



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SIYENZA

PHOLELA CHC NEWSLETTER

JULY 2015
VOLUME ONE
ISSUE 5

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Foreword from the CHC Medical Coordinator

First of all I would like to thank the Management in Pholela CHC and the Health District of Harry Gwala, for affording me the opportunity to be the Medical Coordinator of this amazing Community Health Center, this comes after we have lost our beloved Medical Manager Dr. ST Camara during the festive season last year December 2014, may her soul rest in peace. We continue to pray for her family especially her husband who continues to moan for this tragic loss.

This year has been a year full of information and new ways of improving patient care, noted is a lot of management emphasis towards improving patient care. Pholela CHC has been the CHC that is the heritage site of Community Oriented Primary Health Care, where Dr. Emily and Sidney Kark had a profound impact in changing the health outcome of the community through personal and interactive problem orientated approach. We value their role in our CHC and to the world that has benefited from this magnificent approach.

Let me take this opportunity to let all employees in Pholela CHC including our satellite clinics know that your involvement and hard work shows through patient satisfaction, this goes out to everyone who works in the Pholela Complex, the senior management to the general orderly whether you talk or touch the patient or you clean the area where patients are supposed to sit, you are the reason our health centers continue to prosper.

Moving forward we would like to work even more together understanding that every single one of us in this institution is a valuable asset. Without you we can never go a long way. Continue to work hard as you always do!

We are in the business of saving lives, so let's go out there and do what we do best! Save lives!!!!

Probably at this time of the year it is important to move together with our country in the fight against xenophobia, we condemn the xenophobic attacks 150%!

Thank you



*Dr. N.M.T Gumede
Medical Coordinator*

Public Relations Officer

Good greetings to all the readers of *Siyenza, Pholela CHC's Internal Newsletter*, management, staffs and our clients who we work for.

I would like to take this opportunity to thank the Extended Management of Pholela CHC for their hard work and dedication to promote service delivery within the institution, your efforts are highly appreciated and recognized by staff and clients of Pholela CHC.

Secondly, I forward my gratitude to all the staff members of Pholela Complex, from the clinical nurse practitioners, security guards, admin clerks and everyone. Keep up the good work and strive to do your best at all times.

Lastly I would like to pass my condolences to the Camara family. We feel the pain of losing our anchor and leader as an institution and as a family. May the Lord be with you during these hard times of mourning.

Thank you to all the readers and may you enjoy this issue of our newsletter. For comments and compliments, please forward them to our office.

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**Mr. S.N Mkhize
Public Relations Officer**

TB Outreach Campaign

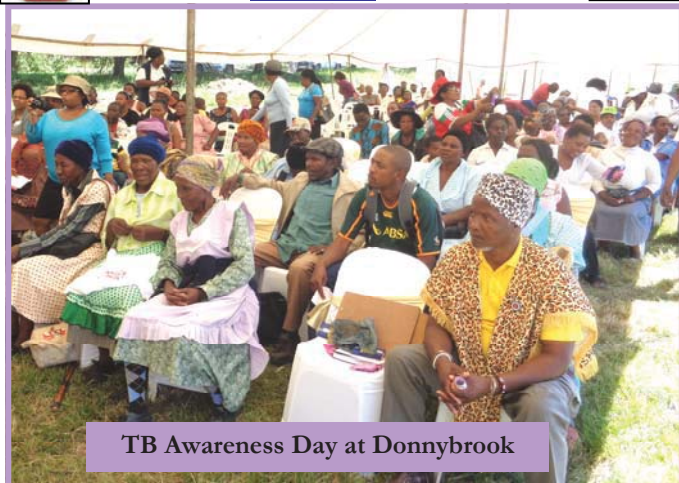
The month of March is known as the TB Awareness month on our Health Calendar. Pholela CHC TB Nursing staff organized an out reach programme in collaboration with the Dept. of Health District Office and Health Institution under IngwekwaSan sub district. The programme was designed in a way that each institution will conduct a door to door visit around their area of work to trace clients with TB and assess households to prevent new TB infections. Pholela CHC TB Staff with the help of CCG's, went to the community and mobilized them to a neutral venue whereby health screening was done such as TB screening, minor alignments and oral hygiene. The people came out in numbers to visit the staff in halls, schools and crèches that we visited.

The main TB Campaign was scheduled for the 1st of April 2015 at Donnybrook. This is where by the institutions gathered to bring health service screening to the people of Donnybrook and inform them about the dangers of TB. Ingwe Municipality Deputy Mayor was present, including Head Office HAST Unit, Prince N Zulu (Deputy Manager for MMC), Harry Gwala District Manager Mrs. Zuma and other dignitaries.

Mr. Mtolo (Ingwe Municipality) was the programme director on the day. Reverend Shelembe, opened in prayer to get the awareness event started. As the event proceeded we heard testimonials from people in the community who had been cured from TB as they took their medication correctly for 6month without defaulting. Mr. Makhaye addressed the public on the dangers of TB and how one can be infected and emphasized that people visit their clinics to get tested. Mrs. Zuma (Harry Gwala District Manager) urged the people that they need to be informed and make use of their clinics to be tested/screened for TB.



Pholela outreach team at a community hall



TB Awareness Day at Donnybrook

Employee Wellness Day

Over the past two years, Ingwe Municipality has come up with an initiative to help employees participate in sporting activities that will help them to keep healthy and to engage with other employees from other departments to create good relations amongst each other. This has proven to be very beneficial as all Government Departments and Private sectors within Ingwe Municipality take part in the Interdepartmental Employee Wellness Day.

This year the event was held at St Appolinaris Hospital on the 25th of March 2015. All invited departments gathered at the sport grounds for the event and employees were given caps and t-shirts upon arrival. It was very impressive to see a huge turnout as we had more than 200 employees present. The day kicked off with a marathon and walkathon of 5km. Winners were awarded with backpack and fitness DVD by the Deputy Mayor Mr. S.V Zulu of Ingwe Municipality and Ward Chancellors.

Mr. Sandile from "Comm Fitness Consultants" addressed the staff about the importance of keeping a healthy diet and maintaining a healthy lifestyle. He told employees about obesity and the dangers of unbalanced diet before he took the employees to the field for some aerobics. Mr. Sandile and his team conducted some enjoyable routines that were done by staffs. It was very nice to see everyone participating and enjoying themselves. Lunch and refreshments were served and event was finished off with everyone smiling and laughing from the aerobics fun routine



1st place for women walkathon



Aerobics by all staff

History of Pholela CHC

Pholela CHC has a very significant history which dates back to the early 1940's when the first ever, Health Centre was established by the Union Health Department. The late Professor Sydney Kark introduced the COPHC approach in dealing with the health needs of the community. In this approach the community's health needs became known to the health care workers through community surveys that were conducted by the Community Health Workers, now known as Community Care Givers. The Community Health Workers conducted home visits, gave health education to the families and communities.

This approach was pioneered at Pholela CHC by Professor Kark who was later joined by his wife Doctor Emily Kark to ensure that the concept became a great success. Through COPHC the communities started taking care of their health. Therefore Pholela CHC is acknowledged internationally as the site where the Community Oriented Primary Health Care concept was successfully initiated and put into practice.

When the Kark's left, the COPHC concept slowly diminished. Pholela CHC was rebuilt in 2001 with new services and objectives of revitalizing the concept of COPHC. Many programmes were taken into account such as Family Health Teams, Out reach



Dr. Bam sharing her history of Pholela with Mrs. Zuma (District Manager) and staff

programme, School Health Teams, Mobile Clinic and Community Care Givers. All these programmes work simultaneously to meet the needs of the community as back in the days of Dr Kark.

To relive and have a knowledge of how things were done with the old Pholela and Dr Kark, we tracked down a few people who worked at Pholela during those times. We were lucky as we were able to get Mrs. Shozi and Dr Brigalia Bam who worked as a Health Worker in those time. They shared with us different stories of how they use to ride horses and visit families in their homes to conduct research and teach them about personal hygiene, nutrition and the importance of having a balanced diet by having your own garden. It was evident that Dr Kark and his

wife did amazing work in the community of Bulwer through testimonials from Mrs. Shozi and Dr. Bam. With hard work and determination from staff and management, COPHC will be fully running as the way Dr Kark would have wanted.

Career Corner

The career corner focuses on and explores different careers within Pholela CHC. In this issue, we interview Mr. K.O Mbatha, who tells us more about his job as a Senior Security officer

Nqobile: Good day Mr. Mbatha, you have been nominated for our career corner article, for this months' edition of *"Siyeza Pholela CHC Internal Newsletter."* Firstly, could you please tell us more about yourself?

Mr. Mbatha: My name is Kwenza Obert Mbatha, I was born and bred at Eweenen Location. I started working at Masakhisane security company for 4 years and I was promoted as chief supervisor. In 2007 I was then employed at Pholela CHC as senior security officer until now.

Nqobile: Can you please tell us, what do you do as senior security officer?

Mr. Mbatha: I manage the total security function, ensuring the provision of effective and efficient security services at Pholela CHC and it's satellite clinic. We as security provide information and direction to the visitors and patients. I conduct security investigations, write report and submit to the supervisor if there are any incidents that happened in the institution and also ensure that appropriate steps are taken to prevent theft and loss of CHC property

Nqobile: Why it is important for Pholela CHC staff to know about and make use of security services?.

Mr. Mbatha: Security services is very important value asset for the institution as its ensures the safety and protection of the staff, patients, equipment and vehicles, thus keeping a safe working environment for all

Nqobile: Having worked as senior security officer for so long, tell us what have you learned in these years of service?.

Mr. Mbatha: I have worked as senior security for eight years now and learned that we need to work together as security personals to make the institution safe and secure for all. I learned that all offences that happen the institution must be taken seriously and addressed accordingly. It is important to make sure that the security policies are based on National Information Security Policies, compliance is paramount for all security officers working in an institution

Nqobile: Thank you Mr. Mbatha, it was pleasure to have this conversation with you.



Mr. Mbatha & his Security Officers



Mr. Mbatha on his walkabouts

Pholela Complex Farewells

In the past year and early this year we have seen many new faces come to Pholela Complex. At the same time we have had to say goodbye to a few staff members who left. Its never a happy feeling to say goodbye to colleagues when you've worked together for a long time as they become like family to us.

Staff from Gqumeni Clinic were saddened that their Operational Manager was retiring after serving with them for over 10years. They organized a special farewell party for her and invited her family to be part of the event. It was a great party with beautiful decorations and food, but a lot of tears were shared in the process. Gifts were given by staff to Sister Miya. She told her staff that 'She is grateful for the time they shared together and hopes that they will carry on to work hard and respect the new person that will take over from her'.

Back at Pholela CHC there was a total of 4 people who were also leaving. This was truly a sad moment for all staff members as all these people had a major impact on their colleagues in their sections. We had our Pharmacy Manager (Lungile Mbuyisa) who was going to start at a new institution. A small party was done for her and staff bought her gifts that made her cry and said she wished she didn't have to leave.

The maternity section also witnessed the departure of their Operational Manager, Mrs. Khanyile who was taking her retirement. Mrs. Khanyile had worked at Pholela CHC for over 15 years. She was described by her peers as someone who was dedicated to her work and ensured that all her staff worked tirelessly to ensure that optimal service delivery was given to all the mothers attending antenatal clinic. At the HAST Department things were very sour as there were two people leaving to start new jobs else where. This was shockingly unbelievable. The two ladies that left were Miss N Zuma and Miss Z. Shelembe. A small farewell party was done for the two ladies to wish them farewell.

One of the clinics also had their operational manager retiring. Sister Mostafa from Tsatsi Clinic was the operational Manager and worked at the clinic for more then 10 years



Sister Miya with her family



Lungile receiving her gift from the Matron

MEC for KZN Health visits Harry Gwala District

Harry Gwala District had the honor and privilege of being visited by the KZN Cabinet to ensure that service delivery is effective and efficient in their respective departments. As the department of health we had our MEC, Dr. S Dhlomo present with the other MEC's who had made themselves available on the day.

The MEC for KZN Health, Dr. S Dhlomo visited the Ixopo taxi rank where he handed over the new top of the range mobile clinic to be used at the taxi rank. The sole purpose of the mobile clinic is to help attend to the number of people in the taxi rank, such as taxi drivers, vendors, hawkers and commuters using taxi. This was a great initiative by the Department of Health and the community at large who had attended

The MEC went on to visit the community of Hopewell within the area of Ixopo. The people had gathered at the community hall along with the staff and CCG's from various institutions to provide screening health service to the community. Dr. S Dhlomo addressed the public on issues such as malnutrition in children, service delivery at our clinics and hospitals, healthy lifestyle and social ills that are faced by our communities. Dr. S Dhlomo urged the community telling them that they are the ones responsible for their own health and wellbeing. Therefore they need to take account and stand up for their rights whether at a clinic or hospital. The people were happy to be visited by the MEC for KZN Health Dr. S Dhlomo and for the new mobile clinic that was handed over at the taxi rank.



The MEC Dr. S Dhlomo cutting the ribbon



MEC addressing the community on malnutrition

New Appointments 2015



Miss N Khwela
Administrative Clerk



Mrs. NC Zondi
Staff Nurse



Miss N F Chagwe
Staff Nurse Intern



Mr. KD Abel
Staff Nurse



Miss AB Zondi
Professional Nurse



Miss SP Majazi
Staff Nurse



Mr. BI Mhlongo
Professional Nurse



Miss PC Ngcemu
Staff Nurse



Mr. A Naranbhai
Comm serve
Medical Officer



Miss SP Mbhele
Staff Nurse



N D Gushu
Occupational Health Nurses



Mr. N.C Gazu
Pharmacist



Dr N.M.T Gumede
Medical Manager



Mr. B Nzimade
Supply Chain Supervisor



Dr NL Gumede
Comm serve
Medical Officer



Mr. MN Cele
Professional Nurse



Miss PP Zuma
Professional Nurse



Miss. FP Hlengwa
Staff Nurse



Miss TM Mokoena
Pharmacy Assistance



Mr.SA Sibiya
Pharmacy Assistance



Miss B Nikelo
Radiography



Mr.MN Zulu
Pharmacy Assistance



Miss. S Naidu
Pharmacy Comm-Serve



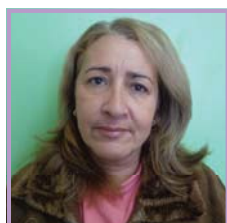
Miss. SP Mdletshe
Pharmacist Comm-Serve



Mrs. SA Nzimande
Professional Nurse



Ms. NT Mchunu
Professional Nurse



Miss G Molina
Medical Officer



Ms. BT Mngoma
OMN MOBILE



Mr.L Tsaka
CNP Trainer

Mental Health Awareness Day at Gwala Clinic

Mental illness is one of the few conditions that has a major impact on our communities and families. Most people do not understand the causes of mental Health and how best to help people with this disease

On the 9th of July 2015, Gwala Clinic conducted a Mental Health Awareness Day at the clinic with the support of the community, CCG's Pholela CHC and NGO's such as Beyond Zero and TB Care Association. Appreciation and credit is given to Donnybrook Spar, Build IT and Thekwini Municipality for their support and sponsorship towards a successful event.

The Mental Health Awareness Day was an educational and fun filled event aimed to instill recognition and acceptance of the health status of mental users among all people in the community. Sister B.S Ngema welcomed all the guest and handed over to Sister Dimba (Operational Manager), who took it upon herself to explain the purpose of the day. Activities such as music and drama were acted out by the clients, CCG's and clinic staff. This really made the event come to life and the community enjoyed the music along with the drama.

Sister N.T Ngquma then addressed the community about the importance of how to support the mentally challenged society, she mentioned that we need to show mental health users affection all the time and not discriminate'.

The clients were given gift bags which contained t-shirts, juice bottles, pill container and food parcels. This turned out to be a beautiful event.

It was great to see the involvement of the community and other stakeholders. Special thanks to the staff of Gwala Clinic, Sponsors and the community who availed themselves for this special event.



Sister Dimba with Spar Representatives



Miss. N Zikhali handing out gifts bags



Gwala Clinic



Entertainment by the staff and CCG's

Handwashing Drive at Pholela CHC

Pholela CHC underwent a handwashing campaign to educate and inform staff, clients and the community about the importance of handwashing. The campaign was called "**Handwashing Drive**" and was led by Sister Khanyile (Infection Prevention Control Coordinator)

The "**Handwashing Drive**" took place on the 5th of May 2015 at Pholela CHC. Sister Khanyile conducted health education to patients in OPD and HAST with the intention to ensure they understood the importance of hand washing and how to wash their hands properly. Patients were also taught how to construct hand washing devices using commodities that are easily accessible to them at home.

School visits were done at Luhana Primary School and Bhidla Primary School on the 7th of May 2015. The aim was to teach children the importance of hand washing. Health Education was given on how and when they should wash their hands ie. after using the toilet, scratching or picking the nose

Grade 6 and grade 7 were targeted and they were tasked to teach their fellow scholars who did not attend the demonstration the following day at assembly



Handwashing demo by one of students



Children listening and watching how to wash their hands

International Nurses Day 2015

The 12th of May is a well known day on the Health Awareness Calendar. This day is known as International Nurses day. This day has been celebrated for many years and it all started with a woman called *Florence Nightingale*.

In January 1974, 12 May was chosen to celebrate the day as it is anniversary of the birth of *Florence Nightingale*, who was widely considered the founder of modern nursing. *Florence Nightingale* was born in Italy on the 12th of May 1820 and passed away on 13th of August 1910 at the age of 90 years. She came to prominence while serving as a manager of nurses trained by her during the Crimean war, where she was attending to wounded soldiers. She gave nursing a highly favourable reputation and became an icon of Victorian culture, and was named “*The Lady with the Lamp*” making rounds to wounded soldiers at night”.

International Nurses day is prestigious and highly recognized worldwide. To commemorate this day, Pholela CHC nurses took it upon themselves to have their own celebration to honor and pay respect to the nurses of Pholela Complex. On the 20th of May 2015, staffs gathered for this event. Various guests were invited from the District Office and others from St Appolinaris. Miss Thembeka Zulu (finance Management Officer) was the programme director of the day. She welcomed the guests and dignitaries present. Rev Shelembe, the chaplain for Harry Gwala District gave an opening prayer for the event and shared few words of wisdom and motivation to the nurses and staff.

Mrs. Sikhakhane (Deputy Nursing Manager) shared with everyone the purpose of the day and as to why they were gathered here today. Mrs. Sikhakhane told them about the origin of nursing and emphasized that nurses should wear their uniforms with pride and work hard to promote service delivery to give hope to the people. The white uniform makes us look like angels, lets be angels to the clients and to the community we serve, said Mrs. Sikhakhane.

Dr N.M.T Gumede, spoke well to motivate nurses. He told them that nursing goes beyond wearing your white uniform. ‘As a nurse, there is an implication that you are compassionate, caring, hardworking, ethical, trustworthy. You do things for people that impact on them in ways that they remember for a lifetime. So remember to put a smile in the morning when you come to work, because you are a force for change. Let that live in you everyday when you come to work, that “You are a force for change.”

Miss B.M Maphanga (PHC Manager) introduced the guest giving a brief background about her and where she comes from, she then handed over to Ms. N.P.P Hadebe (Assistant Manager Nursing at St. Apollinaris Hospital). She communicated a positive message to all the nurses at the event and wished all the nursing staff a happy and prosperous international nurse’s day. Certificates of Appreciation were given out to all the Nursing Sections in the clinic to display in their wards and all nursing staff were given a coffee mug as a token of appreciation. This was a great gesture by management and staff accepted their mugs very much

On the very same day we had school pupils come from different high schools to visit us in conjunction with “Bring a child to work day.” The pupils went to different sections of the clinic to see how each department works. The pupils were inquisitive and showed great enthusiasm in many careers in the institution. They were invited to stay throughout the day and be part the Nurses Day Event.

To test the knowledge of our nurses, a competition was conducted by Mr. Tshaka (Nursing Practitioner) to assess the nurses on the service delivery and how well they know their work, pertaining *Patients Rights*. All sections were represented by a nurse from their section (OPD, HAST etc.) They were asked to elaborate on their understanding of *Patients Rights* and how best to apply them. It was amazing to see that staff were conversant of patients right. The **OPD** section won the competition, represented by Mrs. W.S Khumalo. (Staff Nurse)

It was then time for the candle lighting ceremony and for the nurses to recite their “Nurses Pledge” lunch was served and everyone was happy at the end of the event.

A FORCE FOR CHANGE

COST EFFECTIVE

CARE EFFECTIVE

International Nurses Day 2015



Pholela Management team and Guests of Honor



Nursing staffs receive coffee mugs for service delivery



Certificates for nursing staff in their sections



Price giving by Mr. Tshaka



Candle lighting ceremony



Candle lighting and Nurses Pledge by Nurses



Coffee mugs for nurses



Commemoration of International Nurses Day at Pholela CHC

Comrades Marathon 2015



The Comrades Marathon is the world's oldest and largest ultramarathon run over a distance of approximately 90 km between the capital city of the Kwa-Zulu Natal Pietermaritzburg and the coastal city of Durban. The comrades marathon has been running for 93 years now and still going on strong for years to come.

In this years comrades marathon we had a runner from our own satellite clinic under Pholela CHC, Mr. V Sosibo (Admin Clerk) from Gwala Clinic, to represent the Department of Health. This was his 1st time entering the marathon and he did very well and received a silver medal. Here is his story on how he prepared himself for such a race and how his 1st experience of the marathon felt to him.

"I would like to take this time to thank my colleagues and family for all the support they gave me. Running this marathon was a dream come true as I had always wished to be part of it. Running this race for the first time was an amazing experience. It helped to train hard for the marathon. I would take time after work to run 20 kilometers and on weekends I would run 40-60 kilometers. This helped me to determine different speeds I could use downhill and uphill for the marathon. This would be an ultimate challenge on the race and I had to master my pace.

The race started in the early hours of the morning in Durban, I was nervous as this was my first time. I told myself this is my moment and there is no turning back. As the race progressed I could feel that I was on the right path to finishing in good time. I managed to reach the finish line in a time of 6h:50 min, thus resulting in me receiving a silver medal award. This was a great feeling and an accomplishment for me. Next year I'll be running for gold medal." he said.

"My next big challenge is to run the 10 kilometer Nelson Mandela Marathon in August and the two Oceans Marathon in Cape Town. These two races will help prepare me for the Comrades Marathon next year.

Lastly I would like to encourage my fellow citizens, colleagues and everyone to run the comrades marathon, it has no age restriction or gender based. Just to be part of it and run it once in your life time, as this is the heritage of South Africa. Comrades Marathon



TRAINING FOR THE MARATHON



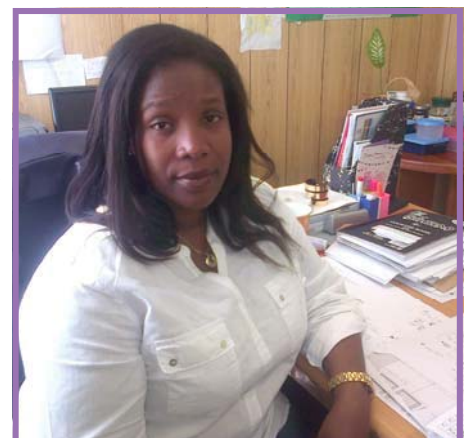
Tribute to Dr S.T Camara

We would like to take time as Pholela Complex, to pay tribute to our fallen hero, leader, conqueror, champion and woman of character, our CEO and Medical Manager, the late Dr. S.T Camara. Dr Camara passed away last year in December 2014. The news of her passing came as a shock to all the staff, it was unbelievable to hear such news on the morning of Christmas day.

Dr. S.T Camara lived in Richmond with her husband and their three kids. She had worked at Richmond Chest Hospital before she left to start work at Pholela CHC as an Acting CEO and Medical Manager. Dr S.T Camara was a very lively being, she was always cheerful and always smiling with the employees and with the clients. She was deeply loved by the patients as they expressed that she had a good heart. Dr. Camara was a good leader, upon arriving at Pholela CHC in 2014, she came with new and different strategies that would make Pholela CHC be more community orientated in the approach of COPHC as by the fundamentals that were introduced by Dr Kark in the early 1940's. It was evident that Dr Camara was going to take Pholela Complex to a new high with the knowledge she gained in Cuba when she was enrolled for her medical profession.

Gone but never forgotten. A great loss to the Department of a Health and a great loss for Pholela CHC.

Condolences to the Camara family, you will always be in our prayers



The late Dr. S.T. Camara
Medical Manager

Picture Gallery



Premier Service Excellence Awards ICC Durban



Visitors from the USA



Staff in uniforms for June 16



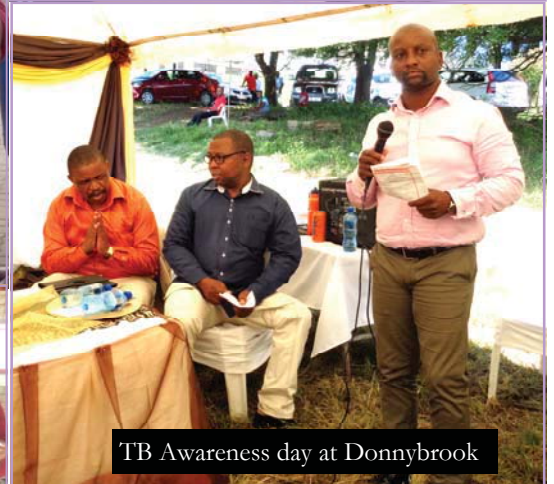
Staff wellness day at Pholela CHC



Staff celebrating with the Premier Service Excellence Award



School visit by staff on June 16



TB Awareness day at Donnybrook



Staff wellness day at St Appolinaris



Hon MEC Dr. S. Dhlomo addresses the public

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