



EASTBOOMERS

NEWS

AUG 2022-DEC 2022

EBCHC SUB-DISTRICT HIGH TEA EVENT



uMgungundlovu Sub District, came in numbers to celebrate High Tea event, was hosted at AF Wood hall.

On the 31st of August 2022, East Boom CHC hosted a High Tea celebration for the Women’s month . The theme for the event was “ *Dress to kill*” so ladies were obligated to arrive in their most elegant and stylish outfits. Dr. S.S.S Buthelezi (Clinical Manager) opened the event by highlighting important roles performed by women. She emphasized that there is no relation without a woman as they play the role of being a loving mother, sister, caring wife, and a lovable daughter. She stated that women have the ability to do most things, therefore it is important to celebrate women because of the crucial role they

play in our daily lives. Women are strong most times but they are also vulnerable. Ms. L Majози delivered the purpose of the day, a brief background on the history of Women’s Day and highlighted how vital it is to acknowledge Woman’s Day as it enforces the persistent normalization of female empowerment. She furthermore explained that this gathering was to celebrate being a women.

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Our second Guest speaker Dr M.T Zulu, pointed out the daily duties carried out by a woman. She emphasized that a woman can never be a failure, “women have talents, capabilities and always the do go an extra mile”. She encouraged women in the work place to be courageous ie; fearless, endure stressful situations and be a survivor. She further encouraged woman to be conscious about their health status, take care of themselves because they tend to neglect themselves physically, emotionally and mentally, but instead identify things that will refuel them like socializing and pampering themselves. She also touched on how women are trapped in unhealthy relationships, how they have mischievous children and have to deal with abusive relatives and many more issues. “Women should always have a motto that will drive them daily” these mottos are 1) making herself first priority and 2) be the best of herself and create a legacy. She concluded by advising women to follow their dreams and finding a balance in all aspects of their lives.

Mrs. N Potgieter introduced Mrs. Luffiyya Adam owner of Lady Essence Beauty Spa based in Raise Thorpe , she spoke on self indulgence. She mentioned the three factors that build a woman into who they would like to be:

- 1) body image and self esteem explaining how awakened women should consider the beauty on the outside as important as the beauty on the inside.
- 2) Critical dissocial impact and your presence being felt through self image. She explained that the way one looks, and/or presents themselves is the first impression they leave behind.
- 3) transformation of the outer body image. She emphasized on how important it is for women to look their best by taking care of themselves and their bodies.

Lastly, she advertised her company and the services they offer to keep women in good shape and achieve the kind of bodies they want. As the program continued, Mr E Wynia was tasked to identify best dressed ladies at the event and they received

PHOTO GALLERY



From the left Sr. B. Mkwena (OM for Scottsville Clinic), Sr. P. Carson (OM Masons Clinic), Sr. N. Nxele (OM for Woodlands), Mrs N.C Mkhabela (PHC Coordinator), Sr. SS. Ngcobo (PHC Supervisor), Mrs . R. Dube, Sr M. Mlambo (OM for Central City Clinic), Sr A. Dlamini (OM Eastwood Clinic).



Above from the left: Sr. NM. Ntuli (PN), Sr . NE. Latha (PN), Sr. NE. Mkhize (PN), Sr. S Dzanibe (CNP) and Sr. N. Mhlanzi (EN).

CONTINUATION



Above from left: Sr. M.S. Dzanibe (Maternity), Mrs B.R Hadebe (Infection Control Nurse) and Ms S. Mudase (Pharmacy Assistant)



Above from left: Dr S. Chetty (East Boom CEO) and Mrs MT. Zulu (District Director)



From right: Mrs. L. Adams and Mrs. S Nkabini



Above from left: Mrs .M .Gopichand (Nurse Manager), Sr.R.T. Padayachee (OM for HAST unit,) Mrs SS. Ngco-bo (PHC Supervisor).



Refreshments for the day.



Above from left: Mrs N.C Mkhabela (PHC Coordinator), Sr M. Mlambo (OM for Central City Clinic) handing a gift retirement to Mrs ENP Pillay (EN) . Operational M anager was accompanied by her staff .

PHARMACY WEEK

BACKGROUND AND OBJECTIVES

Every September, Pharmacy professionals celebrate Pharmacy Month in South Africa. The purpose of Pharmacy Month is to educate the public on the vital role that pharmacists play in the health-care system. This initiative is usually planned and organized by the interns of the facility. The theme for Pharmacy Month 2022 was “Woman and Youth Health- the Pharmacy is a safe and trusted place for advice and assistance”.

At East Boom CHC, our plan for Pharmacy Month was to shed light on the pharmacy profession and educate on current and prevalent health issues relating to women and younger adults. Additionally, to uplift the community through various outreach programs and feeding schemes. The funds for such events were collected from healthcare professionals of our facility as well as outsider sponsors.

PLAN

For the month of September 2022, we planned six Pharmacy Month events, three being at East Boom CHC departments (Pharmacy Out-Patients , Maternity and ARV department) , two outreach programs at the PMB Children’s Home and Sunny-Side Old Age Home and lastly a Women’s Health Forum and Luncheon. At each event the presentation was delivered in English and then translated to IsiZulu.

1. EAST BOOM CHC EVENT

The first three events at East Boom CHC (EBCHC) were centered on patient education and feeding schemes. These programs were presented by the interns of EBCHC. The topics that were discussed included The Role of Pharmacists in the Health-Care System, Medicine Adherence and Compliance, Safe Sexual Behaviors, the Use of Contraceptives, Gender-Based Violence and Abuse. Along with our presentations, we used colorful visual aids such as posters, pamphlets and information leaflets. At the end of each event, we asked various presentation-based questions and handed out prizes (hygiene products) for those who answered correctly. Additionally, we provided healthy refreshments to our patients such as sandwiches, juices and fruits. These refreshments were made by our interns.



Above from the left: Yashay Sha (Intern), Nikita Monsamy (Intern), Sandisiwe Chonco(Intern) .



Yashay Sha



Set up for Pharmacy week that took place at East Boom Clinic.



Pharmacy week set up.



Above from the left: Yashay sha, Sandisiwe Chonco, Nikita



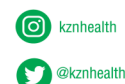
Educational posters.

Conducted by Ms Majoji (Pharmacy Manag-

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2. PMB CHILDRENS HOME EVENT

At the PMB Children's Home, we spoke to the younger adults about The Role of Pharmacists in the Health-Care System, Safe Sexual Behaviors, the Use of Contraceptives, Gender-Based Violence and Abuse and Mental Health Awareness. Throughout our presentation, we asked several questions which sparked interesting discussions and conversations. At the end of our presentation, we provided refreshments to our listeners and the entire orphanage. These included meat platters with chicken sticks, kebabs, sausages etc., pastas, sandwiches, peppermint crisp deserts, fruits, and juice. We also donated several items to the orphanage (hygiene products such as soap, lotion, toothpastes, disinfectants, sanitary pads, and stationery items such as pencils, books, and

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Above from left: Nikita Monsamy (Intern), Andisiwe Hadebe (learner basic).



Hampers that were handed

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Women from the old age home helping themselves with refreshments.



Audience at the old age home



Above from the left: Yashaysha, Thandeka Mzulwini (Pharmacist HST), Samukelisiwe Chonco, Nikita Monsamey

Conducted by Ms. Majozi (Pharmacy Manager)

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HERITAGE DAY 23/09

Heritage day is a public holiday celebrated yearly. On this day we commemorate South Africans cultural diversity for all races. This year East Boom Community Health Centre had their celebration on the 23rd September 2022. Staff came in numbers from various departments, they were dressed in their various cultural attires. There was a departmental competition on dancing, cooking, cultural attire and this was loads of fun. Departments performed dance items and were judged by panel for first, second and third price.

The best performing price for cultural dancing went to Pharmacy department, second price was taken by HAST. Nominations of best dressed were pulled from the crowd by the judges whilst were seated. Prizes were distributed from third price to first price. HCM took first price for cooking. The décor was a combination of South African colours to show diversity and unity amongst staff members.



Above from left: Dr S Chetty (CEO) and Dr SSS Buthelezi (Clinical Manager).



Audience



Food tasting competition.



Pediatrics doing their item.



Audience



Above : Mr E. Wynia (Systems Manager), announcing the winners.



HAST Unit doing their item.



Audience



Above: Mr. T. Hlongwane Was programme director for the day.



MENTAL HEALTH AWARENESS 28/10

According to the health calendar month of November is the mental health month. We held our health event on 28 October 2022, the event was very necessary since there is rising number of staff with mental issues. Due to the increase our occupational health nurse. Who is currently doing parcal cap duties, held the awareness to the staff about signs and symptoms about mental health, the was tips and pointers that highlighted to reduce mental fatigue and stress and also loss of fun. Our occupational nurse also process on how to go about excessing mental health e.g. psychologist & psychiatrist.



Ms S. Ngwenya (Pharmacist Assistant) a Psychologist by profession.



Sr. N. Fundzo (OHNP)



Mrs. B.R Hadebe (Infection Controller, Nurse) singing.



Mr S. Ndlovu(Register Counsellor) a psychologist by profession.



WELLENES PROGRAMME

Work and play, under Health Awareness is part of the EAP. After the pandemic there was a need to tackle various circumstances that negatively affected staff emotionally, physically and financially. So work and play was conducted, staff were recruited and made aware about the guidelines stipulating how the program should run. It's compulsory for all employees to partake and practice two hours per week. Activities that are yet available are Rope pulling, Walking, Soccer, Netball and aerobics. This program started well although there were challenges especially with transportation, grounds for practice, funds as well as equipment. The achievements have been exceptionally excellent, as East Boom CHC under uMgungundlovu district, entered a tournament competing with employees from all 15 facilities. They received medals as well as a ball in recognition of their achievements. A week later after the tournament which took place on the 25th of November 2023, East Boom CHC was invited to an awarding ceremony at Natalia where they received a trophy for rope pulling and 1st price for Netball. Soccer team made it for the semi finals, which is still excellent.



East Boom CHC Netball squad.



East Boom CHC Netball squad, great achievement moments.



1st runner for netball tournament.



East Boom CHC Soccer Squad.



BREAST CANCER 02/11

East Boom CHC held a breast awareness cancer held on the 02nd of November 2022. They explained to clients the signs and symptoms and also how to check their breasts. It was highlighted that female should check their breasts on monthly bases, before menstruation and 3 days after finishing menstruation. Best ways to check is by visiting the mirror, look at the size, color, shape of the breast, there shouldn't be a immovable lump, nipple discharge, swelling of breast, and pain/ lump under armpit . Normally the breasts will not have the same size, but if there is an indication of an extreme difference in size then it is not normal. There are normal muscle tissues on the breast, when pressing down with two fingers there should be no blood or discharge. When checking the left hand breast you should move the left hand behind your head and vice versa. Should check from the under arm with four fingers and start pressing slowly in rotation. Then if you 100 % sure that there is still nothing, last step is to lay on the bed facing up , put a pillow on the back of your breasts and do as previous. If it happens that when checking the breast there is an abnormality, immediately consult the clinic.



Sr N.Z Madlala did a educational



Paediatrics staff singing whilst audience are listening.



Paediatrics staff singing whilst audience are listening.



Sr. C.Z Mchunu doing a health education.



OPEN DAY 18/11

Open day is an annual event that focuses on selling services rendered by the facility, it is a community engagement where the clients are allowed to provide opinions where needed. This year East Boom CHC hosted Open day on the 18th of November 2022, all departments (PHC, HAST, PEADS, Maternity, OPD, Dental, Systems, Medical, Pharmacy and Communications) participated by educating the community with relevant health talks. Introduction and purpose of the day was delivered by Dr. S Chetty along with Dr. Buthelezi highlighting the importance of Open day and how it benefits both the community and the clinic. The event was successful with the help of sponsors (Darul Ihsan, Nedbank. Health promoters, HST, My Wealth Services, Hollard, Old Mutual, ward 33 and 34) We were visited by Mr Garth Middleton (ward 3 councillor) who welcomed the guests and the community.



Health promotion team from Head Office.



Above from left: Mrs N.C Mkhabela (PHC Coordinator), Mrs M Gopichand (Nurse Manager), Dr S. Chetty, Mrs S Reddy (Councillor for Ward 33), Mr G. Middleton (Councillor for Ward 34).



From left Nedbank Stand and Hollard.



From left Dr SSS Buthelezi (Clinical Manager), Dr S Chetty (CEO).



Mrs M. Gopichand (Nurse Manager), Sr BG Ngcobo (Paediatrics OM)



Audience.



Above: Mr Garth Middleton is Councillor for Ward 34



Visitors had their visitors.



WORLD AIDS 01/12

We celebrated world Aids day on the 1st of December 2022. Patients were educated on the following topics: TLD, PREP, Family planning.

TLD is a drug that is in combination of 2 drugs tenofovir disoproxil, lamivudine, dolutegravir. There is no side effects when taking this drug, clients can drink during the day. It not the same as efferent which is strong and consist of 600 mg , when taken its during the day it makes the patient drowsy. TLD doesn't have side effect when you want babies.

PrEp is the drug to prevent you from getting HIV, if the partner is HIV positive and the other one is negative it works effectively. A condom should be used unless the couple decides to have a baby but should consult the clinic if HIV partner virus is undebatable. Clients were shown the colour coding Red and Black, these coding indicate how the drug fights the virus in the body. If the client experiences side effect with HIV drugs then they should visit the clinic.

There was an answer quizz , and interactive game to educate when to take medication, how to take medication , importance of taking medication on the same time. Prices were given to those clients who gave the correct answers. Old clients were also given gifts as they were great example to the new HIV clients.



HAST performing for the he audience .



Above from left: Sr H Zondi, Sr N Mthembu, Sr X. Radebe, Sr N.P Dlamini, and Sr B. Zondi .



From left:: Dr Y. Nomathithi, Dr K. Stevens, Sr B.R Hadebe and



Sr T.Ncgobo handing out hamper to one of the patients.



QUALITY DAY 02/12



Above Mrs R. Munro.



Above from left: Sr N. Mhlanzi (EN) and Mr T. Hlongwane (Dental assistant), were programme directors' of the day.



Ms S. Makhathini (acting OPD Supervisor) was handed her award by Mr E. Wynia (Systems Manager).

uMsunduzi sub-district celebrated an annual quality event on the 2nd December 2022. This event was to honor staffs for diligent work, especially the staff that went over and above to improve quality in the facility. Most of the staffs supported the event and enjoyed their time out of the facility. We also love to thank our guest for responding to our invitation and gracing us with the presence. A huge thanks goes to Dr. S. Chetty (CEO), Exco team, events coordination team and sponsors for their contribution to this special event.



Staffs at the Quality Day awarding ceremony.



From left Ms A. Seevaparsaid, Sr RTP Padayachee (OM East Boom for HAST)



Staffs at the Quality Day awarding ceremony.



From left:: Sr. NN Nxele (OM for Wodlands Clinic), Sr M Mlambo (OM for Central City Clinic), Sr M.P Ntontela (OM for East Boom Maternity)



HAST unit received their award.



Mr M. R Green (District Manager: Planning and M &E), Dr M.T Zulu (District Director), Mrs Mbambo.



PUBLIC RELATIONS PAGE



My name is Tracy Hlatshwayo, an in-service training student for Public Relations and Communications. It is a thrill to be able to use, as well as advance my craft in words in order to generate great publicity for a good cause. I aim to gain the ability and skills to manage the image and reputation of any organisation in the period of time I'll be serving at East Boom clinic.



My name is Lungisani Sithomo an in-service training student in the field of Public Relations and Communications. I am here to gain experience, grow professionalism in the field of PR, as well as to contribute in the success of the organisation. Managing the reputation of the clinic and ensuring that the public receives quality service as it is one of our main goals as PR team.



My name is Zanele Chiliza an in-service training student for Public Relations and communication. As an upcoming Practitioner, I am learning to empower my imagination and able to get my message across. I know I will accomplish a lot with the assistance from my mentor in the period of my Integrated Learning in the workplace. I look forward to broadening my knowledge as a n emphatic listener , creative and factual writer while at East Boom CHC.

Complaints, suggestions and compliments, received from internal and external stakeholders are managed in the Public Relations Officer 's department.



health

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