



health

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Health
PROVINCE OF KWAZULU-NATAL

PHOLELA CHC



PHOLELA COMPLEX

NEWS

INTERNAL NEWSLETTER

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Words from the CEO

Greeting to all the staff and patients

2019 marks a year of renewal and recommitment, we saw once again the activities around the country demonstrating democracy in action through the polls and election of new President of South Africa.

This year 2019 marks 25 years of democracy in South Africa, we are indeed a young democracy. I wish to reiterate the message from the president elect, Cyril Ramaphosa during his inauguration address.

“It is our shared will and our shared responsibility to build a society that knows neither privilege nor disadvantage.

Let us declare our shared determination that we shall end poverty in South Africa within a generation. Every school child will be able to read and every person who wants to work, will have a reasonable opportunity to find employment.”

He continues to say the following on equity *‘Let us end the dominion that man claim women, the denial of opportunity, the abuse and violence, the neglect and disregard of each persons right. Let us build a truly non racial society, one that belongs to all South Africans and which all South African belong. A society where disability is no impediment, where there is tolerance and where no person is judged on their sexual orientation, where no persons suffer from prejudice because of the color of their skin, the language of their birth or their country of origin.’*

In this era of renewal, health also has to renew its commitment to our people, we see the implementation of the National Health Insurance as a very important step to disintegrate this inequalities and deal with poverty in our communities. In the Presidents words, *“South Africa wants action, not promises.”* We therefore have a huge responsibility to ensure that the policies are implemented

I would like to thank all the health care workers for the amazing work that they are doing for the people of Bulwer in General. I would also like to welcome members of the newly elected Advisory Board for Pholela CHC, led by its Chairperson Mr. Zondi and Vice Chairperson Mrs. Nxele. Without them we never pride ourselves of proper clinical governance. They are the voice of the community and have agreed to work in collaboration with the management to ensure people receive better health services

Our mandate as health officials is clear and that is to continue striving for improved quality of health for our people regardless of their socioeconomic status, religion or color of their skinks. Primary focus being improved waiting times, ensuring that patients receive correct medication for particular disease, improving referral systems to guarantee our patients health service of care. But most of all, that our people are treated with respect and dignity all the time.

Thank you



Dr N.M.T Gumede
Medical Manager/CEO



Prince Nhlamagniso Zulu's key note address

On the 06 March 2019, a successful launch of Isibaya Samadoda was hosted at the Bulwer Library in the sub district of Nkosazana Dlamini Zuma. Prince Nhlamagniso Zulu was the honorable guest of the event the aim of the event was to empower and educate them on the importance of having a functional and informed support structure in the sub district, and to engage on matters affecting men in the society and to help them understand their role in society. The target audience were men and young men from different locations around the sub district of NDZ. The event was presided by Dr Gumede (Pholela CHC CEO). He welcomed the guest and thanked everyone who had taken their time to be part of the launch.

Mr. Makhaye then took to the stage to explain the purpose of the gathering to launching Isibaya Samadoda & importance of creating such a structure to encourage men to take control of their lives & be the men needed in this day and time to be a pillar in their homes.

The honorable guest, Nhlamagniso Zulu, the Prince of The Zulus who also works for The Department of Health as a TB ambassador gave a key note address in relation to having the launch as NDZ and the role in which the men are suppose to play moving forward from today. He encouraged and emphasized that men should take proper care of their health and visit the clinic or hospital to have regular check up's and find out about their health statuses, like cancer, blood pressure and HIV/AIDS.

He told the men that they have neglected their roles in their homes and communities as we see a lot of violence on women & children nowadays. Men need to lead by example and be the protector of their women, children and community as a whole. The Prince also addressed issues, like teenage pregnancy, male circumcision and chronic disease such as TB.

This was a very successful launch as all the men present were confident that such a structure is important and has important role.



Opening Prayer for Youth & Adolescent event at Tsatsi Clinic



Youth received T-shirts on the day

Tsatsi clinic launched Adolescent and Youth Friendly services to accommodate the adolescent and youth in the community of Tsatsi. This launch was put in place to ensure that youth take advantage of this service and visit the clinic on a more regular basis.

The launch took place at Tsatsi community hall on the 6th March 2019, various stakeholders were invited on to share words of wisdom with the youth. Sister Dlamini (*Operational Manager*) welcomed all the guests present & explained the theme of the day & the concept of launching AYFS at Tsatsi clinic. She advised that teenagers need to take care of their bodies and not be scared to visit the clinics, AYFS will make things easier for them when visiting the clinic, certain days will be for youth with particular hours designated for them to visit. Having this type structure for youth ensures that youth feel free to seek health care when necessary, without feeling guilty about missing school

Different topics were addressed by the stakeholders who took to the podium. Drug abuse & its impact was addressed by SAPS. Youth were advised on the detrimental effects of drugs & how it could ruin their future & possibly put them in jail or cause mental illness later in life. Teenage pregnancy is a large challenge & they were taught how to avoid teenage pregnancy by knowing the different preventive methods such as abstinence, condoms, injections and many more that were mentioned. The AYFS Launch had a positive impact on the youth in the area & they were able to interact during question & answers session. Teachers & parents from surrounding areas who were present also emphasized how beneficiary this service will be.

The youth were then given t-shirts for being part of this launch. Refreshments were served and entertainment was provided by group of school girls on the day.

The 15th of February 2019, all young adult at Pholela CHC were invited to attend the first ever **Young Adults Motivational Awareness Talk**. This was a platform where youth and young adults would be addressed by senior management and give them guidance & motivations on the way they should carry themselves and what is expected of them in this day and time

The young adult motivational awareness talk is a great platform for building future leaders of this country and should be applied in schools and other government departments. A great man once said that, *'Children are the future of our generation, by empowering our children we can build a sustainable future for generations to come'* "Nelson Mandela".

The present that we live in poses many challenges to youth and young adults, which sometimes leads to depression and low self-esteem. The level of unemployment, drug abuse, unplanned pregnancy & peer pressure are some of the things that negatively impact their lives



Young adults sensibly listening

The young adults were motivated to be the best that they could be and to have a strong character as an individual in order to stand for what they believe in as a person. Issues like the use of drugs and alcohol at an early age were addressed on how it has a deep impact on your future.



Social Worker words of wisdom

Motivation was given to the young adult to empower themselves through education and starting small business to sustain themselves. The country needs more doctors, more professionals & more business to grow the economy to be a developed country, said Dr Gumede

Feedback by the youth showed that the motivational talk had served its purpose by encouraging and giving the needed guidance for them to better themselves.

Refreshments were served and a chance to network was given to the youth and young adults.



The energetic program director





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Staff Wellness Day

By Miss Neriska Singh

On 17th April 2019 PHOLELA CHC Staff members celebrated a wellness day in style. Different sport codes were introduced in order for staff to participate and enjoy themselves. As we all know, this wellness initiative is part of healthy lifestyle promotion, which is highly encouraged by the KZN MEC of health, Dr S Dhlomo.

All Pholela CHC Staff members participated in different types of sports & aerobics during wellness day. Invited stakeholders from Sanlam, Assupol and Old Mutual engaged with the staff on financial education and various policies which exist within their organizations.

Staff were asked to be in teams and to work together in all activities of the day varying from aerobics ,relay, bridge, channel direction and acting. Staff had so much fun & it was nice to see people happy and enjoying themselves whilst being competitive at the same time. Most activities required our staff members to work as teams, they showed much effort in teamwork to complete activities.



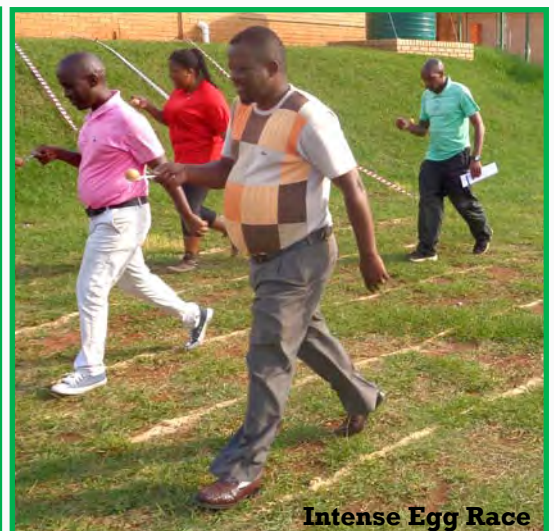
Warming up for wellness day

At the end of the day staff were so excited to have some time to destress from the workload & have some fun. This should be done for all departments to keep employees active & form a teambuilding bond

Fruits and juice were served to everyone who participated with anticipation that this day could come again soon.



Sack Race by Staff



Intense Egg Race

On the 11th of February 2019, Pholela CHC staff held a pregnancy awareness to teach clients the importance of attending antenatal clinic in order to avoid complications during the pregnancy period. Clients were also taught on supportive role and how to take care of pregnant women during her pregnancy.

Antenatal care for the mother and baby is vital during the nine months of the pregnancy. Clients were informed that they should start Antenatal Care as soon as they suspect that they are pregnant. During the nine months, the mother and the baby should be monitored. Blood tests need to be conducted to determine the status of the mother & child, along with blood pressure. Starting antenatal care at an early stage, can help prevent transmission from mother to child if the mother is found to be HIV positive. PMTC is available at the clinic to be induced mothers for the protection of their unborn babies

It is important that a woman receives full support from her family, partner, friends and community when she is pregnant. The mother needs to make sure that she gets to have enough rest and maintain a healthy diet. It is important that she keeps calm and avoids stress which may cause harm to the baby. During the nine months, the mother must not consume alcohol or cigarettes. Therefore, it is important that the mother has a good support structure during and after the pregnancy. In order for us to prevent maternal deaths, which in most cases may be caused by Hypertension and stress. We need to know more about pregnancy awareness and play vital roles to support pregnant women.

The clients were overwhelmed by the amount of information they received on the topic of pregnancy awareness. During questions and answers session, clients were able to expand on relevant topics on antenatal clinic visits and consumption of drugs and alcohol during pregnancy. This was remarkable to see patient engaged

Dr Mdladla addressing maternal health



Patients informed on pregnancy awareness

Picture Gallery 2019



Staff Wellness Day 2019



Men's Forum Launch NDZ Municipality



Sister Hadebe's Farewell



PHC Engineering & Revitalization



Youth & Adolescent Event at Tsatsi Clinic



Pholela CHC Advisory Committee



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