



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# East Boom CHC

## EAST-BOOMERS

## NEWS

February 2019 - March 2020

### OFFICE OF THE CEO

Dear colleagues thank you for the hard work and dedication that you have contributed towards service delivery . We are in the midst of a very difficult era , however your commitment to your craft has lightened the burdens that we collectively bear.

East Boom CHC has received many accolades over the past financial year –one major accolade was the fact that a small run down facility in the middle of a high risk area managed to perform the most number of pap smears (cervical screening) in the whole South Africa. Well done to the nursing component for the fantastic achievement! Similarly—the pharmaceutical and medial departments have yet again managed to have the most number of patients registered onto the CCMDD programme for the fourth year in a row.

The maintenance department had also performed exceptionally well in terms of the number of projects completed within the District. 15 out of 16 projects were completed timeously. The events committee-colleagues you have worked extremely hard and have managed to pull off the most amazing high standard events thus far—thank you!!

As I was growing up- someone told me that no matter where you come from , how you look, what you have or what you don't have, any task given to you –do it to the best of the ability for your reputation and character follows you throughout your life , never do anything half-heartedly- perform your best at everything. I would like to leave you with the same message– always give off your best effort in everything that you do and create a legacy that is exceptional. .



**Caption for photo: Dr. Sheldon Chetty  
( Chief Executive Officer)**



**BREAST FEEDING 2019...  
READ MORE ON PAGE 1**



**HERITAGE DAY 2019...  
READ MORE ON PAGE 1**



**QUALITY DAY 2019...  
READ MORE ON PAGE 2**

# MARTENITY DAY



**Above caption: Maternity audience attending the event.**

On 20 February 2019 was our maternity event, important maternal issues were shared to prevent maternal deaths. Mothers were encouraged to test for HIV early on in pregnancy to as to prevent mother to child transmission. Part of the treatment package includes a full screen for STIs/ STDs. The department promotes holistic care which is why partners coming through for treatment are attended to timeously.

- A women should visit her local clinic as soon she suspects pregnancy/ as early as she missed menstrual period. If a patient is diagnosed as being pregnant she will then be issued with an antenatal card and receive antenatal care as per BANC+ .
- **Maternity Case Card:** Documentation of all records on the pregnancy and is completed at each antenatal clinic visit and retained by mother until delivery. This is a communication tool between different levels of care and health facilities that the client may visit during her pregnancy and should be kept up to date.
- Mothers discovered to be high risk will be transferred to Hospital.
- Drinking alcohol when pregnant carries a significant risk to the unborn baby because alcohol easily crosses the placental barrier, thus passing from mother to child. Women who are pregnant or are attempting to get pregnant, or breast feeding should refrain from taking alcohol.
- Depending on the level and the duration of alcohol consumed during pregnancy, the possible consequences of drinking alcohol while pregnant can vary from spontaneous abortion to premature labour, still births, and Foetal Alcohol Syndrome (FAS).



## **Danger signs of pregnancy**

- Severe headache
- Abdominal pain ( not discomfort).
- Drainage of liquor from the vagina
- Vaginal bleeding
- Reduced fetal movements



# BREAST FEEDING 14/05/2020



**Caption 1: Patient receiving a gift for the question quiz challenge from Miss S. Ngcobo ( Lay Counselor ) .**

**Caption 2: Peadiatrics staff sang about breastfeeding.**



**Caption 3: Patient receiving a gift for the question and quiz from Sr. BG Ngcobo (Clinical Nurse Practitioner).**

**4. Audience who participated in the breastfeeding event.**

The aim for breastfeeding week was to offer support and advice. Mothers think formula is the way to go, but that this is not the best option because it is expensive, also if the correct temperature is not maintained the product can spoil and can cause harm to the child. Mothers living with HIV can practice exclusive breastfeeding and use antiretroviral treatment. This can significantly reduce the risk of transmitting HIV to babies through breastfeeding throughout the period of 6 months, there should be no liquids or food given. Mothers who are not HIV infected should breast feed until the infant is two years or older. Breast feeding does not only provide babies with nutrients they need for optimal development but also gives them the antibodies they need to protect them against severe illnesses. Mothers working / employed outside the home can continue breast feeding by expressing milk / breast breastfeeding during the workday. It's important that mothers have proper diet, good personal hygiene and breast care, don't abuse alcohol, tobacco and recreational drugs.

# HAND WASHING CAMPAIGN



**Caption 1:** Dr. S. Chetty ( CEO), participated in making the hand washing campaign poster. **Caption 2 & 3:** East Boom staff who participated in the hand washing campaign entertained, by singing and visited all departments. **Caption 4:** Mrs. R.T.P. Padayachee participated in the hand washing relay, Mrs. BR. Hadabe lead the campaign. **Caption 5:** Mrs. BR. Hadebe did a demonstration for internal and external stakeholders.

Monitoring and encouragement on hand washing is a fundamental issue with health care workers because germs spread easy from patient to health care worker or visa versa. On the 10/05/2019 Mrs. BR Hadebe (Infection Control Nurse) , called hygiene relay to ensure that East Boom health care workers are practicing specific moments for cleansing hands. Techniques for washing hands you should follow is to ensure that adequate soap is used and rubbing the hands together to create friction and rinsing hands under running water. Departments were visited to ensure that installed sinks and soap dispensers are in a good working condition , also insurance of availability of hand rub. East Boom staff gathered to create a hands paint poster of everyone who participated in the relay.

### Examples of when to wash your hands:

- 1) Before, during and after preparing food. 2) Before eating. 3) Before and after caring for someone who was vomiting or diarrhoea. 4) Before and after cutting a cut wound. 5) After using the toilet. 6) After blowing your nose , coughing or sneezing. 7) After touching garbage or pet.



# WOMENS DAY



**Caption 1: Aerobics were done by planet fitness. Caption 2: A poet was done by Sr. P. Mpathampi ( Clinical Nurse Practitioner). Caption 3: Sr. V. Dair ( Clinical Nurse Practitioner), Dr. K. Padayachee ( General Practitioner) and Mrs BR Hadebe ( Infection and Prevention and Control Nurse, did the questions quiz. Caption 4: Staff from Shekinah Nursing School visited us. Caption 5: Audience attended the event.**

On the 05/09/2019 was our Women's Day, this year theme was "WHAT WOMEN WANT". The audience gathered at Boom Street waiting area. Women tend to forget the importance role they play in our society, they have low self esteem. This has resulted man to overpower women emotionally, physically and physiologically. Women must always try to attain the best in life, by having goals that are realistic. Not putting yourself first as a women should not be a habit, this helps to avoid serious strain on yourself. Positively express your emotions, realize the beauty about you and give yourself love. More threatening and dangerous forms of domestic and dating violence are usually committed by man against women, leaving a threatening or dangerous situation is always the safest choice. As an adult if you dealing with violent partners you have to make your own decisions.



**Left caption from the left side: Dr. S. Chetty ( Chief Executive Officer), Mrs. N. Mkhabele (District PHC Coordinator), Mr. S. Ncobela ( Systems Manager), Mrs. Ngcobo (Social Worker from Department of Transport), Mrs. DAM Gwamanda ( Maternity Operational Manager).**

# PHARMACY WEEK



**Caption 1: Mr. M.Y Noor Mahomed (Pharmacist Intern), Caption 2: Mr. N. Mbonane (Pharmacist ) Caption 3: Miss A. Sokhela ( Pharmacist Intern), Caption 4: Sandwich display.**

On 11/11/2019 to 13/11/2019 was Pharmacy week , we had a mental health presentation . The Pharmacy staff each donated R10-R20 to enable us to provide refreshments to the patients such as sandwiches and beverages . Patients were encouraged and motivated to listen to the talk .

The presentation was held at Boom Street Pharmacy waiting area under the shelter, the two groups comprised of around 15-20 patients respectively. The pharmacist interns orchestrated the talk, one spoke in English and the other translated in home language which is isi-Zulu. Patients were interested in what was said, they also received a chance to speak about their own experiences and asked questions if they had any. It was a fruitful experience as many patients spoke their heart out about the challenges they faced.



## Role of pharmacist:

Responsible for the quality of medicines supplied to patients ensuring that the medicines prescribed to patients are suitable. Also advising patients about medicines, including how to take them , what reactions may occur and answering patients questions.



# HERITAGE DAY 25/09/2019



Sr. NE Mkhize ( Clinical Nurse Practitioner), Miss M. Smelane (Lay Counsellor ), Sr. M. P Ntontela (Clinical Nurse Practitioner), Sr. T. Mbonambi (Enrolled Nurse), Sr. S. Ngcobo ( PHC Supervisor).



Mrs K. Makathini ( MCWH– District), and Sr. N. Mhlanzi ( Staff Nurse).



Sr. T. Mabaso (Enrolled Nurse), Mrs N. Maphanga ( General Orderly), Mrs. P.A. Nene (General Orderly ), Sr. P. Mpathampi (Clinical Nurse Practitioner ), Dr S, Chetty ( CEO ), Miss M. Smelane (Counsellor ), Sr. T. Mbonambi (Enrolled Nurse), and Sr. T. Shabalala (Enrolled Nurse).



Mrs. N.T Nxaba (Edendale Hospital CEO), Mrs. T. Dorcas ( MCWH– District), Mrs K. Makathini ( MCWH– District), Mrs. DAM. Gwamanda ( Maternity Operational Manager), Dr. S. Chetty ( East Boom CHC Chief Executive Officer), Mrs. L. Hutchinson ( Health and Safety District), and Mrs T. Ngwenya (Director Match).

Heritage day is a public holiday on 24 September, this celebration is for remembering many cultures that make South Africa.

This year theme encouraged staff to wear upper African country attires, to fight xenophobic attacks happening in South Africa . Events committee specialised on plenty different cultural mouth watering dishes and went all out on décor. There was a great turn-up, different departments were engaged in different competitions for dancing and best dressed attire.



Special thanks to our guests who visited us for our Heritage celebration, Mrs K. Makathini (MCWH District), , Mrs. T. Dorcas (MCWH District), , Mrs N. Xaba (CEO-EDH), Mrs T. Ngwenya ( MATCH), and Mrs. L. Hutchinson (Health and Safety District) .

# OPEN DAY 22/11/2019



**Above caption: Mr. J. Khumalo ( Finance Manager ), Mrs. DAM Gwamande (Maternity Operational Manager), Dr. S. Chetty (CEO), Miss Mkhize ( Clinic Committee Member), Mr. PR Ngcobo ( Clinic Committee Member) , and Mr. Mkhize ( Champlain).**

On the 22/11/2019 was Open Day for East Boom day at 10:30AM, all departments arranged stalls, there were variety of activities including blood pressure, cholesterol and diabetes testing, sexual health checks and tips on lodging a complaint, hand hygiene and infection control. The aim for our open day was educational engagement external stakeholders, promoting good health and positive feedback from staff meeting with local residents and unpacking all the operations of the facility from administration , systems , nursing, medical, pharmacy, Supply Chain Management and finance . The head count was emphasised to the community, and the catchment map was explained. The Doctors did an informative CPR demonstration, which was a huge eye open for our patients and staff. There was also live performance from Hast unit, to educate patients who are on ARV' s to take their medications and encouraged patients to know their HIV status.

**Right caption:  
HAST Department  
coordinated great  
songs regarding  
HIV /Aids.**





# QUALITY DAY 22/11/2019

Thanks for the huge donation from Dr S. Chetty ( CEO ) , staff, Thabzo and Mgabadeli , our event was successful and memorable . Not forgetting those who blessed us with their presence Mrs F. Dupreez ( District Planning and Monitoring), Mrs B. Maphanga ( Northdale CEO), Mrs Moekesti (Provincial Quality), Mrs P. Vilakazi ( District Peads Programme Manager), Mrs M. Mokoetsi (Province Quality Manager), Mrs K. Makhathini (MCWH District OA), and Mrs T. Do-



East Boom staff celebrating quality day .



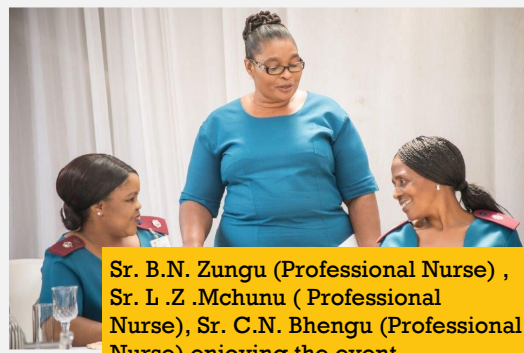
Sr. K. Ragbir ( Acting Trainer) receiving an award from Dr. S. Chetty ( CEO)



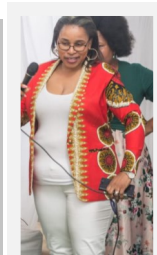
Mrs. K. Naicker ( Acting Quality Manager), at the event.



Sr. B. Ngobese (Professional Nurse), at the event.

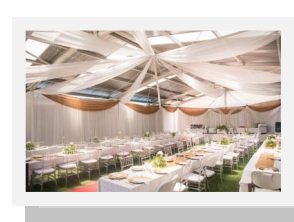
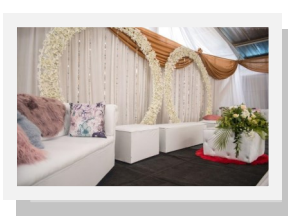


Sr. B.N. Zungu (Professional Nurse) , Sr. L .Z .Mchunu ( Professional Nurse), Sr. C.N. Bhengu (Professional Nurse) enjoying the event.



Mrs. S. Dlamini ( Finance Clerk) thanking the support .

East Boom CHC celebrated quality day on 22/11/2019, this day is to celebrate and recognize staff who work hard and had excelled during the respective year. East boom CHC Cluster management and staff came from various departments/ facilities and gathered together to share the wonderful day . Congratulations to numerous staff who received service excellence trophies' and certificates'. When Dr S. Chetty was doing his speech, he announced the improvements achieved on Ideal Clinic and National Core Standards. On the ideal clinic audits East Boom CHC achieved 82% ( Silver) in 2018, achieved 90% ( Gold) in 2019. On the National Core Standards East Boom achieved 87% in 2019. This shows a huge effort from staff to have achieved excellent results in the following fields: "cleanliness , waste management, staff attitude, infection and prevention control, health and safety matters, infrastructure, medication supplies etc".



# WORLD AIDS DAY 11/12/2019



Caption from left: Sr. R Padayachee ( Hast Operational Manager), Miss S. Khanyile ( Lay Counsellor) and Miss G. Dladla (Comm Serve).

World Day was celebrated with a talk and demonstration held at the ARV waiting area. Hast staff, students and doctors were present. The team empowered clients on treatment and informed others that ARV's are working. The talk by Sthe Khanyile included the new drug Dolutegravir, long term family planning, pap smears and the prevention of Tuberculosis.

## How Dolutegravir works:

When HIV infects a cell, it combines its viral genetic code into the human cell's own code—this is called integration, using the integrase enzyme. Dolutegravir blocks this integration enzyme, so HIV can't make any more copies of itself, hence 'integrase inhibitor'. Dolutegravir is the first integrase inhibitor that would be widely used by people living with HIV.

## What top expect from dolutegravir:

1. Its highly effective: suppressing someone's viral load quickly.
2. It is well tolerated : fewer side effects , this make it easier for people to adhere treatment in the long term.
3. It easy to take: Its ideal to combine in single tablet with other antiretroviral.
4. It has few interactions with medicines: Less interactions compared to EFV, if on tuberculosis medicine rifampicin or diabetes drug called metformin consult the doctor regarding dosage. It can not be taken same time with antacids or food supplements.
5. It has a high barrier to resistance: extremely few people will develop resistance to Dolutegravir.
6. It can be more affordable: Less pharmaceutical ingredients.



# HEALTHYLIFE STYLE 22/02/2020



Caption 1: Display of services on the Healthy life events. Caption 2: Assupol staff N. Bhengu encouraged finance management. Caption 3: From Gems Sr. D. Dlamini did screening on staffs. Caption 4: Old mutual from left Larnelle Grobbelaar, David Gumedde, Tiara Hiralall and Lu'sheldon Gouvender encouraged finance management.

On the 21/02/2020, was a launch of healthy lifestyle. Sr. Phiri (Occupational Nurse) who is the ambassador for healthy life style, joined the East Boom CHC team in September 2019. Our visitors were Gems, Assupol, old mutual, SANCA and Majid optometrist. Gems did full screening of blood pressure check, blood sugar and cholesterol, weight, height and waist circumference, HIV counselling and testing. Majid optometrist specialised on preventing diseases and avoiding blindness. Assupol and old mutual was helping in achieving financial goals. SANCA educated about programs for fighting alcohol and substance abuse.

## Aim for healthy life style:

1. Eating a balanced diet, taking regular exercise and maintaining a healthy weight. Reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity.
2. Money management and risks in way that helps to achieve financial goals of the organisation. Managing your finances is important for your physical and mental health. Make decision about spending and saving.
3. Reduce absenteeism, cause healthy staff doesn't get sick.

# LEAVERS



Mdletshe V.M—Professional Nurse 2019/ 04/30  
Msomi P.P—Clinical Nurse Practitioner 2019/ 05/01  
Koopman JFE– Staff Nurse 2019/05/12  
Jaenant A.—Clinical Nurse Practitioner 2019/05/31  
Khumalo ACT—Nurse Manager 2019/06/30  
Gwamanda B.C—Professional Nurse 2019/06/30  
Shabalala G.J—Lay Counsellor 2019/ 07/31  
Bhengu C.N—Clinical Nurse Practitioner 2019/ 08/31  
Zulu K.D—Principal Human Resource Officer 2019/08/31  
Hlongwa T.G—Admin Clerk 2019/10/31  
Ncobela S.—Systems Manager 2019/10/31  
Gwamanda D.A.M—Operational Manager 2019/ 12/31



# APPOINTED



Zulu P. Pharmacy –2019/04/01  
Mncube N.P—2019/04/24  
Malinga P.—Prof Nurse 2019/04/24  
Dlamini S. P– Clinical Nurse Practitioner 2019/05/13  
Sishi Z.N—Medical Officer Comm Serve 2019/06/01  
Putini N.N—Prof Nurse Spec 2019/06/01  
Ntuli N.D– Prof Nurse Comm Serve 2019/07/01  
Zuma L.N—General Orderly 2019/07/25  
Makhathi MAC– Porter 2019/07/25  
Ndlela B.A—Clinical Nurse Practitioner 2019/08/01  
Dlamini N.A - General Orderly  
Ngcobo P.P—Medical Officer 2019/ 09/09  
Shabalala N.P—OM 2019/10/01  
Nomvalo X.O– Human Resource Practitioner 2019/10/01  
Moosa K– Chief Radiographer 2019/12/04  
Dladla M. -Professional Nurse Comm Serve 2020/01/01  
Jackson T.M -Professional Nurse Comm Serve 2020/01/01  
Lall I. Dentist Comm Serve 2020/01/01  
Gabuza B.—Professional Nurse 2020/01/01  
Deelman E.I—Medical Officer Comm Serve 2020/01/01  
Mncwabe S.V—Staff Nurse 2020/01/01  
Khan Z. –Occupational Therapist 2020/01/01  
Nkosi T. Professional Nurse Comm Serve 2020/01/01  
Vosloo S. Physiotherapist Comm Serve 2020/01/01  
Wanada Z.Z—Prof Nurse Comm Serve 2020/01/01  
Nagia G.—Medical Officer Comm Serve 2020/01/01  
Ngcobo B. Professional Nurse Comm Serve  
Ngcobo T.J -Professional Nurse Comm Serve  
Ebrahim N. Medical Officer Comm Serve



# EDITORS CORNER



**NOSIPHO DLAMINI PUBLIC  
RELATIONS OFFICER**



**LONDI MAJOZOI ACTING  
PHARMACY MANAGER**

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



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