



# EAST-BOOMERS

# NEWS

Informative publication

March 2018–Dec 2018



### Services being offered at East BOOM CHC

- *Dental health services*
- *Dietetics*
- *Emergency medical services and trauma*
- *HIV/AIDS/STI management*
- *Management of Chronic ailments*
- *Maternal and child health*
- *Minor ailments*
- *Pharmaceutical services*
- *Psychiatric services*
- *Radiological services*
- *Reproductive health services*
- *Social Work services*
- *TB management*

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## TUBERCULOSIS AWARENESS

On the 27 March 2018, was our Tuberculosis ( T.B) . It is important to screen all clients who visit our clinic. All patients who have symptoms of T.B diseases must be investigated .

T. B bacteria usually affects the lungs , but can also affect other parts of the lungs. This bacteria can spread to damage other parts of the body like digestive and urogenital tracts , bone , joints, nervous system, lymph nodes and skin. A type of bacteria called Mycobacterium tuberculosis causes it. It spread by breathing air –borne bacteria from people who have infectious T.B disease.



A person can be infected with the T.B organism for years without getting sick or spreading it to others, but when their immune system weakens for some reason , TB infection can develop into active diseases. Patients with active symptoms, will require a long course of treatment involving multiple antibiotics.

### Symptoms of Tuberculosis:

- Persistent cough for two weeks or more
- Fever for more then 2 weeks
- Night sweats
- Unexplained weight loss
- Chest pain
- Coughing blood
- Feeling tired all the time
- Chills
- Loss of appetite

If you experience any symptoms, see your doctor to get tested.

### Preventing Tuberculosis:

- Open windows at all times, getting fresh air and living in clean environment
- Cough etiquette
- Visit the clinic when cough more then 2 weeks or more
- Comply on treatment when you are diagnosed with Tuberculosis
- All babies at a clinic should immunize within 1year
- Avoid drinking alcohol and smoking
- Eating balanced food



Tuberculosis team .  
From left: Miss B.C Nxumalo ( Professional Nurse), Ms. D.C Gwala ( Enrolled Nurse), Miss L. Jiya ( Data capture).

# BREASTFEEDING 2018



World Breastfeeding Week is every year on the 1st of August to the 07th of August. This year our Breastfeeding awareness was held on the 06 August 2018. Breastfeeding is a universal solution that continues to improve the health, wellbeing and survival of women and children around the world.



During the week various talks and in services were held to promote, protect and support breastfeeding. This year our Word Breast Feeding Event was also combined with Women’s Health. The aim was to focus on the breastfeeding mum in terms of her health and well-being. Topics such as family planning, cancers and pap smears were also covered. Staff also entertained the audience with captivating songs, interactive role plays and informative talks highlighting topics such as the benefits of breastfeeding, the continuation of breastfeeding after returning to school or work as well as early antenatal care before 20 weeks gestation.

Each person also received a “goodie bag “which included a hand cream, liquid soap and a facecloth as well fruits, muffins and bottled water. Staff had also generously donated clothes and shoes for children which were then issued out at the end of the event.



## BENEFITS OF BREASTFEEDING

**For Mom**

- Mothers who are breastfeeding burn extra calories each day, helping them return to their pre-pregnancy weight quicker.
- Women who breastfeed have lower rates of developing breast and ovarian cancer.
- Reduces the risk of postpartum depression and creates a unique bonding experience for mom and baby.

**For Baby**

- Breast milk is rich in nutrients and the perfect natural food for babies. Breastfed babies are also less likely to become obese.
- Antibodies in breast milk help babies fight off viruses and bacteria, while protecting them from various infections.
- Children who were breastfed as babies have lower risks of developing ear infections, respiratory infections, allergies, and diabetes.

Information courtesy of Dr. Kirsten Newsom and The American Academy of Pediatrics.



Audience



The staff did a plat role demonstrating how to breast feed.



Sr. N. Dladla ( Professional Nurse), doing a talk.



Sr. N. N. Putini ( Professional Nurse), doing a talk.



## STAFF WELLNESS

Megan Schapiro (Community Service Physiotherapist) together with Arisha Seevaparsaid (Dietician) planned how they could help educate and support staff with regard to leading a healthy lifestyle. They decided to put a 'Staff Wellness Project' that entailed a 'Biggest Loser' Weight Loss Competition, promotion of the staff exercise classes twice a week, access to nutritional advice from the Dietician and to the Physiotherapy service for treatment and workstation set up advice.

On the 3<sup>rd</sup> of May, staff that wanted to participate signed up, and had baseline measurements taken. All staff participating received a welcome package that contained information on the project, exercise After the prize giving, we were fortunate to have a guest yoga instructor, Omesh Somaroo, give a free yoga class for the staff. It was a fantastic class that exposed staff to yoga, and left us all feeling relaxed and revitalized.

Overall, the competition was a success and staff had positive feedback regarding the support and guidance that they were given, and felt they had learnt more about healthy eating and the importance of exercise. Arisha Seevaparsaid and Megan Schapiro, take this opportunity to thank the Staff that participated. They are very proud of the steps the participants took to improving health and wellbeing.

We would like to give a special mention to the South African Society of Physiotherapy who donated prizes for the competition; to Omesh Somaroo who offered up his valuable time to give a class at the clinic, and donated a prize of 'One Month of Yoga Classes'; to Eric Wynia for being a dedicated Pilates instructor and to Dr. Chetty, CEO and Dr. Buthelezi, Medical Manager for their support of the competition.



Events organisers, Arish Seevaparsais and Magen Schapiro



Dr. S. Chetty ( CEO), handing a certificate DR. Zama Mayoni for 1st prize for most exercise classes attended.



Yoga classes given by Omesh Samaroo



Dr. S. Chetty ( CEO), handing a certificate to Dr. Sibonigile Buthelezi ( Clinical Manager) for 1st prize for weight loss completion.



Dr. S. Chetty ( CEO), handing a certificate to Mrs. Brenda Luthuli ( OPD Clerk) for 2nd prize for weight loss completion.

## HAND WASHING 2018

### Background to the hand washing awareness campaign

Hand hygiene is a fundamental principle of infection prevention and control. When correctly practiced, this basic cost effective intervention saves lives. Every year the 5<sup>th</sup> May is dedicated as the international hand hygiene day by the World Health Organization (WHO)

The WHO sends out a call to action for all health care facilities in the world to participate in activities that promote hand hygiene in its campaign called **SAVE LIVES CLEAN YOUR HANDS CAMPAIGN**, the theme/slogan for this year is **“IT’S IN YOUR HANDS, PREVENT SEPSIS IN HEALTHCARE”**

The World Health Organization (WHO) calls on health facilities to prevent health care-associated sepsis through hand hygiene and infection prevention and control (IPC) action. Sepsis is estimated to affect more than 30 million patients every year worldwide. At the Seventieth World Health Assembly in May 2017, Member States adopted a resolution on improving the prevention, diagnosis and treatment of sepsis.



Health care-associated infections, infections acquired during health care delivery, are common and are a risk factor for developing sepsis but we can prevent this. Effective hand hygiene plays a key role. On world hand hygiene day (5 May), the focus for everyone should be on prevention of sepsis in health care. The WHO asks for your support and action for the upcoming 5 May 2018 global hand hygiene campaign.



Audience being taught how to do hand washing.

2018/05/10



East boom staff, practiced on hand washing techniques .

2018/05/10



Mrs. B.R Hadebe ( IPC Coordinator), facilitating on hand washing.

2018/05/10



East boom staff, practiced on hand washing techniques .

2018/05/10



# MANDELA MONTH 2018



The 18 July 2018 is an international day to honor our former president Nelson Rholihlahla Mandela . East Boom CHC decided to celebrated Mandela month by enforcing the idea that each individual has the power to transform the world. Mandela fort for justice for 67 years, that why people come together to do 67 minutes to fight poverty and promoting peace, reconciliation and cultural diversity.



On the 20 July 2018 Public Relations intern, social workers interns worked closely with the Community Care Givers, to cascade the invitation to the surrounding areas . The community was welcomed and given refreshments. Cambridge food manager (Mr. S. Sithole) and Selgro center super spar (Mr. B . Ndlovu store manager) supported the celebration by donating cakes and drinks. The social worker students had also organized clothes to be distributed at the event.



Public works staff, East Boom CHC Management, staff and audience.



Public works staff distributing goodies.



Audience for 67 minutes done by Public Works.

On .....East Boom CHC was visited by Public Works, to do 67 minutes.  
Accomplishment of the day:

## PREGNANT TEENAGERS SUPPORT GROUP

- Most pregnant teens, don't get support. Problems that affect teens who fall pregnant, is because they don't have income so will be relying on their parents to support their babies. The fathers who impregnated them run away from responsibility, then the mother will be stuck with frustration. Sthembile Khanyile (Maternity counsellor) worked together with the social worker students to formulate the support group. The focus for the establishment of this support group:



- Was to cascade knowledge about unplanned pregnancy
- Why it's important to be a good mother
- To provide support to those mothers who don't get support
- To express their feelings whilst they are pregnant.
- Giving hope to those who feel that there is no life after the pregnancy.



Each mother was to attend 14 sessions for 45 minutes, the recruitment of pregnant teens started on the 31 July 2018 until 28 August 2018.



The support group, decided to have treat.



## WOMEN'S MONTH 2018



The National Women's Day fall on the 09 August , it's a public holiday and specifically seeks to celebrate women in society's contribution to achieving freedom in South Africa, by eliminate discrimination against women and helping women gain full and equal participation in the global development. This day is dedicated to wonderful women in our lives , they take up many important roles selflessly. We love them with all our hearts .



At East Boom CHC, the women's months was celebrated. It was DR. S. Chetty (Medical Manager) idea to honor all Women working in our facility and those in management. He made enjoyable tokens to hand over to everyone women. He visited all his departments, aiming to engage with each women one by one. The staff felt appreciated and special, they thanked DR. Chetty for his actions.



Dental department received appreciation awards .



Pharmacy department received appreciation awards .



HAST department received appreciation awards .



HR department received appreciation awards .



## NHI WORKSHOP



The internal stakeholder meeting was held at East Boom CHC board-room on the 6th of September 2018 , for external stakeholders meeting was held on 13th of September 2018 at AF Wood Hall. Information disseminated included the following:



- **What is NHI**

Is financing system that polls funds to provide access to quality health services for all South Africans based on their health services for South Africans based on their health needs and irrespective of socio economic status.

- **Green paper versus White paper:**

**WHITE PAPERS** are issued by Government as statements of policy, and often set out proposals for legislative changes, which may be debated before a bill introduction. **GREEN PAPERS** set out for discussion, proposals which are still in formative stage.

- **NHI bill:**

-Everyone has access to an equal standard of care regardless of their income.

-A common fund enables equality access regardless of what people can afford to pay or how frequently they need to make use of health services.

The NHI bill will enable making health care delivery more affordable and accessible for their population.



From left Mrs. B.R Hadebe ( IPC Coordinator), Mr. ZH Mthethwa ( H.R Manager), Mrs. N.M. Mkhabela ( Primary Health Cordinator0, Dr. S Chetty ( CEO), Miss ACT Khumalo (Nurse Manager), Mr....Mkhize (District Champion), Miss T. Hadebe( District Communications Practitioner).



Mr. S. Emmanuel ( presenting on the NHI bill.

# HERITAGE DAY 2018



Heritage day in South Africa is celebrated on the 24 September 2018, on this day we celebrate culture and diversity of everybody, beliefs and traditions. This year East Boom staff decided to celebrate the heritage on 05 October 2018. This event was postponed due to commitments the staff had, the event was successful. It was a great potential to bring us all together. All Departments participated in dancing competition, this year PEADS castrated great Zulu dance leaving them first in the competition. The staff also contributed money towards their meals, everyone couldn't stop talking about the lovely food that was served.



Mr. E. Wynia  
(Systems Management Officer)

Sr. B.K. Ndlela (Chief Nurse Practitioner)

Sr. N.M Madlala (Enrolled Nurse Assistant)



Miss ACT Khumali (Nurse Manager).

Sr. B.C. Dlamini (Professional Nurse)



Mr. B.G Ngcobo (Clinical Nurse Practitioner) was the programme director for the day.



Mr. S. A. Ncobela (Systems Manager)



Miss. N.I Dlamini (Public Relations Officer)



**Mrs. Bongwiwe Nsindane (General Orderly), Ms Lebhone (Learner Basic Pharmacy Assistant), Mrs. J Potgieter (Senior Supply Management Officer), Mr. S.A Ncobela (Systems Manager), Mr. Z.H. Mthethwa (Human Resource Manager).**



**Peadiatrics staff doing a zulu dance.**



## HERITAGE DAY 2018



East Boom CHC staff dresses in their traditional attires.



The best dressed top 8, Ms. Lerato Lebone ( learner basic Pharmacy Assistant), Sr. T. Mabaso ( Enrolled Nurse), Sr. N. Mhlanzi (Enrolled Nurse), Miss Yolanda Rampersad ( PHC support Pharmacist), Ms. Londi Majози ( Acting Pharmacy Manager), Mrs. Fikile Nzimande (Best Basic Pharmacist Assistant), Sr. N.M. Madlala ( Enrolled Nurse Assistant), Mrs. Bongwiwe Nsindane.



Ms. Fikile Nzimande ( Post Base Pharmacist) receiving her award for best dressed. The award was handed by Miss ACT Khumalo ( Nurse



Mr. Z.H. Mthethwa (H.R .Manager), praying for the event to be successful.



Ms. Londi Majози ( Acting Pharmacy Manager) receiving her award for best dressed. The award was handed by Miss ACT Khumalo ( Nurse Manager).

## OPEN DAY 2018

On the 16 October 2018, Open Day was held. On this day members of the community visited our institution, this opportunity was made so the community find the best option to get help from our health center. This was to relate and engage with the whole community, who come to East Boom for health care, there were spread of stall where each patient could visit, with variety activities like, blood pressure, sexual health checks, advice and tips on infection control and prevention, utilization of medication, and lots more. There was a sit down programme where all Managers explained there portfolios and patients asked questions where needed. This event was very successful, with over 200 patients attended. Thanks to Gift of the Givers who sponsored hygiene packs, not forgetting Thabzo company, Mgabadeli company and Broke side Checkers who contributed towards the food packs.



Mr. E. Wynia ( Systems Practitioner), Mr. J Khumalo ( Finance Manager ), Dr. S. Chetty ( CEO), Mr. P.R. Ngcobo ( Clinical Committee), Miss S. Mkhize ( Clinical Committee), Miss ACT Khumalo (Nurse Manager), Mr. S. Ncobela ( Systems).



Gift of the givers gave hygiene packs to 200 patients.



Pharmacy display department



**OPEN DAY 2018**

**Miss N. Ndlovu ( Cleaning Services) .**



**From left Miss J.Z. Nontshe ( Waste Manager) and Mrs. B. R Hadebe ( IPC Coordinator)**



**Dr. S.S.S. Buthelezi ( Clinical Manager)**



**From left : Mr. Z.H. Mthethwa (Human Resource), Miss A. Seevaparsais (Dietician).**



**Mr. P.R. Ngcobo ( Clinic Committee Member).**



**Mrs. B.G. Ngcobo (Clinical Nurse Practitioner)**



**Miss N.I Dlamini ( Public Relations Officer).**



**From left Miss A.C.T. Khumalo ( Nurse Manger), Mr. J. D. Khumalo (Finance Manager) and Ms. S. Gumede ( Dental Therapy).**



**HAAST Staff**

**Ms. Z. Mashaba ( Cleaning Services)**



**Mrs. K. C. Fransis ( Radiography)**



**From left Mr. N. Dlamini ( Optometrist), Miss A. Seevaparsais (Dietician), Mrs. N. Skhakhane ( Caprisa Social Worker and Mrs. M.T Majola ( EBS Social Worker).**



## WORLD AIDS DAY 2018

Worlds Aids Day takes place on the 1st December each year. On this day people around the world unite in the fight against HIV, to show support for people living with HIV and to commemorate those who have died from an AIDs related illness.

On the Friday 30 November 2018 we celebrated Aids Day, because this year 01 December was falling on Sunday.

Highlighted on the day:

- HIV can spread through contact with blood, seminal fluid , rectal fluid, vaginal fluid , or breast milk of a person with HIV.
- HIV testing is essential, if a person is living with HIV can lead healthy and productive living.
- Treatment can help , but HIV cannot be cured.
- When people have been engaged into unprotected sex, they can come to the clinic within 72 hours to get HIV drug.



From left: Sr. R.T.P Padayachee (HAAST Operational Manager), Dr. S. Chetty ( CEO ) , Dr. S.S.S. Buthelezi ( Clinical Manager) sited at the lectern.



There were gifts given to the patients who answered the questions, Dr. S. Chetty ( CEO ) did the task .



Staff dancing and singing. From left: Ms. S.V Khanyile ( Lay Counselor ) , Mrs. B.R Hadebe (Infection Control Coordinator), Mrs. N. Maphunga (Cleaning Services), Ms. Z. Mashaba (Cleaning Services), Dr. S.S.S Buthelezi ( Clinical Manager), Mrs. R.T.P. Padayachee (HAAST Operational Manager).



Mr. S. Ngcobo ( PRO in serve ) was the programme director.



# CHRISTMAS PARTY AND QUALITY DAY



Christmas session is the to share with your loved ones, East Boomers decided to have a end year party at the Golden Horse ( White Horse) on the 14th of December 2018. This was combined with the quality day , this event is celebrated to show recognition and appreciation for all those who go an extra mile in service delivery.



There was a prize giving each staff received their lucky draw number . There was great entertainment from the music side, it was interesting to see staff doing dancing moves . A buffet was served, staffs dished from the range of selection.



Above: from left ( Dr. S. Chetty ( CEO), Mrs. N.C Mkhabela ( PHC coordinator)



East Boom CHC and linked clinics staffs at the Dina Gala.



Above from left: Dr. S.S.S. Buthelezi ( Clinical Manager), Mrs. N.I Potgieter Senior Supply Manager Officer) receiving the award for her department, Dr. S. Chetty ( CEO) .



Above from left: Sr. N. Mlazi ( Enrolled Nurse), Sr. T. Ndlovu ( Enrolled Nurse for Eastwood Clinic), Sr T. Mbonambi ( Enrolled Nurse).



Ginner Gala set-up.



Dinner Gala set-up.



Award for Clinical services, received by nursing department. From left: Dr. S.S.S. Buthelezi ( Clinical Manager), Sr. M. Gopichand ( Peadiatrics Operational Manager), Sr. M. Molefe (PHC Operational Manager, Miss A.C.T. Khumalo ( Nurse Manager). Dr. S. Chetty (CEO).

## LEAVERS

- Diadla M.D.M (Professional Nurse) , last date 2018/06/30
- Dlamini B (Lay counselor), last date 2018/06/30
- Gebashe B.G (Professional Nurse) , last date 2018/12/31
- Gumede P.N.B (Professional Nurse) , last date 2018/12/31
- Hlela L.N (Pharmacist) , last date 2018/06/30
- Jones J. (Medical Officer), last 2018/11/30
- Madlala S.C ( Chef Radiographer ) , last date 2018/11/30
- Mbambo T.C (Professional Nurse) , last date 2018/04/30
- Mbona S.C ( Chief Nurse Practitioner), last date 2018/12/31
- Mokheseng M. (Pharmacy Manager) , last date 2018/03/31
- Naicker P. (Driver), last date 2018/12/31
- Naidoo D.L (Chief Executive Officer) , last date 2018/03/31
- Pillay K. ( Finance Clerk), last date 2018/06/30
- Putini N.N Professional Nurse) , last date 2018/10/31

## APPOINTED

- Lebese .N. (Professional Nurse) , appointed date 2018/03/01
- Maphumulo .S. ( medical officer) , appointed date 2018/06/01
- Mkhize N.S. (Chief Nurse Practitioner), appointed date 2018/05/01
- Naidoo S. ( Professional Nurse), appointed date 2018/06/01
- Ntombela M.P ( Professional Nurse), appointed date 2018/05/01
- Radebe L.S ( chief nurse practitioner ) , appointed date 2018/07/01
- Zitha N.T. (chief nurse practitioner), appointed date 2018/06/01

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



**health**

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