



PHOLELA COMPLEX

NEWS

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Dr L Buthelezi
CEO/Medical Manager

As August is recognized as women's month, Pholela CHC had organized various health promotion programs for women during this month. These programs included campaigns for cervical cancer screening, raising awareness about breast cancer, and educating people about gender-based violence (GBV) among others. Our supporting partners, including MATCH, DSD, SAPS, SASSA, and lifeline, played a crucial role in helping us to provide the necessary services to women of all ages and to meet their requirements.

We should however be concerned about the increasing numbers of GBV cases and sexual assaults. It is alarming to note that the survivors of GBV are increasingly young. Therefore, more needs to be done to prevent and decrease the high rates of women and child abuse cases in our communities. We need a multidisciplinary team approach involving all relevant stakeholders to combat GBV. As health care workers, we have a significant role to play as most GBV survivors often present to our health facilities for assistance.

We must be empathetic and diligent while performing our duties, which will assist both the patient and the justice system. It is our responsibility to be there for our patients in their time of need and to treat them with kindness and empathy. We must fully embrace this role as no one else will do it on our behalf. As health care workers, we have taken oaths to respect the patient's autonomy and to do no harm. We should aim to add value to everyone we treat, which will lead to leaving the communities we serve in a better state than before.

If all health care workers did this every day, imagine the impact we could have in all the communities we serve!

Therefore, I urge all health care workers in the Department of Health to continue making a difference and having a positive impact on our patient's lives, not only in the women's month but also in the months to come.

Let us strive to achieve this goal and leave a positive legacy behind.

I wish everyone a happy Women's Month and a happy Heritage day.

Best regards,

Dr. L Buthelezi
CEO/Medical Manager
Pholela Complex

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Gqumeni Clinic Open Day 2023



Gqumeni Clinic Open Day

Gqumeni Clinic hosted an Open Day on the 21st of March 2023 for the community, patients and health care users on the various service that are provided at the facility and new services that have or will be introduced by the Department of Health. The aim of an open day is to also get community feed back and perceptions about the clinic and also have a chance to allow the people to voice out what they would like to see being offered at the clinic that is not being offered or done as yet. The community can leave suggestions and even compliment the facility for good work done or raise complaints about any dissatisfaction experienced at the clinic.

The community came out in numbers to honor the invitation and numerous guest were invited to attend the event such as Mr. Magoso from the Traditional Council who welcomed all the guest and praised the staff at Gqumeni clinic for their good work and overcoming many challenges in the community with limited resources.



Dr. Buthelezi (CEO/Medical Manager) was present and addressed the community on the importance of taking care of our health and knowing of your personal health conditions, he emphasized about all screening services that were provide at the Gqumeni clinic, BP screening, Diabetes, cervical cancer, TB & Covid 19 screening and testing, chronic diseases management, well baby, IMCI and Antenatal care. This were just a few of the things he mentioned and service at Gqumeni Clinic

The event was a success as community members engaged in dialogues and asked very important questions on different service and medications

A walk through around the clinic was done by the Mr. B Nkosi (Operational Manager) showing us how the staff and clinics operate on a daily basis.

Lunch and refreshments were served for all guest and community members to honor Open Day



World TB Day 2023



TB Day awareness march by staff and patients



Mr. SC Mkhize Linkage Officer

World TB Day is commemorated on the 24th of March every year to create awareness, make people and the community to understand that TB can be cured and to not stigmatize people living with TB in our communities. The theme for this year 2023 was, "YES WE CAN END TB"

Pholela OTL conducted outreach service whereby they encourage people to get screened for TB and also did universal testing. Tracer teams and OTL's working with CHW's visited homes and taxi ranks giving health education on management of TB, medications, symptoms and TB testing

On the 24th of March 2023, Pholela CHC staff had an awareness march around the facility grounds, joined by patients and community members, singing and chanting songs on healthy lifestyle and TB prevention methods.

This was an opportunity to engage with the community and patients, to let them know about World TB Day and how they can play a role to ensure that we end TB.

Linkage Officer Mr. SC Mkhize addressed the audience and explained how TB can be managed and how TB can pass from one person to another. He explained different ways we can try to prevent TB, by keeping windows opened and getting screened for TB at your local clinic.

The outreach campaign to educate and encourage people to get screened and tested for TB was a success as we saw a rise in the number of people who got screened. Its important we keep our patients and communities informed at all time to have a healthy and happy society



Emergency Fire Drill Exercise



Pholela CHC conducted an emergency evacuation exercises to determine state of readiness and to prepare staff incase a fire breaks out in the facility or homes. This exercise was aimed at educating the staff, patients, clients and community to know how to handle themselves in an event of a fire or emergency situation

The staff and patients were evacuated outside in an orderly line as per guidance of fire marshals. When the staff were all outside, a head count was done and an evacuation scenario of a trapped staff member was carried out by trained and professional fire fighters. This was made possible with the assistance from our local municipality, NDZ Fire Department who were very informative.

“Such exercises are crucial and very important, as it makes the staff ready to deal with any emergency situation should fire erupt in any case” said Mr. M Dlamini (Safety Officer)

When a fire breaks out, different kinds of fire extinguishers are used, explained the Fire Man to the staff and patients, Fire extinguishers are not all the same, just as there are different kinds of fires, It can be an electronic fire, gas or petroleum fire or normal bush/field fire. Therefore it important to use the ideal extinguisher for the right fire in an event of a fire. Staff and patients were then asked to demonstrate on all that was being taught by the fire marshals and use a fire extinguisher correctly

The staff were terrified to put out the fire, but Miss Nyandu volunteered to try and put out the fire and did exceptional well. And few others staff including the CEO were motivated to also make use of the fire extinguisher and all demonstrated perfect capability in handling fire extinguisher

The emergency fire drill exercise was done across all satellite clinics for Pholela CHC to ensure adherence to some aspects as required by Department of Labor and Fire standards at Pholela CHC



Immunization Campaign 2023



Vaccinations station

Measles campaign was done at Pholela CHC for all children ages between 6 months and 13 years. A vaccine station was set up at the facility entrance whereby the staff screened patients and children to get immunization and protect against measles.

There were outreach teams that were formed and worked closely with CWH to visit homes and crèches to check for child immunization and health chat to ensure that all children receive measles shots.

The campaign was aimed at ensuring that mothers and the community know it is important to have children vaccinated and know about the benefits of getting measles shot and the disadvantages of not vaccinating your child

The parents and community were educated about the symptoms of measles and how they should ensure that they take their children to the nearest clinic if any of the mentioned symptoms appear

Signs and symptoms include cough, runny nose, inflamed eyes, sore throat, fever and a red, blotchy skin rash. The disease spreads through the air by respiratory droplets produced from coughing or sneezing. It is therefore important that we teach our children to cover their mouth when they cough. Measles symptoms don't appear until 10 to 14 days after exposure. There's no treatment to get rid of an established measles infection, but over-the-counter fever reducers or vitamin A may help with symptoms.



International Nurses Day



International Nurses Day Pledge and Candle lighting ceremony

International Nurses Day is recognized around the world as a day to pay tribute to the hard working nurses who dedicate themselves into putting their heart and soul into dedicating themselves to making society and communities have better health. Nursing was highly recognized through the modern teachings of Florence Nightingale, who is said to have saved a lot of lives during the Crimean war 1853-1856 where she was famously known as the lady with the lamp, as she carried the lamp at night doing her rounds and attending to wounded soldiers. International Nurses Day is commemorated on the 12 May of every year.

Pholela CHC staff on this special day joined together to honor International Nurses Day and all wore their white uniforms to recite their nurses pledge and light candles, significance to Florence Nightingale during the Crimean war. The nursing manager Mrs. Nzimande reminded the nurses that “They are the hope for the people that come into the clinics and hospitals, it is through your hands that many people are able to fight their illness and make

happy healthy recoveries. We need to be the eyes for those who cannot see, ears for those that cannot hear and feet for those who cannot walk.”

PHC Supervisor (Miss Motloug) led the nursing staff to lighting their candles and reciting the International Nurses Pledge, reminding them that they have a duty to fulfill and have an oath that abides them and should be honored by all nurses.

The CEO/Medical Manager (*Dr. L Buthelezi*) expressed words of gratitude to the nursing staff as they do a lot of hard work with our patients, they are the first line of duty and have a very important role to play in the health sector and in every health institutions. Nurses & Doctors need each other more than anything and by all means should have a good working relationship for the sake of our patients and the faculty to be able to meet the need of our patients and community.

It was very pleasing to see how much effort and work is done by the nurse in our clinics and hospitals and we should celebrate this day with honor

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Hand Washing Awareness Day



Hand washing by our Medical Officers and clinicians

IPC (AB Zondi) conducted a hand washing campaign for all staff and patients to help keep their hands clean at all times to prevent bacteria and minor infections which might be caused by dirty hands as we tend to use our hands to touch things around us, which maybe filled with germs.

Therefore it is important to make staff and patients understand that hands can carry a lot of germs and we need to wash our hands thoroughly and frequently as germs can be found around us, on door handles, cellphones, patients files, chairs and many other places around us.

The staff were also oriented on how to keep their hands clean when attending to patients. Consultations rooms have hand sanitizers for both patients and staff to use frequently as per health regulations and healthy initiative

The theme for this year was *“Save Lives, Clean Your Hands and Accelerate Action Together”* this was the call for all healthcare workers and users to join hands and keep their hands clean and safe from micro organism by washing their hands all the time and educating each other on the importance of hand hygiene.



Miss AB Zondi (IPC) explaining hand washing



Career Corner

Pholela CHC has many medical and clinical streams for different patients, whereby we deal with various medical conditions and illnesses to help rehabilitate patients. In this edition of our career corner we'll be featuring Physiotherapy and Occupational Therapy as they inform us more about their portfolios at Pholela CHC.



Occupational therapy helps to improve patients basic motor skills, strength, dexterity and their range of motion. The main aim of occupational therapy is to improve patients functioning in everyday tasks, from something minor as learning to dress after a stroke, to integrating a patient back into the work space after injury or illness. The conditions that require occupational therapy at primary healthcare level include, stroke patients, hand injuries, development delays, OA, upper limb fractures with injuries and mental health conditions. The rehabilitation from occupational therapy will ensure that patients can regain optimal levels of independence to enhance quality of life



A physiotherapist is a medical professional who specializes in treating injuries and conditions that impact movement. Therefore physiotherapy helps to restore movement and function when someone is affected by an injury, illness or disability. These include conditions such as arthritis, strokes, muscle sprains, fractures and dislocations etc. Physiotherapist can also educate patients on how to maintain a healthy lifestyle to manage chronic conditions and to prevent re-injury.

It is clear that rehabilitation by physiotherapy and attending to occupational therapy can be very helpful in the recovery of our patients and help them to regain movements after injuries or illness. It is important that our patients and community know about these service rendered here at Pholela CHC



STAFF APPOINTMENTS



DR MATHE
Medical Officer



DR MAKANDA
Medical Officer



DR MQOQI
Medical Officer
Comm-serve



DR ZACA
Medical Officer
Comm-serve



L KHOZA
Pharmacist
Comm-serve



N Mokele
Occupational
Therapist



N MANELE
Physiotherapist



B MORE
Pharmacist
Comm-serve



MM DLAMINI
Safety Officer



CJ KHESWA
Artisan Plumber



P MAVUNDLA
Artisan Foreman



B MADLALA
Handyman



STAFF APPOINTMENTS



DR MAGOSO
Medical Officer
Comm-serve



BP ZIKODE
Operational Manager
Maternity



PG MTHETHWA
Operational Manager
Mobile 1



NP MSOMI
Professional Nurse



MA NGUBENI
Human Resource
Supervisor



KA MKHIZE
Clinical Nurse
Practitioner



KE MTOLO
Admin Clerk



MC MADIKIZELA
Transport Officer



MB MKHIZE
Handyman



SP GCINA
General Orderly



N ZULU
Enrolled Nurse
Assistant



ML VILAKAZI
Radiographer
Comm-serve



STAFF APPOINTMENTS



K SIMANGA
Monitoring &
Evaluation



BW NXELE
Operational Manager
Chronic



AB ZONDI
Infection Prevention
& Control



N MNIKATHI
Clinical Nurse
Practitioner



NP NGUBANE
Clinical Nurse
Practitioner



SI MAHLABA
Clinical Nurse
Practitioner



L NDLAKU
Oral Hygienist



PF DLUNGWANA
Human Resource
Officer



S KHOZA
Clinical Nurse
Practitioner



M HLATSHWAYO
Professional
Nurse



B HLONGWANE
Professional
Nurse



TH NGUBANE
Clinical Nurse
Practitioner



STAFF FAREWELLS



Mr. Ngcobo farewell

It's never a good feeling to say good bye to your close friends and colleagues, which are basically your family, as we spend most of our times at the workplace. During this year we bid farewell to a number of employees, of which some had reach their retirement and others got promotional post elsewhere.

We wish you all the best with your future endeavors as they take on a new path. Your presence will be highly missed and we will cherish all the good memories that we shared over the years.

Here are some of the pictures and moments that we shared during our time together as colleagues, friends, brothers and sisters.. **Bon voyage**



Mrs. Dlamini's farewell



Heritage Day Celebration

It was a beautiful day as staff celebrated heritage day in style at Pholela CHC. Everyone was dressed well in their traditional attires. To commemorate this special day, all staff gathered at the hospital grounds to have a Zulu dance showcase (ukusina nokushaya ingoma) where they would show off ukusina nokushaya ingoma in a friendly and integrated manner. The sections were divided by categories from OPD, Maternity, Pharmacy and the rest of the departments within the institution.

The CEO shared words of wisdom explaining the importance of unity amongst staff as we spend most of our time here at work, so we have to be united and be able to work well together without having any anger and hate towards each other. Heritage Day is about celebrating our heritage as different South Africans and we are known for our Ubuntu and kindness, we need to practice this spirit of Ubuntu everyday and make sure we show courtesy and Ubuntu to our patients, towards each other and we can make our heritage live on in our children and generations to come, said Dr Buthelezi.

The staff were well prepared for this day as we saw some brilliant performances from the different sections which showcased ukusina nengoma on another level. We are truly a blessed nation to have such a beautiful heritage as South Africans.

Traditional foods were also prepared by the staff, where we saw boiled chicken, isitambu, amadumbe and sweet potatoes on the menu. Refreshments were served and everyone was happy and staff showed great unity to making this event a success. *Happy Heritage Day 2023*



GALLERY 2023



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Sifiso Mkhize
WRITER/DESIGNER
PHOTOGRAPHER



N MANELE
Sub Editor/Photographer



Dr. Y Makanda
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

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