

EZASEMKHUMBANE NEWS

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WAR ON POVERTY

Cato Manor CHC is part of the Project which is War on Poverty (Flagship Programme). War room meetings have been held every month by the clinic staff and the community of ward 30 and various Governmental Departments at Cato Manor CHC. The aim of the meeting is to address community problems. Community Health Workers and NGO's have been assisting in bringing in problems encountered in the community for resolution by the respective Government Departments. Training of cadres is on process.

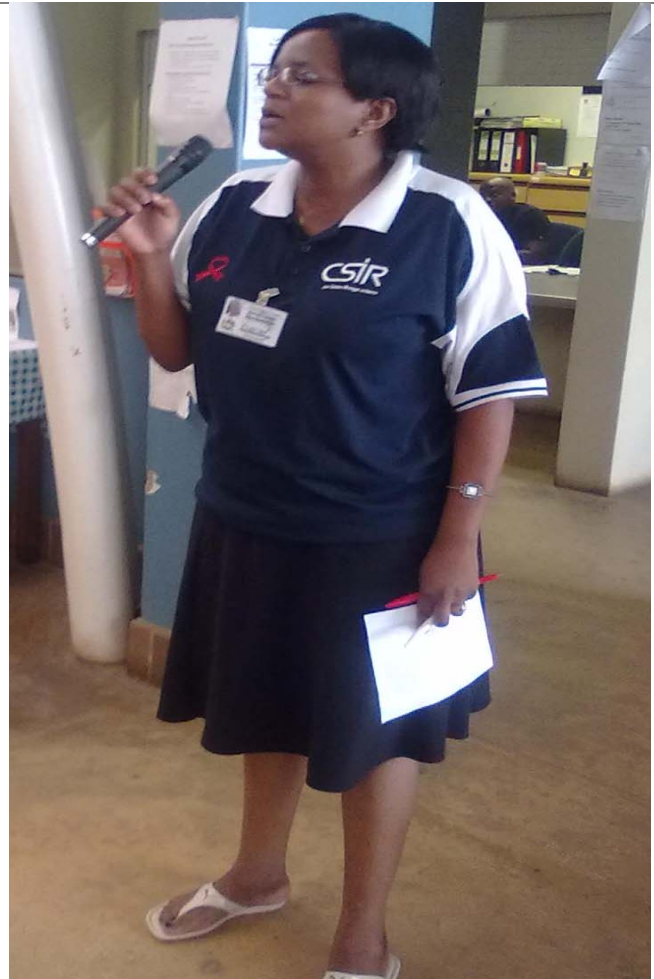


Sister N.B. Mthethwa
War on Poverty Secretary

WE CARE FOR THE COMMUNITY!

STI/CONDOM/PREGNANCY WEEK

During the week until the 17th of March 2011 we gave talks on STI/Condom and teenage pregnancy as a Clinic where talks were given on HIV/STI, antenatal services, demonstration of female and male condom. Tokens were sponsored by Johnson's and Johnson's & Eve Graham Marketing



Sister P.N. Ngcobo (Operational Manager in Maternity) encouraging people to use condoms to prevent STI and teenage pregnancy



Sister S. Mthembu from Maternity



Condom demonstration by Khethiwe Ndlela (ARV counselor)





Sister T. Cele showing other kinds of STI's



Sister N. Ndlovu (Operational Manager ARV Clinic) encourage people to use condoms



Ms. Khanyisile. CELE and Ms. Thandeka Jiyana on the day



Students from UKZN

TB DAY

On 25 March 2011 we celebrated TB day at Mkhumbane CHC this were some of the topics that our community was informed about on that day:

What is TB?

*Tuberculosis or TB is a curable, infectious disease caused by a germ called *Mycobacterium tuberculosis*, that attacks any part of the body, but mostly the lungs.

*TB of the lungs is Pulmonary TB (PTB)

*TB outside the lungs is called Extra Pulmonary TB (EPTB) and can be in the skin, bones, lymph nodes, stomach etc.

How is TB spread?

*The TB germs are spread into the air when a person who has TB coughs, sneezes or spits

*The germs float in the air, and can be breathed in by people who come into contact with the infected air

*The TB germs now infect the lungs (PTB)

*The TB germs can also spread to other parts of the body (EPTB)

*TB germs are so small they can only be seen under a microscope

Signs and Symptoms of TB

*A persistent cough that lasts for 2 weeks or longer

*Shortness of breath, and chest pain

*Coughing up blood

*Loss of appetite, and loss of weight

*A general feeling of illness

*Tiredness and weakness of the body, and loss of motivation

*Night sweats and fever, even when it is cold

How is TB prevented?

*It is advisable not to get too close to people who are coughing

*People with a cough should be aware of those around them and try not to cough near them

*Make sure that you eat well and enjoy plenty of sunlight and exercise and open windows so that fresh air can enter

*Seek medical attention if you develop a cough that persists for more than three weeks



Sister D. Ngcobo
TB Co-ordinator



Sister N.G.D Rughubeer and Slindile speaking about signs and symptoms of TB and how one gets it.



Patient's testimony on effectiveness of TB Treatment and importance of adherence



Pharmacy team

Educating patients about adherence to TB treatment until completing the course or evidence of cure has been emphasized by Pharmacy in their talks during TB celebration events.

IPT (Isoniod Prophylactic Treatment) given to HIV positive patient is going very well in our clinic. Cato Manor CHC is very fortunate that it does not experience shortage of medication supply as it happens in other areas which also can lead to MDR & XDR TB



Gazebbo's being erected for TB screening and HIV testing

CELEBRATION OF PREGNANCY WEEK

Midwifery students from UKZN came on the 21st of February 2011 to give talks on exercises, diet, foetal kick count chart and importance of attending antenatal services. They were accompanied by Lecturers from the University



Pregnant women and their partners listening attentively to the talks



Proud Fathers to be and Mrs. Majeke (Lecturer) from UKZN



UKZN Students

BABY FRIENDLY HOSPITAL INITIATIVE

From the 28th to the 4th of March Sister Mthethwa and Sister Nzimande attended a Baby Friendly Hospital Initiative (BFHI) workshop. The clinic is aiming at getting accreditation for BFHI. This initiative is aimed at promoting exclusive breastfeeding and better births Initiative. The initiative will assist patients to understand the importance of breastfeeding thereby promoting healthy babies. The advantages of breastfeeding cannot be stressed enough. Breastfeeding also create better foundation in promoting child growth and development especially in the early stages of a child's life.

Health Education talks and support groups have been started in Maternity to promote this initiative.



Slindile Khuzwayo (Counselor) talking to Mothers during Support Group Session



SCHOOL EDUCATION

On the 10th March 2011 Sister P.N. Ngcobo, Sister N.E. Luthuli and Sister N.G.D Rughubeer visited Phambili High School and gave talk on Whoonga and teenage pregnancy together with KZN Youth Forum



Entertainment
for the day

REHABILITATION UNIT

This section provides assessments, therapy, consultation and referral for clients and families of clients with physical , disabilities, mobility disorder, arthritis, hand problems, developmental disorder, learning disabilities, strokes, cerebral palsy, head injuries, hearing problems, speech -language difficulties etc. This section has not been able to provide Occupational Therapy services since 2008 because there was no Occupational Therapist. It is with great joy to announce that in addition to Speech Therapist & Audiologist, Nolwazi Mpumlwana; the visiting Physiotherapists from St. Aids Hospital, Azhar Karodia, Physiotherapy Assistant Felicity Mbotho (studying to become a Physiotherapy Technician) we now also have Occupational Therapist Arina van Staden based at our clinic.

This has allowed us to have the basic full complement of the Rehabilitation team, since January 2011. This means that the Rehab team can now provide all the basic Rehabilitation services i.e.. Physiotherapy, Occupational therapy, Speech Therapy and Audiology services. Furthermore our own Physiotherapist will be joining the team in July 2011.

The Rehab team of uMkhumbane CHC also services Isiphingo, Magabheni, Lovu, Luganda, Klaarwater and Chesterville clinics and NGO's like KZN society for the blind and The Blind and deaf society of KZN.

Physiotherapy students from UKZN with their Tutor/ Supervisor, Mr. Ntsikelelo Pefile add to the pool by providing services from Tuesday to Friday every week (except during University holidays). The first group of students started an exercise class for all the employees of uMkhumbane CHC, running from Tuesday to Friday at 12H00 to 13H00 at the Physio Gym (or R1).

Come one, Come all! Move for your Health

IJIMAPH' LE WEIGHT!



These are some exercises that are done at Physiotherapy department.
Keep it up ladies! Move for your Health!

Sister Thabi Cele; Ms. Bongzi Cele and Ms. Zama



***LASTLY WE WOULD LIKE TO WELCOME THE
NEW STAFF MEMBERS WHO JOINED US
THIS YEAR***

MATERNITY STAFF

1. N.P. HLATSHWAYO (E/N)
2. N.T.N. SHANGASE (E/N)
3. N.D. NGCOBO (Data Capturer)

ARV CLINIC

1. Z. MTHETHWA (E/N)
2. L.S. MGOBHOZI (E/N)
3. S. MKHIZE (E/N/A)
4. P. MTHEMBU (Data Capturer)

REHABILITATION

1. ARINA VAN STADEN (Occupational Therapist)