



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

ST CHADS CHC

ESITEBHISINI

NEWS

GROWING KWAZULU NATAL TOGETHER

DECEMBER 2024

PRACTICING GOOD HAND HYGIENE BEFORE PREPARING FOOD



St Chads CHC staff members educating the public about hand hygiene and promoting Healthy eating



01

CONTENT

Nutrition Week and Global Hand Washing Day

Pharmacy Week

Occupational Therapy Week

Compliments

Heritage Day Celebration

Lime hill Clinic Open Day

Shout Out

Patient Experience of Care Survey

Breastfeeding Week

Wellness Day

From the editor's corner



Miss GP Mabaso
Public Relations Officer

As we near the end of calendar year 2024, looking back reveals achievements, improvements and gaps but most importantly- we served more lives - we delivered new lives. It is humbling to consider all that we have accomplished thus far.

Our facilities plays an important role in one's vitality, provision of health essential/ well being of the communities. The consistency growing of head count is a footprint across Ladysmith that we are providing quality care services.

In the midst of providing quality care services, threats do arouse. In isiZulu we say " Akukho soka elingenasici" With the regards, St Chads CHC has listened and learned the cries of the communities through complaints, compliments and suggestion (CCS) process as it is an integral part in ensuring quality care service to our clients.

Ones more, if clients believe that St Chads CHC does not meet the standard, please make use of the CCS boxes that are found in all units. An experience may differ, if one have a compliment or suggestion, the boxes may be used also.

Lastly, I would personally like to thank all staff members who treats our clients with respect and dignity. May the good Lord bless and protect you.

02



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

NUTRITION DAY AND GLOBAL HAND WASHING DAY



Mr. TE Sitole - IPC Coordinator emphasizing the importance of keeping your hands clean and staff members to observe 5 moments

The Nutrition Week 2024 theme “ Eat right for a better life”. But before preparing food, it is important to wash your hands, surfaces and the food you are preparing. On the 16th October 2024, St Chads CHC co-operated Nutrition and Global Hand Hygiene Week celebration.

The aim was to remind staff members and clients of the proper hand hygiene practice, replicate ways of encouraging staff and clients to wash their hands or use of hand rub sanitizer more often, create awareness of the importance of eating healthy food and having correct consumption of healthy portions.



Sister GSN Zwane, Mr TE Sitole, Sister NR Nkabinde & Miss S Mavunda



Short role play by PRO, Occupational Nurse and Maternity OM



Miss S Mavunda addressing food security



NUTRITION DAY AND GLOBAL HAND WASHING DAY IN PICTURES



Sister GSN Zwane (Mother and Child Operational Manager and Sister A Simelane (Occupational Nurse)



Client demonstrating how to use hand rub sanitizer



After hand wash and nutrition education talks and demonstration was done, there were questions asked to clients.



PHARMACY DAY : ALL ABOUT VACCINE



Dear readers,

Pharmacy team would like to cascade their knowledge about vaccines. The below information sharing was shared by Pharmacy Team led by Pharmacy Community Services.

What are vaccines?

Vaccines are substances that protect you from diseases by preparing the immune system, which is body's natural defense system.

Why are vaccines important?

- Prevents outbreaks. For instance: during measles, if one the unvaccinated one contracts the disease they can spread it up to 90% to those around them who are not vaccinated.
- Build immunity. The immune system can recognize a particular germ. If you contact germs, your body will be able to fight it off quickly before it can make you sick.
- Eradication of disease. Vaccines have helped us eradicate or nearly eradicate several deadly diseases. Smallpox was completely eradicated through successful vaccination program, while polio has been completely eradicated in many countries

Vaccines available in South Africa:

- BCG vaccine: protects against tuberculosis

- Oral polio vaccine and inactivated polio vaccine: these two vaccines protect against polio. A virus that causes paralysis and death but it is no longer common
- Diphtheria, tetanus and pertussis
- Measles vaccine: protect against measles, a highly contagious virus that lead to pneumonia and brain swelling
- Pneumococcal conjugate vaccine: this prevents against the pneumococcal disease that can cause pneumonia, meningitis and blood infections.
- Haemophilus influenza vaccine: protects against a bacteria causing meningitis, pneumonia and epiglottitis mostly in children under five.
- Rotavirus vaccine: rotavirus causes severe diarrhea and dehydration in infant and young children
- Hepatitis B vaccine; a viral infection of a liver that can become chronic and lead to liver failure or liver cancer.
- HPV and Flu vaccines : HPV vaccine is given to prevent human papillomavirus in girls aged 9 years and above to prevent cervical cancer later on in life.

Common side effects

Vaccine do cause some effects after administration but they usually mild and self-limitation. These can include pain at injection site, fever or rash. In terms of fever, paracetamol used to help the fever come down and to assist with the pain that each can experience at the injection site.

Serious side effects are extremely rare and are monitored thoroughly. Above all, side effects needs to be reported immediately to a health care provider.

Common myths and misconceptions about vaccine

Vaccine causes autism, vaccine contain harmful toxins.

The above are just myth, false information may lead to many people refusing to take vaccine. Lets remember the benefits of vaccinating. It does not only protect you in the moment time but is an investment in your long term health

05



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

CELEBRATING OT WEEK



St Chads CHC first ever OT week celebration. Staff members participating in a wheelchair race

St Chads CHC celebrated the power of Occupational Therapy in changing people's life. Surely when you see someone on a wheelchair you wonder how they copy with their daily function. You imagine a day in your life where you only use your hands to function, and relied on a wheelchair to get wherever you want to go. It sounded difficult before Miss J Hammond (Occupational Therapy) created a better understanding of invaluable contributions Occupational Therapy plays in improving people's life.

On the 3rd of October 2024, St Chads CHC celebrated Occupational Therapy week where Miss Hammond aim to shed light the role of OT. During the educational talk, Q&A session OT had at Matron's Complex, she said that OT is an important profession that brings back life even after injury or disability. She further said that OT assist patients in performing daily tasks.

A day proceeded by staff members participating on wheelchair race. Judging by how challenging the race was to majority of the participates, it was the evident that life in a wheelchair is not easy at first, but fortunate enough there are Occupational Therapists who makes recommendations for a patient to adapt to his/her needs and improve independence.

St Chads CHC OT is encouraging patients and even relatives for rehabilitative services that teaches person ways of adapting.

STRAIGHT FROM THE HORSES MOUTH

"Ngicela ukudlulisa ukubonga kuDokotela Thabede, lo Doc ungene ngobizo impela, inhlonipho, uthando, ukumazi umuntu omdala nomncane. Siyabonga Doc Thabede, unwele olude. Uqhubeke njalo nokumazisa omunye umuntu"
Madlala Nokusa

"On the 15th of August I came to St Chads CHC due to suffering from flu. I found Sister B Schoeman who was working in Casualty assisted me with patience and she loves doing he work. Even when there are long queues and challenges, she is always smooth with **patience**". **Sister keep it up, our country needs more nurses like you**".

Scelo Hlongwane

"Ngifaka isincomo mayelana no -NurseFreeman, cha uyawuthanda umsebenzi wakhe akeve ekwazi noku-khuluma nabantu, ubeka abantu phambili, aphinde ad-ele nesikhathi sakhe se lunch esiza abantu. Siyabonga ku Nurse Freeman cha usiphethe kahle sisi uqhubeke njalo" Redebe Phumla

"UBongani Nzimande ave enesineke sabantu, angazi wenza kanjan uma ebiza ama file. Unomdlandla yokush- esha. Aqhubeke nokuwuthanda um- **sebenzi**".

Nomthandazo Nkosi

07



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

EMBRACING CULTURE AS AN IMPORTANT SOURCE OF IDENTITY



Gcinalishone Clinic staff members celebrating Heritage Day.

HERITAGE DAY GIVES AN OPPORTUNITY TO RECOGNISE, CELEBRATE AND LEARN MORE ABOUT CULTURE.

Imagine September without a heritage day. Imagine a future where people has forgotten about their tradition, disconnected from their culture. Imagine a child growing up not knowing a single tradition song/ dance/ cuisine/ even their traditional attire. Luckily, in South Africa we still have a heritage day that is celebrated in September of each year. Hoping, us, our kids, our grandchildren will celebrate, recognize and nurture heritage. At St Chads CHC, Senior Management and organizing committee instils a sense of participating and celebrating heritage amongst other South Africans.

As South African celebrated heritage day on the 24th September 2024, there were preparation at St Chads CHC. Imagine the night before the wedding. Yes, that how busy off duty staff members were in preparation for heritage day celebration.

On the 25th September 2024, St Chads CHC celebrated cultural day in order to enriches each person's cultural background, promotes cultural diversity, enhance cultural wealth, bringing all staff members together in one table and promoting indigenous languages.

There were vast array of activities staged throughout the day in order to embrace one's culture such as sharing different traditional foods, cultural performances (traditional dance, songs, umkhehlo role play and poems). The occasion was also headed by Sister N Mchulwane and her team at Gcinalishne Clinic..

Occupational Nurse, Sister Simelane emphasized that such day gives an opportunity to reflect on your heritage, taking pride of your origins and learning other cultures which is a foster sense of national unity.

HERITAGE DAY IN PICTURES



LIMEHILL CLINIC OPEN DAY



Community members attentively listening to speakers



Clinic Operational Manager—Sister TJ Mlaba explaining the purpose of the event.

The people of Limehill got an opportunity to interact with staff members, gain more insight of services provided in the clinic. On the 17th October 2024, Limehill Clinic hosted an open day to showcase, promote and educate the public about various services available in the clinic.

The community came in numbers to grasp more knowledge about the functionality of the clinic and to take advantage of the services on a day.



Walk about in the clinic was done by the community leaders



Ndunankulu wesizwe welcoming the audience



SHOUT OUT

There are vibrant staff members/team in our facilities. Staff members took their time out and recognized their colleague for their astonishing work



Shout out to **Mam” Zwane—**
Laundry for being kind

Sena Kubheka

Altruistic person.
Cup goes to Dr.
EZ Shabangu

Nonjabuliso

Shout out to Sister HH Hlatswayo for creating good work environment to her subordinates

Chronic Observation Nurses

Shout out to Sister Schoeman for receiving most compliments at Casualty Unit

GP Mabaso

Shout out to Matron Phungula for being always being supportive

MA Dladla

CLIENT’S EXPERIENCE IN HEALTH FACILITIES



Mr T Sitole - IPC Coordinator preparing PEC questionnaires at Ncibidwane Clinic

One of the methods used to assess the level of quality health care provided to clients is to conduct patient experience of care (PEC) survey. PEC was known as Client satisfaction Survey.

The PEC survey is done in each financial year in quarter 2. In this financial year, it took place in the month of August and “the proof is in the pudding”. Congratulation to St Chads CHC and clinics for the exceptional performance when it comes to the 2024/2025 PEC survey. Although not all targets were met but there is always room for improvement hopefully in the next financial year the facilities will achieve all the missed targets.

St Chad CHC had two teams that assessed Inkosi Langalibalele sub district to conduct the survey, this was not an easy task. We would like to send our gratitude to all the teams that dedicated their time by partaking in the survey.



CLOSING THE GAP WITH BREAST MILK



Sister NZW Mkhize- interpreting the new immunization schedule

World breastfeeding week is usually celebrated annually from the 1st of August to the 7th of August. This week is used to promote the benefits of breast feeding and supporting mothers that breastfeed.

With Ezakheni C area ward 5 being identified as a community with a high number of teenage pregnancy, high malnutrition rate cases, low immunisation statistics and high defaulter cases. Operation Sukuma Sakhe working hand in hand with the Department of Health supported the Ezakheni community with the hopes of closing the gaps that were identified by hosting a breastfeeding event at Indakane sports grounds on the 6th of August 2024.

A new immunization schedule was introduced to the audience by Sister Mkhize. Breast feeding plays a vital role when it comes to the baby's health as we all know that some babies that are not breastfed are at a high risk of getting sick or even dying. Not only does breastfeeding benefit the health and immune development of the baby but it is also beneficial to mothers too. Mothers who breastfeed are at a low risk of getting diabetes, breast cancer as well as ovarian cancer.

Did you know that you can always store breastmilk for the future? This can be done by pumping breastmilk and keeping it in the refrigerator for up to 6months. In this economy that we live in opting for breastmilk rather than buying formula can help you save your coins. Not only is the breast feeding option cheap but breast is always

“The Department of Health is here to support the community, we call on the community to bridge the gap by taking responsibility of your lives and feel free to present your health related issues to their nearest clinics” concluded Mrs R Sorgenfrei.

Not only was the event aimed at promoting and creating a breastfeeding free environment for mothers that breast feed, but ward 5 was privileged to have health services rendered at their door steps.



Ms S Mavunda– Nutritionist promoting breastfeeding



Audience acquiring knowledge

PROMOTING HEALTHY LIVING TO STAFF MEMBERS



Briefing session for St Chads CHC staff members before the fun walk

Health workers save lives on a daily basis, it is therefore vital for them to take care of their mental health and wellbeing. St Chads CHC Senior Management advocates that, a healthy mind and body is guarantee to a productive and health work environment. Hence the work and play program is encouraged and St Chads CHC employees participates in the program's activities planned in the District/ even at provincial level.

On the 25th of October 2024, St Chads CHC came alive, eagerly hosted a health and wellness event with the aim of encouraging productive workplace, cohesion amongst workers and encouraging healthy eating and correct portions.

The day started off with a 6km fun walk from St Chads CHC to eZakheni TVET college. The joy in the voices was very palpable as they were chanting through out the journey. Despite the hot weather, staff members successfully completed the walk and were awarded with silver medals.

Employees then proceeded to partake in different activities which helped them excise their bodies and minds, and strengthen the relationship amongst each other. Remember the aim is improve teamwork.

The physical activities included aerobics, volley balloon, musical chair and many more.

Organizing committee would like to thank the sponsors, staff member's contributions and for being part of the successful event.



Felt like a dream when they reached TVET College. (Yellow vest) : Puleng was showing some moves.

Healthy lifestyle did not end on the 2th of October. Wellness committee would like to encourage workers to participate on work and play program, which takes place every Tuesday and Thursday at 15h00 to help you manage your wellbeing.

HAVE A LOOK AT WHAT WENT DOWN



Staff making their way to Ezakheni TVET College



Green/ Red game



Volley balloon



Aerobics taking place



Mr. S Zulu - Human Resources Manager competing with Mr. TE Sitole - IPC Coordinator



ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS

Dr. SE Mnguni
CEO/Medical Manager

Miss PS Ngwane
Public Relations Intern

Miss GP Mabaso
Public Relations Officer

St Chads Community Health Centre
Corner of Helpmakaar and eZakheni Main Road, Ladysmith, 3370

Private Bag X 9950
Ladysmith
3370

Emails:

CEO/Medical Manager : Scelo.mnguni@kznhealth.gov.za

Clinical Manager : zwelihle.shabangu@kznhealth.gov.za

Deputy Manager Nurse: Lindiwe.phungula@kznhealth.gov.za

Planning, Monitoring and Evaluation Manager : Makhosazane.dlladla@kznhealth.gov.za

Deputy Pharmacy Manager : Khayelihle.zwane@kznhealth.gov.za

Finance Manager : Londiwe.zondi2@kznhealth.gov.za

Human Resources Manager: Simphiwe.zulu@kznhealth.gov.za

Acting Systems Manager: ndabenhle.buthelezi@kznhealth.gov.za

Public Relations Manager : gugu.mabaso2@kznhealth.gov.za

17



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**