

ST AND NEWS

Jan-Mar 2010
Issue 21

KHANYA AFRICA OUTREACH AT UMUZIWABANTU



Sir Fumba assisting community members during the Khanya Africa outreach

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Mvuyo Primary School at Kwa-Machi was turned into a mini hospital during the first Khanya Africa community outreach at Umuziwabantu that was held on the 27th March 2010.

The community arrived in big numbers on hearing that the department of health employees in Ugu District will be visiting Kwa-Machi area, where Mvuyo Primary is situated, to offer health-care services to the community on a voluntary basis.

The services that were offered was a full Primary Health Care package and there was also a Medical Officer, Occupational

Therapist, Social Worker, Eye Nurse Nurse on site.

The community was over the moon saying that the outreach must be conducted more often because they have benefited a lot especially with the eye care service since most of the community members that were available at the school on this day were elderly people who were experiencing different eye problems.

The local women were also keen on having their pap smears done and the Lay Counselors were also busy doing Voluntary Counseling & Testing on most of the clients that were available on that day.

This outreach really served its main purpose of assisting people to enjoy their constitutional right to quality health care.

By this we hope that more and more community members will value the bigger role that is played by public servants in offering the best healthcare services to the community.

More photos on page

Simunye Support Centre News

On the 1st December 2009 (World AIDS Day) the state president Jacob Zuma made a declaration on the changes in the management of HIV/AIDS for implementation on the 1st April 2010.

There are some changes that have been listed for both adults and children who are taking ARVs and also for children who test HIV positive for an example children who test positive have to start treatment regardless of CD4 count but some baseline tests have to be done.

Amongst other things that the government is planning to introduce when it comes to HIV/AIDS is the wide-spread campaign of male circumcision. There's a lot that has been done and said about trying to get the community to buy in into male circumcision.

As from the 1st April 2010 St Andrews hospital will also join other hospitals on this campaign. The hospital will have a target of circumcising four males per day and bookings will be done at the Out Patient Department by our clinics where clients would have been checked for vital signs like blood pressure, blood sugar levels including HIV counselling and Testing.

After this operation has been done, clients will be expected to come back on day 5 for an assessment on the patients' general well being and this will be done in OPD.

Article submitted by: Sr C.H. Manning

Khanya Africa outreach photos



Mrs C. Ngcobo doing visual acuity test to the eye patients



Some of the patients attending the outreach



Some of the PHC staff hard at work on this day.

Pregnancy awareness Week



Sr Khatlisi who was one of the speakers on during the awareness



Mrs Mkhwanazi giving a talk on breastfeeding



Matron D.E.N. Magubane explaining some of the important issues to the audience



Some of the women who attended the awareness

St Andrews Hospital's Maternity and Paediatric wards recently embarked on the pregnancy awareness week. The awareness focused on feeding options, VCT, PCR testing, Post Natal Care, Pre-conception care and personal hygiene. The pregnancy week started on the 15th and ended on the 19th of February 2010.

The target audience for this day was the women attending Ante Natal Care, pregnant women and the border mothers.

Mrs Mkhwanazi, one of the speakers during the awareness emphasized the importance of the breast milk and why it's important for all mothers to breastfeed their infants even if the mother is HIV positive. She gave the audience an in depth information on how to breastfeed when you are HIV positive and what are the main things that you need to avoid so that you can protect your child from getting infected. She criticized formula feeding saying that it's not good for the baby because if the mother fails to do it properly it may lead to the baby having some diarrhea.

Women were also educated about how to take care of themselves during and after pregnancy, what to look out for when they are pregnant and what to avoid. But the main message was to encourage women to test for HIV so that it will be easier for both the mother and the child if they know their status, because if the woman is HIV positive she can get some treatment that will prevent the child from getting infected with HIV.

The response from the women who received the talks was positive and it showed that they were eager to learn as they had different questions to ask the different speakers who were teaching them about different subjects.

Article submitted by: Maternity Ward

NEW APPOINTMENTS Jan-Mar. 2010

<u>NAME</u>	<u>RANK</u>
1.Dube NP	Medical Officer Community Service
2.Moodley K	Dietician
3.Fenner CM	Occupational Therapist Community Service
4.Ndadane SA	Physiotherapist
5.Khumalo ANN	Medical Officer Community. Service
6. Van Hougenhouk-Tulleken	Medical Officer Community. Service
7.Subrayen D	Pharmacist Community Service
8.King RC	Professional Nurse Community Service
9.Hadebe BP	Radiographer Community. Service
10.Khwela PTR	Dentist Community Service
11.Doyisa NC	Professional Nurse Community Service
12.Shongwe HP	Professional Nurse Community Service

Words of Wisdom

You cannot judge a person by only one season. The essence of who they are and the pleasure, joy and love that come from that life, can only be measured at the end, when all the seasons are up.

JOKES

A teenage boy had just got his driver's license and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son: 'You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car.'

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, 'Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't got your hair cut.'

The boy said, 'You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair... and there's even strong evidence that Jesus had long hair.'

To this his father replied, 'Did you also notice that they All Walked everywhere they went?'

Two blondes chatting :

Blonde 1: "I went for a pregnancy test."

Blonde 2: "Were the questions difficult?"

The serial killer and his victim are walking through a dark scary bush. "I'm scared" says the victim. "You think you're scared" says the



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