



SUNDUMBILI CHC NEWSLETTER

ISSUE 7 - 2009

SEPTEMBER EDITION

Sundumbili CHC ensures healthy growth for children



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Ms. S.G. Chiyi immunizing a child during the Child Health Campaign

Sundumbili CHC embarked on a child health campaign from 7 - 19 September. This was an initiative of the KZN. Dept. of Health to immunize all children younger than 6 years to protect them against various illnesses like polio, measles etc.

To accomplish this initiative there were four teams stationed in various points and in all our health facilities with one aim in their hearts which is fighting disease, fighting poverty, giving hope. Vitamin A drops, catch up immunizations and the monitoring of child growth were pro-

vided during this campaign.

Health education was also provided to mothers about importance of immunizing their children. The importance of receiving Vitamin A for their children on a 6 monthly interval to improve their growth & development was also emphasized.

Children are our future and our country relies on them for its future growth and development. The holy

scriptures also continues by saying that the world needs people who are similar to them in order for peace to prevail.

Sundumbili CHC really made a huge and positive impact by conserving life through conducting the child health campaign.

SNIPPETS IN PICTURES



FROM THE CHC MANAGER'S DESK



It is my privilege and pleasure to get this opportunity to address staff and readers of this quarterly newsletter.

First of all on behalf of the management I need to thank all members of staff including those in clinics for continuing to work very hard without complaining in view of the serious challenges that we have been facing recently. First there are serious financial difficulties we have to contend with and we thank the staff for understanding that there may be resources that there may not be able to access but we shall then

try by all means in our power to ensure that patient care is not affected in any way.

The sudden death of one of us, Mr. I.B. Blose (HIV/Aids Counselor) was a shock to all of us but we also want to thank the staff for the material and moral support that they provided in ensuring that Mr. I.B. Blose's funeral is indeed a dignified one. May his soul rest in peace.

There has been further budget cuts from our coffers to pay off the over expenditure that has plagued the department for the last two to three financial years. Full details are on the intranet. Please work with us during this difficult period. Most plans will have to be put on hold except for the patient care aspect. That we cannot compromise.

Lastly management wishes to request that we work hand in hand during this time of extreme shortage of resources.

Have a happy summer and enjoy responsibly taking into consideration the tight economic times.

Yours Truly

Mr. J.N. Shabane

CHC Manager

Words of wisdom

"An optimistic may see light where there is none, but why the pessimistic always run to blow it out?"

Michel de Saint - Pierre



Umhleli

Kuyintokozo ukuthi si-phinde sihlangele kulolushicilelo olungolwesikhombisa.

Isikhathi lapho umuntu nomuntu ebheka khona emuva ukuthi ikuphi akuzuzile nangakuzuzanga kulonyaka, kodwa noma kunjalo akulahlwa mbeleko ngakufelwa.

Sesisekupheleni kwesigamu sesithathu sonyaka, lapho uMnyango wethu wezeMpilo ubhekene nezinselwe eziningi. Ukubheduka kwesifo sesimungumungwane kanye nomkhuhlane odume ngele "Swine Flu / H1N1" kulethe enkulu ingcindezi emnyangweni wethu.

Sithatha lelithuba ukuchoma bonke abasebenzi uphaphelwe lwegwalagwala ngokuhlale bezinikele ekunakekeleni amakhasimende ethu.

UMtholampilo wethu wase-Sundumbili ubuzibandakanye emkhankasweni wokunakekelwa kwabantwana. Lomkhankaso ubuyingxenywe yomkhankaso wempilo yabantwana oqale zingu 7-19 ku - Septemba.

Sithatha lelithuba ukuncoma uNdu-nankulu wesifandazwe sakwaZulu uDokotela Zweli Mkhize. OkaGcwabe simncoma ngemikhankaso ye "One Home, One garden" kanye nowe "War on Poverty". Lemikhankaso mihle kakulu ngoba ihambisana nezinhloso zoMnyango wethu zokulwa neZifo, Silwe Nobubha, Sinike neThemba.

Inyanga ka Septemba bekuyinyanga yamasiko namagugu ezizwe ezinhlobonhlobo. Izwe lethu liheha izivakashi zamazwe ngamazwe ngenxa yokuhlalahlala kwalo ngezinhlanga, amasiko, namagugu anhlobonhlobo. Indebe yomhlaba kwezikanobhutshuzwayo

nayo isisemome, futshi noma kanjani izivashi zethu zizobhema zikhohlwe. Kubalulekile ma-Africa amahle ukuthi sibe imbumba sibonise umhlaba ukuthi thina singomakade bebona.

Ngithatha lelithuba ukunibonga bafundi ngezincwadi zenu, ngithi nime njalo ningakhathali.

Mina wakoFuze wako-Mashiya Amahle ngicela ukuhlela nyovane maqede ngivalelise, kodwa ukuhlela kwegqama akusho ukubaleka kodwa isuke isayothatha amandla.

Kuze kube ngokuzayo, siyohlangana kwingosi elandelayo

Mnz. S. Ngcobo (Umxhumanisi wesikhungo no-Mphakathi)

ACKNOWLEDGEMENTS

Words of Acknowledgements of this Publication goes to Mr. J. N. Shabane (CHC Manager) and Ms. C.S Mlondo (Public Relations Trainee)

DEATHS

It is with sadness to announce the lost of one of our colleagues, Mr. I.B. Blose who was an HIV/Aids Counselor at TB Section who passed away on the 09 October 2009.

May his soul rest in peace !

Bible Quote

“For none of us lives to himself alone & none of us dies to himself alone. If we live, we live to the Lord, and if we die, we die to the Lord”.

Romans 14 : 7 - 8



STAFF BIRTHDAYS



DR. V. MOHANGI - DENTIST

SEPTEMBER



MRS. P.O. GCABASHE - ENA

SEPTEMBER



MS. Z. BUTHELEZI - SO

JULY



MRS. S.B. SITHOLE - HRO

SEPTEMBER



HAPPY BIRTHDAYS GUYS

SUNDUMBILI CHC PARTICIPATES IN THE ETHICS SEMINAR

Sundumbili CHC professionals gained knowledge of a lifetime during their participation in the Ethics Seminar hosted by Ilembe Health District Office on the 04 of September at Amatikulu Centre.

This seminar was attended by various categories of professionals. All speakers highlighted the fact that ethics is an integral part of each an everyone's duties. It was also emphasized that ethics means the way each an every employee behave in his or her work environment. This also entails how an employee communicate with various stakeholders in the work environment.

Various categories ranging from nurses, doctors, therapists and other professionals committed themselves to render quality health care to our clients in the Spirit of Batho Pele even in these challenging times. They also committed themselves on the rendering of services in the Spirit of Khanya Africa which implies the rendering of services to the disadvantaged communities on a voluntary basis. Sundumbili CHC Choir entertained the audience with sweet music and with Zulu Dance (inserted photos)

The theme of the day was, “ SAVE LIVES, MAKE HEALTH FACILITIES SERVE THE PEOPLE.”



BATHO PELE TRAINING



On the 16 of October 2009 Mr. S.V. Ngcobo (PRO) and Sister P.T. Mkhize (Quality Assurance Officer) conducted a Batho Pele Training for all Sectional Supervisors. The latter will then cascade the information to their sectional staff. The main aim of this training was to revive the Batho Pele Principles.

The Batho Pele was adopted by the Government in 1997 as a policy framework for the provision of public services in an efficient, effective equitable manner. The main objective of these principles is to change the way the public servants think and work to a more service-centric attitude to give citizens quality services.

Participants were encouraged to embrace the, “We Belong, We care, We serve” belief set in order to express the vision of Batho Pele.

Change Management was an interesting topic amongst the participants. It transpired that public servants are the one who have to bring change in their work environment in order to render quality services to our clients. It was also emphasized that it is the responsibility of the institution to change its culture to accommodate Batho Pele as a way of life. We concentrated on the implementation of Batho Pele in the work place in order to render quality services to our clients

Participants were encouraged to embrace the theme for change engagement programme which is “Together beating the drum



SUNDUMBILI CHC EXTENDS ITS SERVICES

Our Sub-district, Mandeni Sub –district has been identified as one of the High Transmission Areas for both HIV/Aids and TB.

Taking the above into consideration Sundumbili CHC has extended its VCT services to our clients by placing an HTA container (inserted pictures) at Sundumbili Plaza near taxi ranks. The name of this point is called Sinikithemba which means “ giving hope”. The name Sinikithemba implies that although our communities are infected/affected by HIV/AIDS, we bring hope to them.

The main aim of this initiative is to bring an access to our clients who are taxi drivers, shoppers and people who find it difficult to reach health facilities. School children are also benefiting a lot in this initiative. The services which are rendered in this point include the private & confidential voluntary HIV counseling & testing, treatment adherence, counseling & TB DOT support, issuing of male condoms, female condoms & pamphlets and other relevant services. These services are rendered by trained HIV/Aids Counselors.

The current statistics is really showing that this point has made a huge positive impact in reducing the number of people infected by these epidemics.



ISITHEBE CLINIC HOSTS THE HEALTHY BABY EVENT



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Isithebe clinic hosted a healthy baby event on the 05 August. This initiative was in line with the World Breast-feeding Week which commenced from 1-7 August according to the health calendar.

Mothers were encouraged to breastfeed their babies to ensure that they stay healthy. They were taught that babies under 6 months need breast milk only, not other foods.

Mothers were encouraged to breastfeed their babies even if they are away at home, even in public transports because it is always the best for babies. They were also encouraged to express the breast milk to make milk available even when they are not together with their babies.

HIV positive mothers were advised to express to heat treat milk for their babies. Prizes and certificates were awarded to healthy babies. They were encouraged to embrace the theme of the breastfeeding 2009 which is, "Breastfeeding at anytime, everywhere."

1. Ms. E.P.C.N Mtshali (Sister in charge) welcoming the guests during the event
2. Mrs. N.C. Ndadane & Mrs. F.C. Gwala registering children for the competition entries
3. Mothers with their children during the event
4. Isithebe clinic choir entertaining the audience during the event
5. Ms. Buhle Ngubane giving health education on child health
6. Mrs. H.Q. Mabaso (Nursing Manager) announcing Winners
7. Sister Mqadi registering children
8. Ms. B. Ngubane giving the certificate & Price to the **First Winner**
9. Giving of the certificate & price to the **Second Winner**
10. Giving of the certificate & price to the **Third Winner**



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SIZIGQAJA NGAMASIKO NAMAGUGU ETHU



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mhlaka 24 ku-Septemba wusuku lokugubha amasiko namagugu anhlobonhlobo ezinhlanga ezahlukahlukene.

Lolusuku lugujwa AmaZulu, AbeSuthu, AbeTswana, AmaXhosa, AmaTsonga, AmaVenda, AmaNdebele, AmaSwati, Amapedi njll.

Ngalolusuku ilapho izinhlanga ezahlukene zizigqaja ngemvelaphi yazo, izilimi zazo ukudla ezikudlayo kanye nomhlaba ezihlala kuwona kanye nangezwe lazo.

Lolusuku lubaluleke kakhulu kwizakhamuzi zezwe lethu ngoba ilapho zibheka khona ikamuva lazo bese ziyahlangana ukugubha amasiko, amagugu nemvelaphi yazo. NoMtholampilo wase-Sundumbili ulugubhe lolusuku ngokuthi abasebenzi bafike bevunule beconsa ngemvunulo enhlobonhlobo ukugubha lolusuku.

1. UNksz. M. Hlela evunule econsa ngalolusuku.
2. UNkk. P.S. Mpungose enza umsebenzi evunule ngezakhe zesintu.
3. UNksz.. S. Shandu, SS. Ngcobo no T.J. Mdanda.
4. UNksz. S.S. Ngcobo no -T.J. Mdanda.
5. **First row from left** : UNksz. S.S & Ngcobo, Nksz. N.F. Sibiya, Nksz. N. Ndadane no Nksz. F.T.N. Mkhize
6. **Back row from left** : Nksz. S.L. Shandu, M. Hlela, C.B. Mpungose , Nkk. S. B. Sithole, P.L. Sibiya Nkk. P.S. Mpungose no T.J. Mdanda
7. UNksz.. Z. Shezi, F.T.N. Mkhize no M. Hlela
8. UNksz. N. Ndadane evunulile.



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SUNDUMBILI CHC VISIT MACAMBINI PRIMARY SCHOOL



Sundumbili CHC paid a special visit to Macambini Primary School on the 15th of October. This visit was part of the School Health Week which commenced from 12– 19 October. The main goal of this initiative was to educate school children and parents on various health topics.

Mrs. M.T. Mthembu and Ms. Z. Nzuzi provided Health Education on child abuse including rape. Parents were also taught about symptoms of a raped child and the procedures to be followed. Co-operation between teachers and parents was also encouraged to ensure that children stay healthy and looked after.

The team from Environmental Health also conducted an environmental assessment. School grounds, classes, windows, cleanliness and toilets were assessed to ensure the health and safety of children. They were also educated on health and hygiene to avoid diseases. Health education and symptoms of measles including red eyes, rash etc. was also given.

They were also encouraged to have their own school garden to ensure that their bodies are getting fresh nutrients from the soil.

1. Mrs. M.T. Mthembu educating children.
2. Children from Macambini Primary School listening attentively.
3. Mr. Mdu Buthelezi examining boys at Macambini P.P.
4. Ms. Z. Nzuzi providing education on children abuse
5. Department of Health team (Ms. Z. Nzuzi, H. Mpungose, T. Mkhize & M.T. Mthembu) at Macambini P.S.
6. Ms. H. Mpungose educating children on health and hygiene.
7. Parents and children listen attentively to Ms. Z. Nzuzi (Social Worker)



SUNDUMBILI CHC SPORTS DAY

Sundumbili CHC hosted a Sports Day on the 02 of September at Sundumbili Plaza Sports Grounds. The main aim of this day was to ensure that staff members are always physically strong and healthy minded as they are spending most of their time in the working environment.

The activities of the day included Soccer, Netball, Tug War, Fun Walk and Sack Race. Participants included Mandeni Municipality and Nyoni SAPS.

Trophies were awarded to the teams according to their performance. Mandeni Municipality Soccer Team emerged victorious by beating Sundumbili CHC

by 3 - 1 in the final game. Sundumbili CHC Netball Team also won No 1 trophy in netball. Participants enjoyed themselves with assorted refreshments and music.

This was really the day that is not easy to forget by all the participants of this event.

PHOTOS

1. Mrs. N. Mathunjwa, Ms. B. Ngcobo Ms. S. Mbatha, Mrs. S. Sithole & Ms. T.J. Mdanda with the trophies to be won.
2. Sundumbili CHC soccer team playing against Mandeni Munic.
3. Sundumbili CHC netball team playing against Nyoni South African Police Services



SUNDUMBILI CHC SUPPORTS SAPPI DURING THEIR WORLD CUP HEALTH EVENT

Department of Health has an obligation to solicit partnerships with local organizations. Taking the above into consideration Sundumbili CHC supported SAPPI during their World Cup Event on the 23 September 2009.

The intention of this day was to ensure that all the employees stay healthy towards the 2010 World Cup which will be hosted by our country. Health education was given on hypertension, diabetes, heart disease and on asthma. Health screening for blood pressure, blood sugar, BMI (body mass) and blood cholesterol level was conducted

Mr. P.N. Sangweni, who is our Assistant Manager: Nursing provided an interesting health education on sugar diabetes. He emphasized tell tale signs and symptoms of diabetes and encouraged those who have diagnosed with it to adhere to recommended treatment regimen.

Sundumbili CHC is really making a huge positive impact to the lives of employees from various sectors as our country is relying on them for its economic growth.



Mr. P.N. Sangweni giving health education to employees at SAPPI



SAPPI employees queuing for vital signs during the world cup health event

SUNDUMBILI CHC SPORTS DAY IN PICTURES



S. Mbatha emukela indondo ka no.1 kwibhola lezandla kuMnz. R. Heslop



D. Sibiyi emukela indondo ka no. 2 (soccer) ku-Mnz. R. Heslop wakwa-Masipala



Umdlali waseNyoni SAPS emukela indondo ka no. 2 ku-Mnz. R. Heslop



Umnz. C.N. Ntaka wakwa-Masipala emukela indondo ka no. 1 (soccer)



IZETHAMELI ZIBUKA IMIDLALO NGOSUKU LWE-SUNDUMBILI CHC LWEZEMIDLALO (LEFT)
U-INSPECTOR THABETHE EBONGA IZETHAMELI (RIGHT)



FUN WALK



Nksz. Z. Qwabe, Mnz.. S. Dlamini & Nksz. S. Ngcobo bezipholele ngosuku lwezemidlalo

HAY CHA OLI NINO DE NIYAYENZA LENTO!!!



ISUNDUMBILI CHC ILIFUNA PHANSI

ABADLALI BAKAMASIPALA BETHINTA IN-GURA!!!



Sundumbili CHC In Partnership with MCDI visits Hlomendlini Area



1

Sundumbili CHC joined forces with MCDI during the Child Health Event. The latter was conducted at Hlomendlini Clinic on the 28 October 2009.

Sister Gwala provided an interesting health education on the importance Antenatal Clinic visits. She emphasized the importance of visiting the clinic during the 8 weeks of pregnancy. This is imperative to ensure that the baby is growing well and to provide immediate assistance if there are any abnormalities and to conduct thorough assessments. She also encouraged mothers to breastfeed their babies because it is the best for them.



2



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Mr. T. Makhathini provided health education on the importance of PMTCT to pregnant women. He encouraged pregnant women to check their HIV status to prevent the transmission of this virus to the unborn baby. He highlighted the importance of Dual Therapy (AZT & NVP) in ensuring that HIV positive women give birth to a healthy child.



4

Mr. P. Ngcobo gave an interesting speech on the importance of the involvement of the male counterparts to the pregnant women. He highlighted the importance of accompanying pregnant women by their partners even if they are going to the health facilities. He encouraged men to give their female counterparts love and support especially during their pregnancy.



5

Ms. T. Mbele & Mrs. B.R. Msomi emphasized the importance immunizing children to protect them from various deadly disease like measles, polio etc.



6

Mrs. B.P. Sindane who was the Guests Speaker of the day scrutinized various health topics related to child health. She urged the community to embrace the message of our Premier, Dr. Zweli Mkhize's campaign of "One Home, One Garden".



7

1. Mr. H. Mzobe who was the Programme Director
2. Community listen attentively to the speeches
3. Mrs. M. Shandu introducing the guests of the day
4. Sister F.C. Gwala (Sundumbili CHC) providing Health education on Antenatal Clinic
5. Mrs. H.E. Nkabinde (Wife of the Ward Counselor welcoming all the guests
6. Mr. P. Ngcobo highlighting importance of partner involvement
7. Mr. T. Makhathini providing health education on PMTCT
8. Mrs. B.R. Msomi providing education on child Immunization
9. Mrs. B.P. Sindane who was the Guest Speaker
10. Hlomendlini P. S. entertaining the audience



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FIGHTING MEASLES TOGETHER IN KZN

The Department of Health has made the public aware of the **Measles** outbreak that is happening in various Provinces. Parents, Guardians, care givers and the schools are requested to assist by reporting all people with the signs and symptoms of measles in the community.

What is Measles? Measles is highly infectious viral disease. The first sign is a high fever followed by a blotchy red rash all over the body. It is also accompanied by cough or a runny nose or red eyes. Measles can cause dangerous complications, such as infection of lungs, blindness and even death.

What cause measles? Measles is caused by a very small germ called the measles virus. It cannot be seen with the naked eye. It is spread when a child with measles coughs or sneezes. Most children who have been immunized against measles at the right age and had an extra dose will not get measles.

Why is measles a dangerous disease? Young children, who survive measles are weakened by the disease and may later die from malnutrition or other illness. Measles is also an important cause of mental retardation and blindness. A quarter of all deaths from measles occur before the age of one year. Measles in older children usually occurs as outbreaks, when large groups of children get measles at the same time. The risk of measles outbreak is higher when groups of children gather together for examples in crèches, day care centres and at schools.

What to do if you suspect that you or your child has Measles.

Take the person to the nearest **clinic, hospital or your doctor**. The following will be done:

- Examination will be conducted to exclude other illness.
- Blood and urine specimens will be taken. Specimens will be sent to the laboratory to confirm if the client has measles.
- The client will be managed according to the signs and symptoms.

If the laboratory results confirm measles

* All those who have been in contact with the client need to be screened for signs and symptoms of measles and immunizations will be given to interrupt transmission. The objective of Immunisation is to give clients a booster dose of measles that will provide them with additional protection against measles. This is in line with the goal set by **World Health Organisation (WHO)** measles elimination by 2005.

How to care for a person with measles at home.

- Isolate the person to prevent spread.
- Keep in dark room– away from sunlight.
- Give lots of fluids.
- Continue good nutrition.

If measles is excluded

* Make sure that all children are immunized against measles and other vaccine preventable disease.

Word of God

John 15 : 5

“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing ”



Words of wisdom

“ Look ! Don’t you see ? ” “We are the people who have the strength to build a new world !”

Bessie Head

SUNDUMBILI COMMUNITY HEALTH CENTRE



Vision

To achieve optimal comprehensive health care for all persons in Mandeni sub-district

Mission

To provide a sustainable, coordinated, integrated and comprehensive health care based on the P.H.C. approach through the District health system.

Core Values

Trust based on truth

Integrity and reconciliation

Open communication and commitment to performance

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