Health hosted a career expo for Grade 12 and grade 11 students from Mandlezizwe High School, Dlangana High School and Ngonyama High School, all from NDZ Municipality. The aim of having this career expo was to shed light to the students on the different career paths that one can choose from.

Different stakeholders were invited to explain to the students the different kind of careers that they have within their departments. This enabled the youth and students to have a solid and more defined understanding of what is required from them in order to get into universities and to acquire different scholarships and bursaries.

Students were also given chance to ask question and interact with the various stakeholders that were present during the day. This helped them to have a clear insight on each and every department that presented and decide by themselves as to which career path they would want to pursue having been given all the relevant information

The students were motivated to study hard as exams were around the corner and know that their future is in their hands



Grade 11 & 12 students attending career expo 2018



Tribal Local Counsel and stakeholders

Sandanezwe Clinic Outreach Campaign

By Mr. S Mkhize

On 13 September 2018 Sandanezwe Clinic staff embarked on a journey to visit the people of Sunrise Location. The aim of this visit was an outreach activity to help bring service to the people and community as a whole.

Findings had revealed that Sunrise Location is a densely populated area and with high HIV prevalence and other chronic diseases. Sunrise location is situated a few kilometers from the clinic and transport is very scarce, making it difficult for the people to visit clinic on a regular basis

On this day, the staff invited the community to the Roman Catholic Church for this outreach activity. Sister Shabalala (Operational Manager) introduced the staff to the community and explained the purpose of the visit by Sandanezwe staff to Sunrise Location. Screening of HIV, TB, Diabetes and other minor ailments would be available for everyone. Dental services and pap smears were also done by nurses, doctors and dental therapist.

The community was also educated on the signs and symptoms of HIV/AIDS and the importance of knowing your status. It was evident that the outreach activity for the people of Sunrise was a blessing as they came out in numbers to receive service from the Department of Health.

TOGETHER WE CAN DO MORE



Operational Manager (Sis Shabalala) addressing community



Screening of patients



Women's Day Celebration

By Miss Neriska Singh



Elderly patients receiving walking sticks

This year marked the centenary year of Mama Sisulu. Therefore we had to honor women's month in commemoration of our great leader and activist Mama Sisulu.

To honor women and show appreciation for their dedication as women, Dept. of Health along with Office of the Premier and NDZ Municipality joined forces to host Women's Day Celebration at Mqundekweni Hall on 30th August 2018. The event was structured around women and young women in the area of Mqundekweni and Gqumeni Location. Minor service and screening was provided on the day by Mobile Clinics.

On the day we had aerobics done and handed out walking sticks to elderly Gogos that needed them. The elderly women were happy to receive gifts and perform aerobics.

Topics of importance that related to women in general were raised to the public as a discussion and creating awareness to all women. Teenage pregnancy and women abuse was amongst the main topic and also talked on health related issues such as breast cancer and cervical cancer.

This was a fruitful day and the women were happy to have such an event



Community of Mqundekweni attending Women's day Celebration



Screening of community members for diabetes

Diabetes awareness day was held at Nkelabantwana Hall Sharp Location. This would help the community to be more informed on diabetes and what we need to do as a community to support people living with diabetes. Stakeholders from other departments were invited to be part of this initiative to bring awareness to the community on this chronic disease.

On 14 November 2018, the community came out in numbers to embrace this day. The mobilization by CCG's really assisted to have people attend the event. The target audience were main man, women and young adults. Mobile Services were present on the day to offer assistance to the community members with screening and minor alignments on those that needed check ups. Food stalls were set up for display for the public to see and know the right foods we need in our homes to keep a healthy diet and eat food with nutrients and vitamins

The programme was successfully led by Mr. Gazu (Pharmacy Manager) and Mr. Matikwana (Nutritionist) explained on specific diets one needs to consider to keep a balance diet and foods that one should eat once diagnosed with diabetes. It is important to know the right food to eat and ways in which to cook with right temperature, salt and amount of cooking oil used

Sister Shabalala (Family Health) gave a talk on diabetes and explained how diabetes can be found on a person and the different kinds of symptoms associated with diabetes. She advised the public to regularly do check ups at their local clinic to find out their health status.

Entertainment was provided by the CCG's who sang awareness songs on chronic disease and another for signs and symptoms of diabetes. Fruits & refreshments were offered to the public and guest concluding the



CCG's singing awareness songs on chronic disease

World AIDS Day Commemoration

Significant strides have been taken to fight the burden of diseases in South Africa. It has been more than a decade since South Africa was introduced to HIV/AIDS. During this period the Government has made efforts to reduce the number of people killed by the virus and the number of infections from one person to another.

Nonetheless, we still have lost many people in our family and communities to HIV/AIDS.



World Aids Day Commemoration

The 1st of December is well known as a day to commemorate and remember our loved ones and people in our communities who have fallen victim to the virus. This is significant as it actually brings awareness on the impact of this virus in our country.

On this day, 01 December 2018, Pholela CHC staff called upon the community to join us in prayer to pray for our families and loved one that have passed on and those affected by the virus. We prayed for them to find closure and comfort as we remember them on this day

Health education was also given to the clients and community members that were present on the day. The audience was informed of the importance of knowing your status and that of your partner, practicing safe sex and use of condoms all the time to limit your chances of getting infected with the virus.

A candle lighting ceremony was led by Rev Shelembe (District Chaplain), who then led the prayer of faith for all the people who have fallen victim to the disease.



Rev. Shelembe leading staff and patients in prayer

Picture Gallery 2018



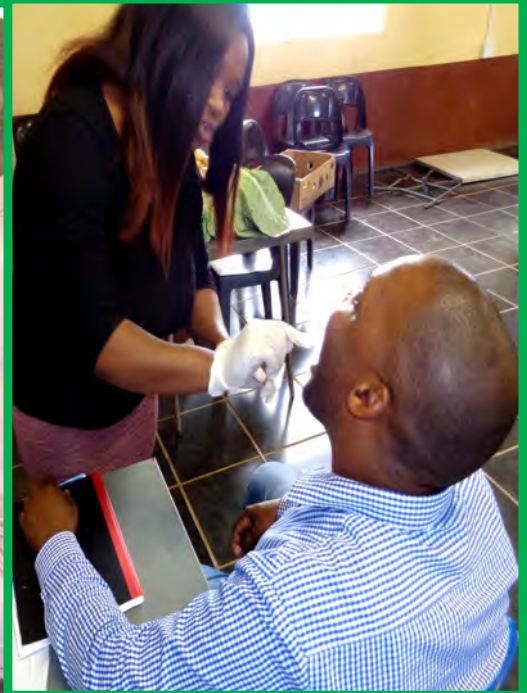
Harry Gwala Health District Champions 2018



Sandanezwe Out reach at Sunrise Location



Underberg World Aids Day Commemoration



Aerobics at Women's Day Celebration

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