



**HEALTH**  
KwaZulu-Natal

# HLENGIMPULO NEWS

PUBLISHED BY: PUBLIC RELATIONS DEPARTMENT- HLENGISIZWE CHC OFFICIAL MAGAZINE

December 2007- January 2008

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## OUTER WEST- WORLD AIDS DAY CELEBRATIONS



The packed hall during South West World Aids Day. Front Row: Sr. Mazibuko (Mpumalanga Clinic), Sr. (Hlengisizwe CHC), Ms. (HIV/AIDS Councillor), Mrs. (Hlengisizwe CHC) and Mr. Luthuli (Ethekwini Municipality Community Participation)

### SNIPPETS IN PICTURES



**O**n the 06<sup>th</sup> December 2007 Hlengisizwe Community Health Centre, Mpumalanga Clinic together with eThekweni Municipality had once again joined hands to celebrate World Aids Day at KwaMagaba Hall. The month of December is Worlds Aids Day commemoration World-wide.

Under single roof, various government departments, NGO'S, patients, councilors and the community of Mpumalanga township gathered to heed the voices of Health and various departments. The intervention from traditional healers and leaders was considered necessary from all stakeholders involved.

This commemoration was mainly focusing on remembering our brothers and sisters who died from HIV/Aids and educating those who are infected and affected .

The event was graced by young and old who listen attentively to the speakers.

Speakers from Social Development and SASSA had informed the community on who access grant and services in their departments. They also mentioned the programme they are having for orphans and asked the community to assist them, if they know of such children in the community to contact their offices.

Mrs. Mazibuko from District educated the crowd about TB. She then reminded the audience about DOT support, which is a programme set up to assist people with TB, and who forget to take their pills and that food parcels for people with TB are now available. There was time for questions and people showed interest as they all knew their answer.

Testimonies from TB and HIV brave ladies touches so many hearts as they opened their hearts to a packed hall. They showed many people how you can cope living with the disease, and how taking TB/HIV treatment and follow necessary precautions can help if you are sick. They were given gifts by department of Health and Ethekwini Municipality

Mr. Mazwi Gumede also informed the crowd about procedures that are followed before patients are tested e.g. counseling.

This event could not have been complete without entertainment, Sunrise ( a group from Mpumalanga) and Community Health Workers entertained the crowd with theirs stage play.

## EDITORIAL FILE



**A** warm welcome to Hlengimpilo News readers and Hlengisizwe

Community Health Centre staff, yet another year to strive towards excellence and to over stretch while striving for perfection.

Firstly I would like to say 2007 was a year of many challenges and gladly we have overcome some of them and we are looking forward to 2008 .

This year Hlengisizwe Community Health Centre will focus more on Batho Pele Principles and ensuring that is im-

plemented. Among other things our focuses will be more on strengthen quality programmes, for us to deliver quality service all the times. Since quality is broad we will not focus on programmes relating to patients only, but also to all stakeholders involved.

In this issue we have stories that have so much information and education. Stories that had touched so many lives around Mpumalanga township. During the month of December ,World Aids Day was celebrated around the world.

On the first page Hlengisizwe Community Health Centre and Mpumalanga Clinic celebrated World Aids Day. Inside the issue we will read articles of Peaceville and Ntshongweni Clinic World Aids Day celebrations.

I would also like to thank your contributions for Hlengimpilo News, that make it a success, your contributions were so helpful. My door is always open for your suggestions and stories. In closing, I would like to formally welcome our new Dentist Mrs. T. Khalishwayo who has just joined our management team.

*Thank You*

*Sibongile Tshabalala*



IF YOU HAVE ANY SUGGESTION AND CONTRIBUTION, OR WOULD LIKE TO WRITE STORIES FOR THIS PUBLICATION CONTACT US ON EXT 235 OR PERSONAL VISIT THE COMMUNICATION OFFICE OPPOSITE ADMITTING

### **Quality assessments aims high on service delivery at Hlengisizwe CHC**

**E**ach year institutions embark on peer quality surveys. The aim of this exercise is to identify the gaps in quality service and improvement of service delivery. Since last year, Hlengisizwe Community Health Centre has improve in these assessments.

This exercise includes four tools i.e. Batho Pele, Minimum Standards, Norms and Standards and Patients Rights Charter. On the 29th January 2008

Hlengisizwe CHC was visited by KwaDabeka CHC and the following day it was KwaDabeka CHC turn.

Scoring more than 70% respectively shows real commitment in terms of quality assurance. This year the standard will risen as this institution has recently employed key personnel in health quality, which is Infection Control Coordinator and Quality Assurance.

*The Public Relations Officer and Quality Assurance play a role in the implementation of Batho Pele and Patient's Rights Charter strategies. One among many comments on quality meetings would obviously be;*

*"Institutions should among other things focuses on strengthen quality programmers', for us to deliver quality service all the times and to strive for excellence each year and maintain good quality status", well Hlengisizwe Community Health Centre seems to be on the right direction. Another aspect which contributes to our success is making sure that all those areas where we are deemed incompliant, we quickly fill those gaps.*

*Even though, statistics are not yet released due to slight era, the overall percentage still sits above 70%. Many thanks to quality team and keep it up!*

## PEACEVILLE CLINIC TB/HIV/AIDS DAY



Wednesday the 29<sup>th</sup> of November 2007 marked another effort by Peaceville to sensitize various communities of Goergdale about TB/HIV/AIDS and other related diseases.

Since five o' clock in the morning Goergdale community from different corners left their comfortable sleep to attend the event they long waited for. When government officials and various departments arrived at J.L Luthuli hall was packed. Councilor Shabalala welcomed and thanked everyone for dedicating their time coming to the event.

Mr. J.T Hadebe (Chaplain Sub West District) opened the event with prayer and the word from God. Programme Director for the day Mr. Mabika lifted everyone's spirit as he sang and danced for the Lord.

The driving process behind this initiative was a success through a solid partnership that exist within government departments and NGO's. Traditional healers were also part of the event, Mr. Shange (traditional healer) informed the crowd about their intervention with government mostly Department of Health.

Again people of Goergdale were very lucky to have a local Councilor like Mr. Shabalala who was also involved in the planning of the campaign on behalf of the communities in conjunction with the Community Health Workers, Department of Health and Municipality.

Mrs. Mazibuko from eThekwini Health District educated

the crowd about the importance of taking TB treatment for six months. Everyone listen attentively as she educate them and advising them to go and check for TB if experiencing cough for more that three weeks.

The two brave women from Goergdale came out and disclose their TB/HIV status to the community, "they showed how healthy they are since they started taking their treatment as advise by a doctor/ nurse" Department of Health and Mrs. Macele (local traditional healer ) handed gifts of (groceries and blankets ) to the ladies.

Dr. Masondo from Ethekwini Health District touched the issue of HIV/AIDS and how it is vital to follow instruction of the doctor/nurse if diagnose with it. "TB patients should not consume alcohol, smoke, and take drugs while on medication." She added."

Speakers from Department of Social Development and SASSA gave their speech and advised the community about who can access grants and their services when HIV positive. "TB is curable; any person diagnosed with TB should take his/her pills for full six moths, and should not take alcohol and drugs while on the medication". This is a very simple message that was constantly repeated by almost every speaker who shared the stage.

The event could not be complete without the entertainment as Community Health workers entertained the crowd with stage play and local traditional choir

Mr. M. Majola from Ethekwini Municipality had thanked all who were present and extended his sincere gratitude to all the departments involved for their continuous support.



### NOTICES

- All staff members wishing to participate in any extramural activities must register their names and activities they wish to pursue.

Dear Colleagues

Thank You to all staff and departments that contributed in Hlengisizwe News Issue 4, its success depends on you. If you want to contribute anything then feel free to drop it off at my office it will be on the next issue.

Thank You ,

# HEALTH CORNER

## VEGGIES FOR HIM

Cauliflower could cut the risk of developing prostate cancer by 52 per cent while broccoli could lower the risk by 45 per cent. Both vegetables protect against DNA damage.

A US study of the eating habits of 29 000 men found there were fewer cases of fast-growing tumours among those who ate these veggies once a week.

*Adding certain foods to your diet can really improve your overall health. Add these foods to your diet.*

- For **healthy skin**, eat pumpkin, carrot, cranberries, raspberries, strawberries, and cherries, and drink a lot of water.
- For **healthy eyes**, eat broccoli, Brussels sprouts, cabbage, cauliflower and spinach.
- For **strong bones**, eat yoghurt, soy, tofu and drink skim milk.

Four glasses of skim milk a day gives you enough calcium to cut PMS in half.

- For a **healthy immune system**, eat carrots and raw nuts.

## Team work– Tips

### How to be a better team player:







**Engage in informal conversation**– Get to know your colleagues better and establish better working relationships

**Share information**– This will help in solving problems along with your co- workers, when the need arises.

**Be innovative and inclusive**– Introduce new ways of thinking and also take other people’s ideas into consideration.

**Remember to ask questions**– People always want to feel needed.

## SENIOR MANAGEMENT TEAM

Identify the person

1. **Dr. M.L Mhlongo**  
*General Manager- Area 1Ugu, Ethekwini and Ilembe*
2. **Dr. Y. Mbele**  
*Acting Head of Department*
3. **Mr. L.A Mbangwa**  
*General Manager Communication*
4. **Mrs. P. Nkonyeni**  
*Minister of Health– KZN*
5. **Mr. N. Nkosi**  
*Chief Operating Officer*
6. **Mrs. M. Tshabalala-Msimang**  
*National Minister of Health*

## NTSHONGWENI CLINIC WORLD AIDS DAY



the need to combine all these programmes because there is a link between HIV/AIDS, TB, and STI'S. She also emphasized that children under the age of five years should also be sent to a local clinic for check ups should any family member be diagnosed with

A testimony by one of HIV patient who also insisted that patients should pay attention of the nurses and doctors advice about taking medication.

Speakers from SASSA and Social development advise the community about the service their department is offering to infected people.

Mrs. Mazibuko who also from the District Office, added that there is major concern from the Department about the growing number of TB infected patients. This affects all levels from as low as clinic to as higher level as World Health Organization. Therefore, it is imperative that communities understand the symptoms of TB as early as possible. And should it happen that someone is diagnosed with TB, they must visit local clinic and take medication for the full six months.

Speakers also insisted on community and family support to patients diagnosed with TB, and that communities.

Ntshongweni clinic had entertained the crowd with their music.



**O**n the 12 December 2007 community of Ntshongweni had gathered to celebrate World Aids Day.

The event started by a walk at KwaShabalala to Ntshongweni community hall, which its aim was to reinforce and educate people about TB/HIV/AIDS and other related diseases.

Councilor Moyo welcomed and thanked everyone for dedicating their time to attend the event. He thanked Department of Health for taking these messages direct to the community.

The driving process behind this initiative was Sub West Health District through a solid partnership that exists within department and NGO'S.

It was another effort by Ntshongweni Clinic to celebrate World Aids Day and to sensitized the community of Ntshongweni and its surroundings.

Mrs. L. Sithole (HIV/Aids coordinator) from eThekwini Health District explained to the audience that department saw



*Hlengimpilo News will be testing your familiarity with your colleagues on dress codes, style, physical appearance ect. In this issue we have put this lovely lady on the sports.*

### GUESS WHO IS THIS?

*Hlengisizwe CHC staff are not allowed to take part in this competition, for answers contact communication department after the competition's closing date 15 March 2008.*

## RECENT APPOINTMENTS- WE GET SOME AND LOOSE SOME

While HCHC welcomed more new staff members, others were calling it a day. In recent months more staff had joined our CHC s

### NEW APPOINTMENTS

- F. Zondi—EN
- B.T Nxele—EN
- N.P Mtshali— EN
- K. P Mzila— EN
- N. F Zuma -EN
- G.T Zungu— EN
- T.A Cebekhulu— Pharmacy Assistant
- T. Radebe— Telecom Operator
- G.A Nyembe— Linen Orderly
- Z.P Mabhida— Linen Orderly
- S. Ngubane— General Orderly
- N. Ndzalela HR Officer
- T. Msomi— HR Officer
- N.F Khoza— PN
- N.P Dimba— PN
- N.E Khoza-TB Assistant
- Y. Pillay— Artisan Foreman
- N.F ZUMA EN

### PROMOTIONS

- S.G Mbuyisa— FM Officer
- N.D Madonsela— EN
- S.L Mthembu— PN
- M.B Mtimkulu -Snr. PN
- T.T Mkhwanazi- Snr. PN

### TRANSFER IN

- T.R Memela HR Officer
- B.C Kweyama— Snr. PN
- O. Thabethe-PN
- D.F Zondo— PN
- N.P Ngwenya— Clinical Nurse Practitioner
- T.N Khalishwayo— Dentist
- N.S Msibi Snr. PN
- P.I Magcaba— Operational Manager Nurse
- T.T Mkhwanazi— Clinical Nurse Practitioner
- M. B Mtimkulu—Clinical Nurse Practitioner
- E.M Nduli— Snr. PN
- B.P Bengani —PN
- K.P Chamane— PN
- K.P Mzila— EN
- G.T Zungu- EN


### TRANSFER-OUT

- P.P Mabhida— Clinical Nurse Practitioner

### EXITS

- P. Mathabela— Artisan Foreman

## February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 World CANCER DAY	5	6	7	8	9
10 STI/CONDOM	11 STI/week	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

## March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 International women's day
9	10	11	12	13 World kidney	14	15
16	17	18	19	20 World injury Awareness day	21 Human Rights Day & Down Syn-	22
23	24 World TB Day	25	26	27	28	29 

## April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	31	1	2	3	4	5
6 National Polio Eradication Week	7 World Health Day	8	9	10	11	12
13	14	15	16	17 World Haemophilia Day	18	19
20	21	22	23	24	25 Africa Malaria Day	26
27	28	29	30			

# KEY STRATEGIC DEVELOPMENTS



1

1. *The centre space between the institution was develop to the large comfortable waiting area for patients*



1

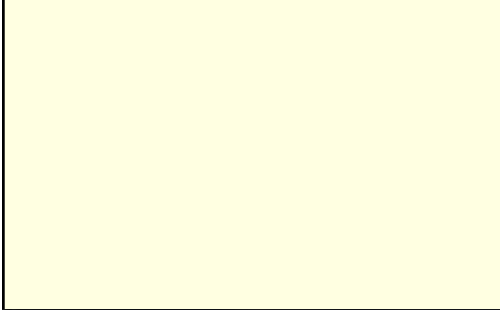


2

2. *Renovations at the patients toilets.*



2



A

A. *Overlooking the stores Department this container is used for....*



A

B. *Changes at the administration area. Patients can now have privacy in the cubicles developed*

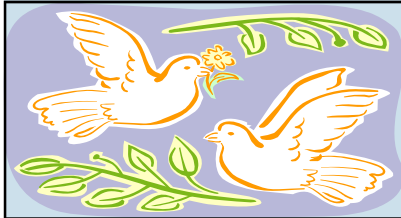


B



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**Word of God**

*If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.*  
**John 15:7**

**PATIENTS RIGHTS**

**Every patient has a right to:**

- A healthy life and safe hygienic environment
- Accessible health care
- Confidentiality, Privacy and Private Communication
- Informed consent
- Be referred for the second opinion
- Exercise choice in health care
- Continuity of care
- Redress
- Complete information from his physician about his health status and proposed treatment.
- Be treated by a named Health care workers.
- Refuse treatment
- Knowledge of one’s health insurance/medical Aid scheme
- Inspect and obtaining copies of all their records
- Be treated by a private doctor of his choice
- Management of his personal affairs
- Personal freedom and dignity

Mental Clinic—16h00  
Family planning (Reproductive Clinic):  
07h30-16h00  
Pharmacy :07h30– 16h00  
TB Clinic : 07h30– 16h00  
VCT Clinic : 07h30– 16h00  
All other services: 07h30-16h00

**TICKLING LAUGHS**

**RECEIP**

*Deals on meal’s*

*A robust- looking man finishes eating a fine meal at an expensive restaurant and ends it with some top-notch brandy before summoning the head waiter.*

*“Do you recall,” he asks pleasantly, “that a year ago I ate just such a meal here and because I couldn’t pay for it you had me thrown into the alley like a common bum?”*

*“I’m very sorry, sir...” the man says, “but I’m afraid I may have to trouble you again.”*

*SECRETE TO A HAPPY LIFE*

*A woman walked up to an old man rocking in a chair on his porch.” I couldn’t help noticing how happy you look,” she said. “What’s your secrete for a long happy life?”*

*“I smoke three packs of cigarettes a day,” he said. “I also drink a case of whiskey a week, eat fatty foods and never exercise.”*

*“That’s amazing,” the woman said. “How old are you?” “Twenty- six!” he said*

*CHOCOLATE SLICE*

- 250g butter or margarine*
- 125ml (1/2 cup) golden syrup*
- 125 ml (1/2 cup) cocoa powder*
- 500g roughly crushed dry*
- Icing sugar for sprinkling on top*

**METHOD**

*Melt together the butter and golden syrup. Add the cocoa powder and mix well with wooden spoon. Add enough crushed biscuits to make a stiff mixture, making sure the butter mixture is absorbed. Press the mixture into a deep square cake tin and chill until firm, about two hours. Dust with icing sugar and cut into large squares. N=make about 25 slices*

# PHOTO ESSAY

## HLENGISIZWE CHC AND MPUMALANGA CLINIC- WORLD AIDS



## PEACEVILLE CLINIC- TB/HIV/AIDS DAY



## NTSHONGWENI CLINIC- WORLD AIDS DAY

