



HEALTH
KwaZulu-Natal

*Fighting Disease, Fighting
Poverty, Giving Hope*

uThongathi

Issue 2

Official publication for Tongaat Community Health Centre
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Visit us: www.kznhealth.gov.za/tongaatchc.htm

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Update

July 2008

Update from Nursing Manager



Mrs J E Buthelezi
TCHC Nursing Services
Manager

The month of June indicates that we are not too far from year 2009. It gives me a great pleasure to update our readers about what has been going on in our Community Health Centre, especially on the Nursing Component.

Since the beginning of the year the Nursing staff of Tongaat CHC have worked extremely hard and devotedly for this I wish to thank each and everyone of them. On daily basis the number of patient we see is increasing and this is putting more and more pressure on our staff to perform even beyond their scope of practice.

This year we have embarked on a number of awareness, educational and health campaigns. As a health provider it is our duty to inform and educate our community about the latest health information and how to manage different diseases that they suffer from. In whatever we do, we always ensure that the community is involved. For example the Diabetic bus that visited Tongaat area in June, the School Health Programme, our Outreach Services which has opened a chronic Clinic in addition to the 21 mobile points that we already have.

We have also formed support groups at our Psychiatric Clinic e.g. substance abuse and anxiety and depression support groups.

Our Sithembile Clinic has commenced a pediatric roll out of ARV's since January 2008, this is a great achievement for TCHC.

In closing I would like to say that I am proud of all the Nurses at our Community Health Centre and feel honoured to be a part and the driving force of this winning team.

Well done!

Upcoming Dates on the Health Calendar



July

- Mental Illness and Awareness Month
- Men's Health— CANSA Colorectal and Prostate Cancer Awareness
 - 11 July—World Population Day
 - 16 July—World Hepatitis Day

August

- National Oral Health Month
- National Women's Month
- Organ Donor Month
- World Health Month—CANSA—Cervical Cancer Awareness
 - 1—7 World Breastfeeding Week
 - 1—8 Cancer Prevention Week
 - 3—9 National Immunisation Awareness Week
 - 4—8 Rheumatic Fever Week
 - 9 National Women's Day

September

- Albinism Awareness Month
- National Heart Awareness Month
- Women's Month—Cervical Cancer Awareness Month
 - Muscular Dystrophy Awareness Month
 - 1—7 Pharmacy Week
 - 1—7 Back Week
 - 1—5 Deaf Awareness Week
 - 9 International Foetal Alcohol Syndrome Week
 - 1—8 Kidney Awareness Week
 - 15—19 Stroke Week
 - 21—World Alzheimer's Day
 - 24—30 World Retina Week
 - 26—30 Older Person Awareness
 - 30—World Heart Day

KZN Premier visits Tongaat

May was a special month for the community of uThongathi. This was due to the visit of the KwaZulu-Natal premier Dkt Sibusiso Ndebele as part of Premier's Izimbizo and Taking Government to the People programme

Premier Ndebele was accompanied by Members of KZN Executive Council (MEC's) on the 07th and 8th of May 2008. The main purpose of this visit by the Premier and the members of the Cabinet was assess jointly with citizens progress on commitments made by elected leaders to the people and the functionality of government systems and plans.

On the 7th of May, various stake-



A poster which was used to advertise the Premier's Imbizo in Tongaat and below is the TCHC team that organized the Stakeholders Meeting for KZN Health



holders meetings were held by each department of KZN Provincial government at various venues in Tongaat. In these meetings different issues and

concerns were raised by stakeholders who attended. The community got the chance to interact with and pose questions to the MEC's.

All departments provided relevant services for the Imbizo. Health provided minor ailment screening, pap smears, VCT services, eye screening etc. Tongaat CHC Management and staff assisted with providing some of these services as well as in planning the stakeholders meeting for Department of Health which was held at Maidstone Country Club.

This was one of the biggest events that Tongaat community has seen so far. The organizers were indeed pleased as people flocked in, in huge numbers.

Cabinet was to assess jointly with the citizens progress on commitments made by elected leaders

June was Men's Health Month so ensure that you take care of your health this June with these health tips that are easy to understand and remember, and even easier to implement...

Tips for men's health:

- **Drink in moderation.** South African men are notorious for enjoying a beer (or five) with their mates — there is nothing wrong with drinking in moderation but this must be coupled with healthy eating and exercise. If the drinking is reaching excessive proportions, especially for men over 40, seriously consider making a lifestyle change this Fathers' Day.
- **Never skip breakfast.** It is the most important meal of your day and also a great way to start the day especially if you can combine it with some quality time with loved ones.
- **Eat healthily.** This goes hand in hand with the previous tip, and is as important. Try to steer clear of too much sugar and refined foods and always include fresh fruit and vegetables in your diet.
- **Take a good multivitamin.** Ask your pharmacist to recommend one that will work best for you and take one each day at the same time (preferably in the morning with breakfast).
- **Make sure you do regular exercise.** Aim for at least four x 45-minute cardio sessions per week. This can take the form of a team sport with your mates if the thought of slogging it out in the gym doesn't appeal. As long as you are elevating your heart rate and working up a sweat its giving you the same stress busting and fat burning benefits.
- **Stop smoking** Need we say more?
- **Get checked.** Get all the necessary routine exams and screenings — i.e. prostate exams, blood pressure, BMI (body mass index), cholesterol etc. The sooner a problem is diagnosed the easier it is to start dealing with it.
- **Laugh.** Laughter is the most effective stress buster that doesn't cost a cent and the best part is that it is infectious so you could be helping another person's stress levels whilst dealing with your own!
- **Get enough sleep.** Our bodies are their own best medicine and when at rest their recuperative and restorative powers are amazing.
- **Be good to yourself.** Balance work, rest, play and family. Make sure you are the judge of how happy and healthy you are and if something is out of balance rectify it. Life is short and we only live once. Make the most of it — in moderation.

Strange but True facts


- ★ During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!
- ★ Some ribbon worms will eat themselves if they can't find any food!
- ★ Dolphins sleep with one eye open!
- ★ The world's oldest piece of chewing gum is over 9000 years old!
- ★ In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces!

- ★ There are more plastic flamingos in the U.S. than real ones! 
- ★ About 3000 years ago, most Egyptians died by the time they were 30!
- ★ More people use blue toothbrushes, than red ones!
- ★ A sneeze travels out your mouth at over 100 m.p.h.!
- ★ Your ribs move about 5 million times a year, every time you breathe!

- ★ In the White House, there are 13,092 knives, forks and spoons!
- ★ Slugs have 4 noses!
- ★ Recycling one glass jar, saves enough energy to watch T.V for 3 hours!
- ★ Lightning strikes about 6,000 times per minute on this planet!



★ **Owls are one of the only birds who can see the color blue!**

- ★ The average American/Canadian drinks about 600 sodas a year!
- ★ It was once against the law to slam your car door in a city in Switzerland!
- ★ There wasn't a single pony in the Pony Express, just horses! 

Changing Diabetes

The initiative taken by the Department of Health to combat the spread of diabetes deserves a huge applause. On the 12th of June 2008, a bus sponsored by Novo Nordisk, a popular pharmaceutical company visited Tongaat.

The purpose of this visit was to provide diabetic screening and awareness with an attempt to sensitize the community on diabetes.

Tongaat Community Health Centre was

chosen amongst other CHC's as one of the areas for the diabetes initiative in the eThekweni District. A meeting was held where all Tongaat outreach points were discussed. From this meeting Gwala's Farm and Belvedere area were identified for this initiative.

Our community health centre had to do necessary planning and co-ordination for this event i.e. staffing, equipment etc.

On this particular day services such as vital signs monitoring, advice on diet, ophthalmic eye screening and medication compliance were offered.

A total number of 503 people were seen on the day. Despite the challenges on the day, Tongaat CHC staff assisted by staff from other institutions like Osindisweni Hospital, Kwa-Mashu CHC as well as the Community Health Workers managed to get the work done. Overall the diabetic initiative was a great success.



Left and Right Pic: shows the well decorated Diabetes bus that visited Tongaat Community in June. More pictures of this event on page 9



Sigubha iviki lokuvikelwa kwabantwana

Umyango wezenhlalakahle wasoThongathi Community Health Centre wathatha elinye igxathu ekugubheni iviki lokuvikelwa kwabantwana. Leliviki laliphakathi kuka 27 kuya 30 May 2008. inhloso ekugubheni leliviki kwakungukuqwashisa umphakathi, ikakhulukazi abantu abadala mayelana nokuhlunyezwa kwabantwana.

Osonhlalakahle bethu bathatha lelituba balisebenzisa ngendlela encomekayo. Bakhulumisana futhi bafundisa abantu ngezindlela abantwana abahlukumezeka ngazo kanye nezimpawu umntwana abonakala ngazo ukuthi uhlukumezekile.

Ngaphezu kwalokho, osonhlalakahle



TCHC Social workers: Mr SJ Gwala, Principal Social no Ms MN Mlipha, Social Worker

Bethu bathatha ithuba lokuchazela umphakathi ngezinyathelo okumele bazithathe uma besola ukuthi umntwana uhlukumezekile. Bagcizelela ekubalulekeni kokuvelwa kwabantwana ekuthenini izimo ezinjengalezi zingabaveleli. Bachaza nokuthi abazali ibona ukumele bavikele abantwana kakhulu njengoba abantwana be-

ngenawo amandla okuzivikela ezinhlobweni zokuhlukumezeka. Babuye bathintha esihlokweni esibucayi kakhulu esimayelana nokuhlukunyezwa kwabantwana ngokocansi. Babalula ukuthi loluhlobo lokuhlukumeza lugcina ngokuthikameza umqondo womntwana, lokho okube sekuholela ekutheni umntwana agcine esephazamiseke ngisho indlela aziphatha ngayo.

Umphakathi wabe usunikwa ithuba lokubuza imibuzo bathola izimpendulo nezincazelo kubona belu osonhlalakahle. Babuye bathola namaphephabhuku aqukethe ulwazi kanye nezinamba zezindawo lapho bengathola khona usizo.

“We worry about what a child will become tomorrow, yet we forget that he is someone today” - Stacie Tauscher

Fresh produce at our doorstep



Above pic: Members of the TCHC Management and the dedicated female farmers

Fresh round tomatoes, leafy green spinach, green beans just to name a few of the vegetables that you will find at the doorstep of Tongaat CHC.

The tunnel farming project was initially started in 2006 and has expanded ever since. Besides the tunnel farm which produces a large number of fresh tomatoes, there are a few gardens around it which the farmers use to plant other vegetables.

This community project is partially supported by Tongaat CHC as well as Department of Agriculture. The harvest from this farm and gardens is sold to the community so that the farmers who are maintaining this farm are able to earn a living out of selling these vegetables.

Speaking to one of the farmers “We wake up early in morning and start the day by making sure that all the plants are watered properly and then share the tasks for the day amongst ourselves” said Mrs Mngomezulu, who is the one of the farmers.

This has been one of the most successful projects that Tongaat CHC has ever partnered with. The farmers are truly grateful for all the assistance that they are receiving from this institution.



Above: the interior of the tunnel farm where tomatoes are grown



Above: one of the gardens around the tunnel farm

INFORMATION SHARING: EPILEPSY (16-22 June, National Epilepsy week) First Aid for Epileptic Seizures



First Aid For Epileptic Seizures

Most seizures last less than three minutes, so by the time an emergency medication is ready to be administered, chances are the seizure is over.

The most important thing to do during a seizure is to stay calm and protect the person experiencing the seizure. The following guidelines apply to tonic-clonic seizures (convulsions, grand mal) or complex partial seizures.

Guidelines for Immediate Care of Tonic-Clonic Seizures

Cushion the person's head. Banging the head against a hard surface during a seizure may lead to head trauma. Use any available soft object; if needed, use your foot.

Loosen tight neckwear to ease breathing.

Turn the person onto his/her side.

Saliva is retained in the mouth during a seizure because the person cannot swallow it. This may lead to choking. Turning the patient on his/her side allows gravity to drain the saliva or any other fluids such as vomit.

Keep the person's airway open.

If necessary, grip the person's jaw gently and tilt his or her head back.

Do not insert any object in the person's mouth. Putting an object in a person's mouth will not prevent him or her from biting their tongue, nor will it keep the person from swallowing his/her tongue, as some people think. In fact, any such object can cause more harm by breaking teeth or becoming lost in the throat, leading to choking.

Do not hold down. Do not restrain a person during a seizure unless there is a danger. They may get aggressive if you do so. Allow them to do what they want to do; talk to them in a soft voice to

reassure them.

Remove any sharp or solid objects that the person might hit during the seizure.

Note how long the seizure lasts and symptoms that occurred so you can tell a doctor or emergency personnel if necessary.

Stay with the person until the seizure ends.

Guidelines for Non-Convulsive Seizures

If you see someone having a non-convulsive seizure, remember that the person's behavior is not intentional. The person may wander aimlessly or make alarming or unusual gestures. You can help by following these guidelines:

- **Remove any dangerous objects** from the area around the person or in his or her path.
- **Don't try to stop the person from wandering** unless he or she is in danger.
- **Don't shake the person or shout.**

Stay with the person until he or she is completely alert.

When the seizure is over

After the seizure ends, the person will probably be groggy and tired. He or she also may have a headache and be confused or embarrassed. Be patient with the person and try to help him or her find a place to rest if he or she is tired or doesn't feel well

- Make sure he/she is breathing normally
- Check his/her awareness by asking a few questions; such as, "Where are you," and "What day is today?"
- If a tonic-clonic seizure has occurred, tell the doctor what happened. If necessary, offer to call a taxi, a friend, or a relative to help the person get home safely.

International Nurses Day



Above pictures: Our guests and TCHC Management Team



Above pictures: Sr R Singh leading the nurses as they said the Nurses Pledge

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. Tongaat Community Health Centre held its event on the 27th of May 2008.

The theme for 2008 from ICN (International Council of Nurses) was **Delivering Quality, Serving Communities: Nurses Leading Primary Health Care**. Our theme for the day was even more simple *"Together celebrating hard work and commitment of our Nurses"*. Our Nurses work hard day in and day out, dealing and handling different patients from different cultures, races or creed and so this day was dedicated especially to them. We actually wanted to show them that their efforts do not go unnoticed. Amongst the list of invitees, we had a representative from Denosa who gave a dynamic speech. A pastor from a local church and Mrs Madikizela from eThekweni District Office who attended on behalf of the District Manager. The event itself went very well. The nurses had a chance to light the candles and took a moment to say their Pledge.

Events at TCHC: Gallery



National Initiative for combating Diabetes and the people who came out in numbers to get tested



Premiers' Imbizo, what a spectacular event it was!!



Nurses Day at Tongaat Community Health Centre, what can I say....let the photos do the talking



Tunnel Farms and the harvest, far right, the ladies showing off their beautiful garden



Above, are the pictures from the recent Staff Party held at Hlathini Lodge

A day in a life.....

In this issue we have a chat with our Telecom Operators, yes the guys that answer the telephone at Tongaat Community Health Centre, we basically wanted to find out more about them.....

Naresh Singh, hails from Tongaat in Watsonia to be precise. He has worked in Tongaat Community Health Centre for the past four (4) years. Naresh was previously employed by another Telecommunications company and has vast experience in the field of Telecommunications. This gentleman is cheerful and bubbly, he says he loves his job because he gets

to interact with a lot of people.

Even though he admits that there are difficult times as well but he says he enjoys challenges. Naresh is partially sighted but that has not stopped him from leading a normal life. He is married and is a father of two boys. If he is not working, he enjoys the outdoor life, socializing and loves sports.



Mr Naresh Singh, TCHC Telecom Operator



Mr Osborne Maphumulo, TCHC Telecom Operator

This is motivated young man, very popular amongst his peers and colleagues about his deep baritone is Osborne. He is a resident of Hambanathi Township. Born and bred in Tongaat, Osborne commenced and completed his lower and higher education in Tongaat's Mbonisweni and Nkosibomvu Schools. When he talks about his job and Tongaat CHC, he smiles. It is obvious that he enjoys what he does. He started working at TCHC in July of 2007 as a General Orderly and four (months) later he moved to

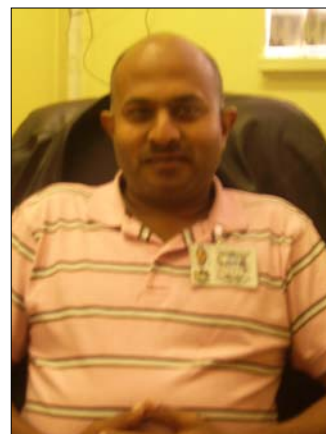
switchboard. Before joining Tongaat CHC, Osborne worked at the Military (SANDF) from 1999 to 2005.

When asked about his interests and hobbies, Osborne said he enjoys soccer, watches movies very often, a keen church-goer and enjoys reading sports magazines and journals. He is not married and is a father to a beautiful eight year old girl. Osborne describes himself as a reliable, honest and friendly person.

Remembering his humble beginnings at Tongaat Community Health Centre as a General Orderly. Naren is one of the most charming and the ever so humble person around Tongaat CHC. Naren started working at TCHC as a casual for nine (9) months in 2004 before he was employed as General Orderly from 2004 to late 2007. It was only on the 01 of November 2007 that he started working as a Telecom Operator. He enjoys his work immensely. He is also from Tongaat in Maidstone Village. He is also visually impaired but says that does not

hinder him from taking care of himself and those around him. When asked to describe himself in five words, he said he is honest, caring, compassionate, responsible and committed.

In his spare time he enjoys gardening and is bragging about how beautiful his garden is, he also expressed his love for fixing and repairing cars which is a talent that came naturally and also goes fishing now and again. Naren is also married and is a father of two boys aged eight (8) and ten (10).



Mr Naren Haripersad, TCHC Telecom Operator

Editor's back chat.....

A warm welcome to our readers to another exciting issue of uThongathi Update. This newsletter is designed to inform you the staff of Tongaat Community Health Centre of the latest developments and activities that took place in our institution from March to date.

In this edition I would like to outline the role of the Public Relations Officer in a Health institution such as this one.

A definition of Public Relations is simple. Public Relations is the practice of managing the flow of information and communication between an organization and its public (stakeholders). The public is divided into two, one being the internal public which includes the members of staff from different de-

partments, the Managers, Supervisors etc. and the second is the external public, which is the general public, patients, NGO's etc. Public Relations aims to gain an organization positive exposure to their key public (stakeholders) while downplaying negative exposure.

The role of a Public Relations Officer:-

- Attending to patients complaints and responding timeously
- Conduct patient surveys
- Ensure the institutions' website is updated
- Compiling and editing internal Newsletter and other internal publications
- Promote and maintain a positive image of the CHC

- Coordinating special events for the institution e.g. Awareness programmes, Soccer & Netball events e.t.c

I hope this information will help everybody to understand what Public Relations is about.

On that note, I trust that you will enjoy this 2nd edition of the much awaited Newsletter. There is so much to read and some health tips as well. I thought since there have been so much going on since the last issue I must cater for everyone. I enjoyed compiling this issue and I believe you will enjoy it too!

Till next time!

Philile

Personal's Corner.....

Community Service Nurses

TCHC would like to welcome our Community Service Nurses who joined the institution on the 01st July 2008:-

- Ngema, Thokozani Fortunate
- Luthuli, Sindisiwe
- Reddy, Deshree

Transfer-in

- Mr T J Bhengu - Artisan Superintended

Deaths



RIP

Everson Ngcobo

Another fallen soldier at Tongaat Community Health Centre. Our condolences to the family of our beloved Everson who was called to rest in May 2008. May his soul rest in peace.

Births

Congratulations to:-

Mrs JZ Zungu (Senior Social Worker) on the arrival of her brand new bundle of joy, a baby girl named Ayabongeka, born on Wednesday, 26 March 2008! Congrats Maam!!



Congratulations to:-

Ms Nomaswazi aka Swazi Hlatshwayo (Secretary: Medical Manager) on the birth of her baby boy on 5th July 2008, Saturday, Swazi, welcome to mama land!!!



Weddings

This is to congratulate Slindile (nee' Ngubane) Nzuza—Chief Radiographer @ TCHC on her marriage to Mr Njabulo Nzuza on the 31st May 2008
Okuhle kodwa.....

