



Hlengimpilo

NEWS

December – March 2016

MESSAGE FROM HLENGISIZWE CHC CEO

It has been an eventful 18 months since I assumed my post at Hlengisizwe. Despite many challenges including the attrition of staff due to the pension fund scare as well as the difficulty experienced in appointing new members of staff we have managed to maintain standards of service delivery within the health facility. As the 2016/17 financial year dawns on us, we are aware that with the current climate, it is incumbent on us as managers to utilize the resources we have optimally.

Some of the highlights since my duties began are as follows:
 Construction of a 4 block HIV and TB unit in an identified site adjacent to the existing CHC
 Internal refurbishment and

painting of the CHC
 Donation of a 12m container for the purposes of a rehabilitation center
 Anticipated re-opening of the lab services at Hlengisizwe
 Successful strategic planning with revision of our vision and mission statement as well as core values

We have been identified as an ideal clinic for the 2016/17 financial year as part of the implementation of phase 1 of the National Health Insurance. Having had 4 primary healthcare facilities already audited in the 2015/16 financial year, we are confident we can achieve the ideal clinic status.

With all of our successes in 2015/16 we cannot forget the tragic loss of the following staff members; Mr. Allan Pillay

(chief artisan and acting systems manager) and our beloved general orderly Busisiwe Audrey Mthethwa. Their loss left a void not only in services but in our hearts. We will honour their memories by ensuring their hard work continues.

The management team at Hlengisizwe will continue to work tirelessly to uphold and further improve healthcare for the community of Hammarsdale and its surrounding catchment area. We look forward to remaining motivated and taking advantage of every opportunity that knocks at our door.

I would like to end with a message from Mother Teresa that I keep dear to my heart



DR. S. BHIMSAN – MEDICAL MANAGER/CEO



I alone cannot change the world, but I can cast a stone across the waters to create many ripples.
 ~ Mother Teresa



WORLD AIDS DAY ...
 READ MORE ON PAGE 1



PANEL JUDGES...
 READ MORE ON PAGE 2



FOOD SERVICES ...
 READ MORE ON PAGE 3



MOCK DRILL PLAN...
 READ MORE ON PAGE 4

Editor's Note



Ms. S.P Tshabalala- PRO

The management at Hlengisizwe CHC wishes all the staff and our patients including readers of our newsletter a prosperous 2016.

We have ended the previous year with a sad note when we lost two of our dearest staff members, we hope this year will bring posi-

tive achievements and improvements that will bring joy to all staff.

This year Hlengisizwe CHC will undergo many changes, with some new and exciting initiatives planned for the coming months. The ARV department will move to the new park-home site and MMC service will be rendered in the facility. The expansion project will also result in ex-

pansion of space and integrated services.

To keep you informed, Msunduzi clinic is now operating 24 hours seven days a week. Since the launch of the government's green paper on National Health Insurance, various reforms and initiatives are underway to improve services to be provided under the future National Health Insurance.

This intervention seeks to transform all our PHC clinics into Ideal Clinics, which aims to provide good quality care to all our communities. Clinics that were selected as part of ideal clinic are Ntshongweni, Peaceville, uMsunduzi, and Shongweni Dam. However, as a mother of all the clinics, Hlengisizwe CHC management will continue to provide support and to strive achieving the best results. Revamping and upgrading of these facilities will continue to meet standards of ideal clinics in 2016/2017

We trust our 2016 March Quarterly Newsletter finds you healthy, rested, and confident to meet the year with Hlengisizwe CHC staff and management.

We are committed to keep you in touch and updated with more news around the corner.

MPUMALANGA CLINIC WORLD AIDS DAY DECEMBER 2015



Candle lighting moment

World AIDS Day is commemorated each year on the 1st of December and is an opportunity for every community to unite in the fight against HIV/AIDS, show support to people living with HIV and remember those who have died.

On the 1st Of December 2015 Mpumalanga clinic together with Hlengisizwe CHC management and community gathered at KwaMagaba Hall to commemorate World Aids Day.

Mr. Mngwengwe ward councillor welcomed everyone, he encouraged the youth to take charge of their lives and their future.

Ms. Mntambo and her team worked hard making sure that the event is a success.

Three high schools namely Ukusa, Phezulu and Uxolophambili entered the competition that was sponsored by Kinston. All schools demonstrated capabilities and understanding of

HIV/AIDS prevention in 2015. The panel of judges scored their marks based on four criteria namely; presentation, skills, uniqueness and fulfilled intent.

The event couldn't be complete without entertainment from three high schools and the Mpumalanga clinic nurses choir.



Panel of judges listened attentively to presentation

IMPROVING PATIENT SATISFACTION BY PROVIDING FOOD TO HLENGISIZWE CHC PATIENTS

A survey was used to assess patient foodservice satisfaction at Hlengisizwe CHC, results were then used to identify the lowest scoring areas of foodservice.

Hlengisizwe CHC management together with Hillcrest management team came up with interventions that were implemented to address the areas of required improvement

On the 3rd of February 2016, In-house patients from maternity and clinical services short stay experienced their first meal. Ms. N. Shezi Acting systems manager ensured that patients receive three course meals daily.

Patients who are receiving meals are those pa-



Mrs. Thande Mpungose giving a happy patient breakfast

tients who have been in the facility for monitoring observation and waiting for referrals.

Hospital food and nutrition services play an important role in patient recovery and well-being.

Foodservice quality can also influence

patients' satisfaction with their overall experience at the facility and adequate nutrition intake is an important part of healing the hospital patient.

MIND matters.....



Ms. N. F Nzama giving short stay patient lunch

- You can create your own professional email signature. Visit Corporate Communications page for more info....or contact PR office on ext. 1035
- Please note that all new templates, logo and corporate colours of the department has changed, for more information please contact PR Office

HLENGISIZWE CHC HEALTH AND SAFETY CORNER



Ms. P. Bhengu -Health and Safety Officer

My name is Phindile Bhengu I recently joined the team I'm the Health & Safety Officer at Hlengisizwe CHC, am

proud to say I have received a warm welcome from all the staff.

My office Vision: To ensure a healthier & safe environment for employees and visitors patients.

Mission: To develop, gather & provide reliable relevant information. Raise safety awareness and facilitate compliance with the applicable laws and legislation in order to provide a safe working environment.

As the Health & Safety Officer for Hlengisizwe CHC I want to build a safety culture meaning, all employees and contractor being dedicated to help us achieve zero harm and taking responsibility for working safely. Everyone to ensure that that they can make a difference and having knowledge and competence desire to work safely. Promote positive attitude towards safety.

Journey travelled has been so ... so far since I have joined the dedicated team at Hlengisizwe CHC.

The positive approach has led to a safety improvement in the occupational Health and Safety programme.

On the 11th of February we had an external District Safety audit and I'm proud to say we achieved 73% which is a huge improvement in comparing to the previous years.

We are not yet where we want to be but through dedication, hard work and support we want to explore from being good to being great.

MOCK DRILL CONDUCTED AT FREDVILLE CLINIC

On the 20th April the mock drill was initiated at 12h15pm Fredville clinic and all occupants evacuated the clinic to the safe area by 12h54pm which was satisfactory. The OMN E. P Shange delegated duties to staff using fire action cards and all the duties were carried out as per action cards.

The movement was orderly and all the patients, visitors and special needs people were accommodated and escorted to the safe area where OMN Shange did the roll call of all staff and head count of the patients. The patients

co-operated with the staff as they were all escorted out of the clinic.



Above picture: Staff and patient evacuating the clinic



Above picture: OMN Shange conducting roll call



Ms. H. Madlala—Dietician

My name is Hlengiwe Madlala a Registered Dietician (RD) and I have graduated at currently employed at Hlengisizwe CHC. I worked for 2 years as a clinical dietician and am now working as a community dietician. This brief article is just to give the public a brief idea of what dietetics is.

What is Dietetics?

Dietetics is a profession which applies the science of nutrition in the maintenance of health in each of the life cycle stages as well as to the dietary management of various disease conditions.

What subjects do I need and where do I study Dietetics?

You require mathematics, physical science and biology to study Dietetics. You can study through UKZN (PMB), UCT, UP, Stellenbosch, UWC and NWU.

How do I qualify as a Dietician??

To qualify as a dietician you need to obtain one of the following: Bachelor of Science honours degree in Dietetics (4 years)

Bachelor of Science degree (3 years) plus a Post graduate diploma in Dietetics (1 year).

You work for 1 year (final year) as a Dietetic intern where you have a clinical block, community block, food service block and also have a research block.

How do I register as a Dietician?

To become a registered dietician you have to be registered with HPCSA and have to work 1 year as a community service dietician to then be registered as Independent Practice meaning you can now practice as a Registered Dietician in South Africa.

When you become a registered dietician you either work for the public sector or private sector. Depending on where you want to specialize, you can work as a...

- Clinical Dietician
- Community Dietician
- Food Service Dietician

What do dieticians do?

Registered Dietitians are the only healthcare professionals licensed to assess, diagnose, and treat nutritional problems. Dieticians work in the treatment and prevention of disease through administering medical nutrition therapy.

A dietician calculates the exact nutrient requirements needed by each patient and will then alter a patient's nutrition intake based on a patient's medical condition.

During a consultation a dietician will assess, clas-

sify and diagnose a nutrition related condition. Assessments are done through analyzing anthropometry (A), biochemistry (B), clinical assessment (C), diet history (D). Drug-nutrient interactions are very important to note prior giving dietary advice therefore a dietician also analyzes the medication prescribed by doctors to patients.

Dieticians are also responsible for issuing therapeutic supplements to infants, children and adults with malnutrition and those that have lost weight over a period of 2 consecutive months.

Who can be referred?

Patients with any medical condition can be referred to a dietician. A few of many conditions have been mentioned below.

Diabetes, CVA, malnutrition, LOA, LOW, hypertension, high cholesterol, burns, dysphagia, TB, HIV, Renal & liver impairment, CCf, cancer, CP, Down Syndrome, anemia etc.

It's very important that pregnant/lactating women that might clinically appear to be underweight are also referred for a thorough assessment to be done by the dietician.

NB: Dietician will ONLY prescribe supplements to patients that meet malnutrition criteria using a nutrition screening tool.



MEET HLENGISIZWE CHC SPEECH LANGUAGE THERAPIST



Ms. K. Norris– Speech Language Therapist

My name is Kimberlee Norris I am the community service speech - language therapy at Hlengisizwe CHC.

I grew up in Hillcrest and completed my matric Thomas More college. I knew I always wanted to have a career that was aimed at helping people. At school I took subjects from a variety of categories so that when it came time to decide what I wanted to study, I would have the opportunity to choose from different disciplines. I took maths core, English, Afrikaans, biology/life science, business studies and history.

Taking maths core is important as more courses require this. However, it is a challenging subject that requires hard work. If you put your mind to it, it will really benefit you

in the long run as it did for me. I worked as hard as I could in grade 11 and matric so that my marks would be good enough for me to be accepted into varsity.

I did some research and found Speech-Language therapy. It falls under the discipline of Health Sciences. Speech-language therapy is a profession aimed at giving people the ability to communicate. Many people have difficulties in this area. I work with people of all ages- from babies to the elderly, it is extremely broad which makes it challenging and very interesting. Some children have difficulty pronouncing certain speech sounds which makes their speech sound incorrect, I assist with this, for example- they say "iza" instead of "inja". Some children have difficulty with language skills, they only know a small amount of words, they have difficulty putting sentences together, difficulty reading and writing, I assist with this. Other children who have communication difficulties because of development disorders such as cerebral palsy, autism, Down syndrome and many others, I assist with this. Adults who have experienced a stroke or traumatic brain injury and

have difficulties communicating, I assist with this. People of all ages who have difficulty with swallowing and feeding, I also assist with this. And so much else! It is a very broad career. We even help people who have difficulties with swallowing, babies or adults.

This is a career for people who love people, who love a challenge, who love to talk and who want to dedicate their lives to helping others. I love working in Hammarsdale. I love working with this community and I love the Zulu language. I am learning everyday more and more about the Zulu culture and how to speak to the people in isiZulu.



Ms. Kimberlee performing exercise to the child



Mr. A Prameswar – Physiotherapist

My name is Ashley Prameswar my journey to becoming a physiotherapist began in my early childhood days when my dad used to take me to work (Clairwood hospital). Spending some of my free time over there exposed me to a physiotherapist helping a patient who is a bilateral amputee to take his first steps with his new prosthetic limbs. As a young child this was inspirational to me and from that day I knew what I wanted to become.

At school in order for me to study physiotherapy I had to take up pure Maths. Physical Science and Life sciences. These subjects are compulsory in order to study physiotherapy and play a major role in first year of university where we are exposed to biology and physics.

I studied my honors degree in Physiotherapy at the University of Kwa Zulu Natal Westville Campus from 2011 to 2015. The degree is very intense and a major part of the degree is made up of practice components. As a physiotherapy student I was privileged to work at most major hospitals in the eThekweni district with Inkosi Albert Luthuli Hospital being my favorite

due to the unique conditions and cases that I had to treat.

As a physiotherapist I enjoy treating any and every type of patient that walks through the door but if I am forced to choose I would say neurological and orthopedic cases really interest me.

I am the current physiotherapist at Hlengisizwe CHC I also have the privilege to cover 6 satellite clinics surrounding the CHC.

It was an amazing experience when I first arrived at Hlengisizwe to see how the people of the community and fellow colleagues welcomed me here. The humble attitude and the appreciation I get from each patient makes arriving at work every morning a privilege not an obligation.

My future goals are to further my studies in physiotherapy and continue to work at Hlengisizwe CHC ensuring that all residents of Hammarsdale receive the same treatment as if been treated anywhere else in the country.



Ashely assessing the patient record

+

ACKNOWLEDGEMENTS

MS. S. P TSHABALALA
PRO

**EDITOR
WRITER**

- ◆ HEALTH AND SAFETY OFFICER
- ◆ REHAB TEAM
- ◆ SYSTEMS
- ◆ DIETICIAN

AKNOWLEGMENTS

SIHLE NGUBANE
PR TRAINEE

PHOTOGRAPHER

DR BHIMSAN

**APROVED
RECOMMENDED**



health
Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

**Physical Address: Unit 6 Sibisi
Road Mpumalanga Township
Hammersdale**

SWITCHBOARD:
031 – 7740080/1/2

SWITCHBOARD FAX NUMBER:
031 – 7740085

**Postal Address: P.O Box 545
Hammersdale 3700**

Web Address: