



EAST BOOM NEWS

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EAST BOOM COMMUNITY HEALTH CENTRE



EMBRACING 2010 WITH OUR HAST SUPERVISOR



Sr Mkhize — Hast Unit Supervisor

Hast unit is one of the most important and busiest component in all Health Institutions, on our first issue this year we are chatting with Sr Gugu Mkhize, our Hast unit Supervisor. Below is what she is commenting about:

I was employed at East Boom CHC in May 2006 especially to assist in implementation and establishment of the ARV - Rollout/CCMT clinic. My daily job is to supervise and ensure the provision of an effective and efficient patient care from all staff members in the unit. Develop and maintain constructive working relationship with all multi disciplinary team members in CCMT/HAST UNIT.

Collect, analyze and report on HIV/AIDS/ARV rollout data as part of achieving the set targets and in pursuit of optimal comprehensive health care in line with the institution and the Department of Health. Participate in Health promotion and illness prevention initiatives within the institution.

Even though the workload is increasing everyday: going home at the end of the day knowing that you have given your all, and have given hope and made a difference in someone's life is very fulfilling.

Our main challenges the we are facing at this very present moment are shortage of adequately skilled personnel: trying to improve patient care in spite of growing numbers of patients and lack of space to accommodate comfortably all patients.

Fighting diseases, Fighting poverty, Giving hope

Being a head of such a broad unit is very challenging but with God grace most of the unit members are very co-operative and we all work together as a team, encouraging and supporting each other to overcome day to day challenges...work experience and interpersonal relations and making sure each member's job description is clearly defined make it manageable.

Since it is one of my duty to make sure that my units are functioning properly and each employee knows what is expected of him/her. Quick and sensitive way of dealing with challenges and making sure that each member feel supported. Regular staff meetings for updates and problem solving help in identifying training needs for staff members.

Patients need to bear with us for a while. At the moment from the patient's view it seems like everything is slow in motion. It is all because there are too many patients a with limited resources. In a short

It is my dream that one day HIV will be totally destigmatised and successfully integrated into the PHC services and when that happens I want to be part of that transformation in whatever capacity that the Almighty will throw my direction.

while things are going to improve. Those that have clinics next to their homes that provide CCMT services must try and utilize them to lower the burden in the institution and to create more space for new patients. At East Boom HAST Unit, we are all committed in making difference in the lives of the society.

It is my dream that one day HIV will be totally destigmatised and successfully integrated into the PHC services and when that happens I want to be part of that transformation in whatever capacity that the Almighty will throw my direction. I am going to perue my quest for more knowledge about this HIV pandemic and continue to be a blessing as far as the HIV infected patient is concerned.....

God save our souls.

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EBCHC AND PHILAMA PROJECT



Miss A.C.T. Khumalo - East Boom CHC's Nursing Manager told us briefly about the day of an event

We had just a short conversation with our Nursing Manager regarding the above mentioned subject and below is her comment.

"Khanya Africa members who are part of East Boom. On the 13 th of March 2010 we conducted cervical screening and we were targeting the working women because most of them don't get an opportunity to attend the clinic for the purpose of the cervical screening.

We do this service voluntarily. We pledge Khanya Africa members to support the project which is launched by the honorable Health MEC, Dr. S Dlomo that is Philama!! We made an extra effort to save up severe screening and on that day we manage to serve a total of 72 patients. We as members agreed that we will embark on this prevention one Saturday per quarterly (one Saturday after 3 months) to save the lives of our women in Pietermaritzburg and the surrounding areas".

Below are the East Boom CHC's Khanya Africa members who dedicated and devoted themselves in order save the live of our society on voluntary basis. We like to thank all the volunteers who took the courage of putting aside their social commitments just to make a difference in someone's life, what you are doing is much appreciated and God will bless you with an eternal rewardKeep it up...



Fighting diseases, Fighting poverty, Giving hope

National Condom and STI Week

Sexually transmitted infections (STI) are infections that are spread primarily through person to person sexual contact. There are more than 30 different sexually transmissible bacteria, viruses and parasites.

Condoms are the only contraceptive method proven to reduce the risk of all sexual transmitted infections (STI), including HIV.

They can be used as a dual purpose method, both for prevention of pregnancy and protection against STIs.

From the 7th to the 14th of February, East Boom hosted this event in different sections by conducting a variety of activities so that we can be aware of such diseases and the importance of using protection during sexual intercourse. Below are the highlights:

PHC UNIT



Sr P.J. from the PHC Section conducted health education to patients, she emphasized that STI must be cured while still developing.



MATERNITY



Sr. Dlamini from Maternity section did also conducted health education to patients and demonstrated proper steps of using a condom.

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Male latex condoms can reduce your risk of getting an STI if used correctly (see the box below). Be sure to use them every time you have sex. Female condoms aren't as effective as male condoms, but should be used when a man won't use a male condom.

Remember, though, that condoms aren't 100% safe and can't protect you from coming in contact with some sores (such as those that can occur with herpes) or warts (which can be caused by HPV infection).

If you've ever had sex, you may be at risk for having an STI. Your risk is higher if you have had many sex partners, have had sex with someone who has had many partners or have had sex without using condoms. Some common symptoms of STIs are listed in the box below.

See your doctor if you're at risk for having an STI, if you have any of the symptoms listed above, or if you have concerns about whether you have one. STIs can cause serious healthy problems if left untreated.

For example, chlamydia can lead to problems that can cause women not to be able to have children (infertility). HPV can lead to cancer of the cervix or penis, and syphilis can lead to paralysis, mental problems, heart damage, blindness and even death.



World Cancer Day 4th of February

If someone asked you to define cancer, could you do it? We all have heard the word "cancer" many times, however very few people understand the disease and how it develops.

Cancer is term that encompasses a complex group of more than 100 different types of cancerous diseases. Cancer can affect just about every organ in the human body. Many people are surprised to learn that cancer can affect parts of the body like eyes and the heart.

Each type of cancer is unique with its own causes, symptoms, and methods of treatment. Like with all groups of disease, some types of cancer are more common than others.

How Does Cancer Develop?

The organs in our body are made up of cells. Cells divide and multiply as the body needs them. When these cells continue multiplying when the body doesn't need them, the result is a mass or growth, also called a tumor.

These growths are considered either benign or malignant. Benign is considered non-cancerous and malignant is cancerous. Benign tumors rarely are life threatening and do not spread to other parts of the body. They can often be removed.

Malignant tumors, however, often invade nearby tissue and organs, spreading the disease.

How Does Cancer Spread to Other Parts of the Body?

The cells within malignant tumors have the ability to invade neighboring tissues and organs, thus spreading the disease. It is also possible for cancerous cells to break free from the tumor site and enter the bloodstream, spreading the disease to other organs. This process of spreading is called metastasis.

When cancer has metastasized and has affected other areas of the body, the disease is still referred to the organ of origination. For example, if cervical cancer spreads to the lungs, it is still called cervical cancer, not lung cancer.

Although most cancers develop and spread this way -- via an organ - blood cancer like leukemia do not. They affect the blood and the organs that form blood and then invade nearby tissues.



“Each type of cancer is unique with its own causes, symptoms, and methods of treatment. Like with all groups of disease, some types of cancer are more common than others.”

Cancer Symptoms

Symptoms of cancer vary based on the type of cancer. As cancer progresses to an advanced stage, common symptoms can include weight loss, fever, and fatigue. These are very non-specific symptoms that are more likely related to other less serious illnesses than cancer.

Symptoms of Cancer

A broad spectrum of non-specific cancer symptoms may include:

- Persistent Fatigue:** Fatigue is one of the most commonly experienced cancer symptoms. It is usually more common when the cancer is advanced, but still occurs in the early stages of some cancers. Anemia is commonly the culprit -- a condition that is associated with many types of cancer, especially types affecting the bowel. Fatigue is a symptom of both malignant and non-malignant conditions and should be evaluated by a physician.
- Unintentional Weight Loss:** While it may be a welcome surprise to lose weight without trying, it can be a red flag for many illnesses, including cancer. Losing 10 pounds or more unintentionally definitely warrants a visit to the doctor. This type of weight loss can occur with or without loss of appetite. Remember, weight loss can be a symptom of cancer, but is also a symptom of many other illnesses, too.
- Pain :** Typically, pain is not an early symptom of cancer, except in some cancer types like those that spread to the bone. Pain generally occurs when cancer spreads and begins to affect other organs and nerves.
- Fever:** A fever is a very non-specific symptom of many mild to severe conditions, including cancer. In relation to cancer, a fever that is persistent or one that comes and goes frequently can signal stress on the immune system. Fevers are commonly associated with types of cancer that affects the blood, like leukemia and lymphoma, but are also common in people whose cancer has spread.
- Bowel Changes:** If you experience constipation, diarrhea, blood in the stools, gas, thinner stools, or just a general overall change in bowel habits, see your doctor. These symptoms are most commonly associated with colon cancer, but are also related to other cancer types.
- Chronic Cough:** A persistent, new cough or a cough that won't go away or becomes worse needs to be evaluated by a doctor. Blood and/or mucus may accompany the cough and can be caused many conditions. In relation to cancer, a chronic cough with blood or mucus can be symptom of lung cancer.

“Keep in mind that these are very general, vague symptoms of cancer. If you have one or two of these symptoms, it is not a red flag for cancer but more an indication to your doctor to run certain medical tests. The symptoms listed above are experienced by most people with cancer at various stages of their disease, but are also linked to many other non-cancerous conditions”

HUMAN RIGHTS DAY, 21 MARCH



We celebrate this day each year to remind us of the great suffering and loss of life that accompanied the struggle for human rights. It is to remind us that people in South Africa will never again be denied their human rights.

HISTORY

On 21 March 1960, events were planned for many parts of the country, for people to protest against the Pass Laws. These laws required all Africans living or working in and around towns to carry a document (known as a pass) with them at all times. Failure to carry this document would lead to arrest by the police and to people being sent away from the towns in which they lived. On this day people decided to go to police stations without their passes and to demand that the police arrest them.

The idea was that so many people would be arrested and the jails would become so full that the country would not be able to function properly. It was hoped that this would lead to the Pass Laws being scrapped.

At Sharpeville in Gauteng, thousands of people gathered at the police station demanding to be arrested. They were met by 300 police officers. After a scuffle broke out, the police opened fire on the crowd. At least sixty-seven people were killed and 180 injured by the shooting. These people were protesting against unfair laws and were really demanding their human rights. Many of these rights are now included in our Bill of Rights, and include the rights to:



- Equality (Section 9)
- Human dignity (Section 10)
- Freedom of expression (Section 16)
- Assembly, demonstration, picket and petition (Section 17)
- Freedom of association (Section 18)
- Freedom of movement and residence (Section 21).

The Bill of Rights contained in the Constitution is the cornerstone of democracy in South Africa.

The Constitution provides for the establishment of the South African Human Rights Commission (SAHRC). The aim of the Commission is to promote respect for human rights, promote the protection, development and attainment of human rights, and to monitor and assess the observance of human rights in SA. The SAHRC was launched on 21 March 1996, 35 years after the fateful events of 21 March 1960 when demonstrators in Sharpeville were gunned down by police.

MEDICAL MALE CIRCUMCISION IS NOW BEING DONE AT EAST BOOM



Mr. E.M. Ntombela.— The Centre Manager.

We had a little chat with our CHC Manager regarding the Medical Male Circumcision section, below are his comments.

East Boom CHC is one of the site for male circumcision feasibility study as proposed by the Department of Health through the Provincial HAST Unit .The project strengthens initiatives to the HIV & AIDS and STI National Strategic Plan 2007-2011. It is envisaged that the duration of the study will be 12-18 months; this will be guided by UKZN. .

This study will have the main aim of investigating the possibility of implementing the Male Circumcision activities for HIV prevention and cost implications so that the department can budget appropriately

East Boom CHC would target male clients coming for VCT and those presenting with STIs, they would be referred for HIV Counselling and Testing then those testing negative would receive intensive counseling on male circumcision, if they opt for MC, they would be done by Society for Family Health (NGO) at the CHC.

This programme will be integrated in a way that the client will be offered the whole package, STI treatment, including condoms, Family Planning and HCT. All positive clients would be referred for further management into the ART programme if eligible for ART

The project started around July 2009. We have a park home for this service, staff and other resources given by SFH partners especially Cynthia .May I extend many thanks to the Finance Manager Dan Thangalan and his team and Management for making this dream a reality.

I am happy to see this project running, per day a minimum of 15 males get circumcised. Indeed it is one of the milestone in fighting HIV and STI scourge to our fellow Africans. Know more about Male Circumcision.

Well, that was our CHC Manager's view about Medical Male Circumcision. Below is the short summary of what we need to know:

HERE IS A BRIEF BACKGROUND ABOUT MEDICAL MALE CIRCUMCISION

KNOW MORE ABOUT MALE CIRCUMCISION

It is the surgical removal of the skin that covers all most of the head of the private part of uncircumcised men. It is a simple surgical procedure that requires pain prevention medication. MMC should be performed by a trained medical providers and should go hand in hand with safe sex behavior, counseling and the opportunity to have an HIV test.

BENEFITS AND RISKS OF MMC

A medically circumcised private part is easier to clean. MMC reduces by 60 % the risk of getting HIV for men who have unprotected sex. It does, however not provide complete protection.

MMC reduces the risks of genital ulcers and other sexually transmitted infections (Sit) . MMC eliminates the risks of whismsies (a tight foreskin that cannot be pulled back fully) . As for any surgical procedure, MMC has some risks. However these risks are small when circumcision is done in hygienic conditions by adequately equipped and well trained medical staff.

The most common risks include pain, bleeding, swelling, reaction to the pain prevention medication and infection. If you decide to be circumcised at the centre, your provider will explain the signs of these complications to you so you know to look for and can get treatment early.

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Before the MMC procedure, the client is given a local anesthetic injection (pain prevention medication) in the skin at the base of the penis.

This numbs the area and helps ensure that he is comfortable with slight soreness for one or two days. A man is at risks of both getting transmitting HIV and other sexually transmitted infections during unprotected sex, even if he is circumcised. The healing period after MMC lasts about 6 weeks. Sex and masturbation should be avoided during this time. Men and women may be more likely to acquire or transmit HIV if they have sex before complete healing.

To protect himself and his partner, a man should always ensure that either a male or female condo is used, regardless of whether or not he is medically circumcised or not (unless both partners were recently tested and are HIV negative and do not have sex with other partners).

MAXIMUM PROTECTIVE BENEFITS

Talk to your partner whether or not to get medically circumcised. If you do decide to get medically circumcised, go to a trained provider in a

Be sure to follow all steps for safe healing that your provider explains following procedure. Abstain from sex and masturbation for 6 weeks after the procedure. Use condoms every time you have sex once healing is complete.

MMC FOR NEW BORN AND YOUNG BOYS

Parents should consider having their sons medically circumcised. MMC for babies (in the first month) is simpler and recovery is faster than MMC for boys or men. It is also safer, has fewer complications and give a better cosmetic result. By law, the centre is unable to medically circumcise men below the ages of 15.

Men below the ages of 15 and 17 require parental consent, however should you wish to medically circumcise your child, the Male Circumcision Centre will refer you to a medical provider who can perform the procedure. Well that was some brief facts about MCC.

For more information please call our Circumcision section on: 033 342 2253/54



National Pregnancy Awareness Week

In an average day, you stumble out of bed and slip on your running shoes. Then, there's a hot shower, a cup of coffee, a stressful day on the job, no lunch, a glass of wine with dinner and, finally, bedtime – much later than you had planned.

Sounds pretty routine to most people,

but certain components to the average day can be harmful to the pregnant woman and her growing child. On February the 19th, our maternity section hosted a National pregnancy awareness day. "Take care of yourself and your unborn child" was the theme of the day, this was indeed a wonderful and informative event. Below are the highlights of the day.



1



2

1. That was our beautiful set table before the event.
2. Our Programme Director for the day Sr. Mfeka.



3

3. Sr Gwamanda - OPM, doing the Introduction of guests.
4. Sr Dlamini - purpose of the day.



4



5

5. Sr Mayila - PMTCT. She told the patients the importance of starting the clinic at early stages.
6. Ms Zama Dlamini - M2B2



6



7

7. Ms Sebe - the Counsellor
8-9. Some of the guests who attended the event.



8

10. These were the patients who attended the function.



10



9

EAST BOOM'S FIRE DRILLS

It is such a great honor to have such a dedicated and caring Health and Safety Officer Miss Zama Vilakazi, she had shown that she really cares about the staff's and patient's lives. Basically the main aim of this activity was to ensure that everyone knows the procedure to follow in case of fire in order to protect staff and visitors of East Boom CHC from injuries and possible deaths caused by fire and smoke and also to avoid confusion and panic.

East street clinic was divided into two groups

Hast and H.R -24TH February

Second group PHC, DENTAL X-RAY AND PHARMACY – the 3rd of March.

Presents:

Fire departments officials Mr Gwamanda and his colleague

Patients

Staff

Safety Officer and Quality assurance

Problems identified

No space because of the cars parked inside the clinic and the park homes around the place.

Fire officials report.

Thanked the staff for participating in doing the drills under such conditions and stated that drills should be done more often:



Fighting diseases, Fighting poverty, Giving hope

Editorial Page

History of Jesus Christ

“And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me? Some of them that stood there, when they heard [that], said, This [man] calleth for Elias. And straightway one of them ran, and took a sponge, and filled [it] with vinegar, and put [it] on a reed, and gave him to drink. The rest said, Let be, let us see whether Elias will come to save him.”



“Jesus, when he had cried again with a loud voice, yielded up the ghost. And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent; And the graves were opened; and many bodies of the saints which slept arose, And came out of the graves after his resurrection, and went into the holy city, and appeared unto many. Now when the centurion, and they that were with him, watching Jesus, saw the earthquake, and those things that were done, they feared greatly, saying, Truly this was the Son of God.” (Mt 27:46-54 AV)



WORDS OF FAITH

Psalms 37:3-8, Trust in the Lord and do good, live in the land and be safe. Seek your happiness in the Lord, and he will give you your hearts desire. Give yourself to the Lord; trust in him, and he will help you; then it will be clear as the noonday Sun that you were right. Be patient and wait for the Lord to act, don't be worried about those who prosper or goes well for those who do sinful things. Don't be angry or worry, Anger can lead to sin.



By Mr. Fodo Lucky Nongalo

May God our father bless you amen.



