



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

PHOLELA CHC

PHOLELA COMPLEX

NEWS

INTERNAL NEWSLETTER

June 2025



International Nurses Day

Pholela CHC Nurses Day celebration was one of kind, the event was filled with singing, dancing, praise & worship. On the 23rd of May 2025 all the nursing and support staff gathered at the sports field, to commemorate International Nurses Day with the Honorable Pastor S.V Nxumalo from the Prayer Centre International Church as the guest of speaker.

International Nurses Day holds great significance for our nurses. It is a day that reminds us to recognize and appreciate their tireless dedication and compassion towards the community. Nurses play a vital role in caring for us when we are unwell, working with people from all walks of life to promote healing and healthy living.

Pastor Nxumalo inspired the staff with words of wisdom, encouraging them to continue their good work even during challenging times. "The work of a nurse is truly a gift from God – it is a calling. Not everyone can be a nurse; it requires passion and commitment," he shared. He also emphasized the importance of teamwork, respect for patients and colleagues, punctuality, and always striving to do one's best. We salute our nurses for their dedication and the essential role they play in our community.

01



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

PHOLELA CHC NURSES DAY 2025

The staff were given certificates of appreciation by the HR Manager Mr. Maphanga & Mrs. Nzimande the Deputy Nursing Manager. These certificates will serve as a token of gratitude and a reminder to all staff that their hard work, dedication and compassionate service are deeply valued. Staff were encouraged to continue their efforts, knowing that their contributions do not go unnoticed.

Guests and members of the community were treated to an engaging sketch play to raise awareness among pregnant mothers about the importance of attending antenatal clinic visits as soon as they suspect pregnancy. This will help ensure a healthy pregnancy for both mother and baby.

Refreshments were served for all the guests of the day and the community who had taken time to attend such a beautiful event in honor of our great nurses. We extend our heartfelt gratitude to all nurses –thank you for taking care of us and keeping us healthy.



Sketch Play on Pregnancy Awareness



Staff Awards Ceremony



Pholela CHC Nursing Staff

02



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Forewords from the CEO/Medical Manager

Dr L Buthelezi
CEO/Medical Manager



As we celebrate Nurse's Day we honor our nurses in all they do, at times they are not celebrated or thanked. Nurses are the backbone of our healthcare system, and their work has become even harder due to staff shortages from clinicians and admin personnel. Nursing goes far beyond bedside care, there are other functions they do such as coordinating care and monitoring the quality of healthcare services in all levels of care including in the community.

As the healthcare system's frontline providers of patient care, nurses are important in health promotion, preventative medicine, and ensuring holistic management and support of patients.

As primary care providers nurses are usually the first point of contact and care for patients in the healthcare system. They perform important assessments for patients such as screening tests, baseline vitals, administering medication, and providing wound care. These services are further pronounced in rural settings which are underserved. In these areas the nurse serves as the provider of chronic diseases management, delivering mother and child health services and acute ailments to mention a few.

Nurses act as patient advocates ensuring respectful and effective care is provided. They communicate patients' needs and preferences to other healthcare providers the patient interacts with. They protect and uphold the dignity and rights of vulnerable patients.

Nurses play an important role in coordinating patient care with other healthcare providers, such as the lab, referrals to the next level of care and assisting with clear follow-up plans for patients. This coordination helps to ensure continuity and efficiency in the delivery of care.

Nurses play a critical role in health education and promotion in the community for patients in order to prevent disease and improve and promote a healthier lifestyle. Nurses provide guidance on nutrition, hygiene, adherence to medication and vaccination. These significantly contribute to improving the health outcomes of our patients.

Nurses in ICUs and emergency rooms make lifesaving decisions in difficult situations. They are important in the management of critically ill patients, without them it would be virtually impossible to do.

Nurses are in leadership positions in the healthcare system and contribute valuable information with their background, to improve patient care standards, advocate for staff and patient safety and influence health policies at all levels.

Nurses are therefore integral to having a functional effective healthcare system. They are key drivers of patient care quality, system efficiency and health equity for all our patients.



TB Awareness Day

2025



TB Awareness Day Waiting Area

On the 28 of March 2025, a TB awareness talk was held for all the patients who had visited the clinic. This was a collaborative effort by all sections aimed at raising awareness about TB as a manageable disease.

Patients were educated on the dangers of living with TB as it can easily be transmitted from one person to another as it is an airborne illness. The staff informed patients that TB can be cured. Patients were encouraged to consult with professional health care nurse if they develop any of the symptoms that were highlighted during the session.

In order to cascade the message of TB awareness, door to door campaigns were also done by our TB Tracer Team, who visited newly initiated patients to monitor their progress and reinforce the importance of treatment adherence.

Patients were also educated on the importance of testing for TB/HIV and knowing your health status. This allows patients to be able to disclose and know how to live with TB/HIV once he or she tested positive. The pharmacy staff shared how TB medication assisted patients who are now living TB free due to taking their medication consistently as instructed by the nurses.



Educating Patients about signs & symptoms of TB

04



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth



BASIC LIFE SUPPORT TRAINING

Basic Life Support (BLS) training is a vital program that equips individuals with the skills to respond effectively to life-threatening emergencies such as cardiac arrest, heart attacks, strokes, and choking.

On the 11th of February 2025, staff members at Pholela CHC participated in a comprehensive BLS training session. The training focused on how to recognize and manage medical emergencies that can occur at any time and in any setting, whether at a shopping centre, an airport, or even at home.

To enhance practical learning, dummy dolls were used for simulation exercises, allowing staff to demonstrate their responses to real-life scenarios. This hands-on approach helped ensure that participants not only understood the theory but also gained the confidence to apply their knowledge in critical situations.

Staff were also trained in the proper use of Automated External Defibrillators (AEDs) and the correct techniques for performing Cardiopulmonary Resuscitation (CPR). These life-saving procedures are crucial in the first few minutes of an emergency and can significantly increase a person's chances of survival.



Staff simulation exercise



ISIBAYA SAMADODA 2025



uMntwana weSilo uNhlanganiso



Isibaya samadoda 19 February 2025 was hosted by the department of Health at Ntekaneni Location in collaboration with NDZ Municipality. This was a very informative campaign led by the Champion for KZN, TB/HIV and MMC, “The Prince, uMntwana uNhlanganiso .” The community welcomed the call by the Prince as they filled the hall to maximum capacity. The event was focused on men’s health, medical male circumcision, TB/HIV screening and testing.

Men were encouraged to be proactive about their health, to regularly visit the clinic, and to serve as role models for young boys by making responsible lifestyle choices. The Prince emphasized the need for men to use condoms, get circumcised, and set positive examples in their families and communities.

The event also opened the floor to discussions from the community, with concerns raised about the impact of substance abuse — particularly drugs and alcohol — and how it contributes to social issues such as teenage pregnancy, school dropouts, and poor decision-making.

“The young men of today need guidance,” said uMntwana uNhlanganiso. “The future of our country is in our own hands.”

06



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health

KZN Department of Health



kznhealth

@kznhealth



ISIBAYA SAMADODA GALLERY



Dental Team



Basic cardio exercise by Physiotherapist



uMpathi wohlelo Mr Mkhize



Community screening



Social Worker addressing the community

07



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

EASTER SERVICE PRAYER 2025



Praise and Worship by staff

Easter service prayer was very refreshing as staff and patients gathered in song and prayer to commemorate the days when the Lord Jesus Christ was crucified for our sins. The purpose of having such a service for patients and staff, is to provide a sacred space to have spiritual connection. This service offered a chance for them to reconnect with their faith, find comfort, and draw strength from God.

Praise and worship is very important to the staff and patients, having this prayer revived may people and brought about calm with in the institution. It reminded us that our health facilities are not only places of physical healing but also of emotional and spiritual support. In times of illness or stress, people seek hope and through prayer, they find a sense of comfort in laying their burdens.

Scriptures were read from the bible when Jesus our savior was on the cross. The seven words by Jesus on the cross were very significant as even when Jesus was beat, assaulted, and all the things that were said and done to him, he was able to ask "God to forgive the people for they do not know what they are doing" Luke 23 verse 34.

This message served as a reminder to all in attendance about the importance of forgiveness. Holding onto anger and grudges weighs down the spirit; through forgiveness, we free ourselves and live with a lighter heart.

The staff and patient were rejuvenated by the praise and worship and was visible in the way the sang and gave praise and worship as if we were in church. We extend our gratitude to the patients, staff, and the community we serve for trusting us with their care. May God continue to give us strength, unity, and compassion as we strive to deliver optimal healthcare services.



EASTER SERVICE PRAYER IN PICTURES



Praise and Worship by staff



CEO/Medical Manager Dr. L Buthelezi



Nursing Manager PHC Sister Willie



Nursing Manager Mrs. T Nzimande



STAFF WELLNESS DAY



Aerobics by Staff

Staff wellness day at Pholela CHC was met with surprising turn out from the staff to participate. On Thursday, 17 April 2025, Pholela CHC hosted a Wellness Day at the sports ground to promote healthy lifestyles among staff through fun and engaging physical activities.

The day began with energetic aerobics led by Miss Nqobile from the Wellness Committee. Staff were then divided into four teams to compete in various activities. Tug of war showcased some surprising strength, while a 5km fun run and walk was completed by all including our senior staff!

Water games, such as passing a bucket from one person to another, highlighted the importance of teamwork, which can be applied in the workplace as well. These games encouraged unity and collaboration among colleagues.

We were also joined by supportive stakeholders who donated fruits, water, and shared valuable information about their products and services. The event was a great success, leaving everyone feeling refreshed, motivated, and more connected.



Wellness games

STAFF WELLNESS DAY



Teenage Pregnancy Awareness Campaign 2025



Motivational Speaker Dr. Lelo

Pholela CHC hosted Teenage Pregnancy Awareness Campaign at Bulwer Hall on the 13th February 2025. The aim was to educate high school girls (ages 14–17) from surrounding schools about the risks and long-term impacts of teenage pregnancy.

Various departments joined the campaign to speak on important topics such as children's rights, reporting abuse, condom use, and other prevention methods. The key message was clear: *your future is in your hands*, and early pregnancy can bring many challenges that may affect a young girl's life trajectory.

Dr. Lelo Nkosi, the guest and motivational speaker, shared her passion for helping young girls avoid early pregnancy. She founded an organization after witnessing children as young as 12 falling pregnant, and now works to raise awareness and provide support.

The session was eye-opening for the attendees, who asked insightful questions about STIs, condom use, PrEP, and common myths and facts around prevention. The campaign left a lasting impact, empowering the girls with knowledge to make informed decisions about their health and future.



PHC Supervisor Miss Motloung

Teenage Pregnancy Awareness Campaign 2025



Mr Mthiyane & Sister Zikode



Questions & Answers session



Clinical Physiologist Miss Mpho



CHILD PROTECTION AWARENESS WEEK

PHOLELA CHC

Pholela CHC remains committed to educating patients and the community on physical, mental, and emotional well-being through health talks, awareness campaigns, and community events.

In recognition of Child Protection Week, staff hosted an awareness session on 30 May 2025, sharing this year's theme and educating parents on how to identify and report signs of child abuse. Emphasis was placed on protecting children from pregnancy through birth and beyond.

Various departments addressed issues such as mental health in children, the importance of reducing stigma, and upholding children's rights. Parents were encouraged to speak up and report any suspected abuse, as children are often afraid to report it themselves.

Pholela CHC continues to play an active role in creating a safe, informed, and protective environment for all children in the community.



Social Worker Miss Ntombela



OPD Operational Manager: Mr. Dlamini

NEW APPOINTMENTS

2025



Chagwe KZS
Pharmacy Intern



Mhlongo NS
Medical Practitioner



Ntuli NKA
Pharmacy Intern



Khoza PHV
Medical Practitioner



Dlamini XM
Admin Clerk



Masiza KPP
Occupational Therapist



Mokone TD
Physiotherapist



Sikhakhane L
Pharmacy Intern



Sodela NL
Admin Clerk
In-service Trainee



Ngcobo NM
SCM



Nyawose SB
Human Resource

15



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health

KZN Department of Health



kznhealth

@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Mr. Mthiyane & Mr. Kheswa FAREWELL



Teamwork and dedication were just some of the admirable qualities consistently displayed by Mr. Mthiyane, Operational Manager at OPD, and Mr. Kheswa, Staff Nurse. Their commitment to excellent patient care and positive staff interactions did not go unnoticed, with many patients complimenting their service.

To bid them farewell, the OPD staff hosted a small celebration in their honor. They were wished all the best in their future endeavors and reminded to carry the spirit of Pholela CHC with pride wherever they go. Stay true to yourselves — you will be missed!



**Tsatsi Operational Manager:
Sr. Dlamini**

Despite the poor weather, Tsatsi Clinic's Open Day on 11 June 2025 was a great success, with strong community attendance. Operational Manager, Sister ZN Dlamini, warmly welcomed all guests and emphasized the importance of such events in informing the community about clinic services, operating hours, and available healthcare streams.

Staff members introduced themselves and outlined their roles, alongside support from Pholela CHC. The community actively engaged with questions and suggestions, especially around the referral system and the possibility of weekend services.

The event was highly informative, and all feedback was duly noted by Sister Dlamini. Refreshments were served, and the day ended on a positive note, strengthening ties between the clinic and the community it serves.



GALLERY

2025



Nurses Day Celebration and Braai



Nurses Day Prayer



Staff Wellness Day 2025



Isibaya saMadoda Outreach



KZN Health chat studio at Pholela CHC

15



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health

KZN Department of Health



kznhealth

@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

ACKNOWLEDGEMENTS



Sifiso Mkhize
WRITER/DESIGNER



KPP Masiza
Sub Editor



TD Mokone
Sub Editor



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

CONTACT DETAILS

D1213 Hlanganani Road

Tel: +27 (0) 39 832 9488

**P/Bag X502
Bulwer 3244**

Tel fax: +27 (0) 39 832 9662

sifiso.mkhize@kznhealth.gov.za

16



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**