



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

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EASTBOOMERS

NEWS

May 2023–Oct 2023



Florence Nightingale life story: she was a hard working , dedicated nurse. Due to her dedication she refused to sleep instead she walked the wards with the lamp to check on all patients, hence her nickname "lady with the lamp".

Nightingale tackled everything that life threw at her and came out successful. She was the FOUNDER OF MODERN NURSING and is a figurehead in nursing. To this day, she is still regarded as a hero, and that is why as nurses, we often look up to her for inspiration.

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NURSES DAY CONTINUE...

On the 31st of May 2023, we celebrated nurses day. Every year World Nurses Day is celebrated on the 12th of May, this day is to commemorate the important role played by nurses in the health sector. Dr. S. Chetty (CEO) did the welcoming , introduction and purpose of the day, he mentioned that nurses are the backbone of healthcare institutions and they are the first people who are seen by clients when they arrive at the clinic. Mrs. E.D. Moeketsi (Head Office Quality Manager) was our guest speaker for the day , she greeted the crowd by a wonderful chorus Bayede wehlukile awulinganiswa, the crowd sang along with such admiration. She then thanked East Boom CHC for the invite and then extended her gratitude. She emphasized that not everyone qualifies to wear this uniform , therefore nurses should never underestimate themselves. She then requested the crowd to choose between Gold/ Silver, majority said Gold. She then unpacked the abbreviations for the word GOLD . G: stands for God who gave the nurses an opportunity , privilege and favor. Nurses played a pivotal role when it was COVID, they faced the risk of losing their lives and they continued because they knew they were made for a time such as this to help people. God trusted that they would take great care by assisting social/ mental wellbeing etc. O: stands for Obedience. Nurses should always humble themselves to clients , they are public servants and should work on their weakest points to maintain best healthcare service. L: stands for Love, nurses should improvise because when the new doctors starts service the nurses teach them the practical aspects of medicine but they have more theory. Nurses should be respected because they are trusted with lives of the people even rich/poor. D: stands for Diligence, she encouraged nurses to ensure they give themselves love and understanding because they are not only working for themselves but the body of Christ. Our Programme Director Mrs. B.G. Ngcobo, highlighted that God trusted nurses , she advised that it should be a daily duty to speak life to clients .Shoba was one of our speakers from DENOSA, she thanked East Boom management for being loving and taking care of nurses . She emphasized that the latest EPMDS requires all staff to at least reduce complaints by 10%. Staffs should start with fixing staff attitude before placing grievances. The word of God was conducted by Pastor Mdluli **Palms 129 V1-2 “ 1. A song of scents . They have greatly oppressed me from my youth –let Israel say -2. they have greatly oppressed me from my youth , but they have not gained the victory over me”**. Mrs. N.C. Mkhabele together with East Boom CHC and Sub District Operational Managers, led the pledge and required every nurse to light the candle.



**Theme of the day
:“Our Nurses. Our
Future.”**



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KWAZULU-NATAL PROVINCE
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KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



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**GROWING
KWAZULU-NATAL
TOGETHER**

NURSES DAY GALLERY



Pastor Mdluli.



Mrs. B.G. Ngcobo (Pediatrics Operational Manager) was Programme Director.



From left: Ms. K. Shoba (Denosa Rep) and Mr B. Vilakazi (Human Resource Manager).



Décor for the VIPs'



Nurses sited at their event.



From left N. Xaba (EN), L. Ngubane (PN) and N. Zaca (EN).



Mrs. E. D Moeketsi (Head Office Quality) Manager.



67 MINUTES GALLERY



The Open Gate staff and scholars, were visited by East Boom CHC Men's' Forum.



Men's' Forum did cleaning and gardening services at Open Gate School.



Pharmacy Department cleaned the streets around the East Boom Clinic.



The pharmacy department staff.



The Pediatrics' department , celebrates after they did 67 minutes . .



Pediatrics department: decided to educate patients about the importance of agriculture.



67 MINUTES CONTINUE...



PHC Department donated sandwiches and juice for clients.



PHC Department, from left Sr Bv Mnikathi, M.Khanyile, MIT.Molefe, N.Mhlanzi, G.Zulu and Z.Sokhela after they did 67 minutes.



Dental Department did an educational talk on how to maintain oral hygiene.



The Dental team.



Hast Department made soup with bread for clients.



Hast Unit staff.

MEN'S FORUM EVENT

Men's forum is an initiative formulated by all male employees under East Boom CHC , this group was created in order for males to open up with their fears to each other. Men are always controlled by cultural beliefs and traditions (umuntu wesilisa akakhali) this has played a major role in suppressing males in expressing their feelings. .

This year the men's forum celebrated men's day on 28 July 2023. This is to establish and maintain unity between males in the workplace. Mr Thami Mkhize (Artisan Forman), was the spokesman speaker of the day. He reminded men about how they should value and treat women /children in society, with dignity .He also highlighted that men should lead with morals as they are the head of their homes. Men should come out and feel free to express their feeling and seek help when they need it. Their emotional intelligence should be matured, so they able to react wisely in hard times. Men should keep healthy physically, by exercising and keeping fit, also by looking after their health so they can live longer.

A MAN'S LEDGER DOES NOT TELL WHAT HE IS, OR WHAT HE IS WORTH. COUNT WHAT IS IN MAN, NOT WHAT IS ON HIM, IF YOU WOULD KNOW WHAT HE IS WORTH—WHETHER RICH OR POOR.

HENRY WARD BEECHER



East-Boom CHC Sub-district and Men's Forum .



Mr N Myeza Pharmacist was the programme director



WOMEN'S CELEBRATION

In August we celebrated women's month in South Africa, this commemorates more than 20 000 women who marched to the Union Buildings on 9 August 1956 in protest against the extension of Pass Laws to women. The Government of South Africa declared August as women's month and 9 August is celebrated annually, as Women's Day. East Boom facility couldn't afford not to celebrate women, so our Women's Day was merged with Spring Day on the 1st of September 2023. The idea was to bring out the brightness of being a women. All women in our institution were recognized for their achievements without dividing through race, ethnic, linguistic, cultural, economic or political. Our Guest speaker Sr B.R. Mnkwenwa (Scottsville Operational Manager), gave a word of encouragement. "She emphasized that women should pray, and should always avoid to share their dreams with others. Women bring joy and hold a huge responsibility in the family, but should always call God to be the foundation for their families."

GALLERY FOR WOMENS DAY



From left is Mrs. N. C. Mkhabela (PHC Coordinator) doing the welcome, on the right is Mrs. B.R. Hadebe (Infection and Control Nurse was our programme director.



Cake of the day



Mrs. B.R. Mnkwenwa was our



From left : Mrs. N. C. Mkhabela (PHC Coordinator), Mrs. S. Ngcobo (PHC Supervisor), Ms. N Cele (Finance Manager), Dr. SSS Buthelezi (Clinical Manager) and Mrs. B.R. Mnkwenwa (Operational Manager for Scottsville clinic.



GALLERY CONTINUE.....



From the left : Sr khawula (CNP), Sr T.M Madlala, BG Ngcobo (OM), Sr P Qali (CNP), Sr L. Shangase (CNP) and Sr NP. Dlamini (EN).



From left: M. Potgieter (Pharmacy Assistant Learner), Sr .P . Biyela (Com Serve). Mrs. S.S. Ngcobo (PHC Supervisor), Mrs N.E Nzimande (Pharmacy Assistant), Ms. L. Nyathi (Pharmacy Assistant) , Mrs. N Motaung (OPD Clerk), Intern.



From left: Sr A.T Dlamini (Operational manager) , Sr. L. Dlomo (Enrolled Nurse, Mrs. R. Dube (PHC Secretary), and Sr. C Sucks (Professional Nurse).



Sr T. Ngcobo (PN).



Sr P.T Mkhize (Operational Manager).



From left : Mrs. N Mkhabela (PHC Coordinator) , Mrs. S. Ngcobo (PHC Supervisor), Ms. N Cele (Finance Manager), Dr. BBB Buthelezi (Clinical Manager) and Sr B. Mnkena (Scottsville Operational Manager).



From the left: Sr N. Mhlanzi (E.N,)Sr N. Mdunge (P.N), S Mkhwanazi (Pharmacy Learner Assistant) ,Sr N. Mkhize (P.N) , Sr N.Madlala and Miss M. Potgieter (Pharmacy Learner Assistant).



WELLNESS

Kwazulu Natal MEC Ms. Nomagugu Simelane, vision this year is focusing on staff knowing their HIV STATUS. Staff who tested positive 95% should be initiated ,95% should have the viral load suppressed . Blood Bank was invited to screen HIV , a rapid test was done to detect antibodies with HIV. Through this test it can present negative because of the window period, Blood Bank don't rely on the rapid test. A complex test is conducted to further screen other blood diseases like syphilis, HIV and hypostasis .

At the moment , staff are under financial constraints, statistics from Human Resource Department has shown that most staff are under credit bureau, debts review and absenteeism is high on the pay days as staff are running away from loan-sharks. Financial Empowerment was invited to assist with finance issues.

Medical surveillance for base line bloods, things like full blood count is done ,U and E, liver function test (LST) and lastly prostate cancer for men is also done. This is to help staff to know their health . A large number of staff members who did their medical surveillances discovered that they had kidney failure. So we invited B-Braun kidney as they are expects to educate staff as to how they should take care of their kidneys. Vital signs like BP, Sugar and Weight and Height = to body mass index. It was highlighted that the more staffs expose themselves to morbidity diseases there is a high chance to be expose to high blood pressure and diabetics , Once these diseases are not controlled this will result in kidney failure , Dialysis will be the next procedure which is the last stage

The wellness Event was held on the 08 September 2023 was successful and there was a great turn out.



PHC Department staffs.



Blood bank Mrs. N Memela (general orderly).



Old Mutual team.



Finance services team.



PHARMACY WEEK

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 Safe use of antibiotics, Adverse Drug Reactions, Promotion of immunization, Infection Prevention, and Promotion of Health Ownership. Along with the presentations, colorful visual aids such as posters, pamphlets and information leaflets were used. At the end of each event, the presenters asked various presentation-based questions to see if the patients understood the information that was given to them. Additionally, healthy refreshments were provided to our patients such as scones, juices and fruits. These refreshments were made by our interns and learners. Provided below are photographs of the effort made.



2. EVENT AT EKUJABULENI CHILDREN’S HOME.

At Ekujabuleni Children’s Home, the interns and learners spoke to the young adults about Infection Prevention through proper Hand Washing techniques, Importance of good hygiene, and The Role of Pharmacists in the Health-Care System.



Information and photos compiled by Ms. L Majazi (Pharmacy Manager).



PHARMACY WEEK CONTINUE...

3. EVENT AT PIETERMARITZBURG CHILDREN’S HOME.

At PMB Children’s Home, the interns and learners spoke to the younger adults about Infection Prevention through proper Hand Washing techniques, Importance of good hygiene, and The Role of Pharmacists in the Health-Care System.



4. EVENT AT SUNNY-SIDE OLD AGE HOME.

At Sunny-Side Old Age Home, the interns and learners spoke about Promotion of healthy physical activity, Medicine Adherence and Compliance, Mental Health Awareness. The learners also advised and demonstrated light exercises for the elderly and frail (resistance balls and chair yoga).



5. EVENT AT CHRISTIAN BELIERS FELLOWSHIP CHURCH.

At Christian Believers Fellowship Church, the interns and learners spoke to churchgoers about Safe use of antibiotics, Adverse Drug Reactions, Infection Prevention, Medicine Adherence and Compliance, and Promotion of Health Ownership. Along with the presentations, colorful visual aids such as posters, pamphlets and information leaflets were used. At the end of each event, the presenters asked various presentation-based questions to see if the audience understood the information that was given to them. At the end of the presentation pill boxes were provided to the audience to help them avoid missing doses of their medications.



Information and photos compiled by Ms. L Majazi (Pharmacy Manager).

DENTAL WEEK

Oral health month was celebrated in September 2023. The commitment and passion of the dental department under the leadership of Dr. Sewgoolam, has shifted perspectives in the community regarding access to dental services and the options of restorations instead of tooth extractions. A Colgate representative provided our patients with toothpaste and toothbrushes and educated our patients on the importance of Fluoride in keeping teeth strong and cavity free teeth. The dental staff performed screenings in paediatrics and maternity. Educational talks regarding diet and brushing technique were conducted by the passionate members of the dental department. It was a very successful initiative and was enjoyed by both patients and staff.



Dental display.



From left : Mrs B. Ntuli (Health Promoter) , Mrs B. olifant (Colgate Oral Hygienist) , Dr S. Mahomed (Dentist), Dr Gathiran (Dentist), ,Dr Sewgoolam (Dentist) , PNY. Phungula (Dentist Assistant), Miss N I.Dlamini (PRO) and S Hlongwane (Dentist Assistant) .



Ms. Buyi from colgate



Dr. Mahomed—talking to patients about diet.



Information and photos compiled by Dr. Sewgoolam



WORLD MENTAL HEALTH

On the 10/10/2023 East Boom CHC (EBCHC) held a world mental health awareness day. The Pietermaritzburg mental health society. The event was both at PHC and MCWH department for a broader reach for the awareness to our patients. It was a great day to share knowledge, the PMB mental health society came with their advocacy group and together with East Boom staff started the awareness event with a match around the clinic carrying placards and singing to mobilise the crowds. Ms. S. Khanyile (program director) opened the event with a prayer and Dr Buthelezi welcomed the management (CEO Dr Chetty was also in attendance), staff, PMB mental health society and the community/ patients. She gave a brief explanation about the importance of mental health to ensure good health and functionality. Dr. Mbanjwa (EBCHC) and Ms. Sindi Zwane (PMB mental health society) were speakers on the purpose of the day and gave background on mental health. There were interesting speeches from allied services and an educational play from the East Boom CHC team. The event was very informative, there was good interaction from the patients and there were gifts also won. In closing the event was a great success and the importance of everyone's mental health was emphasised and contact details of where help can be requested. The event was closed with offering some refreshments.



Dr. S.W. Mbanjwa (General Doctor) did a talk.

Dr. SSS Buthelezi (Medical Manager) being answered by client from PMB Mental

Mrs. M.T. Majola (Social Worker) did a talk.

Audience



Ms. Sthe Khanyile was the Programme Director.

Ms. S. Zwane (from PMB Mental Health Society).

Clients from PMB Mental Health Society.

Compiled by Dr. S.S.S. Buthelezi



SPORTS AND RECREATION

Work and play reduces stress in the work place. When Corvid 19 struck us in 2020 our staff was affected directly and indirectly, There were a number of staff members who died and our loved ones. Sports and Recreation was created to allow staff to work and play so the minds /bodies were occupied and active. This reduces stress and diseases that can be work related and social related.

There is a number of sports codes (Netball for ladies, Soccer for men, Volleyball, Walking or running , tuggle of war , Mlabalaba , Chess, Choir, Aerobics', and spiritual wellness therefore by praying on Tuesday and Thursdays) this was introduced and available to accommodate all staff interests.

Last district tournament we took first place for netball and tuggle of war. This year staff came in huge numbers to participate in sports which shows interest. In June 2023 East-Boom Sub-District started competing with other institutions within UM-gungundlovu District. This year's tournament was held on the 19 & 20 October 2023. Although this time around we lost Netball, we were able to attain position 4, what was outstanding was the unity amongst our staff and support spirit was high . Mr. P. Malinga represented East-Boom for chess and managed to attained position 1. He is the Champion, congratulations to Mr. P. Malinga!!!!

Mr P. Malinga was awarded for chess 1st position, trophy handed by Mr Z. Mthenthwa Di District Human Resource Manager.



Tug of war trophy

East boom CHC and sub District on action for tug of war.



East Boom CHC Sub District.



Some members for Netball team.



East boom CHC and Sub District celebrating their win for tug of war.



PUBLIC RELATIONS PAGE

I'm Sinegugu Sincadu a 3rd year public relation student. At DUT River Side Campus. I'm doing my in-service training at East Boom Clinic. I am a hard worker who will contribute in tasks. I will maintain positive energy and continue to learned about the world of public relation at East Boom CHC. I value the lessons I have received at East Boom CHC (written communication, campaigns, complaints management, coordination of event and fundraising. I look forward to learn more about my field, and grow for the future.



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



Ms. Nosipho Dlamini
Public Relations Officer
(Newsletter editor and Photographer)

I'm Aphiwe Bhungane , PRO intern in East-boom CHC). I am an enthusiastic and talented individual with good listening skills. I can work within a busy and challenging environment . With the solid fundamental experience I have, I can offer combination of practical experience and up to date theoretical knowledge. I require a minimum supervision and have developed great interpersonal, time management, and multi-tasking skills. I look forward to enhancing my skills and add value to your department



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