



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Gamalakhe CHC
Official Newsletter

STAY INFORMED

GAM. INDABA

NEWS

FEBRUARY — APRIL 2018



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CLIENT Chat

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Sicela uchaze ohlangabezane nako ngesikhathi usemtholampilo
* Sicela usho igama lomuntu obekusiza noma umnyango obuze kuwo ngesikhathi uhlangabezane neninga.

Usuku okwenzeka ngaso isigameko 14.03.18

Kwinkundlamba NGOB Nwabane ngabambila ngesikhathi udaduza abangene engomli celi upadlaza kwangathuma lokho ngoba ngangagazi bedwa amano wabhi uma ebuzwa withi sikusikhathi ziyazi edliza uko abale ngobho esholile.

Nokho webonga amanesi ase Gamalaku ngoyogo akuyel kanye nokuphuthuma akuseni uma ngayela noma kwana ngayina ukudlula ukhona kwami kuMANESI ANGO, SISTER BINGHA, SISTER JICA NO EN NGOBO, ngapheluka ABAWENKILE kumalane nami TAKOSI IBAUSISE.

Kusayina Okhalazayo/Oncomayo

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Usuku okwenzeka ngaso isigameko

ON THE 1ST SALVADAY OF FEBRUARY I BROUGHT MY FATHER TO THE CLINIC & HE WAS HAVING SEVERAL PROBLEMS DUE TO HICCUPS. WE WERE ATTENDED BY DR BONDU. MY FATHER ALSO HAD A HUGE SORE & A BUSTLE ON HIS LEG. AS A PERSON WHO HAS NO CLUE ABOUT MEDICAL TERMS, DR BONDU ASSISTED ME VERY WELL IN THAT HE ADVISED TO USE SIMPLE AND UNDERSTANDABLE LANGUAGE. HIS LEVEL OF PATIENCE WAS HUMBLING. UNFORTUNATELY MR D. MURCHISON PASSED AWAY ON THE 16TH FEBRUARY 2018 AT MY WHOLE HOSPITAL. I'M CERTAIN THAT I SPEAK FOR MY WHOLE FAMILY WHEN I EXTEND MY GRATITUDE FOR DR BONDU'S KINDNESS. MAY GOD BLESS YOU AND MAY YOU CONTINUE BEING A BLESSING TO OTHERS.

Kusayina isiguli

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Usuku okwenzeka ngaso isigameko

Sithale usizo elusheshayo kanz mpakho ezulw Nabanyo upokunjalo bezze njengokho.

Thank You

Kusayina isiguli

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Usuku okwenzeka ngaso isigameko 18 March 2018 10h00

agiphamsa ukuncane okukhulu indlela engiphathe ke ngayo egamalakhe ones: bakhona bebante baginike uthando olu khulu kakhulu ngisi sa baghubekela plambiti ziguli nathi taina bantu sengathi Singaboniphqa ones: sibathande agabe nabo bayasithanda thina ziguli

Kusayina isiguli

FOREWORDS FROM CEO'S DESK



DR. C LUKE
CEO

Greetings to all staff of Gamalakhe CHC, our external stakeholders and clients. Let me firstly welcome all the staff that has just join us in this financial year and wish them well whilst they pursue service delivery goals of the Department of Health.

Although the past financial year was challenging our objectives of providing optimal care to the people of Gamalakhe has not changed. I wish to remind all the staff of our core values and actually affirm that it will only be through practice of these core values that we shall achieve our vision of being the number one health care provider of choice in the Province of KwaZulu Natal.

I hope that we remain in combat as a team in fighting diseases, poverty and giving hope to our community.

PR & COMMUNICATIONS CORNER

My name is Mr. Athi Malunga outgoing PR inservice trainee based in PR/ Communications Office under the supervision of Mr. Lifa Radebe. I would like to thank my supervisor Mr. Radebe the management of Gamalakhe Community Health Centre for having me as an inservice trainee.

I have spent 18 months in PR/Communications Office and I was exposed in various field as I have equipped more skills in this office. I was exposed in Media liaison, Coordination of surveys and events, taking photos at events and how to resolve complaints.

This inservice training was a stepping stone in my career and once again I thank everyone who contributed towards the experience that I have acquired. Thank you!!



MR. A MALUNGA
PR TRAINEE



SHOUT FOR HELP!!

We would like to hear your views about your experience while visiting our facility. Please do not hesitate to submit your complaint, suggestion and compliments to the Public Relations Officer, Mr. L Radebe or use the complaints box that is situated in all the waiting/service areas inside our premises.

Our clients are also encouraged to report while they are in the facility in order to deal with their complaints instantly.

VALENTINE'S DAY



LADIES FROM GAMALAKHE CHC AND CLINICS CELEBRATING VALENTINE DAY

Going out with the date is a common practice on South African Valentine's celebration. But for Gamalakhe Community Health Centre and its 9 satellite clinics, this event was celebrated differently. Ladies gathered at Gamalakhe CHC on the 16th of February to celebrate love.

The theme of the day was *Red Lips High Tea*. Each and every lady had red lips and red tops. The day started with a lovely and bubbly Sister Khuzwayo (Ntabeni Clinic) who was a programme director, she surely made everyone feel entertained throughout the programme.

Ms. Nomonde Mnyaka left ladies wanting more with her soulful and empowering poem that emphasized women identity in our society. In the first session, the speaker of the day Ms. M Mbili mentioned everything pertaining love; self-love, family love, and community love. Love was in deed in air, Ladies were revived into becoming better version of themselves.

Second session took a complete u-turn and looked at financial empowerment of women. Ms. M Mbili left a major challenge to ladies, everyone left the event with different thoughts about money and possibilities of making more money, and after all they say *Money makes the world go around!!!* Thembi from Maseko (cleaning company) closed off the event with music that fed body and soul.

OM Ndwendwe from Ludimala Clinic conveyed vote of thanks, she thanked the organisers, the speaker and all the ladies that came in numbers in making sure that this day was a success.

Article supplied by: Ms. L Memela (EAP)

STI/ CONDOM WEEK



STI/ Condom Week is celebrated on the 10– 16 February each year. The Department of Health commemorates STIs / Condom week to educate the public, reducing the spread of STI promote safe sex through condom usage, prevent the spread of sexually transmitted diseases and also control the spread of HIV.

Condoms can be used as a dual protection method; for protection against STIs including HIV and prevention of unwanted pregnancy. Sexually Transmitted infections (STIs) are infections that are spread from one person to the other during unprotected sexual intercourse; which is either vaginal, anal or oral sex. STIs can also be transmitted from mother to child, during pregnancy and during birth.

On the 16th February 2018 Gamalakhe CHC commemorated this day through educating patients on safe sex. Lay Counsellors; **Mrs. BN Ncama and Mr. BM Ncama** educate patients on different types of STI's and how to use a condom. STIs are a marker of unprotected sex and contribute to the transmission of HIV. A person can have an STI without having noticeable symptoms of disease.

Many STIs have no signs and therefore a person with an STI can have one of these symptoms:

- Abnormal Vaginal or penile discharge
- Burning Urine
- Genital Ulcer
- Painful Intercourse
- Lower abdominal pain
- Scrotal swelling

You can protect yourself by using condom whenever you having sex. By reporting early any STI symptoms at the clinic for management. Visiting a health care facility regularly for STIs and HIV screening. Abstaining from penetrative sexual intercourse. Delaying sexual debut. A person with an STI is at greater risk of HIV acquisition and transmission.

Article supplied by: PRO

WORLD HEARING DAY

World hearing day is held on the 3rd of March every year to raise awareness on how to prevent deafness and hearing loss and to promote ear and hearing care across the world.

The rehab team celebrated World hearing day on the 5th of March 2018 to raise awareness on how to prevent deafness/hearing loss and promote ear care. A short presentation was conducted at the waiting area.

Patients were given pamphlets and encouraged to take care of their ears. The aim of this event was to ensure that people know about the audiological services offered by Gamalakhe CHC. Therefore, we hope that the number of audiology patients would also increase as now more people are aware of the role of an audiologist.

Symptoms of hearing loss in children

- Pull or rub an ear and may complain of ear-aches.
- Speech is delayed and unclear.
- Turns the TV volume up too high.
- Not responding when spoken to.
- Loses concentration quickly.

Signs of hearing loss

- Misunderstanding people
- Turning the TV/Radio volume up
- Cannot hear high pitched sounds
- Asking people to repeat themselves
- Difficulties on the telephone
- Ringing in the ear
- Speaking loudly
- Problems in noisy environments

Patients were encouraged to visit the nearest clinic if they have any concerns regarding ears. They were encouraged to have their hearing assessed by an audiologist if they experience hearing difficulties.



Ms. Nokwanda Ndlovu (Audiologist) engaging with clients at the waiting area.

Tips for ear care

- Do not use cotton buds to clean your ears
- Never use pointed objects like hairpin or matchstick to clean your ears as you may damage the eardrum.
- Never slap anyone, especially over the ears as it can damage the ears.
- If you are exposed to loud noises, ensure that you wear the correct hearing protection device such as earplugs.
- Have your ears checked regularly
- Visit the audiologist for hearing assessment if you suspect decreased or poor hearing

Article supplied by: Ms. N Ndlovu (Audiologist)

TRAINING FOR ALL CLINIC COMMITTEES

Clinic committees are the most important structure in all facilities as they oversee the administration and the general affairs of a clinic. They strengthen the relationship between the clinic stakeholders within its area.

They conduct inspections at the clinic and make representation for equitable access to services of the clinic for the community. Contribute annually to the operational planning for the clinic. On the 24th April 2018 clinic committees from all clinics were trained by the district office in order to equip them with skills.

A member must be a resident of the area served by the clinic. Must be a peace loving person who has a good image in the community, have interest and be involved in the community affairs. Member must be a person who has contributions to the effective support of the clinic and must be self disciplined not indulge in alcohol.

The role of the Clinic Committee

- To act as a link between the clinic and community on health related issues.
- To share hospital/ clinic vision and mission
- To hold meetings with the community, so as to listen to their constructive criticism.
- To inform community leaders about all health matters as to ensure good relation.
- To encourage community to use the clinic.

Article supplied by: PRO



WORLD TB DAY IN PICTURES



QUALITY DAY



On the 14 March 2018, Quality Day was celebrated with excitement and jubilation as staff members from the CHC and clinics were honored for complying with Ideal Clinic and National Core Standards. In addition the following staff members were acknowledged for Long service and given the Certificates for their commitment in serving in the department of Health for 20 years and more and these were: D.B Swana; B.M Jiyana; Kuboni P.N; Mbili T.M and P.B Mpisana.

Operational Managers from clinics were awarded with certificates, acknowledging and appreciating their hard work in attaining and sustaining Ideal Clinic Realization and Maintenance.



Key departments that contributed in the achievement of the Ideal Clinic status by the CHC and clinics were also awarded with certificates by the CEO Dr C.A Luke. These departments were Systems department; Nursing; Finance and SCM.

The main activity of the day was the presentation of Quality Improvement Projects by managers from various departments showcasing their efforts to improve health services provided to the community of Gamalakhe and beyond. Six projects were presented on the day from the following Departments: X-Ray; HR; Pharmacy; Out Patients Department; Maternity and Supply Chain Management.



The adjudicators from the District were very much impressed to see the dedication and motivation of the staff in their efforts to continually improve health services provided to the community. 1st place went to X-Ray department for the best Project, OPD achieved the second place and 3rd place went to Maternity Ward.

The CHC committee chairperson Mr. Machi and his deputy Mrs. Memela graced the event with their presence. The Speaker of the day Mrs. Ntleko motivated all who were present sharing her wealth of wisdom and encouraged the staff to give their best and go beyond the expected standard”.

Mr. Machi (clinic committee chairperson) gave a vote of thanks to all guests and staff who worked tirelessly and made it possible for this day to be a success.



Article supplied by: Mrs. Z Sobantu (QAM)

HPV AWARENESS DAY



OPERATIONAL MANAGER; N. SKHONDO AND CNP, T. VUTHELA DURING HEALTH TALKS ON HPV

Human papilloma virus awareness is the most common sexually transmitted infection and the awareness day is celebrated internationally in March every year. You can get this virus by having vaginal, anal or oral sex with someone who has the virus. HPV can be spread even when an infected person has no signs or symptoms years after you have sex with someone who is infected. This makes it hard to know when you first became infected.

Does HPV cause health problems?

In most cases, HPV goes away on its own and does not cause any health problems, but when HPV does not go away, it can cause health problems like genital warts and cancer. Genital warts usually appear as a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower.

HPV can cause cervical cancer and other cancers including cancer of the vulva, vagina, penis or anus. It can also cause cancer in the back of the throat, including the base of the tongue and tonsils (called oropharyngeal cancer). The types of HPV that cause genital warts are not the same as the types of HPV that can cause cancers. People with

weak immune systems including those with HIV/AIDS may be less able to fight off HPV. They may also be more likely to develop problems from HPV.

Prevention of HPV

- Get vaccinated.
- The HPV vaccine is given to girls 9-12 years at all primary schools across the country.
- Girls are given 2 doses six months apart.
- Voluntary medical male circumcision is included in the health sector prevention strategy in order to reduce HIV transmission an outcome which may also impact on HPV transmission and progression to cervical cancer.
- Prevention of smoking, improved nutrition and sexual health all impact on the risk of incident and persistent HPV vaccine and the risk of developing precursor lesions of the cervix.
- Condomise each time you have sex and this lowers chances of getting HPT.

Article supplied by: CNP T. Vuthela

MR. CORRY'S FAREWELL IN PICTURES



GAMALAKHE CHC VISIT LOCAL SCHOOLS

Gamalakhe CHC visited local high schools and primary school in the month of April to educate students about healthy lifestyle and abstain from sexuality activities. Students that were targeted were grade 6 & 7 at primary schools; and grade 8 and above at high schools. Learners were encouraged to concentrate on their studies than engaging on relationships at an earlier stage.

Speaking at Nsimbini Primary school **EN** Ngobese talked about cleanliness and also encouraged students to visit the clinic for screening in order to avoid illnesses that are related to cervical cancer.

Addressing students at Gamalakhe Commercial High School **PN** Gwiji educated students about the consequences of engaging on unprotected sex. She educated female students about family planning.

Schools that were also visited were Sithembinkosi Primary, Gamalakhe Junior Primary, Buhlebezwe Primary, Olwandle High School, Vezobuhle High School and Galeni High School.

Article supplied by: **PRO**



Mrs. N. Ngobese (**Enrolled Nurse**) at Nsimbini Primary School.



Mrs. N. Gwiji (**Professional Nurse**) at Gamalakhe Commercial High School.

ACKNOWLEDGEMENTS



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