



# Hlengimpilo

# NEWS

July – September 2016

## WARD 91 COMMUNITY LEADER VISITED HLENGISIZWE CHC

**O**n the 25<sup>th</sup> July 2016 ward 91 Councillor N. Dlamini together with Mr. Dube from his office visited Hlengisizwe CHC. His visits brought excitement from management and the staff. The management had their first meeting with the ward councillor, before he visited Hlengisizwe CHC, the meeting was held at the council chambers. It was the commitment from the management that made him visit the facility in order to witness the hard work in improving service delivery that management and staff committed to do.

The meeting started with the tour that was directed by the PR department. The purpose of the visit was to support the management on their strategic move for implementation of new projects for the institution.

The ward councillor was pleased to learn about the innovative approaches the CEO has for the institution and how it will meet the critical needs for the community and serve as sustainable projects for the facility.

Dr. Bhimsan was accompanied by her team Mrs. Shabangu Quality Assurance Co-ordinator, Ms. N Shezi- Acting Systems



Ward 91 Councillor: Mr N. Dlamini and Mr. Dube  
Management: Mrs. T Shabangu, Ms N Shezi, MS. P Bhengu and Dr. S. Bhimsan

Manager, and Ms. P. Bhengu Health and Safety. The Discussions focused on a variety of topics that includes Development of parking area, relocation of services to a new park-home, open day and community involvement in implementation of all the changes.



WARD 91 COUNSELLOR VISIT'S...  
[READ MORE ON PAGE 1](#)



MENTAL AWARENESS..  
[READ MORE PAGE 3](#)



CCMDD...  
[READ MORE PAGE 3](#)



DOEK ON FLEEK..  
[READ MORE PAGE 5](#)

## Editor's Note



Ms. S. P Tshabalala-PRO

A warm welcome to Hlengimpilo news readers.

As we approaching the end of the year one needs to look back and reflect on the goals set at the beginning of the year and whether objectives are achieved.

In this issue we will be looking at how the institution

is engaging with community leaders to improve patients care.

Mental health issues has touched families and friends. We will learn more on how poor mental health can negatively impact on one physical health.

How can we improve the health of staff both

mentally and physically, that was good question from our Human Resource Department wellness program.

We have covered key focal areas in this issue employee wellness program and CANSA awareness .

Doek " it's a crown women needs to embrace" Commemoration of women month was celebrated in style during the month of August.

This publication is open to staff who wish to publish any newsworthy item

Thanks to Old Mutual and CANSA who conducted wellness campaigns for Hlengisizwe staff and the clinics

I would also like to thank all the departments that support this publication with newsworthy items

*Thank You*

*MS. S. P Tshabalala*

## VISION

To achieve optimal health status for the population within the Outer west Area.

## MISSION

Hlengisizwe CHC is committed to render integrated , coordinated ,sustainable quality health care based on the PHC approach

## CORE VALUES

Loyalty, integrity and honest

Dedication & commitment

Professionalism& accountability

Transparency

Continuous learning

## MENTAL AWARENESS DAY AT HLENGISIZWE CHC



Ms. Nichole addressing the audience

**O**n the 29<sup>th</sup> July 2016 Hlengisizwe CHC hosted a mental Health Awareness campaign that was driven by the Social Work Department together with OPD/Casualty section.

Reverend J.T Radebe opened the day with a word of God. OMN T.TT welcomed everyone and highlighted the purpose of the day.

The program was directed by Sr. T. Kay who was also giving informative information during the direction of the program.

Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and to make choices.

Mental health is important at every stage of life, from childhood and adolescence

through adult hood” said Sister N. Mkhize during her speech.

Nichole addressed the packed foyer ,Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

She also mentioned that a person can suffer from the mental health without being aware that he/she has mental health problem.

Ms. S. Mtshali mentioned that mental health is more than the absence of mental illness. Even though many of us don't suffer from a diagnosable men-



Mr. Bongane Dubazane

tal disorder, it is clear that some of us are mentally healthier than others. Smoking, drinking, or using drugs more than usual.

Ms. P Ndlovu highlighted feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.

People who are affected by mental health disorder they



Sr. T Kay and Sr. N. Mkhize educating patients

need love and support, there are different types of grant..

Mr. Dubazane who is a living testimony of that mental health can be managed gave a speech to the audience who listened attentively. He told

how he suffered from the condition and how it is managed. The support from the health care team at Hlengisizwe CHC and family has shown to him.

The program couldn't be complete without entertainment from OPD/Casualty choir that was lead by OMN T.T.T Mchunu

## LAUNCH OF CCMDD PROGRAM AT HLENGISIZWE CHC



OMN T.T.T Mchunu addressing members of the pick up site

On the 14 September 2016 Hlengisizwe CHC launched the new program CCMDD. The program is lead by Mrs. E.T Ngubane together with the team Clinical Manager Dr. Tshiamala, OMN T.T.T Mchunu, OMN D.D Mbambo, OMN Myeza and ANM S.L Mthembu and Pharmacy Manager Ms. N Nzama

Since the past years health facilities has experienced an unprecedented growth in patients requiring access to long-term therapies. Not only has South Africa introduced universal access to antiretroviral therapy (ART) for patients living with HIV and AIDS, but there has also been a steady increase in the number of patients with non-communicable diseases ,requiring chronic therapy.

rounding areas of Hammarsdale and all pick-up points will be working together with health facilities Hlengisizwe CHC and its six clinics to service the patients

Typically, a patient with a chronic disease is issued with a repeat prescription for six months. Between six-monthly clinical assessments, the patient needs to visit the healthcare facility merely to collect medication. On a daily basis, as much as 70% of a facility's prescription load will be devoted to servicing repeat prescriptions.

The patient experience tends to be one of long waiting times and, occasionally, repeat visits to facilities in order to collect medicines that were not available during the routine visit. This poses potential adherence barriers which may lead to poor health outcomes, and places strain on the patient in terms of transport costs and loss of income.



CCMDD TEAM- OMN's

The aim of the project is to improve access to chronic medicines ,service delivery, patient experience and it is a pilot the project for NHI implementation

The community will benefit from the program as shorter waiting times at facilities – patients would collect their medicine from an alternative pick-up point and would be able collect medicines from places closer to their homes and decongestion of public health facilities

The program will cover sur-



Members of pick up clubs from Mpumalanga Township

# EMPLOYEE WELLNESS DAY

**O**n 04<sup>th</sup> August 2016 Hlengisizwe CHC hosted second Wellness Day for the year in collaboration with Old Mutual . One of our strategies focused on encouraging balance and wellness among the staff. The purpose



Hlengisizwe CHC wellness-day

of the day was to encourage all staff to complete the various screening tests available. Over 100 staff were invited to participate in the Old Mutual Wellness Experience which included assessing their blood pressure, glucose levels, cholesterol and body mass index along with the option to complete HIV testing as well. Through our Occupational Nurse Sr. Mseleje staff employed by our various outsourced service providers were also able to complete the same wellness screening tests. Although they are not employed by the department they still form part of our community and their wellness is also important to us



Ms. G Ngwane consulting

Over and above from both wellness programs staff experiences various screenings included free eye tests and Gems services including massages. Old mutual provided financial information and advises. .

Management and staff participated in number of activities that includes

aerobics, netball and football during wellness programs

Staff attended the program had a chance to spin the wheel for various draw of prizes which includes receiving gift. Our staff are passionate about what they do and give their all on a daily basis to clients.

Work extremely tiring staff are faced with not only their only personal stress and staff who suffer from at least four health risk factors, including not finding time to exercise, and consistently eating on the run. Financial and emotional wellbeing have a direct impact on an employee's ability to function productively at work

The wellness program could not be a success without support from dedicated key sponsors.



Mrs. E.T Ngubane receiving her gift

# CANSA AWARENESS DAY



CANSA Team exhibition

**O**n the 10th August 2016 Hlengisizwe CHC partnered with CANSA to host an awareness campaign that was aimed at educating the community about cancer. The awareness was lead by Ms. Molakane from CANSA. OMN T.T T Mchunu welcomed everyone and outlined the purpose of the day, said “We know that early detection is key to enabling effective treatment and a better chance of recovering from cancer. If you are experiencing symptoms which concern you, it is vital to have them investigated by a health professional as



Ms. N. Zuma addressing the patients

soon as possible” It is also important to know what screening options are available to you, especially if you have a family history of cancer.

Ms. Molakoane explained to the patients that everyone should know the signs of cancer at an early stage.

These symptoms may be caused by another health problem, but if one or more of these symptoms persist, consult your doctor without delay. It is important to detect cancer early by conducting regular self-examinations and going for regular medical check-ups. She demonstrated how to conduct self-examinations; symptoms to be aware of; recommended age to commence self-examinations, how often to conduct them, as well as recommended medical check ups here she also mentioned type of cancer

Females – breast and cervical cancer  
Males – prostate and testicular cancer  
Males & Females – skin cancer

Sometimes, a more in depth examination is required. Read more about screening offered at CANSA’s Care Centers below

The audience who attentively listened Ms. Zuma had a chance of asking questions. She educate them on:

Reduce Your Cancer

**Risk**  
Empower yourself with knowledge regarding how to reduce your cancer risk. We present awareness & educational campaigns to local communities across SA, throughout the year via our CANSA Care Centre, in order to help South Africans reduce their cancer risk. Information is also promoted online. Campaign themes include: Sun-Smart, Balanced Lifestyle, No-Tobacco, Children & Youth, Women’s Health & Men’s Health. Know Your Family History Consult a healthcare professional for advice on appropri-



Ms. P Molakoane addressing the audience

ate screening tests if there is a family history of cancer. Read more info regarding genetic testing for cancer and where this can be conducted. . Between November and February, “spot- the-spot” screening campaigns are held at various public venues to screen for skin cancer.

**O**n the 27<sup>th</sup> August 2016 Hlengisizwe CHC management and staff ended the month by marking Women's Month with a social media campaign, called "Wear a doek on Fridays", the aim was to celebrate women's achievements, by women wearing a "doek" and posting pictures of themselves on social media sites on Friday.

This year women's month was commemorated under the theme of the 60th anniversary of the Women's Charter which was drawn up in 1954.

The first National Women's Day was celebrated on August 9 in 1994. In 2006, a re-enactment of the march was staged for its 50th anniversary, with many of the 1956 march veterans having taken part

Women's Day commemorates the march of approximately 20 000 women to the Union Buildings in Pretoria.

They marched to petition against the country's pass laws that required South Africans defined as black under the Population Registration Act to carry an internal passport known as a pass.

The pass served to maintain population segregation, control urbanization and manage migrant labour during the apartheid era, Women united in moving South Africa forward.

The purpose of the campaign during the month of August was to honour the women who sacrificed their lives in fighting for the freedom of this country that we are enjoying today

It was happy and fun on the last Friday during the month of August. The staff at Hlengisizwe CHC do not hesitate to oppose injustices against women and promotes women empowerment in all spheres of society

### **WOMEN EMBRACING THEIR CROWN**



# DOEK FRIDAY HONOURING WOMENS OF AUGUST MONTH





# ACTIVITIES ALBUM



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

# ACKNOWLEDGEMENTS

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AND MR .S NGUBANE

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