



health

Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**

## BRUNTVILLE CHC NEWSLETTER

### MOYIZANA NEWS

ISSUE 2/ MARCH 2014

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OUR PROMISE TO YOU



**Fighting Disease, Fighting Poverty, Giving Hope**

# BRUNTVILLE CHC BRINGS QUALITY HEALTH CARE AT TAIWAN

The family health team recently visited the Taiwan factory in Mooi River. The visit saw staff members being screened for glucose, blood pressure and HIV. Female members were also encouraged and given health education on the family planning contraceptives available to them. The contraceptives are part of the department's initiatives to help prevent unwanted pregnancies and empower woman on making better health choices.

Sindiswa Makhathini (20) a single mother of four year old daughter Nobuhle Makhathini went on and told the editor about her ordeal as a young teenager who got pregnant at the tender age of 16, "I was 16 years when I got pregnant, it was scary and daunting. Have I had known of family planning methods I would have used them, to make better health choices", she said.

The team gave health education on key health issues -healthy lifestyles was on top of the agenda, as the month of February is healthy lifestyle awareness month. The team also advised the clients that they will be visiting them again as they are strengthening the outreach programs with local business in the region which will see clients being consulted at their work places.



**Silwa Nezifo, Silwa Nobubha, Sinika Ithemba**

# BRUNTVILLE CHC BRINGS QUALITY HEALTH CARE AT TAIWAN



Pic 1+2 Clients being given health education to better and improve their health status.



Pic 3 Clinical nurse practitioner for Bruntville CHC, Sir Nhlanhla Kubheka and a client in the consultation rooms during the visit.

**Fighting Disease, Fighting Poverty, Giving Hope**

## ADVANCES MADE BY BRUNTVILLE CHC IN IMPLEMENTING THE NHI PLAN

It has been a year since the inception of the National Health Insurance by the minister for health Dr. Aaron Motsoaledi. The inception involved provinces piloting the NHI plans and thus implementing the NHI plan according to the prescribed bill tabulated at cabinet.

Bruntville Community health center under the UMgungundlovu health district is part of the piloting district (UMgungundlovu) and is cogent in terms of the implementation phase.

### **Implementation of the National Core Standard**

The Bruntville CHC has provided quality health care for the majority of the citizens' within the Mpofana sub-region with affordable quality health care. The CHC renders this quality care by concentrating in improving the quality of care through infrastructure, there has been projects of upgrading the CHC as the current infrastructure cannot withhold with the current demands- finished projects include the refurbishment of the sluice room, the tilling of the whole CHC, the refurbishment of the roofing system and the erection of the service board and signage throughout the CHC

**“The Bruntville CHC has provided quality health care for the majority of the citizens' within the Mpofana sub-region with affordable quality health care”**

## ADVANCES MADE BY BRUNTVILLE CHC IN IMPLEMENTING THE NHI PLAN

The CHC has remained in combat and in action by the training of clinicians and the appointment of Clinical nursing practitioners and nursing assistants. These soldiers help fight the evolving war on the burden of diseases in our communities. Cleanliness and improved safety and security for our patients is a priority to us this is evident on the shiny floors the CHC embraces and the security personnel contractors on site, patients safety is also a priority as there is an adverse committee in place which investigate and encourage the reporting of adverse events.

Recent client satisfaction survey results show that our staff attitudes have improved over time; patients are treated by a named health worker who treats them with dignity and respect. The results also show that there is an improvement with drug stock and supply which is a priority in the implementation of NHI despite the size of our pharmacy.

## **The re-engineering of the PHC system**

The CHC is also implementing steps in line with the re-engineering of the PHC system as it has a mobile team with family health and school health teams. The teams are assisted by community care givers who work close with the Operation Sukuma Sakhe Programeme by the office of the Premier. The mobile clinics enhance the School Health Programme and offers easy access for people in informal settlements and rural communities who often are far away from fixed clinics. This intervention is part of the plans of the implementation of the NHI and towards a goal of a long and healthy life for our citizens. Through these clinics teams are able to improve on cervical cancer, TB and HIV screenings, in areas where we are unable to offer a fixed clinic due to population size. The CHC also contracts two (2) doctors who render services daily at the CHC.

# National Nutrition Week 2013

## National Nutrition Week 2013

Due to South Africa's rising obesity epidemic National Nutrition Week in 2013, which was observed from the 9th to the 15th October, focused on raising awareness of the importance of portion control.

Statistics show that increasing numbers of South Africans are overweight or obese, with the problem at its worst among adult women and pre-school children. 'Eat less – choose your portion with caution!' was the central message for National Nutrition Week 2013. (Source, [www.nutritionweek.co.za](http://www.nutritionweek.co.za)).

Bruntville CHC observed the day on the 15th October. The day saw patient being given health education on portion size and healthy lifestyles by nutritionist Ms. Mbali Mtetwa. A role play was also amongst activities on the day, an exhibition stand was also on display during the week.



### **Healthy lifestyles**

#### **MOOI RIVER GOVERNMENT OFFICIALS HEALTHY LIFESTYLES SOCCER AND NETBALL TOURNAMENT**

The Mooi river sports complex was packed to its capacity on the Thursday of the 3<sup>rd</sup> October 2013. The blazing heat did not stop government officials from a sporting tournament.

The event which incorporated several government departments with-in the Mooi River area started at about 14h00. Sporting codes that where participated in was soccer and netball.



## HEALTHY LIFESTYLES DAY.....CONTINUED



The Bruntville CHC soccer team the “Red devils”, with soccer coaches

**Fighting Disease, Fighting Poverty, Giving Hope**

Sexually transmitted infections (STIs) are infectious diseases that you can get by having sexual intercourse or contact with a sexual partner who has an STI. Few of us think about the consequences of becoming infected with an STI, which can be very dangerous to your health and can even prove life threatening if not quickly dealt with and properly treated.

The Bruntville CHC supports STI/Condom Week, which aims to make communities aware of the dangers of STIs while providing vital information on how these diseases can be prevented from spreading. Bruntville CHC is always there to help its clients, especially when faced with a healthcare problem of this nature.

**If you are in doubt, here are some of the more common symptoms of STIs:**

Discharge from the penis or vagina

Pain or stinging during sex or when urinating

Pain and swollen glands in the groin area

Painless red sores on the genital area, anus, tongue and throat

A scaly rash on the hands and soles of the feet

Warts around the area of the genitals

Small blisters that turn into scabs in the area of the genitals

Dark urine and loose, light-coloured stools

Yellow eyes and skin

Swollen glands, body aches and fevers

Weight loss and fatigue

How to protect yourself from STIs:

Abstain from sex (don't have sex)

Avoid having multiple sex partners

Use a condom or female condom properly whenever you have sex

Get you and your partner tested

**Sources, [www.doh.gov.za](http://www.doh.gov.za),**

**[www.gems.gov.za](http://www.gems.gov.za)**



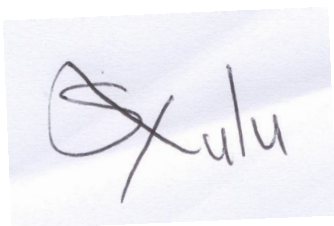
I greet you all in the new year. In 2013 the CHC achieved immensely. We did fairly well in the NCS but we can do more, a lot of infrastructural programs took place, we were joined by our mobile team who screen clients in remote rural areas where government cannot put a fixed clinic. We were chosen as the best performing CHC in terms of governance and intersectorial collaboration (best performing clinic committee in the province) by our partner on governance Blacksach. These are a few milestones we had achieved in 2013.

As the year 2014 has ushered in we hope for an even more fruitful year filled with challengers and excitement. I hope that we remain in combat as a team and family in Fighting Disease, Fighting Poverty, and Giving Hope to our communities.

Until next time!

Regards

Editor Moyizana News!



Mr. Sifiso Xulu,

Public relations officer for Bruntville CHC

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At Bruntville CHC we are committed to service excellence. This is evident in how we deliver services in our day-to-day operations to our communities. It is not an additional task to our daily tasks, but the manner in how we approach delivering services professionally, and in a courteous, efficient and cogent manner that encompass the values of Batho Pele, which ensures predictable affordable services to all our clients, all the time, within the baseline service standards we have promised our clients.

However, when numerous challenges arise, and citizens expectations are not met in a timely manner, citizens need to be given avenues to communicate with us so as to resolve their complaints and dissatisfaction with any of our services so that we as Bruntville CHC can redress and also improve on service delivery processes and systems. Clients are also given an opportunity to complement our services when they have experienced outstanding service delivery from us so as to assist us in the acknowledgement of outstanding performance and contribute to continuous improvement of services.

Should any member of the community visit us at Bruntville CHC please make use of the available suggestion boxes for compliments, suggestions and complaints or directly call our friendly Public relations officer Mr. Sifiso Xulu on 033-2631545 or 0729136662 and he will gladly assist in any matter.