



**KWAZULU-NATAL PROVINCE**

**HEALTH**  
REPUBLIC OF SOUTH AFRICA

**PHOLELA CHC**

# PHOLELA COMPLEX

# NEWS

INTERNAL NEWSLETTER

First edition 2022



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**Isibaya saMadoda**  
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## Foreword From The CEO/Medical Manager



Dr L Buthelezi  
CEO/Medical Manager

**S**eptember 2022 marks a new beginning for me as Pholela' new Medical Manager/ CEO. I am honored and excited to start this journey. I also share the same vision and commitment as the Provincial Health Department, which is to provide optimal health for all persons in KwaZulu-Natal. As the new CEO my mission is to develop and implement sustainable, coordinated, integrated and comprehensive health system at Pholela CHC and the Primary Health Care (PHC) clinics we support.

My hope in this new position is to chart a way forward for our clinic that invokes the root and spirit of Pholela CHC, which is the Community Based Health Care approach. This approach puts an emphasis on Primary Health Care in the community and is the foundation of ensuring that we achieve Universal Health Coverage (UHC).

The core values that healthcare workers and support staff should strive to emulate in their day-to-day management of patients are :

***Trustworthiness, honesty, and integrity.***

***Open communication, transparency, and consultation.***

***Professionalism, accountability, and commitment to excellence.***

***Loyalty and compassion to others especially patients.***

***Continuous learning, amenability to change and innovation.***

***Respect to staff and patients.***

These are truly values that we should all strive to live by.

We are living in difficult times filled with economic challenges including a decreasing health care budget, staff shortages and load-shedding. In the midst of all these challenges Pholela CHC remain steadfast in its efforts and commitment to fulfilling our mission of providing optimal health care to all. In this regard we can not overstate our need for the trust and support of our community as we try our level best to provide quality primary health care in our resource limited environment.

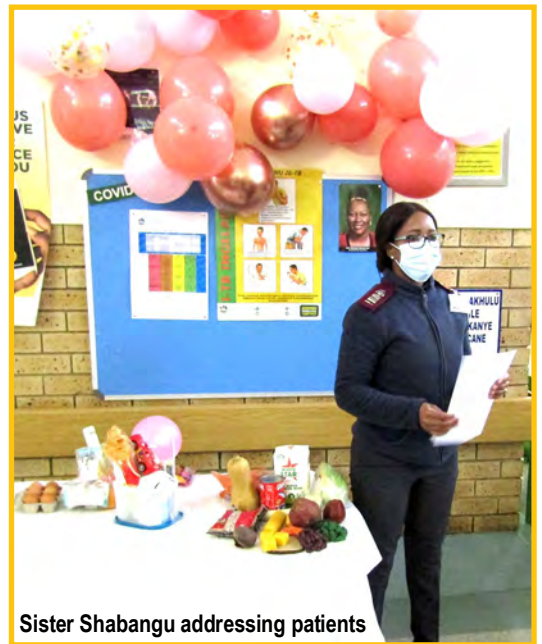
***Some of our future plans for improving health care services to Pholela CHC include :***

- ⇒ To expand our rollout of Male Medical Circumcision (MMC) to more patients include the PHC clinics we support.
- ⇒ The introduction of Medical Choice on Termination of Pregnancy (CTOP).
- ⇒ A Rape victim crisis center.
- ⇒ Ultrasound services aimed at our gynecological and obstetric patients
- ⇒ Improved Eye clinic services with the aid of new equipment that we recently received . This new equipment will help improve the assessment and care of patients with eye conditions.

My ambition is to take Pholela CHC and the PHC clinics we support to the next level of care as we move ever closer to the implementation of the National Health Insurance (NHI) in 2026. The NHI will completely change the health care landscape of our country for the ultimate good of its citizens . My hope is to prepare our clinic and the PHC clinics we support, to rise to the challenge as we move towards the realization of Universal Health Coverage.



## Breast Feeding Week 2022



Sister Shabangu addressing patients

Breast feeding week helps to encourage and educate mothers, fathers and the community at large about the importance of breast feeding and breast milk. During the 1st week of August 2022, the maternity staff hosted an awareness campaign and called on the staff of Pholela CHC to gather at the OPD patient waiting area.

Patients and community were educated on the importance of breast milk and how it helps the child to grow up healthy and strong. Breast milk is vitally important to the child in the first 6 months from birth, as it helps with child growth and strengthens the immune systems, said Mr Matikwane (Nutritionist). He also explained that a child diet should be monitored by the parents to prevent things like obesity and malnutrition as we have seen in many cases.

Sister Shabangu (OM Maternity) talked about how mother should take care of themselves during pregnancy and when breastfeeding, she explained different ways of breastfeeding and how breast milk can be expressed and stored by mothers.

The community were very engaged with the topics and discussions that were done during the talks, mothers and patients were asked questions on various topics to get feedback on information provided.



Mr. Matikwane (Nutritionist)

## Pharmacy Month 2022

The Pholela Pharmacy personnel took an initiative to celebrate the Pharmacy Month which is celebrated yearly in September from 1 to 30. The theme for this year is Woman and Youth Health. It is of essence to understand that Women and Youth are the most vulnerable groups to many different kinds of diseases.

In most rural areas not leaving the Pholela community behind, most patients are not aware of crucial medications that can help them to curb the spread of HIV infection, therefore as a Pholela Pharmacy staff we decided to educate patients about PreP as possible alternative pill. PreP adherence was emphasized to patients and risks associated with missing to take the pill. It was explained to patients that PreP is not a substitute for a condom but using both condom and PreP is beneficial because this means you are protected from STIs and HIV infection.

Teenage pregnancy across the country is rising at an alarming rate, as Pholela Pharmacy, this was an essential topic to dwell upon in order to inform the Pholela community and youth about possible varieties of contraceptives available in their Pharmacy. Copper and Mirena Intra-Uterine Device which prevents pregnancy up to 5-10 years was explained to patients and can be removed whenever a women have a desire to have children just to mention few benefits of Copper IUD. The Progesterone IUD was explained to patients as another contraceptive that last up to 5 years

The third contraceptive that was discussed to patients is Implanon (Etonorgestrel) which prevent ovulation, patients were told that this type of contraceptive to prevent pregnancy for a period of 3 years. The fourth contraceptive explained to patients was DEPO-Medroxyprogesterone administered as an injection every 3 months. The fifth and final type of contraceptives were tablets that are administered daily. All aforementioned contraceptives, the Pros and Cos were explained. Most patients were unable get access of the "Morning After pill", this was explained how is can be accessed freely at the clinic after consultation with nurses .

Breast and Cervical cancer are the most two type of cancerous disease that threatens the life of a women. As Pholela Pharmacy Staff we are using these opportunity of Pharmacy month to tell women that cancer can be defeated if detected early. We are saying know the signs and symptoms and visit the nearest health facility for early diagnoses.

"The Pharmacy month has been a great success, left community quite informed, there is a strong need to engage community about different health topics, patients really want to know more, I do feel our pharmacy department should give more health education, *ubungabona indlela bebejabule ngayo umphakathi wakithi*" said Mr Gauz, pharmacy manager



Pharmacy week presentations by Mr. Gau (Pharmacy Manager)



## New Appointments



Dr L Buthelezi  
CEO/Medical Manager



Mrs T.F Nzimande  
Deputy Manager  
Nursing



Sir Mhlongo  
Operational Manager  
Mobile Clinic



Sir Mnguni  
Operational Manager  
HAST



Sister Shabangu  
Operational Manager  
Maternity



Sister Nontununu  
Occupational Health  
Nurse



Mr s Ngcobo  
Assistant Director HR



Mrs Z.P Ntuli  
Assistant Director  
Systems



Mr S Sibeko  
Radiographer



Dr. Mbambo  
Medical Officer



Dr Mjoli  
Medical Officer

## Launch of Isibaya samadoda NDZ 2022

**I**sibaya samadoda uhlelo loku khulisa nokufundisa izinsizwa ukuba zikhula zibe amadoda aqotho emphakathini kanye neNingizimu Afrika yonke. Izinyane leSilo (Mnz Nhlanganiso) yilona elingu mdidiyele loku qhuba loluhlelo lwe-sibaya samadoda.

Ngosuku 06 May 2022 isigodi sakwaBhidla samukela izinyanele leSilo, uMnz Nhlanganiso. Izinyale leSilo lathatha ithuba ukubonga iNkosi Dlamini (uNdabezitha) kanye izinduna zakhe ngokuthola ithuba loku vakashela isizwe sakwaBhidla.

Izinyane neSilo (uMnz Nhlanganiso) wabe esechaza ngokukhula kwengane yomfana isencane, iba insizwa, ikhule ize phinde ibe indonda, zonke lezigaba zinomthelelo ukuba ingane yiba hlobo luni lendonda mese ikhulile. Kubalulekile ukuthi sifundise izingane zethu ukuthi kuyini ukuba yindonda, nendlela yokuziphatha mawu'muntu wesilisa. Fanele sibambisane siwu mphakathi ukukhulisa abafana nezinsizwa zendawo zibe amadoda aqotho ahloniphekile, kusho uMnz Nhlanganiso. Wachaza noku baluleka koku soka, kubantu besilisa noku vakashela umthola mpilo, uyohlola izinga likashukela, BP, isandulela ngculazi, TB, kanye nezinye izifo ukuqinisekisa ukuthi ngabe konke kusa hamba kahle ngokwezempilo

iNkosi uDlamini, wasukuma ngoku'bonga izinyane leSilo, wabe esekhuthaza umphakathi namadoda ukuthi abambisane ukwekhulisa nokufundisa izingane inhlonipho namasiko esintu kuze isizwe sakwaBhidla



Izinyane leSilo (uMnz Nhlanganiso) ekhuluma nezinsizwa namadoda



## NDZ Community Safety Road Show 2022



**C**ommunity safety & health were the topic of the day as the Dept. of Health, SAPS, RTI and NDZ Wild Life Rangers took to the local streets of Bulwer to conduct a road block. The aim was to have a road block that will educate & create awareness to the drivers, passengers and community as a whole.

On the 1st April 2022, a successful road block was conducted by NDZ government officials to help create awareness on social health, common illness BP/COVID/FLU screening and the obvious road safety compliance on vehicles and the drivers. Passengers and drivers were screened for minor alignments, educated on covid19 vaccination and prevention methods. RTI official conducted a formal verifications of drivers licenses and vehicle registration. SAPS and Wild Life officials searched vehicles for illegal items and educated staff on stock theft and other crime related issues. Condom distribution was done health officials to the community and passengers

The people were pleased to have such an educative road block to ensure that community safety and road safety regulations are adhered to by the drivers and commuters. The road show continued to Bulwer taxi rank where key messages were delivered by officials to ensure that community is well informed on how to take care of their health, comply with the laws of the SAPS and RTI at all times .



Roadblock station on R617



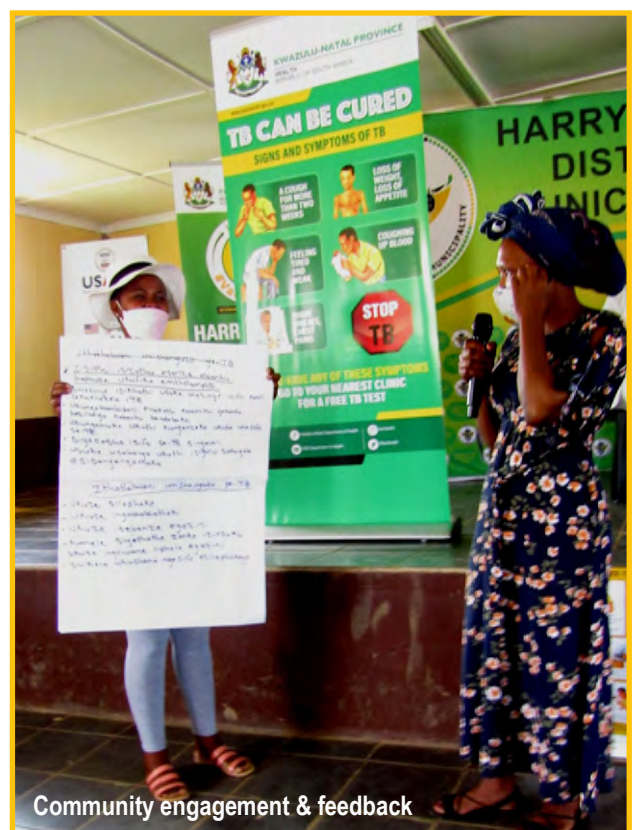
Screening table for drivers and passengers



## TB Day Awareness Campaign 2022



Key note messages by Sister Willie



Community engagement & feedback

**T**B awareness campaign was held at Nkelabantwana hall for all people, young and old to create awareness to curb the spread of TB. This event was graced by the NDZ Honorable Major S.P Majozi. The purpose of such campaigns is help the community to have a more and clear understanding of TB, signs and symptoms of TB, medication adherence by TB patients and how to prevent TB transmission amongst each other

On the 23rd March 2022 a successful TB awareness campaign was attended by the people of Nkelabantwana and surrounding areas. It was very pleasing to have such a turn out by the people as the hall was packed. Key messages were shared by Sister Willie (PHC Manager) who explained that people should visit the clinic as soon as they suspects they have TB or have any of the symptoms that were spoken about. The Honorable Mayor also took the time to thank the community and the Dept. of Health for having such initiatives to help people acknowledge their health and be educated on these kind of things, she urged the public to work closely with CCG's to identify house holds that need to be given special attention due to circumstances of old age people, very frail and sick people in their homes.

The community were asked to do presentations on the topics of that had been addressed. The exercise proved that the campaign was a fruitful, as all the groups that presented, showed excellent understanding of TB.



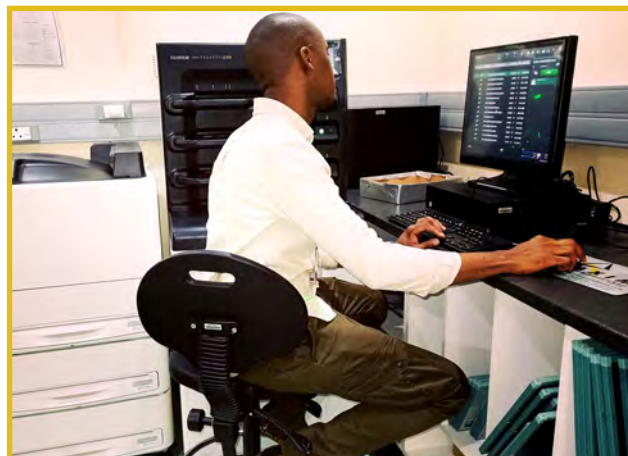
## X-Ray Department New Radiology Equipment

**R**adiology is the heart of the modern medicine that if changing and developing to make the process of diagnosing patients easier. In the field radiology, x-rays are used together with technology to create images of the body. This technology is very important and plays a vital role in accurate imaging

Medical technology and x-rays have been around since the times of 1895, hence most x-ray departments still have some of the older equipment. However Pholela CHC x-ray department is pleased to announce the arrival & installation of the new Digital Processing Equipment. It is an absolute honor to transition from the old dark room processing into the new Digital Mechanism.

This new system allows for decreased patient waiting times, improved image quality, access to manipulate images and is an overall rapid system that renders digital and printed images in less than 10 minutes.

Nelson Mandela has said "It is in your hands to make a better world for all who live in it." Pholela CHC X-RAY Department is glad to finally be able to contribute to the betterment of all patients and Pholela CHC community





## Iron Man Conquers Comrades Marathon 2022



Comrades marathon Moses Mabhidha Stadium grand finish



The comrades marathon has been away for over two years due to covid19 pandemic. However during that time, Mr. Ngcobo was running trail marathons locally & slowly fell in love with running, which made him focus more on the sport & commit himself to performing at his best. By 2018 he was competed in the Lesotho 50km races and was able to get on the podium on his debut. This was a great inspiration to him & made him believe he could compete at the highest level. ***“I was a known athlete & had made a name for myself competing with professional athletes”*** said Sihle Ngcobo.

Having got on the podium in Lesotho, caught lot of attention and was later invited to participate in the *Ultra Trail Drakensberg International 62KM* race where again, he was able to come in 2nd place. ***“It was unbelievable to get on the podium and to run with experienced athletes from all over the world”*** said Sihle.

This made many other athletes recognize his talent & suggested to him to join the Comrades marathon. This was going to be the greatest challenge, and he took it on chin up and head up high. Sihle was able to complete the ultimate endurance race in 07hours and 13min. Winning a silver medal and an award for best runner and best new comer in 2022. He had done it again.

We as Pholela CHC and Dept. of Health are proud of your accomplishments. All the best in your future races

“Special thanks goes to Mr. Glan Haw, team manager, Varsity College Running Club and Sani2C for their continued support in making my dreams come true and believing in me” said Mr Ngcobo



# Photo Gallery 2022



Pharmacy Week 2022



Community Outreach



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**Sifiso Mkhize**  
WRITER/DESIGNER  
PHOTOGRAPHER



**Tamika Mewalall**  
Sub Editor



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HEALTH  
REPUBLIC OF SOUTH AFRICA

## CONTACT DETAILS

**D1213 Hlanganani Road**

Postal Address:  
**P/Bag X502**  
**Bulwer 3244**

**[sifiso.mkhize@kznhealth.gov.za](mailto:sifiso.mkhize@kznhealth.gov.za)**

SWITCHBOARD

**Tel: +27 (0) 39 832 9488**

SWITCHBOARD FAX NUMBER

**Tel fax: +27 (0) 39 832 9662**