



Hlengimpilo NEWS

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TB FREE AND DEPARTMENT OF HEALTH TB ROAD SHOW

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December 2008

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SNIPPETS IN PICTURES



Happy Holidays
Season!!!



On 20th November 2008 TB Free in conjunction with Department of Health had declared fight against TB by conducting road show campaign at KwaMcoyi, Mpumalanga Township. TB Free arrived early to disseminate their stands and entertainment for the day.

It was a hot sunny day when the community of Mpumalanga Township– Hammardsdale (gathered at kwaMcoyi Boxer Shopping center) to listen to words of advise from different spokespersons.

According to the national statistics Mpumalanga area was chosen as among those who have high defaulters rate.

Mr. L Mngwengwe who is Ward 6 councilor welcomed everyone and recommend the initiative taken by TB and Department of Health.

Programmes such as VCT, sputa checks, BP and diabetics checks were brought to people. Nurses and HIV/AIDS counsellors from around clinics including Hlengisizwe CHC dedicated themselves to do check ups to the

community of Mpumalanga. Programmes for physiotherapy were also there wheel chairs were given to physically challenged people by social workers.

The Deputy Manager of eThekweni Health District Mr. Yose mentioned the importance of testing for TB and visiting local clinics for regular examinations.

TB tracers and DOT supporters were part of the campaign as they are the team who traces defaulters and give education and support to patients in their homes.

It was encouraging to see that most of people got lot of information about TB as they were asked questions and promotional materials such as (umbrellas, pamphlets and T-shirts) were given to those who got correct answers.

Among speakers was Mrs. Mazibuko Ethe-kwini Health District (TB Coordinator) who gave broadly information to the public about TB. The road show could not be complete without dance competitions and traditional dancers who entertained the crowd.

EDITORS NOTE



We are now approaching the end of the year but we still aiming high on maintaining high standard of service delivery and still much more to improve on.

Viewing on the recently client survey we conducted with KwaDabeka team we have manage to get above 70% on improvements.

It has also shown by the decrease of complaints we re-

ceived from the suggestion boxes that are mounted around the CHC, lately when these boxes are opened we receive more compliments than complaints which shows that our clients are satisfy with our services. Although we have done far better on improving Batho Pele Principles we still have more gaps to fill.

More programmes have been placed e.g. Dual Therapy and more project are going to be in place. Our institution has done so much to improve patient care services like Dual Therapy started and is provided in HIV positive mothers (PMTCT). A new Mother 2 Mother project will be starting soon.

Due to budget constraint some of maintenance plan has been affected but other critical project has been completed e.g. additional park home for TB section and relocation of parking space.

Communication department also want to thank all those who contributed for

Hlengimpilo News this year. We also need more of your help to perform our functions to the best of our abilities, please send your ideas, your news, your thoughts and comments, they are very important to us.

Now is also a good time to reflect on the year that has been and to assess our achievements. Go on, pat yourself on the back, set new goals, new targets and create an ever greater sense of purpose for your life.

We mustn't forget those friends, families or strangers that need our compassion over holidays season. We must try to do something special for someone we don't know, because life is ultimately about giving and sharing. Have fun everyday, make it your business to laugh at least once a day.

Enjoy Holidays

Shob Tshabalala

Vision, Mission and Core Values

Vision: To improve the health status of all persons in Outer West Sub-Health District

Mission: Hlengisizwe Community Health Centre is committed to render an integrated, co-ordinated and comprehensive service based on Primary Health Care approach.

Core Values:

- Service Standard
- Information
- Consultation and transparency
- Open Communication
- Service Excellence

Health Calendar

November

- Red Ribbon Month
- Quality Month
- Sun Smarts Awareness month– CANSA
- National Children's Day
- 3-7 SADC Malaria Week
- International Radiographers' Day

- 14 SADC Malaria Week
- World Diabetics Day
- 16 days of Activism on No Violence Against Women

DECEMBER

- 1: World AIDS Day
- 3: International Day of Disabled Person
- 5: International Volunteers Day
- 9: World Patient Safety Day

Public Relation Office

Would like to thank You For your contributions!!

- **Mr. S. Padayachee**
- **Ms. M. Cobbing**



HLENGISIZWE CHC AND MPUMALANGA DECLARED WAR AGAINST TB



Ms. B. Hlongwa and TB Coordinator Mrs. L. Mbambo from Hlengisizwe CHC seen here providing information to the local residence

Hlengisizwe CHC, Mpumalanga clinic together with eThekweni Health District has declared war against TB by conducting Door to Door Campaign which was aimed at sensitizing the communities of Zamani and Section 1 and 2 at Mpumalanga Township for two days.

The teams headed at Zamani on the first day and Section one and two on the second day lead by Sr. Mbambo, Sr. Matolo and Mrs. Mazibuko from Ethekewini Distric.

The campaign was very successful , when at least more than three hundred household were visited. On the first day the teams departed from Hlengisizwe CHC where the CHC Manager Mr. Ngqabayi welcomed and thanked everyone for devoting their time in fighting for TB.



Mrs. Mazibuko Ethekewini District Co-ordinator and Mrs. Z.Nkosi from Hlengisizwe CHC giving a patient who gave testimony a gift

Mrs. Mazibuko (TB Coordinator) from eThekweni District added that there is major concern from the Department about the growing number of TB infected patients. 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.

People were encourage to go to the clinic if they have cough for more than two weeks and suspect symptoms of TB .Testimonies from TB/HIV brave patients had touched and opened eyes to a packed patients waiting areas at Hlengisizwe CHC and Mpumalanga clinic. They had showed many people how you can cope if you have TB and completed your treatment. Also how taking TB/HIV treatment is important and following necessary precautions can help if you are sick. They were given gifts by Department of Health for their effort to encouraging other people.

It is believed that the same campaign will continue before the end of the year. Health workers who were part of this campaign were seen wearing their T-shirts and caps written “**STOP TB**”

This day would not be successful without community Health Workers and TB tracers support.



Hlengisizwe CHC, Mpumalanga clinic staff together with Community Health Workers ready to start war Against TB



DIABETIC DAY AT MPUMALANGA

Diabetic bus sponsored by Norvo Nordisk visited Mpumalanga Township in the effort to sensitized the community about diabetics and high blood pressure. Mpumalanga Township was chosen as one of the arrears for the diabetes initiative in the Outerwest.

Before the day Pre- meetings were held at the district where discussions of all Mpumalanga outreach point targeted were discussed.

Despite the rainy weather the community was sensitized on diabetics and life style. Nurses

from Mpumalanga , Peaceville clinic and Community Health Workers, worked together to make the day a success.

The challenge was a rainy weather only 38 patients were screened and improvement is still expected on the next visit.



VITAMIN A CAMPAIGN

From 08 September 2008 till the 21 September 2008 HCHC including five clinics Ntshongweni, Peaceville, Msunduzi, Fredville and Mpumalanga has embarked on vitamin A Campaign. Hlengimpilo News accompanied the Vitamin A campaign team for their first visits.

There were points that were targeted and all were visited including crèches and schools . The staff at HCHC had to ensure that all children who came for vitamin A receive a dosage. Children from age 1-5A target of 85% has been reached in Outer West Area

1.1 What do we know about vitamin A deficiency?

Vitamin A deficiency (VAD) is the main cause of preventable blindness in children. It also plays an important role in strengthen the body

1.2 How can Vitamin A deficiency (VAD) be prevented?

VAD results from a depletion of stores because e



A NURSE GIVING A CHILD VITAMIN A

There too little vitamin A is presented in foods .

To maintained good status of Vitamin:

- Eating enough vitamin A rich foods
- Eating foods fortified with vitamin A. Synthetic vitamin is added to staple food this is called food fortification.
- Vitamin A deficiency can also be prevented by consuming fortified foods. In South Africa it is law to fortify maize meal and wheat flour with vitamin A.B complex vitamins and zinc and iron
- Children from 12-59 months are supplemented by vitamin A capsules.

NOTICES

- The nomination of Hlengisizwe CHC sports committee are:

Mr. S Mbuyisa,

Mr. A Pillay

Ms. T. Khamshe

Ms. S. Ngubane

Mr. L. Vellem

Staff members who wish to write stories and taking pictures for our newsletter, must contact PRO

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



HUMAN RESOURCE –WHATS HAPPENING?

CODE OF CONDUCT FOR PUBLIC SERVANTS

PURPOSE

In order to give practical effect to the relevant constitutional provisions relating to the Public Service, all employees are expected to comply with the Code of Conduct ('the Code') provided for in this Chapter.

The Code should act as a guideline to employees as to what is expected of them from an ethical point of view, both in their individual conduct and in their relationship with others. Compliance with the Code can be expected to enhance professionalism and help to ensure confidence in the Public Service.

3. THE CODE OF CONDUCT

1. Relationship with the Legislature and the Executive
2. An employee -

- is faithful to the Republic and honours the Constitution and abides thereby in the execution of his or her daily tasks;
- puts the public interest first in the execution of his or her duties;
- loyally executes the policies of the Government of the day in the performance of his or her official duties as contained in all statutory and other prescripts;
- strives to be familiar with and abides by all statutory and other instructions applicable to his or her conduct and duties; and
 - co-operates with public institutions established under legislation and the Constitution in promoting the public interest.
- respects and protects every person's dignity and his or her rights as contained in the constitution; and
 - recognizes the public's right of access to information, excluding information that is specifically protected by law.

• Relationship among Employee

An employee -

- co-operates fully with other employees to advance the public interest;
- executes all reasonable instructions by persons officially assigned to give them, provided these are not contrary to the provisions of the Constitution and/or any other law;
- refrains from favouring relatives and friends in work-related activities and never abuses his or her authority or influences another employee, nor is influenced to abuse his or her authority;
- uses the appropriate channels to air his or her grievances or to direct representations;
- is committed to the optimal development, motivation and utilization of his or her staff and the promotion of sound labour and interpersonal relations;
- deals fairly, professionally and equitably with other employees, irrespective of race, gender, ethnic or social origin, colour, sexual orientation, age, disability, religion, political persuasion, conscience, belief, culture or language; and
 - refrains from party political activities in the workplace.

• Performance of Duties

An employee -

- strives to achieve the objectives of his or her institution cost-effectively and in the public's interest;
- is creative in thought and in the execution of his or her duties, seeks innovative ways to solve problems and enhances effectiveness and efficiency within the context of the law;
- is punctual in the execution of his or her duties;
- executes his or her duties in a professional and competent manner;
- does not engage in any transaction or action that is in conflict with or infringes on the execution of his or her official duties;
- will recuse himself or herself from any official action or decision-making process which may result in improper personal gain, and this should be properly declared by the employee;
- accepts the responsibility to avail himself or herself of ongoing training and self-development throughout his or her career;
- is honest and accountable in dealing with public funds and uses the Public service's property and other resources effectively, efficiently, and only for authorized official purposes;

- promotes sound, efficient, effective, transparent and accountable administration;
- in the course of his or her official duties, shall report to the appropriate authorities, fraud, corruption, nepotism, mal-administration and any other act which constitutes an offence, or which is prejudicial to the public interest;
- gives honest and impartial advice, based on all available relevant information, to higher authority when asked for assistance of this kind; and
 - honours the confidentiality of matters, documents and discussions, classified or implied as being confidential or secret.

Personal Conduct and Private Interests

An employee -

- during official duties, dresses and behaves in a manner that enhances the reputation of the Public Service;
- acts responsibly as far as the use of alcoholic beverages or any other substance with an intoxicating effect is concerned; does not use his or her official position to obtain private gifts or benefits for himself or herself during the performance of his or her official duties nor does he or she accept any gifts or benefits when offered as these may be construed as bribes

SUBSTANCE ABUSE EVENT AT EKUSA HIGH

Drugs are not child's play'. This message was carried out at the substance and drug abuse event that was hosted by Department of Education in conjunction with other departments such as Health and Social development at Ekusa High School in Mpumalanga Township.

The aim of the event was to emphasize the problem associated with the abuse of drugs and alcohol. This is a very serious problem in our society and it ends up being a major threat to our community, lives and careers. The hall was full packed with learners from different schools

“Alcohol and drug abuse can destroy lives and have negative effect on productivity and in your school work ” said Mr. L. Mngwengwe during his speech when he welcomed everyone.

The purpose of the day

was outlined by Rev. Dube from ECC church who made the learners aware of toxic drug mixtures that people use to take that “trip” of a minute or to be “high”. He mentioned the damage that alcohol and drugs cause in our brain and digestive system. Mr. Dube also alluded to the fact that one needs to decide for him or herself that enough is enough and rise above challenges of abuse or addiction.

There were honorable guests from Department of Education, Social Development, Health who came to grace this edifying event.

The event could not be complete with entertainment from different schools.

UPDATE FROM FINANCE & SYSTEMS MANAGER



MR. P.K. PADAYACHEE

This is another chance given to me and I'm grateful for this kind of opportunity. We are nearly towards the end of the year, we have come across budget constraints in this current year but we have tried to prioritize on patients related matters in order to deliver service.

On Challenges?

Budget constrains was a major factor and all vacant posts are frozen. Space is a huge problem and we do not have any more space for the filing and storage of patients OPD medical records as our patients number is drastically increasing.

The finance and Systems components is critically short staff by 50% and this is hampering service delivery standard with the non compliance of Risk Management and the segregation of duties at SCM and Revenue / Expenditure control.

New Developments

On developments we have looked on critical arrears that needed to be attended.

- Relocation of the TB Clinic to existing cover parking.
- Upgrading of power supply.
- Relocation of cover parking for KZN

vehicle to the front of the facility.

- Lease of 2 x 12m by 8m and 1x 9m by 8m parkhome.

Our PHC clinic now have access to E- Mail and intranet.

Future project expected

Due to budget constraints other project were put on hold like:

- Upgrading of the roof at the foyer (waiting area) has been approved.

We have many projects that was in our Maintenance Plan to upgrade Hlengisizwe to a well developed 24 hour.

Thank You

Wishing you all Happy Festive Season!!

ORAL HEALTH



amount of toothpaste, the size of a pea. Brushing should be done at least twice a day, particularly during bathing, so that children can develop a habit of washing their bodies and brushing their teeth.

Why is brushing of the teeth so important?

During oral month parents were given education on how important brushing teeth is for younger children and adults.

When do children should start brushing their teeth?

When a child is still without teeth or is less than a year old, parents can use a piece of cotton wool or clean cloth to wipe the mouth clean. When a child is a year old, a small toothbrush made for children can be used. At this stage, warm water can be used to brush the teeth to let the child get used to brushing.

As soon as the child gets used to brushing, toothpaste containing fluoride can be introduced; use a small

Brushing removes the plaque. Plaque which contains germs, sticks to the teeth in the area close to the gums, and in grooves on the biting side of the teeth at the back of the mouth. The germs with sugar will cause tooth decay and gum disease, if not removed. Therefore brushing the teeth prevents gum disease and tooth decay. **Why should toothpaste contain fluoride?** The fluoride in the toothpaste helps to fight against tooth decay by strengthening the outer layer of the teeth, called enamel. This strengthened enamel is able to withstand the acid formed by germs and sugar in the mouth.

UP CLOSE WITH MS. MANDY COBBING ARV PHARMACISTS



MS. MANDY COBBING

Can you tell us more about yourself?

I work at Hlengisizwe CHC as the ARV pharmacists

Can you tell us what does your job entails?

I'm responsible for the roll out of anti-retroviral medication (HIV drugs) and making sure all procedures and Standard Operating Procedures are in place to carry out the necessary functions according to the

What do you like the most about your job?

I enjoy being involved in health care and improvement in people's health.

Where and what did you study?

I studied at Rhodes University, Grahamstown, Eastern Cape.

How do you deal with challenges?

The main challenges in this job are the increasing numbers of patients that require HIV medication and the pressure on staff to ensure we keep up delivering an efficient and safe service. This for me just emphasizes the need for more people to study pharmacy and get

involved in their community to help out.

What are your achievements in terms of work so far?

Being involved with HIV is especially rewarding as there is such need for staff in this area and there are so many people waiting to start the anti-retroviral medication so they can stay healthy and live longer.

To young people who want to follow your career, what advice can you give and what skills they must acquire?

They can follow career in pharmacy because there are other scopes besides hospital work such as retail and industry but I have found hospital to be the most clinically exciting.

Healthy tips

FOR HEALTHY TEETH

- * You should brush your teeth twice a day-after breakfast and before bed. Saliva flow in your mouth slows down while you sleep, leaving teeth more vulnerable to decay.
- * Get into the habit of flossing your teeth every day, before bed
- * Try to visit your dentist twice a year for a check up
- * If you drink a carbonated drink, using a straw helps to prevent sugar from touching your teeth
- * Brushing your teeth too often can also damage your teeth because your teeth's enamel will eventually be brushed away. If you're worried about eating a particular sweet snack during the day, rinse your mouth with water afterwards and wait for an hour before brushing your teeth.
- * If you're addicted to sweets, snacks, try replacing one a day with healthier alternative
- * When you do eat sugary snacks between meals, rinse your mouth with water afterwards and the eat a small piece of cheese or chew sugar free- gum to minimize acid production



KEY STRATEGIC DEVELOPMENT IN SOME AREARS



1.This park home for HAAST Department was constructed at the back-side. Old parking area was remove to accomodate the TB department new park homes.



2. Painting was done on the front and the correct name was placed for Hlengsizwe CHC.



3.Construction was made in the front for some government vehicle parking space



4. Patients are now getting cool water this summer, water dispensers were placed in all patients waiting arrears

5.Short stay ward was revamped with new beds for patients



SPORTS CORNER



HLENGISIZWE CHC NETBALL



Hlengisizwe CHC soccer team

SPORTS AWARDS 2008



Voted players for outstanding performance 2008



HLENGISIZWE CHC SPORTS TEAM READY FOR DISTRICT TOURNAMENT

On the 30th August Hlengisizwe CHC soccer and netball team took part on the mini tournament that was held at Lahee Park stadium in Pinetown.

It was a conducive weather when six team including KwaDabeka, Don McKenzie, Wentworth Hospital, Hillcrest Hospital and St Mary's took a challenge on the field.

Hlengisizwe CHC played very well as they qualified for the next round, and judging by their improved performances with no doubt they are ready for the district tournament.

The last quarter of the year was hectic for Hlengisizwe CHC sport teams as they participated in a number of tournament and friendly games of which they succeeded

Other highlights games they played was with Clairwood Hospital, Skhethuxolo High educators and a mini tournament which was hosted by Hlengisizwe CHC in Mpumalanga stadium which included Department of Sports, Social Development and Legislature. It was very competitive tournament with a lot of flair and fine moments.

It was a very great year for Hlengisizwe CHC netball team since they had triumph in many matches.

Awards for the most deserving players were held on the 12th December 2008 to honor and reward the players also to motivate and encourage more staff to participate during these team building activities.

COMPLIMENTS AND COMPLAINTS

Ngincoma S.G Ngubane ngegalelo lakhe emsebenzini awenzayo

Ngicela uhulumeni azame ukuqasha amanesi, nama ambulensi awekho aya-shoda

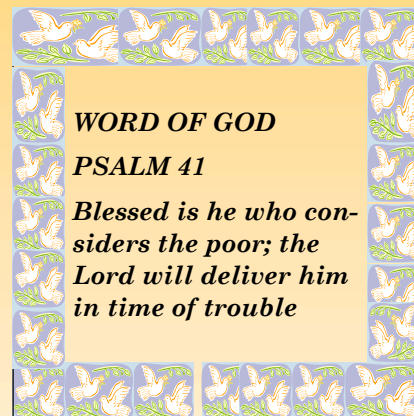
Sanibona baphathi bethu ngithi ngincome umamu Zulu siyawubona umehluko seloku afika sibona nenhlanzeko ngithi ngibonge noku-letha Sr. Mkhize nathi sesinomuntu osilalelayo nonesineke kwa VCT
Siyabonga

Ngincoma amakhansela ikakhulu kazi Sandile no Thobile

Dear CEO
I always come to Hlengisizwe there's no doctor, we will appreciate if we can have one permanent doctor

Sr. Shezi Akeve esinakekela sibonga kakhulu isineke sakhe

Sicela onesi babeban- ingi ngoba siba nenkinga uma sibadinga ngama weekend



TICKLING LAUGHS

Vusi's wife bought a new line of expensive cosmetics guaranteed to make her look years younger. After a lengthy sitting in front of the mirror applying the "miracle" products she asked, "Darling, honestly what age would you say I am?"

Looking over her carefully. Vusi replied, "Judging from your skin, 20; your hair, 18; and your figure, 25."

"Oh, you flatterer!" she gushed. "Hey, wait a minute!" Vusi interrupted, "I haven't added them up yet."



Stupid Husband

When our lawn mower broke down, my wife kept hinting to me that I should get it fixed. Somehow I always had something else to take care of first— the car, fishing, golf— always something more important to me.

Finally, she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with tiny pair of sewing scissors.

I watched silently for a short time and then went into the house. I came out again and handed her a toothbrush. "When you finish cutting the grass," I said, "you might as well sweep the driveway."

The doctors say I probably walk again, but will always have a limp.

RECEIP

CINNAMON SUGAR BISCUIT

2cups (500ml) self- raising floor
1 tablespoon (15ml) cinnamon
1/2 teaspoon (2ml) salt
125 soft margarine
3/4 (180ml) sugar
1 egg
About 1/4 cup (60ml) milk
1/2 cup (125ml) cinnamon sugar

Preheat the oven to 180 degrees Celsius. Prepare two baking trays. Mix the flour, cinnamon and salt together. Cream the margarine and sugar until light and fluffy. Add the egg and milk. Beat well. Add the flour mixture and mix well until a soft dough forms. Shape the dough into a roll, wrap in a plastic wrap and place in the fridge to cool for 2 hours, cut into slices of 3mm, dip one side of each slice into a cinnamon sugar and place on the baking tray