



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

PHOLELA CHC

INTERNAL NEWSLETTER

PHOLELA COMPLEX

NEWS

HERITAGE DAY 2024

Sept 2024



The 24th of September is recognized as a public holiday in South Africa, where by all citizen of South Africa come together to celebrate their cultural history and share cultural roots while dressed up in their traditional attires, cooking, dancing and celebrating the history of our diverse historical origins. South Africa has 11 official languages and embrace the spirit of Ubuntu

To commemorate this day, all citizens are asked to embrace their heritage day by having braais', picnics and to celebrate our ancestors.

Pholela CHC is a institution which has a diversity of cultures. It was important for the staff to have one big event together and celebrate our Heritage Day as workers, patients and the community together, showing unity.

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Pholela CHC Heritage Day 2024

Pholela CHC celebrated Heritage day in style and fashion, as the staff wore their traditional attires'. There was dancing, chanting and delicious food was cooked for the staff, patients and community.

On the 18th of September the staff took the initiative to host The Heritage Day at the sports field, contributions were made by staff to have traditional food cooked and prepared for the special event. Patients and community members were also invited to be part of the celebration.

The CEO welcomed all the staff and thanked them for their dedication and hard work into making the event a success and encouraged them to keep up the good work, by helping our community and showing Ubuntu

Staff took to the stage, whereby different sections dance and sang traditional songs and put on brilliant entertainment. Pictures were taken and staff showed off their traditional attires telling us about their cultural background. Heritage Day taught us that we are ONE as a country and this is our Heritage as South Africans



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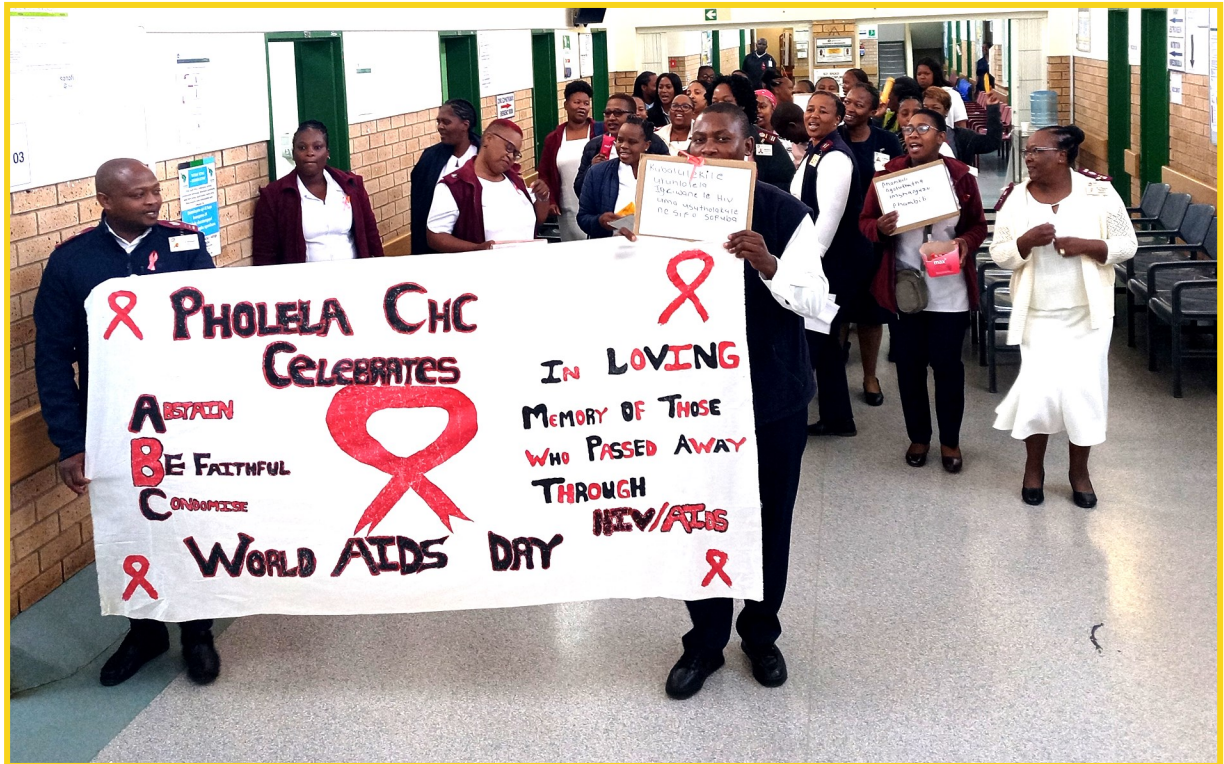
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WORLD AIDS DAY 2024



The 1st of December is International World's AIDS Day which is commemorated all over the world in order to create awareness about HIV/AIDS and help minimize stigma on people living with the virus in our community and society.

On the 4th of December Pholela CHC had an awareness day. On this special day staff & patients united to create awareness about the disease that affects us all. A march took place inside the clinic premises in the morning by staff & patients.

After the march informative talks were given by the different sections, addressing the issues surrounding HIV/AIDS. Sister Madondo from Chronic section gave the purpose of the day, highlighting key points on the importance of knowing your HIV status as individuals. Sister Mkhize from OPD section spoke to the audience, encouraging patients to get tested for HIV and put an emphasis on early detection and how treatment can improve the quality of life.

The chronic section, sister Nxele and sister Dlamini gave details about the prevention of HIV methods that can be practiced to help reduce the transmission of HIV which is aligned with our 2030 goal, "To reduce new HIV infection by 90%".

The program also gave the opportunity to sister Zikode and sister Nkala, from our maternity section, who shared information about the elimination of mother to child transmission on HIV/AIDS, breastfeeding and antenatal visits by pregnant mothers. Sister Notununu the Occupational nurse came and taught our staff about the importance of being more careful when treating patients and taking all precautionary measures.

Ntombenhle Ntombela the social worker was given an opportunity to address the patients, and she talked about the importance of following the right orders by the doctor, whether you are HIV positive or negative. Zuziwe Hlophe from pharmacy shared the importance of knowing about the treatment you are taking as a patient. She highlighted that it is the right of every patient to get information about whatever medication they are taking.

A candle lighting ceremony took place where staff and patients were asked to light a candle in support of everyone living with the disease and to all those that have passed on.

We were honored to also have MR. Gazu in the end of the program as an acting CEO in the absence of our CEO, who thanked everyone for coming.

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Sifiso Mkhize
Public Relations Officer

The time for the festive season has arrived and we are very grateful to complete yet another year cycle. As we will take leave to spend time with our loved ones, let's also keep in mind that many families will celebrate this festive season without their loved ones who passed away, our heartfelt condolences to the Mchunu family and the Likhetha family, as we lost two staff members this year.

It has been a very difficult year for all of us as the staff and community of Pholela, each year had its own difficulties. And through God's grace we triumphed, let us, in this time be united as staff, as family, friends and colleagues.

The department of Health faced many challenges in 2024, that impacted on the service delivery of our patients and emotional well-being of the staff.

Management thanks all the staff for endeavoring through these hard times. All sections did well to ensure optimal service delivery & showed a sense of courtesy & dealt with all kinds of situations. Even through those times you held strong as public servants & went an extra mile. ***WE THANK YOU ALL PHOLELA CHC STAFF AND ACKNOWLEDGE YOUR PRESENCE WITH HIGH GRATITUDE***

Greetings to all readers.

As a Public relations trainee, I've been involved in many exciting projects that gave me a chance to gain more learning opportunities. I am very grateful for the chance that I was given and I am still looking forward for more.

I had the opportunity to assist the Occupational Health and Safety Manager in conducting a comprehensive fire drill evaluation at Underberg clinic. The purpose of the fire drill evaluation was to provide an ongoing awareness program to Underberg clinic staff in ensuring that they are ready to respond to emergency situations.

I also had an opportunity to assist the Pholela CHC pharmacy with taking photos during the awareness campaign for Pharmacy month. I work closely with patient and the public to ensure that patients' needs are met and offer assistance where needed.



Mr. NB Zondi
Public Relations
Trainee

SANDANEZWE CLINIC

OPEN DAY

Sandanezwe clinic hosted an open day on the 21st of August 2024 at Sandanezwe clinic. The purpose of the Open Day was to promote, educate and showcase various service at the facility for the community. The main objective was to encourage healthy lifestyle initiative for the wellbeing of the community at large and promote the one house, one garden initiative.

The public were also informed about Youth Friendly Service that are specially designed to accommodate the youth to be able to visit the clinic freely, as we know that the youth are experiencing a lot of things in their homes, schools and in the society. Sister Ngidi urged the youth to make use of this service, as it can help eliminate and identify any social and health related matters that need urgent attention, help reduce teenage pregnancy, promote abstinence and self respect.

NP Zaca (*Operational Manager*) encouraged the community to support one another as a society especially people with certain conditions like dementia, Alzheimer's, HIV, TB and other chronic conditions, we do not need to stigmatize people that are living with these conditions as it can lead to anger and depression. She also urged the community to honor their appointments and come to the clinic on the days that were given to them or as soon as possible once the date has passed in order to not default on their medication.

Special guest were invited from the Sandanezwe Tribal Authority, MAtCH as the supporting organization was also present on the day. Right To Care were among the guest and the Registered Counsellor also talked to the community and clients about stress and anger management, especially with the young adults and teenagers facing lot of pressure, with exams, unemployment, social status and many more issue that they might be going through.

Outreach service were done on the day as we had the TB screening, dental service and social worker helped the patients and the community with the outreach service

Refreshments were served and the event was a success and we hope to see more people engaging in healthy lifestyle initiatives and each house hold to have a garden where they can plant vegetables and fruits.



SANDANEZWE CLINIC

OPEN DAY



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UNDERBERG CLINIC

WORLD HEALTH DAY



Underberg clinic staff hosted a World Health Day to educate the community about the importance of knowing your health status. On this day the staff did educational topics to the patients at the waiting area. The patients and community were taught about nutritional balance and how to eat healthy food, like fruits and vegetables in their gardens. A topic on sexual behavior was presented to the young adults and teenagers, talking about condoms, pregnancy, family planning methods and STI's/HIV.

Health screening services were offered to the patients and the community at the clinic on the day. Services such as pap smear, TB Screening, vital signs and eye screening were also rendered.

Testing for HIV was highly encouraged by the staff, informing the patients about the new treatment pills, PREP and adherence to taking your medications. This was a very good day and the community engaged in the topics for discussion and showed lot of interest and understanding about knowing their health status and adherence to treatment.

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EVALUATION FIRE DRILL

HEALTH & SAFETY

The office of Occupational Health and Safety (OHS) has a legal responsibility to ensure the state of readiness to all employees of the Institution. This includes to be ready to respond and to manage all emergency situations including but not limited to fire.

Mr. Dlamini (OHS) visited Underberg clinic with a purpose to educate and provide ideas to clinic staff about fire emergency situations.

The purpose of the session was to provide an ongoing awareness program to Underberg clinic staff in ensuring that they are ready to respond to emergency situations. This ensures that they can safely evacuate the building & assist everyone to evacuate the building safely during an emergency.

As the emergency situations differ. Underberg clinic staff were also trained on how to respond should some people get injured or require emergency treatment during or after evacuation.

This includes accounting for every person who was at the institution at the time of the incident, provide accurate information to Fire and Rescue Department on their arrival so that they can perform rescue services efficiently and save lives.

The Underberg staff demonstrated an adequate knowledge in response to any emergency during this exercise.



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MENTAL HEALTH AWARENESS DAY

Mental health awareness is aimed at creating public awareness to making issues related to mental health known. The Pholela CHC staff at Chronic sections describe mental health services as something that everyone has a right to.

Society should feel more comfortable in discussing mental health issues. On this day of celebrating mental health awareness at Pholela CHC, patients were given health educations on mental health issues. Our chronic section also discussed treatment adherence.

Maternity section discussed post partum depression. Patients were given more information on that types of depression. They were educated on how to manage and treat different kinds of depression. The pharmacy section also added the awareness of substance abuse. Patients were told about different kinds of substances of abuse by the pharmacy staff.

Patients were given an opportunity to ask questions based on what they were told by our staff. Clarifications were shared with them and they were also asked questions relatively to what they were being told about mental health.

Pholela CHC believes that this day was very important to everyone because a lot of health issues were shared.



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NEW APPOINTMENTS



ZR Mkhize
Professional Nurse



N Mbanjwa
General Orderly



TR Zulu
Enrolled Nurse



NB Zondi
Public Relations
Trainee



N Duma
Data Capturer



SW Ngcobo
Human Resource
In-service Trainee



ZN Gcabashe
Enrolled Nurse



N Ndlovu
Enrolled Nursing
Assistant



TB Cooper
Human Resource

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PHARMACY MONTH

2024

The Pholela CHC Pharmacy personnel took an initiative to celebrate the Pharmacy Month which is celebrated in September.

During Pharmacy Month, we engaged in two key activities in September 2024, aimed at educating and raising awareness about critical health topics.

In the morning, we presented to patients at the admin waiting station on the importance of vaccines.

The session covered: Types of Vaccines: Detailed explanations of different vaccines, including those for influenza, pneumonia, and COVID-19

Pharmacy month is an annual observance that celebrates the vital role of pharmacists and the pharmacy profession in promoting health and wellness within communities.

Typically held in September, this month provides an opportunity to highlight the contributions of pharmacists in patient care, medication management and public health initiatives. During Pharmacy Month, various activities and events are organized to raise awareness about the services pharmacists provide, including medication counselling, disease management, and health screenings.

September 2024 marked a significant month for the pharmacy at Pholela Community Health Centre, as we actively engaged in the theme of "Talking About Vaccines." This initiative aimed to enhance public awareness and understanding of vaccination, addressing misconceptions and emphasizing the vital role vaccines play in public health. Throughout the month, our pharmacy team organized numerous outreach programs, including community workshops and informational sessions, which successfully attracted diverse groups of residents.

We collaborated with other healthcare professionals to address specific concerns regarding vaccine safety and efficacy. By fostering open discussions and promoting a culture of informed decision-making, the pharmacy at Pholela CHC not only contributed to improved health outcomes but also strengthened our community's trust in healthcare services, highlighting our commitment to public health and patient education.



PHARMACY MONTH

2024



TALKING ABOUT VACCINES

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MENTAL HEALTH AWARENESS DAY

MNYAMANA CLINIC

Mental health awareness day is an aim at creating public awareness to make our people understand that mental health is a sickness that can be managed if we all understand and know about mental health conditions.

On the 31st July 2024, Mnyamana clinic commemorates world health month by hosting mental health awareness day to create awareness for mental health disorders and provide opportunity to rekindle our effort to protect and improve mental health programmes. Increase awareness about which preventative mental health illnesses and decrease stigma attached to mental health conditions.

The social worker addressed the community informing them that mental health is a state of mental well-being that enables people to cope with stresses of life. It is an integral component of health and well-being that underpins our individual and collective ability to make decision, build relationship and shape the world we live in. Mental health users have rights like everyone else in our society they deserve respect and dignity. Mental health conditions include mental disorder and psychosocial disability. Mental health users are more likely to experience difficulties and rejection as the community we must involve them in daily activities.

The event proved to be very educational as members engaged in a question and answer quiz and showed understanding of how we should treat people with mental illness.



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MNYAMANA CLINIC

PICTURE GALLERY



Mnyamana Clinic took the initiative to clean up the community on Mandela Day as it is a day to do good and give up a few minutes of your time to an y good course.

The staff took up their garbage refuse bags and glove to the streets where they covered over 10km just cleaning and picking up litter and bottles on the streets. It was only a matter of time before the people in the community joined them in the cause of action for **Mandela Day 2024**

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PHARMACY MONTH

CAREER GUIDANCE DAY

Pholela CHC pharmacy staff visited Mandlezizwe high school on the 12th of September 2024. The purpose was to introduce and provide guidance on the field of Pharmacy as a career to learners who were in grade 11 & 12 students.

The session included an overview of Pharmacy, describing the role of pharmacists, roles and responsibilities within the healthcare industry/organization that can impact on healthcare.

Contraceptives information was provided on different contraceptive methods and the importance of informed choices in sexual health as teenagers

The key message was the importance of vaccines and talking about the advantages of vaccines, the staff reiterated the importance of vaccines, aligning the message with the morning presentation to reinforce the concept for a younger audience.



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PHARMACY MONTH

CAREER GUIDANCE DAY



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UNDERBERG CLINIC

BREASTFEEDING AWARENESS DAY

YOUTH & ADOLESCENT CAMPAIGN



During Breastfeeding Week, Underberg clinic had an awareness day where they provided health education to clients at the facility on the importance of breastfeeding and also did community awareness on breast cancer screening, how to do breast examination and why they should report any abnormalities as soon as possible to the nearest clinic. According to the world health organization, mothers are supposed to breast feed their children for at least 6 months

Health related topics were addressed as well such as youth on teenage pregnancy, prevention and safe sex methods, sexual abuse and gender based violence.

Staff also took an initiative to inform the public and patients about other health related matters such as, the importance of knowing your HIV status, adherence to treatment and screening of vital signs irrespective of being sick. The day also served the NCD'S, foot care, eye screening, Pap smears and family planning methods were taught.

GQUMENI CLINIC

BREASTFEEDING AWARENESS DAY



As part of ensuring service delivery and patient rights, Gqumeni clinic embarked on a journey to ensure that all the disabled persons residing in the area of Gqumeni are well taken care of by providing assisting devices to those who require them, especially people in need of wheelchairs.

This required collaborate effort by structure to get all the relevant information as to how many patients were in need of wheelchairs and our CHW's played a vital role in tracing and finding these people. Acknowledgement needs to go to the Operational Manager (Mr. Nkosi) and his staff for making this happen and the assistant of the Occupational Therapist.



Booking & assessment were done on the 7th November at the clinic & some were visited at their homes to asses the patients situation by the CHW's & Occupational Therapist. The assessment was able to give them more elaborate information on measurement of patients, the social lifestyle and other relevant aspect.

On the 21st November all assessed patients were visited at their homes and received their early Christmas presents from the Department of Health. It was very emotional to see the amount of joy and happiness by the family and patients.

PICTURE GALLERY

2024



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PICTURE GALLERY

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ACKNOWLEDGEMENTS



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